

# Commodity Foods Distribution Program

## NOVEMBER 2022

Warehouse Is  
Closed During  
Lunch Hour:  
12pm - 1pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6
	8:00am - 4:00pm	<b>WAREHOUSE CLOSED</b>	8:00am - 4:00pm	8:00am - 4:00pm		
7	8	9	10	11	12	13
8:00am - 4:00pm	Ak-Chin 9:00am - 9:45am 8:00am - 4:00pm	8:00am - 4:00pm	District 7 9:00am - 9:45am Santa Cruz 10:15am-11:30am 2:00pm - 4:00pm	<b>WAREHOUSE CLOSED Holiday</b>		
14	15	16	17	18	19	20
8:00am - 4:00pm	8:00am - 4:00pm	8:00am - 4:00pm	8:00am - 4:00pm	8:00am - 4:00pm		
21	22	23	24	25	26	27
1:00pm - 4:00pm	8:00am - 4:00pm	8:00am - 12:00pm	<b>WAREHOUSE CLOSED Holiday</b>	<b>WAREHOUSE CLOSED Holiday</b>		
28	29	30				
8:00am - 4:00pm	8:00am - 4:00pm	<b>WAREHOUSE CLOSED</b>				



**NOTES: Warehouse Hours Are Shown In Blue**  
**Warehouse Is Closed During Lunch Hour: 12pm - 1pm**  
**Warehouse Will Be Closed: Nov. 2, 11, 24, 25, 30**  
**Last Issuance Date: 11/29/22**  
 USDA IS AN EQUAL OPPORTUNITY PROVIDER, EMPLOYER, AND LENDER

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# THOVA THASH

## Diabetes Prevention

There are 24 million people in the United States living with diabetes and 57 million are at risk for developing type 2 diabetes.

### **Risk Factors include:**

Overweight

Inactivity; less than 3 x week activity

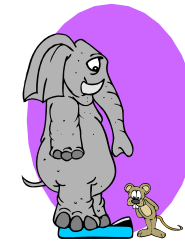
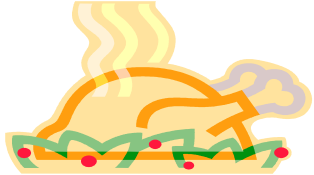
Are over 45 yrs. old

High blood pressure or high cholesterol

American Indian, Alaska Native, African American, Latino,

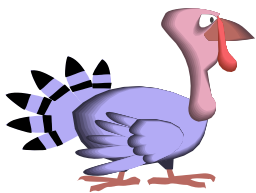
Asian American or Pacific Islander

Family history of diabetes



### **You can do a lot to lower your chances of getting type 2 diabetes by:**

Eating healthy - Watching your weight - Being active - Controlling your blood pressure and cholesterol



# TURKEY DAY

## Skillet Pork Chop Dinner - Serves 8

3 tablespoon margarine; 4 boneless, lean, pork chops; 2T garlic powder; 2T cumin; ½ onion, chopped; 1 cup rice; 2 cups chicken broth or water; ½ box cream of mushroom soup; 1 can whole kernel corn (drained); 1 can green beans (drained); 1 can diced tomatoes.

SEASON pork chops with garlic and cumin; HEAT margarine in a skillet over medium heat; COOK chops in melted margarine until cooked through, 10-15 minutes; ADD cooked onions and sauté until translucent; REMOVE chops and STIR rice into same pan with onions; BROWN rice slightly; ADD chicken broth or water; STIR well; SIMMER about 7 minutes; CUT chops into bite-size pieces; LAYER pork chop pieces over rice; pour half box of soup over meat; POUR corn over pork chops; POUR green beans over corn; TOP with tomatoes; COVER skillet and SIMMER until rice is tender and liquid is absorbed, 30-40 minutes.

Per Serving: 263 calories; 20 grams protein; 10 grams fat; 25 grams carbohydrates; 3 grams fiber