

Commodity Foods Distribution Program

APRIL 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
Warehouse Is Closed During Lunch Hour: 12pm - 1pm				8:00am - 4:00pm		
4	5	6	7	8	9	10
8:00am - 4:00pm	Ak-Chin 9:00am - 9:45am 8:00am - 4:00pm	WAREHOUSE CLOSED	District 7 9:00am - 9:45am Santa Cruz 10:15am - 11:30am 2:00pm - 4:00pm	8:00am - 4:00pm		
11	12	13	14	15	16	17
8:00am - 4:00pm	8:00am - 4:00pm	8:00am - 4:00pm	8:00am - 4:00pm	WAREHOUSE CLOSED Holiday		
18	19	20	21	22	23	24
1:00pm - 4:00pm	8:00am - 4:00pm	8:00am - 4:00pm	8:00am - 4:00pm	8:00am - 4:00pm		
25	26	27	28	29	30	
8:00am - 4:00pm	8:00am - 4:00pm	8:00am - 4:00pm	8:00am - 4:00pm	WAREHOUSE CLOSED		
<p>NOTES: Warehouse Hours Are Shown In Blue Warehouse Is Closed During Lunch Hour: 12pm - 1pm Warehouse Will Be Closed: Apr. 6, 15, 29 Last Issuance Date: 4/28/22 USDA IS AN EQUAL OPPORTUNITY PROVIDER, EMPLOYER, AND LENDER</p>						



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When Less is More: SALT

Sodium is needed in your body for fluid balance, transmitting nerve signals and relaxing and contracting muscles. Your kidney controls the sodium levels in your body by excreting sodium in your urine, when levels are high and holding onto it, when levels are low. When your kidneys can't control the sodium, it attracts water and increases the amount of fluid in your blood, increasing pressure in your arteries, (high blood pressure), making your heart pump HARDER! Sodium comes in different forms: Salt, sodium nitrate, sodium citrate, Monosodium glutamate. They all function the same in your body.

On your food package, look for the line that says Sodium on the "Nutrition Facts" label. This will tell you the total amount of sodium in a serving size.

Keep in mind, there may be multiple servings in one package.

The Dietary Guidelines recommend that we eat less than 2300 mg of sodium daily. That's 1 ¼ teaspoons per day! Stopping the use of a salt shaker is only a start. Most of us consume more than 3400 mg of sodium daily; mostly coming from processed & fast foods.

"Reduced, light, low, very low, less, free"all terms used for sodium in packaged foods. Here's how it shakes down!

Sodium Free: <5% sodium/serving

Very low Sodium: 35mg or less/serving

Low sodium: 140 mg or less/serving

Reduced/Less Sodium: 25% less vs. regular serving

Light in Sodium: 50% less vs regular serving Sodium level

Chai Applesauce

Serves 12

8 apples, roughly chopped; 1 teaspoon lemon Juice; 6 pkts. Splenda;

¼ cup sugar free syrup (optional); ½ teaspoon cinnamon;

¼ teaspoon ground ginger; ¼ teaspoon ground cardamom;

1/8 teaspoon ground cloves; 1/8 teaspoon ground nutmeg; 1/8 teaspoon salt;

1 teaspoon vanilla extract; 1 cup water

PLACE all ingredients in a crock pot. COOK on low for 6 hours. Using a potato masher or wooden spoon, MASH to desired consistency TRANSFER to a bowl and let cool completely. ENJOY as is. (also fantastic with a bit of yogurt for breakfast)

Per serving: (roughly ½ cup) 67 calories; 0-gram fat; 26 mg sodium; 17 grams carbohydrates, 14 grams sugars; 2 grams fiber, 0 grams protein