



# October 2021

## Commodity Foods Distribution Program

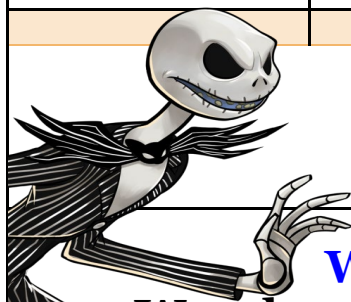
P.O. Box 1539 Sacaton, AZ 85147

Office: (520)-562-9233

Fax: (520) 562-3573



Monday	Tuesday	Wednesday	Thursday	Friday
				1
<b>CLOSED DURING LUNCH</b> 12pm - 1pm				<b>WAREHOUSE OPEN</b> 8:00 am - 4:00 pm
4	5	6	7	8
<b>WAREHOUSE OPEN</b> 8:00 am - 4:00 pm	<b>Ak-Chin</b> 8:00 am - 8:45 am <b>WAREHOUSE OPEN</b> 8:00 am - 4:00 pm	<b>WAREHOUSE CLOSED</b>	<b>District 7</b> 8:00 am - 8:45 am Santa Cruz 9:15 am - 10:45 am <b>WAREHOUSE OPEN</b> 1:00 pm - 4:00 pm	<b>WAREHOUSE OPEN</b> 8:00 am - 4:00 pm
11	12	13	14	15
<b>WAREHOUSE OPEN</b> 8:00 am - 4:00 pm	<b>WAREHOUSE OPEN</b> 8:00 am - 4:00 pm	<b>WAREHOUSE OPEN</b> 8:00 am - 4:00 pm	<b>WAREHOUSE OPEN</b> 8:00 am - 4:00 pm	<b>WAREHOUSE OPEN</b> 8:00 am - 4:00 pm
18	19	20	21	22
<b>WAREHOUSE OPEN</b> 8:00 am - 4:00 pm	<b>WAREHOUSE OPEN</b> 8:00 am - 4:00 pm	<b>WAREHOUSE OPEN</b> 8:00 am - 4:00 pm	<b>WAREHOUSE OPEN</b> 8:00 am - 4:00 pm	<b>WAREHOUSE OPEN</b> 8:00 am - 4:00 pm
25	26	27	28	29
<b>WAREHOUSE OPEN</b> 8:00 am - 4:00 pm	<b>WAREHOUSE OPEN</b> 8:00 am - 4:00 pm	<b>WAREHOUSE OPEN</b> 8:00 am - 4:00 pm	<b>WAREHOUSE OPEN</b> 8:00 am - 4:00 pm	<b>WAREHOUSE CLOSED</b>



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

**Warehouse Will Be Closed: Oct. 6th & 29th**

**Last Issuance Date: 10/28/2021**

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# Add more vegetables to your day

## 8 tips to help you eat more vegetables

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

### 1. discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

### 2. be ahead of the game

Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.

### 3. savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.

### 4. check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap.

### 5. make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good but taste good, too!

### 6. sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups.

### 7. while you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

### 8. Choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

