



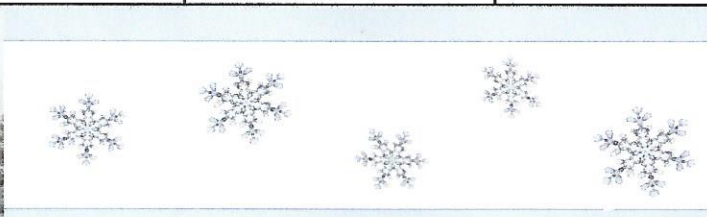
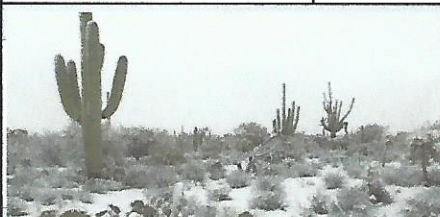
# January 2021

## Commodity Foods Distribution Program

P.O. Box 1539 Sacaton, AZ 85147  
Office: (520)-562-9233  
Fax: (520) 562-3573



Monday	Tuesday	Wednesday	Thursday	Friday
				1
				<b>WAREHOUSE CLOSED</b>
4	5	6	7	8
Saint Johns 9:00 am - 10:30 am <b>WAREHOUSE OPEN</b> 1:00 pm - 4:00 pm	Ak-Chin 9:00 am - 9:45 am <b>WAREHOUSE OPEN</b> 1:00 pm - 4:00 pm	<b>WAREHOUSE CLOSED</b>	District 7 9:00 am - 9:45 am Santa Cruz 10:15 am - 11:45 am <b>WAREHOUSE OPEN</b> 2:00 pm - 4:00 pm	<b>WAREHOUSE CLOSED</b>
11	12	13	14	15
<b>WAREHOUSE OPEN</b> 8:00 am - 11:00 am 1:00 pm - 4:00 pm	<b>WAREHOUSE OPEN</b> 8:00 am - 11:00 am 1:00 pm - 4:00 pm	<b>WAREHOUSE OPEN</b> 8:00 am - 11:00 am 1:00 pm - 4:00 pm	<b>WAREHOUSE OPEN</b> 8:00 am - 11:00 am 1:00 pm - 4:00 pm	<b>WAREHOUSE CLOSED</b>
18	19	20	21	22
<b>WAREHOUSE CLOSED HOLIDAY</b>	<b>WAREHOUSE OPEN</b> 8:00 am - 11:00 am 1:00 pm - 4:00 pm	<b>WAREHOUSE OPEN</b> 8:00 am - 11:00 am 1:00 pm - 4:00 pm	<b>WAREHOUSE OPEN</b> 8:00 am - 11:00 am 1:00 pm - 4:00 pm	<b>WAREHOUSE CLOSED</b>
25	26	27	28	29
<b>WAREHOUSE OPEN</b> 8:00 am - 11:00 am 1:00 pm - 4:00 pm	<b>WAREHOUSE OPEN</b> 8:00 am - 11:00 am 1:00 pm - 4:00 pm	<b>WAREHOUSE OPEN</b> 8:00 am - 11:00 am 1:00 pm - 4:00 pm	<b>WAREHOUSE CLOSED</b>	<b>WAREHOUSE CLOSED</b>



**Warehouse Hours are shown in blue**  
**Warehouse Is Closed During Lunch Hour: 12pm - 1pm**

**Warehouse Will Be Closed: Jan. 6, 18, 28 & Fridays**

**Last Issuance Date: 1/27/2021**

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# Antioxidant Packed Veggies



Dark orange, red, and yellow vegetables are fantastic sources of beta carotene which is important for healthy vision and a healthy immune system.



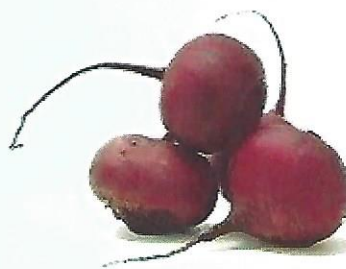
Vitamin E can help decrease inflammation, is important for vision, and is good for heart health and immune function



Antioxidants stop free radicals from damaging other cells in the human body



Look for a variety of richly colored veggies - the phytonutrients are what gives them their different colors.



Dark leafy green vegetables are an excellent source of vitamin E, which may help protect against heart disease.



## NATURE BOX

### Chicken Broccoli Pasta

Serve 12

1 bunch broccoli; 1 small head cauliflower; 2 cans white meat chicken; 2 tsp pepper; 1 container each of cream of chicken & mushroom soups; ½ package whole wheat rotini; 1 cup grated parmesan cheese

WASH and TRIM stems from vegetables; CUT into bite-size pieces; in a large bowl, MIX chicken, soups and vegetables. SPRAY slow cooker with cooking spray. SPREAD ¼ chicken mixture in the cooker; LAYER with 1/3 of the uncooked rotini; REPEAT until mixture is gone; TOP layer should be soup mixture; SPRINKLE with parmesan cheese. COVER; COOK on low for 3-3 ½ hours.

Per Serving: 291 calories; 8 grams fat; 31 grams carbohydrates; 27 grams protein

