

# Commodity Foods Distribution Program

## JULY 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 8:00am - 4:00pm	2	3
Warehouse Is Closed During Lunch Hour: 12pm - 1pm						
4	5 Ak-Chin 7:00am - 7:45am 8:00am - 4:00pm	6 8:00am - 4:00pm	7 WAREHOUSE CLOSED	8 8:00am - 4:00pm	9	10
11 WAREHOUSE CLOSED Holiday						
12 8:00am - 4:00pm	13 8:00am - 4:00pm	14 District 7 7:00am - 7:45am Santa Cruz 8:15am - 9:30am 1:00pm - 4:00pm	15 8:00am - 4:00pm	16	17	
18 1:00pm - 4:00pm	19 8:00am - 4:00pm	20 8:00am - 4:00pm	21 8:00am - 4:00pm	22 8:00am - 4:00pm	23	24
25 8:00am - 4:00pm	26 8:00am - 4:00pm	27 8:00am - 4:00pm	28 8:00am - 4:00pm	29 WAREHOUSE CLOSED	30	31
<p><b>NOTES: Warehouse Hours Are Shown In Blue</b>  <b>Warehouse Is Closed During Lunch Hour: 12pm - 1pm</b>  <b>Warehouse Will Be Closed: July 4,7,29</b>  <b>Last Issuance Date: 7/28/22</b>                      USDA IS AN EQUAL OPPORTUNITY PROVIDER, EMPLOYER, AND LENDER</p>						



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# July is a Berry Fun Month



Did you know strawberries belong to the Rose family? Strawberry plants may appear to grow on vines, but they produce runners or daughter plants that mimic vine growth.

## HOW DO I MAKE A GOOD SELECTION?

Choose strawberries that are firm, shiny, and brightly colored. Strawberries should be free from bruising and mold. Harvest or choose ripe berries as they do not ripen after being picked.

## WHAT IS THE PROPER STORAGE?

Store unwashed strawberries in their original container or in a paper-lined container covered with plastic wrap in the refrigerator for 1-3 days.

## WHY SHOULD I EAT THIS?

Strawberries contain vitamin C, which helps heal cuts and wounds. They are a good source of potassium, which helps with muscle contractions and regulating fluid balance in the body. Strawberries also have folate, which is important for women who are pregnant, as it plays an important role in preventing birth defects.



### Spinach and Strawberry Salad

*(Serves 8)*

2 bunches spinach; rinse and tear into bite-size pieces; 4 cups of sliced strawberries; ½ c vegetable oil; ¼ c balsamic vinegar; ¼ tsp paprika; 2T sesame seeds; 1T poppy seeds.

In a large bowl, toss the spinach and strawberries.

In a medium bowl, whisk remaining ingredients. Pour over the spinach & strawberries, toss to coat.