

SPECIAL  
POINTS OF IN-  
TEREST:

- Free Produce
- Reduce Stress
- Recipe Corner
- Healthy Snacks

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DYFS-Oxcart Pantry

Meet our spring SITES  
students Miranda and  
Nate!!

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# Oxcart News

MAYOR KEVIN KENNEDY

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## FREE Produce at Maple School!!!!!!

Maple Intermediate School, in cooperation with Maple PTA and the Greater Cleveland Food Bank, will continue to host a FREE produce give-away each month through May. The program is open to anyone (you do not need to have a student attending a school in the district).

There is no registration necessary. Distribution will begin at 4:00 pm and end at 6:00 pm or whenever the produce is gone (whichever comes first!). Because of

school dismissal the program will NOT start before 4pm. Please DO NOT arrive early.

The distributions will take place at:

**Maple Intermediate School**  
**24101 Maple Ridge Road**  
**North Olmsted**



Here are the dates for the distributions on Tuesdays:

**February 26th**

**March 26th**

**April (Date TBD)**

**May 28th**

We invite you to stop by and receive a variety of seasonal fruits and vegetables!

Questions?

Please feel free to contact:

**MapleProduceMarket@gmail.com**

## Tips For Reducing Stress In Your Life

### 1. Identify Causes of Stress

Monitor your state of mind throughout the day and write down thoughts as you begin to feel stressed.

### 2. Eat Right

It can be comforting to turn to sugary, salty, or fatty foods when we are stressed. However, stress and diet are closely related. Try eating more fruits and vegetables or fish with high levels of omega-3's. Omega-3's have been shown to reduce symptoms of stress.

### 3. Maintain Positive Relationships

Talking with a good friend or loved one can put everything into perspective. Communicating what you are experiencing helps build stronger relationships.

### 4. Get Enough Sleep

A lack of sleep can cause stress. Aim for around 7-8 hours per night and try limiting screen time (TV and electronics) at least an hour before bed.

### 5. Exercise

Even a short walk for stretch can

release feel-good hormones and an immediate relief to a stressful situation. Stand up! Stretch! Move!

### 6. Laugh!

Laughter releases endorphins that improve mood and decrease levels of stress-causing hormones.

### 7. Take a Deep Breath

Close your eyes, breath in and out of your nose filling your lungs completely and let it back out.

## APPLE WALNUT CAKE

### Ingredients:

- 3 large eggs
- 1 3/4 cup sugar
- 1 cup canola oil
- 1 tsp vanilla
- 2 cups all-purpose flour
- 1 tsp baking soda
- 1 tsp cinnamon
- 1/4 tsp salt
- 5 apples (peeled, cored, and chopped)
- 1 cup walnuts, chopped
- 1/4 cup powdered sugar

### Instructions:

1. Preheat oven to 350 degrees.
2. In a medium bowl, blend together the eggs, sugar, oil, and vanilla
3. In a separate bowl, sift together the flour, baking soda, cinnamon, and salt.
4. Add the flour mixture to the egg mixture and mix just until blended.
5. Fold in the apples and nuts.
6. Spray a 9x13 pan with cooking spray.
7. Pour the batter into the prepared pan and spread evenly.
8. Bake at 350 degrees for 35-38 minutes.
9. Allow the cake to cool and then sprinkle the top with powdered sugar.



## 6 Healthy, Tasty and Diabetic Friendly Snacks



**NUTS**—Nuts are packed with nutrients and very low in sugar. But, very high in calories.

**String Cheese**—string cheese is a great snack for between meals. It's portable and low in sugar!

**Carrots and Hummus**—hummus is full of fiber and protein and carrots are the perfect low sugar way to eat it!

**Celery and Peanut Butter**—this is packed with nutrients, fiber, and protein to keep you full longer.

**Turkey and Cheese Rolls**—Roll up sliced turkey and a piece of cheese for a no sugar snack. Limit it to 3 or less.

**Apples**—this is nature's perfect fruit. Great for between meals. If you're diabetic, stick to only one apple.

## Did you Know??



We serve about 150-210 families or 300-600 people each month!! That is why our policies and procedures are so important to ensure that healthy food options are distributed to as many families as possible. Our menu is prepared with that in mind each week. Unlike a grocery store all of our food is obtained through generous donations and with the support of the

Greater Cleveland Food Bank. So our stock changes daily!

With all that in mind, please follow these basic policies:

- ◆ Please call by NOON Tuesdays to schedule an appt.
- ◆ Please do not ask our staff to switch out items in your packed goods or to add items.
- ◆ If you can't use it, Pay It

Forward and give it to someone who can!

- ◆ Let us know of any dietary restrictions so we can better assist you with your needs.
- ◆ You can receive food after at least 30 days have passed; please honor this guideline..
- ◆ We check all goods, but please double check items for expiration before use.

If you have any questions, call us!  
440.716.4165