



September 2021

Commodity Foods Distribution Program

P.O. Box 1539 Sacaton, AZ 85147

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Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
CLOSED DURING LUNCH 12pm - 1pm		WAREHOUSE CLOSED	WAREHOUSE OPEN 8:00 am - 4:00 pm	WAREHOUSE OPEN 8:00 am - 4:00 pm
6	7	8	9	10
WAREHOUSE CLOSED HOLIDAY	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
13	14	15	16	17
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 HOLIDAY
20	21	22	23	24
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
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 CLOSED	

Drive-Up closed- Our store is now OPEN! :) Please use the north middle entrance. Thank you.

Congratulations to our July Raffle Winner - Shirley Nichols!!!
We'll be having another raffle this month. For a chance to win, please pick up your food by 9/20/21. Remember to bring the attached ticket!

Warehouse Hours Are Shown In Blue

Warehouse Is Closed During Lunch Hour: 12pm - 1pm

Warehouse Will Be Closed: Sept. 1, 6, 17, & 30

Last Issuance Date: 9/29/2021

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September has several opportunities to celebrate nutrition.

National Cooking Day

Whether it's boiling pasta and heating up spaghetti sauce or preparing "sous vide" steak, creaming spinach, and hand-whipping potatoes. No matter what your definition of cooking is, go ahead and putt on your apron & try preparing something new. Home cooked food is almost always healthier than processed.

Great American Pot Pie Day

What better way to celebrate  month than a classic American

Pot pie, chocked full of vegetables and lean meats.

Chicken Pot Pie Serves 8

1# boneless, skinless chicken breasts, cut into 1" pieces; 2 tsp ea. of basil, oregano & thyme;
2 Tbsp. ea. Garlic and onion powder; 1 cup sliced carrots; 1 cup diced celery

1 can sliced potatoes; 1 can healthy choice cream of mushroom soup; 2 ½ cup bakery mix; ½ cup water;

Brown chicken in sprayed skillet; add Carrots and cook for 5 minutes; add celery cook additional 5 minutes; ADD soup; rinse can with ½ cup water & ADD to mixture; SIMMER on low until vegetables are tender; ADD drained potatoes(optional); While mixture simmers, prepare bakery mix according to instructions. ROLL out thin and cut 8-10 biscuits; BAKE 15-20 minutes at 350°. TOP mixture with baked biscuits and COVER until service.

National Pancake Day

Blueberries. Bananas. Buttermilk. When it comes to pancakes the combinations are pretty much limitless. Simply stir the fixings of your choice into the recipe below. Then cook them up and ENJOY!

Carrot Cake Pancakes Makes 10 small cakes

2 cups shredded carrot; 3 Tbsp brown sugar; 3 Tbsp low fat margarine

2 Tbsp Oil; 1 tsp grated orange rind; 1 tsp vanilla; 2 Tbsp. Egg mix; ¼ cup water; 1 cup flour; 1 Tbsp. Cinnamon; ¼ tsp salt; ¼ tsp baking soda; 1 cup cool whip

National Cheese Pizza Day

It's widely believed that the humble cheese pizza is a near perfect food. It's the ideal balance of carbs, protein, and fat. It reheats wonderfully and is ideal for any meal. Add some vegetables to boost your nutrition even more.

PIZZA Serves 10

Crust: 2 ¼ cup bakery mix; ¼ cup cornmeal ;1 cup milk

HEAT oven to 450 degrees. SPRAY large cookie sheet with cooking spray.

In a large bowl, STIR bakery mix, ¼ cup cornmeal, and milk until soft dough forms. TURN dough out onto prepared pan. PRESS out dough into 13x9-inch rectangle, using additional cornmeal as needed. PIERCE dough at 1 inch intervals with a fork. BAKE 8 minutes.

Sauce: 1 can spaghetti sauce; 1 can diced tomatoes; 1 T. garlic powder; 1 T. oregano; 1 tsp. crushed red peppers; 1 c. diced onions
COMBINE all sauce ingredients in a saucepan & simmer on low heat for 1 hour.

Toppings: Assorted sliced vegetables; 12 oz grated cheese; 2 T. parmesan cheese

SPREAD sauce over crust. Sprinkle parmesan over sauce. ARRANGE desired vegetables. TOP with cheese. RETURN to oven for 8-10 minutes.

CUT into 2 rows by 5.