

COMMODITY FOODS DISTRIBUTION PROGRAM

OCTOBER 2022

Warehouse
closed for lunch
12pm-1pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3 8am-4pm	4 Ak-Chin 8am-8:45am 8am-4pm	5 WAREHOUSE CLOSED	6 D7- 8am-8:45am Sanata Cruz- 9:15am-10:30am 2pm-4pm	7 8am-4pm	8	9
10 8am-4pm	11 8am-4pm	12 8am-4pm	13 8am-4pm	14 8am-4pm	15	16
17 1pm-4pm	18 8am-4pm	19 8am-4pm	20 8am-4pm	21 8am-4pm	22	23
24 8am-4pm	25 8am-4pm	26 8am-4pm	27 8am-4pm	28 8am-4pm	29	30
31 WAREHOUSE CLOSED	NOTES: WAREHOUSE HOURS ARE SHOWN IN BLUE Warehouse is closed during lunch hour: 12pm-1pm Warehouse will be closed : Oct. 5,31 Last Issuance Date: 10/28/22 USDA IS AN EQUAL OPPORTUNITY PROVIDER, EMPLOYER, AND LENDER					



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EAT RIGHT WHEN MONEY'S TIGHT

BEFORE Shopping: Plan your weekly meals and snacks.

- ✓ Preparing in advance will help you know what you need and also help you put leftovers to good use.
- ✓ Use store circulars and go online to look for coupons, sales, and store specials. Only use coupons on foods you normally eat. Make sure the coupons give you the best value for your money.
- ✓ **PLAN AHEAD:** Plan to prepare & eat foods you already have at home first.

DURING Shopping:

- ✓ Have something to eat before you go shopping. It's easier to stick to your shopping list when you are not hungry.
- ✓ Try store brands. They are the same quality and cost less. Compare products for the best deal. • Know how much money you have to spend on food.
- ✓ Make a shopping list based on the money you have to spend and what foods you will need.
- ✓ Buy only the amount of food you can use before it spoils. Remember, frozen, canned, or shelf-stable foods last longer! Check "sell by" or "use by" dates.

AFTER Shopping:

- ✓ Store food right away in the refrigerator or freezer to keep it fresh and safe.
- ✓ If you buy a large amount of fresh food, like meat, poultry, or fish, divide it into meal-size packages, label the food, and freeze it for later use.

20 Minute Chicken Creole

1 T. vegetable oil; 2 boneless, skinless chicken breasts;
1)14 oz. can diced tomatoes with juice; 1c. chili sauce;
1 bell pepper, chopped; 2 stalks celery, chopped;
1 onion, chopped; 2 cloves garlic, minced; 1 tsp basil;
1 tsp parsley; ¼ tsp cayenne pepper

HEAT pan over medium-high heat. ADD vegetable oil & chicken. COOK 3-5 minutes until internal temperature reached 165 degrees. REDUCE heat to medium. ADD remaining ingredients. Bring to a BOIL; REDUCE heat to low & SIMMER, COVERED for 10-15 minutes. SERVE over hot rice or pasta. REFRIGERATE leftovers within 2 hours.

