



JULY 2021

Commodity Foods Distribution Program

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



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

Warehouse Will Be Closed: July 1, 5, 30

Last Issuance Date: 7/29/2021

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5 Ways to Drink More Water

Add a splash of citrus to your water.

If you want to perk up your water, squeeze some lemon or lime juice into your glass. It'll add a light touch of flavor, and it's super refreshing. Time-saving tip: Prepare a big pitcher of citrus-spiked water in the morning, and keep it in the fridge for all-day hydration.



Don't leave home without it.

If you don't have a good reusable water bottle (or two), get on that! Make it part of your daily routine to bring it with you any time you head out. It'll keep you from getting thirsty AND from spending money on plastic bottles while you're out. Pick up a cute one for added motivation...



Get sparkly.

Bubbles are the new black! There are so many amazing sparkling waters on the market now. Try a lightly flavored unsweetened kind like LaCroix or Bubbly and of course there is Perrier! Target, Walmart and many other chain stores also have their own line. Who said hydration had to be flat and boring?

Change up the temperature.

There's no rule that says your water has to be ice cold. A lot of people find it harder to drink that way. Drink it room temp, or try hot water with lemon! We like to mix it up throughout the day. Have hot lemon water first thing in the morning, and then keep your water bottle filled with room temp H₂O during the work day. If it's hot out, bring on the crushed ice! Don't ask why crushed is better than cubed... It just IS.



Spread it out.

Instead of panicking at 3 p.m. and trying to chug a gallon of water all at once (UGH), set mini goals throughout the day. Drink a glass of water when you wake up, one before and after each meal, and one more before you head to bed. That adds up to eight glasses of water!

