

Oxcart News

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INSIDE THIS ISSUE:

Free Produce 1

Energy Kits 1

Recipe Corner 2

Earth Day Every Day 2

Community Gardens 2

NEW HOURS:
We are open later on Wednesdays to accommodate working clients. Distribution is from 1:30pm until we close at 6pm.

Additional Option for FREE Fruit & Veg

If you love our summer Mobile Pantry you will love this NEW School Market Program in our community! The North Olmsted City Schools, in cooperation with The Greater Cleveland Food Bank, will be offering **FREE** fresh fruits and vegetables to the North Olmsted community. No pre-application is necessary. You need only provide stats on your household size. ONE per household. Please remember to bring a driver's license or state issued I.D.

The program is organized by the Maple Intermediate School and PTA and will be offered this spring in April and May.

Distributions will take place at:

Maple Intermediate School

24101 Maple Ridge Road

Tuesdays April 24 and May 22nd.

4:30-6pm.

NO reservation is required.

Please Note: This is a school; grounds and parking will NOT be accessible before 4pm.

Please.....DO NOT go early, you will NOT be permitted in the parking lot prior to 4pm!

If you have questions you may contact :

Oxcart Pantry at 440-716-4165

Maple School at 440-779-3533

There will be assistance to help carry goods as needed.



Free Energy Conservation Kit



Residential customers of First Energy (the Illuminating Company) can sign up to receive a **FREE** energy conservation kit!

These kits include LED light bulbs in various wattages, a three-way compact fluorescent light bulb, 2 LED night lights, a furnace filter whistle (a small round whistle that sounds when your furnace filter is 50% clogged, letting you know it's time to change your filter. The whistle is reusable), and additional energy saving components. Customers with electric water heaters may be eligible to receive an additional

device to help conserve water, such as a low-flow shower head or a faucet aerator.

To request a kit, visit:

WWW.OHIOENERGYKIT.COM

Or Call 1-888-793-6768

You will need your 12 digit account number to order the kit. Your account number can be found in the upper right-hand corner of your bill.

Brussel Sprout, Turkey Sausage and Potato Hash



Ingredients:

- 1 pkg (1 lb) Turkey Sausage
- 2 TBSP olive oil
- 1 LB Yukon gold potatoes, cubed
- 1 small onion, chopped
- 1 LB Brussel sprouts, trimmed and thinly sliced
- 1/2 red bell pepper, chopped
- 1/2 cup chicken broth
- 1 tsp salt
- 1/2 tsp black pepper
- Chopped green onion,

Directions:

1. Break up/crumble turkey sausage in skillet and cook on stovetop (medium high heat) until there is no more pink showing.
2. Lower temperature to medium and add oil and potatoes. Cook for 5 minutes.
3. Stir in onion and cook and additional 5 minutes.
4. Add sprouts, bell pepper,

broth, salt and pepper and cook 3 minutes or until bell pepper is tender. Garnish with chopped green onion, if desired.

Makes 6 servings.

Prep time: under 15 minutes

Total Time: 30 minutes

Calories: 220

Protein: 19g

Carbs: 21g

Sodium: 930 mg

Fat: 7g (1.5g saturated)

*Celebrate North
Olmsted Earth
Fair on Sunday
April 22nd at
North Olmsted
Cabin 1-4pm .
Fun for the
whole family!*

Earth Day Every Day (In Your Kitchen!)

Sunday, April 22nd is Earth Day. Earth Day is celebrated to inspire us to care more for the health of our environment. You can celebrate Earth Day every day in your kitchen by following some easy steps to make our earth and your kitchen healthier!

5 Steps To Kitchen Happiness:

1. Buy groceries at your local farmer's market. The North Union Farmers

Market has markets all over NE Ohio and will match up to \$10 of the SNAP money you spend.

2. Stock your freezer with batch cooking leftovers or bulk foods that may spoil. Most foods can be frozen for 1-2 months.
3. Unplug all countertop appliances, like toasters and coffee pots, when not using them. This will save money

and energy.

4. Reduce what you throw away by freezing left-overs and composting scraps, reuse what you can by using old jars or containers as drinking glasses or vases, and recycle what's left following the city's recycling guidelines.
5. Forget sprays and soaps that have chemicals and look for homemade cleaning solutions that use baking soda, lemons, and white vinegar.



Community Gardens

Did you know we have Community Gardens located on our grounds? We do!! Our gardens are raised bed gardens and are available at no cost to residents. They are assigned on a first come

first served basis.

If you are interested in gardening but don't have the space...we have it along with a shed full of tools for you to use. Just ask for a garden application.

You can grow your own fresh vegetables!

For information on Community Gardens contact Georgia at 440-716-4165 or Chris at allegrac@north-olmsted.com. Gardens open May 1st!