

NORTH OLMSTED  
OXCART PANTRY

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Reminder: Please  
enter/exit the  
pantry drive slow-  
ly!!! Traffic in and  
out uses the same  
driveway!

# OXCART NEWS

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## New Year! New Changes!



We would like to share with you our New Year's Resolutions! First, we are extending our hours to better meet the needs of our clients. We know some of you work and have expressed difficulty getting to our pantry on work days.

Regular food distributions will now take place on Wednesdays from 1:30pm until 6pm. Appointment times from 4pm until 5:45pm will be reserved for

clients who are working. Appointments are still required and must be made by Tuesdays NOON on the day prior to your appointment.

We do a great deal of prep for your appointments. Wednesday mornings are filled with deliveries, packing and prepping just for you!

Because this is a hectic time, you may find our doors locked for an hour midday. No worries, they will reopen in time for 1:30 appointments.

PLEASE arrive just a few minutes before your arranged time. DO NOT arrive too early as we will honor appointment times and persons having

an earlier time will be served before you, even if you arrived at our building first. Call if you need to change an appointment; we will gladly try to accommodate you.

We have one more resolution...to continue to provide you with the healthiest options and variety of food items to serve your nutrition needs. So make your own resolutions and try that zucchini or whole wheat pasta or dried fruit...and if you need recipes...we've got them and would be happy to share!

From our staff to you and your family...we wish you the healthiest and happiest New Year!!

**Here's our number, we are here when you need us!**

**440-716-4165**

## We welcome Service Animals

We love pooches! My staff and I are all dog lovers...here are some pics of our pups! We want to remind you that Certified Service Animals are welcome here at the pantry!!

Please ensure that your dog is up to date on vaccines and is identified as your Service Animal. We will be glad to have them at our facility for your visit so they may assist you. If they need a little drink

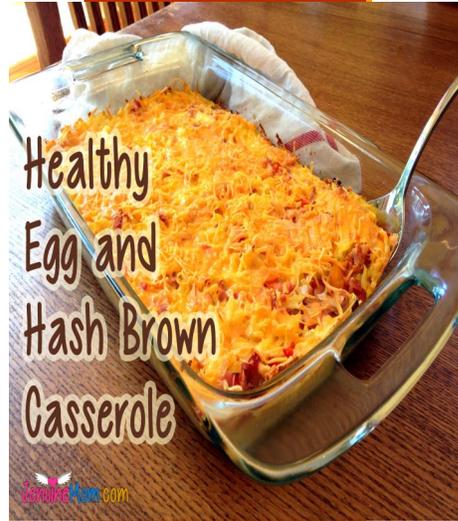
of water while they are here, we are glad to oblige. We may even give them a scratch behind the ear, with your permission of course.

Unfortunately, due to health and safety concerns...**no other pets** are permitted here at the pantry or on our grounds.

Please do not bring them with you to the pantry or ask our staff to make exceptions.



# Hash Brown and Egg Casserole



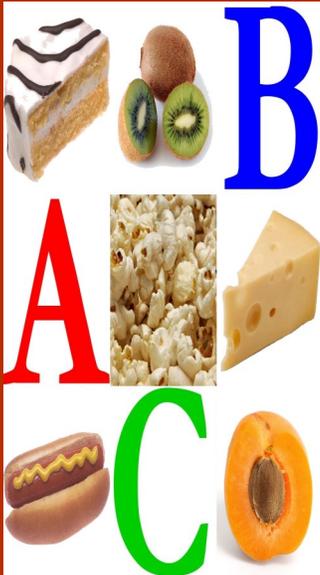
## Ingredients:

1 (2 pound) pkg frozen hash Brown potatoes, thawed  
 1 pound pork sausage or Turkey sausage  
 1 small onion, diced  
 5 eggs  
 1/2 cup milk  
 1/2 tsp onion powder  
 1/8 tsp garlic powder  
 Salt and black pepper to taste  
 12 oz. shredded Cheddar cheese

## Directions:

1. Preheat oven to 350 degrees. Grease a 2 quart baking dish. Place the hash brown potatoes in the bottom of the baking dish.
2. Heat a skillet over medium heat and cook and stir the sausage and onion until the sausage is crumbly, evenly browned, and no longer pink. Drain. Meanwhile, whisk together the eggs, milk, onion powder, garlic powder, salt, and pepper, and pour over the potatoes. Layer with half the cheese, the sausage mixture, and the remaining cheese. Cover with aluminum foil.
3. Bake in the preheated oven for 1 hour. Remove cover and bake casserole until a knife inserted into the center comes out clean –about 10 minutes. Let stand for 5 minutes.

## Kitchen hacks for common pantry items!



Here are some quick tips and ideas to better utilize some of the food options you may find at our pantry!

### French bread loaf is hard as a baseball bat?

Run the whole loaf under water just enough to wet the outside. Place in a 350 degree oven for 5-10 minutes and you will have a fresh baked loaf!

Works with unsliced loaves of bread too!!

### Dried cranberries or cherries not your thing?

Try adding them to cereal or oatmeal. You can rehydrate them for recipes by putting in a bowl with warm water and soaking for a few minutes.

### Getting tired of too many eggs?

How about a no crust quiche? Add veg and cooked sausage or bacon and bake in oven til brown and set.

**Oatmeal, oatmeal, oatmeal...tired of plain old oatmeal?** You can also throw it in a smoothie, bake it into breads or make some great cookies!

### Dried beans and lentils are a great source of protein.

Lentils do not require any presoaking, just toss them in your soups they cook quite quickly. Beans can be served as a side or put into soups or casseroles.

### Pastry seem a little dry the next day?

Pastry, donuts or muffins can be microwaved for about 10 seconds to return to fresh baked goodness!

### Not sure how to handle that 5 or 10 pound bag of chicken?

Thaw the entire bag in the refrigerator overnight. Then you can roast it all at once in a shallow baking dish, covered.

Cool to handle then you can pull meat from the bone for casseroles, salads, sandwiches or soups. Fully cooked chicken can also be refrozen for future use. Just thaw and reheat.

### Too many veggies from a produce distribution?

Many vegetables can be frozen raw or quickly steamed in the microwave then frozen. They retain their nutrition even after being frozen and if cut up can easily be tossed into your recipes.

### Bananas! No time to bake?

Just toss in the freezer, peel and all! Once frozen they peel easily and can be added to the blender for a healthy smoothie!

Hope some of these ideas help you out in the kitchen! Feel free to share your tips with us!