



November 2021

Commodity Foods Distribution Program

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Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
WAREHOUSE OPEN 8:00 am - 4:00 pm	Ak-Chin 9:00 am - 9:45 am WAREHOUSE OPEN 8:00 am - 4:00 pm	WAREHOUSE CLOSED	District 7 9:00 am - 9:45 am Santa Cruz 10:15 am - 11:30 am WAREHOUSE OPEN 2:00 pm - 4:00 pm	WAREHOUSE OPEN 8:00 am - 4:00 pm
8	9	10	11	12
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	WAREHOUSE OPEN 8:00 am - 4:00 pm
15	16	17	18	19
WAREHOUSE OPEN 1:00 pm - 5:00 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
22	23	24	25	26
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	WAREHOUSE CLOSED HOLIDAY
29	30			
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: Nov. 3, 11, 25, 26, 30

Last Issuance Date: 11/29/2021

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Americans will celebrate by eating more than 65 million pounds of peanut butter during the month of November.



November 4 marks the anniversary of the first patent for peanut butter, applied for by Dr. John Harvey Kellogg on November 4, 1895. It grew to a month-long celebration in 1995 when peanut butter celebrated its 100th birthday!



Not only is peanut butter delicious but it's healthy for us – as long as we eat pure peanut butter without added oils or sugars. Peanut butter is rich in protein so it keeps us full and fueled. Peanut butter is also high in potassium, magnesium, folate, vitamin E, antioxidants and fiber. It has been found to be beneficial to heart health, colon cancer, Alzheimer's disease, gallstones, and diabetes. Of course, peanut butter is also filled with healthy fats. *Just remember*, peanut butter does have 200 calories; 16 grams of fat and 7 grams of carbohydrate per 2 Tablespoon serving.



Easy Whole Wheat Peanut Butter Cookies

(Makes 3 dozen)

1 cup Peanut Butter; ½ cup Margarine; ½ cup Honey; ½ cup Brown Sugar (packed) 1 Egg; 1 ¼ cup Whole Wheat Flour
1 teaspoon Baking Powder



PREHEAT oven to 350 degrees. MIX together the peanut butter, margarine, honey, brown sugar & egg until smooth. COMBINE flour and baking powder; STIR into the batter until blended. ROLL into small balls & place on a greased cookie sheet. FLATTEN slightly with a fork. BAKE for 13-15 minutes in the preheated oven, or until cookies are slightly toasted at the edges.

Per cookie: 107 cal; 11 gm carbs; 3 gm protein

A low sugar version can be made by omitting the sugar. Nutrient analysis follows:

Per cookie: 6 gm fat; 96 cal; 8 gm carbs; 6 gm fat

