## **March 2021**



### **Commodity Foods Distribution Program**

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

Tuesday	Wednesday	Thursday	Friday	
2	3	4		5
9:00 am - 9:45 am  WAREHOUSE OPEN 1:00 pm - 4:00 pm	WAREHOUSE CLOSED	District 7 9:00 am - 9:45 am Santa Cruz 10:15 am - 11:45 am  WAREHOUSE OPEN 2:00 pm - 4:00 pm	WAREHOUSE CLOSED	
9	10	11	1	12
WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm	WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm	WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm	WAREHOUSE CLOSED	
16	17	18	1	19
WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm	WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm	WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm	WAREHOUSE CLOSED	
23	24	25	2	26
WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm	WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm	WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm	WAREHOUSE CLOSED	
30	31			
WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm	WAREHOUSE CLOSED			
	Ak-Chin 9:00 am - 9:45 am WAREHOUSE OPEN 1:00 pm - 4:00 pm 9 WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm 16 WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm 23 WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm	Ak-Chin 9:00 am - 9:45 am  WAREHOUSE OPEN 1:00 pm - 4:00 pm  9  WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm  16  WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm  WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm  WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm  WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm  WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm  WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm  WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm  WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm	AK-Chin 9:00 am - 9:45 am  WAREHOUSE OPEN 1:00 pm - 4:00 pm  9  10  WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm  10  WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm  10  WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm  10  WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm  10  WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm  10  WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm  WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm  WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm  WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm  WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm  WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm  WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm  WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm  WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm	WAREHOUSE OPEN   S:00 am - 11:00 am   1:00 pm - 4:00 pm   1:00 p

### Warehouse Hours Are Shown In Blue Warehouse Is Closed During Lunch Hour: 12pm - 1pm

Warehouse Will Be Closed: Mar. 3, 31, & Fridays

#### Last Issuance Date: 3/30/2021

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# The Guidelines

Make every bite count with the *Dietary Guidelines for Americans*. Here's how:

Follow a healthy dietary pattern at every life stage.







1

Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.

Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.





2

3







Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.