



April 2021

Commodity Foods Distribution Program

P.O. Box 1539 Sacaton, AZ 85147
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Monday	Tuesday	Wednesday	Thursday	Friday
			1 WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm	2 WAREHOUSE CLOSED Holiday
5 WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm	6 Ak-Chin 9:00 am - 9:45 am WAREHOUSE OPEN 1:00 pm - 4:00 pm	7 WAREHOUSE CLOSED	8 District 7 9:00 am - 9:45 am Santa Cruz 10:15 am - 11:45 am WAREHOUSE OPEN 2:00 pm - 4:00 pm	9 WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm
12 WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm	13 WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm	14 WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm	15 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
19 WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm	20 WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm	21 WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm	22 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
26 WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm	27 WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm	28 WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm	29 WAREHOUSE OPEN 8:00 am - 11:00 am 1:00 pm - 4:00 pm	30 WAREHOUSE CLOSED



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

Warehouse Will Be Closed: Apr. 2, 7, & 30

Last Issuance Date: 4/29/2021

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BOWLERAMA

Essentially, you just need a base, a protein, and some fun toppings!

The Base

This will be the bulk of your bowl. You can choose a hot or cold base, but FYI: Just because your base is cold doesn't mean the rest of your ingredients need to be (and vice versa)! Mixing 'n matching hot 'n cold ingredients is totally acceptable. *And don't feel like you have to pick just one -- for example, a base of riced cauliflower + brown rice is a great way to increase your base without making it too heavy.*

- * Riced cauliflower (freezer staple!)
- * Shredded lettuce
- * Zucchini noodles (another freezer staple)
- * Broccoli slaw or cole slaw mix (steamed or raw)
- * Spaghetti squash
- * Cooked grains (like brown rice)



The Protein

Anything goes here, but these are some suggestions. Keep a few precooked versions around for convenience, but others you can buy raw and cook up a big batch in advance. Measure out a serving and set it on top... Voila!

- * Skinless chicken breast (or canned)
- * Canned/pouched tuna
- * Shrimp (try frozen)
- * Extra-lean ground meat (chicken, turkey, or beef)
- * Canned beans

The Toppings & Sauces

Here's where the real fun starts. Definitely use any additional veggies you have around for extra flavor and texture. (For example, stir-fried peppers and onions go with just about everything.) Raid the fridge, and get creative! When it comes to sauces, pretty much any of your go-to condiments are fair game for adding flavor....

- * Salsa
- * Fat-free Greek yogurt or light sour cream
- * Teriyaki sauce
- * BBQ sauce
- * Your favorite salad dressings
- * Shredded/crumbled/grated cheese



Greek Chicken Power Bowl (serves one)

1-1/2 cups riced cauliflower (or 2 cups roughly chopped cauliflower); 2 tsp. light Italian dressing; *One 4-oz. raw boneless skinless chicken breast; 1/8 tsp. garlic powder; 1/8 tsp. dried oregano; Dash each salt and black pepper; 1/2 cup chopped cucumber; 1/3 cup chopped tomato; 2 tbsp. sliced Kalamata or black olives; 2 tbsp. finely chopped red onion; 2 tbsp. crumbled feta cheese;

If starting with roughly chopped cauliflower, pulse in a blender until reduced to rice-sized pieces. Bring a skillet sprayed with nonstick spray to medium-high heat. COOK & STIR riced cauliflower until hot & softened, 3 - 5 minutes. TRANSFER to a wide bowl. STIR in dressing & COVER to keep warm. REMOVE skillet from heat; clean, if needed. RESPRAY; bring to medium heat. ADD chicken, sprinkle with seasonings. COOK until cooked thru. SLICE or CHOP chicken; ADD to bowl; TOP with remaining ingredients.

* You can also use 4oz canned chicken breast. One can will make 4 servings, just use More ingredients for the base and toppings.