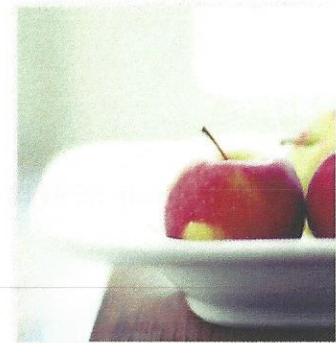


Commodity Foods Distribution Program

SEPTEMBER 2022



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



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September is National Whole Grains Month

Did you know that grains account for 15 percent of the average diet consumed by Americans? Whole grains provide many essential nutrients that are important for a healthy, balanced diet. Grains are the largest source of Fiber in the diet for most Americans and a good source of other key nutrients, such as: iron, magnesium, calcium, vitamin E and potassium. The valuable nutrients and antioxidants found in whole grains have also been found to reduce the risks of coronary heart disease, the number one cause of death in the U.S.

Wheat, rice, oats, barely, quinoa, sorghum, rye are just a few examples of whole grains that you should be enjoying daily. The United States Dietary Guidelines recommend 3 full servings, or 3 ounces, of whole grains a day for adults and two servings for children. One serving of whole grains is the equivalent of eating:

- one slice of whole grain bread
- 1/2 a whole-grain English muffin
- 1/3 cup cooked whole-wheat pasta
- 1/3 cup cooked brown rice, bulgur, barley or other cooked grain



As you plan your next meal or roam the grocery store isles, remember to support America's wheat farmers and whole grain producers, and celebrate National Whole Grains Month.

COCONUTTY COOKIES

1 cup oatmeal; 1/2c coconut; 1/2 c sliced almonds; 1 1/2 c whole wheat flour; 1/3 c. firmly packed brown sugar; 1/2 c. unsalted butter; 1/3 c. honey; 3/4 tsp. baking soda

PREHEAT oven to 350 degrees. PLACE dry ingredients in a large bowl;
STIR to combine.

PLACE margarine & honey in a medium size saucepan.

HEAT over a medium heat, STIRRING, until melted.

ADD baking soda (mixture will bubble vigorously) and REMOVE from heat.

ADD to dry ingredients, STIR until well combined.

With lightly wet hands, SHAPE tablespoons of the mixture into balls.

PLACE 1 inch apart on prepared tray.

FLATTEN slightly with your fingertips or a fork,

(the cookies will spread a little)

BAKE for 12 minutes, or until a deep golden brown. REMOVE and set aside to cool completely on the tray.

STORE in an airtight container.

