




AUGUST 2019

Food Distribution Program

PO Box 1539, Sacaton, AZ 85147

Office: (520) 562-9233



Monday	Tuesday	Wednesday	Thursday	Friday
			1 WAREHOUSE OPEN 8:00am - 4:00pm	2 WAREHOUSE OPEN 8:00am - 4:00pm
			5 District 6 7:00am-8:15am District 7 8:45am-9:15am Warehouse 1:00pm-4:00pm	6 Ak-Chin 7:00am-7:45am WAREHOUSE OPEN 1:00pm-4:00pm
12 WAREHOUSE OPEN 8:00am - 4:00pm	13 WAREHOUSE OPEN 8:00am - 4:00pm	14 WAREHOUSE OPEN 8:00am - 4:00pm	15 WAREHOUSE OPEN 8:00am - 4:00pm	16 WAREHOUSE OPEN 8:00am - 4:00pm
19 WAREHOUSE OPEN 8:00am - 4:00pm	20 WAREHOUSE OPEN 8:00am - 4:00pm	21 WAREHOUSE OPEN 8:00am - 4:00pm	22 WAREHOUSE OPEN 8:00am - 4:00pm	23 WAREHOUSE OPEN 8:00am - 4:00pm
26 WAREHOUSE OPEN 800am - 400pm	27 WAREHOUSE OPEN 800am - 400pm	28 WAREHOUSE OPEN 800am - 400pm	29 WAREHOUSE OPEN 800am - 400pm	30 WAREHOUSE CLOSED

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

NOTE: Warehouse Store will be Closed August 7th & 30th

LAST ISSUANCE DATE IS: AUGUST 29, 2019

Missed your distribution issuance day?



Please feel free to stop by the Warehouse (Store) to pick up your monthly distribution.

Warehouse (Store) hours are shown in blue

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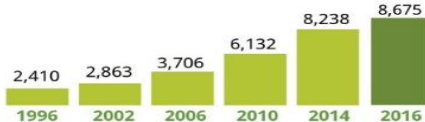


National Farmer's Market Week is August 4th thru 10th



Farmers Market Coalition

Why Farmers Markets?



Number of markets in the USDA Farmers Market Directory



Stimulate Local Economies

Growers selling locally create **13 full time jobs** per \$1 million in revenue earned. Those not selling locally create **3**.



Locally-owned retailers, such as farmers markets, **return more than three times as much of their sales to the local economy** compared to chain competitors.



Preserve Farmland & Rural Livelihoods

The U.S. loses an acre of farmland a minute to development.

The **7** Seattle farmers markets hosted by the Neighborhood Farmers Market Alliance support **9,491 acres of farmland in diversified production**.

25% of vendors derive their sole source of income from the market.



Increase Access to Fresh Food

\$20.2 million in SNAP benefits (food stamps) were spent at farmers markets in 2016. That's fresh food for low-income Americans and increased revenue for local farmers.

60% of farmers market shoppers in low-income neighborhoods say that **their market had better prices than the grocery store**.

Markets bring fresh food to the neighborhoods that need it most.



Support Healthy Communities

People who shop at farmers markets have **15-20 social interactions per visit**.

They would have only **1-2 per visit** to the grocery store.

Proximity to farmers markets is associated with lower body mass index.

Farmers Market Gazpacho

Serves 4

1 cucumber, diced; 1 each red & green bell pepper, diced; 4 celery stalks, diced; 2 medium tomatoes, diced; 1 medium onion, diced; 2 lemons; 2 cups tomato juice, low sodium; 3 garlic cloves, minced; 1 Tbsp. cumin; salt & pepper to taste; (optional garnish): chopped cilantro

Combine all ingredients, except salt, pepper, and lemons in a bowl. Remove 2 cups of the mixture and reserve. Using a blender or food processor, purée the remaining mixture in the bowl. Add back in the reserved 2 cups to the mixture. Season with lemon juice (and salt and pepper) as desired. Serve chilled.

