



# AUGUST 2021

## Commodity Foods Distribution Program

P.O. Box 1539 Sacaton, AZ 85147

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Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
WAREHOUSE OPEN 8:00 am - 4:00 pm	Ak-Chin 7:00 am - 7:45 am WAREHOUSE OPEN 1:00 pm - 4:00 pm	WAREHOUSE CLOSED	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
9	10	11	12	13
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
16	17	18	19	20
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
23	24	25	26	27
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
30	31			
WAREHOUSE OPEN 8:00 am - 4:00 pm	WAREHOUSE CLOSED			

Drive-Up Pick Up or Store shopping will be available this month.  
Effective September 2021; we will resume store shopping only.

**CLOSED DURING  
LUNCH  
12pm - 1pm**

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

**Warehouse Will Be Closed: August 4th & 31st**  
**Last Issuance Date: 8/30/2021**

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## NATIONAL WELLNESS MONTH

All during August, National Wellness Month focuses on self-care, managing stress and promoting healthy routines. Create wholesome habits in your lifestyle all month long and see how much better you feel!

Research has shown self-care helps manage stress and promotes happiness. Whether you challenge yourself to a new yoga pose or try a different spa treatment, make a small change and impact your health in positive ways.

Here are a few ways to make those small changes.

- Increase your water intake.
- Add more fruits and veggies to your meals.
- Monitor your sleep and make adjustments for better sleep habits
  - Join a yoga, walking, or aerobics class.
  - Learn to meditate.

These small steps can lead to many healthier habits in your lifestyle.

### Watermelon Slushy

Place 3 cups watermelon chunks and 1 ½ cups of ice into your blender. Puree until smooth and no chunks remain. Add freshly squeezed juice of 1-2 limes (to your taste) and give it a quick pulse. Serve in a tall glass and enjoy!

