








JUNE 2019

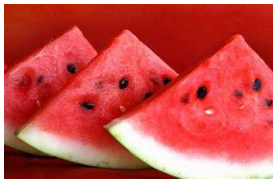
Food Distribution Program

PO Box 1539, Sacaton, AZ 85147
Office: (520) 562-9233



Monday	Tuesday	Wednesday	Thursday	Friday
				
3 District 6 8:00am-9:15am District 7 9:45am-10:15am 1:00pm-4:00pm	4 Ak-Chin 8:00am-8:45am WAREHOUSE OPEN 1:00pm-4:00pm	5 WAREHOUSE CLOSED	6 SANTA CRUZ 8:00am-9:15am District 7 9:45am-10:15am Warehouse Open 1:00 pm-4:00 pm	7 WAREHOUSE OPEN 8:00am - 4:00pm
10	11	12	13	14
Warehouse Closed for Parking Lot Resurfacing				
17	18	19	20	21
Warehouse Closed for Parking Lot Resurfacing				
24	25	26	27	28
Warehouse closed for Parking Lot Resurfacing		WAREHOUSE OPEN 8:00am - 4:00pm	WAREHOUSE OPEN 8:00am - 4:00pm	Warehouse Closed 8:00am - 1:00 pm Warehouse Open 1:00 pm- 4:00 pm

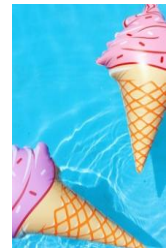
TIMES MAY CHANGE DUE TO UNFORESEEN CIRCUMSTANCES
SUCH AS BAD WEATHER, ETC.



LAST ISSUANCE DATE IS: JUNE 28, 2019

Missed your District distribution issuance day?

Please feel free to stop by our Warehouse Store to pick up your monthly distribution.



Warehouse Store hours are shown in blue

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June is...

National Dairy Month



This June, celebrate National Dairy Month with your favorite dairy treat. National Dairy Month acts as a reminder of the health benefits that dairy products provide. They contain essential nutrients — including calcium, potassium, vitamin D, and protein. They also reduce the risk of high blood pressure, osteoporosis, and certain cancers, while helping us to better manage our weight. Kick start each day with nutrient-rich dairy products and start your summer on a healthy note.

Dairy products contribute to our health in numerous ways. An 8-ounce glass of milk has more nutrients than the same serving size of juice. It's packed with protein, too. And cheese is udderly delicious!



Cheese and Spinach Strata

1 Tbsp Margarine; 1 can spinach, drained; 3 cups milk; ½ c egg mix;
1 tsp garlic powder; 1 tsp paprika; 1/2 tsp. black pepper; 1/2 tsp oregano
6 slices whole wheat bread, torn into 1-inch pieces; 2 cups shredded cheese

SPRAY an 11-x7-inch baking dish with cooking spray; set aside. MELT margarine in a medium skillet over medium heat, SAUTE onions until soft and lightly browned. REMOVE from heat and let cool. DRAIN spinach well; In a medium mixing bowl, WHISK together egg mix, milk, and seasonings. PLACE half the bread evenly in prepared baking dish, layer spinach, onions and half the cheese. REPEAT the layers with remaining bread, vegetables and cheese. POUR seasoned milk and egg mixture over bread. COVER with aluminum foil and press down slightly to help milk mixture soak into the bread. REFRIGERATE for at least one hour or overnight. When ready to bake, PREHEAT oven to 350°. BAKE, uncovered, 50-60 minutes or until cheese is bubbly and a wooden pick inserted in center comes out clean.

