

SPECIAL
POINTS OF IN-
TEREST:

- Meat Guidelines
- Tips for Healthy Living
- Recipe Corner
- Free Produce
- Community Gardens

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Oxcart News

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Proper handling and Storage for Meat

Freezing meat products is the best way to keep them fresh beyond their printed expiration date. How long can meat stay frozen while still being safe to eat? Well, let's see....

The meat you receive from the North Olmsted Oxcart Pantry was frozen at the retail store on or before the "sell by" date printed on the package. Meat products are typically safe and nutritious for at least 6 months past this date, if it has been

kept properly frozen. We store meat onsite up to 90 days from when we receive it. (That gives you at least 90 days to use it)

Meat should always be thawed in the refrigerator. Do not thaw meat by leaving it at room temperature (this may cause harmful bacteria to grow).

Once the product is thawed, it must be thoroughly cooked and consumed immediately.



Follow heating and/or cooking instructions on the package and cook thoroughly.

Meat that has turned bad will feel sticky, tacky, or slimy and should be thrown out. Gray or brownish red meat, like beef, indicates that oxygen has not entered the package. If it does not brighten after the package is opened for several minutes...discard. If any meat appears greenish in color; throw it out. Most meats will also have a very foul /strong odor if gone bad; discard immediately. Always remember: **IF IN DOUBT, THROW IT OUT!**

Everyday Eating Tips for Healthy Living

Here are some easy tips to eating healthier:

Eat before you grocery shop
Make a list!

Choose the checkout without the candy display.

Try a new fruit or veg each week.

When eating out:

- Share a meal with someone
- Share the dessert
- Skip the buffets!

Choose restaurants wisely.

Take the side salad; skip the fries (and get the dressing on the side)

When you prepare foods:

Cut back on added fats

Grill, steam or bake (not fry)

Use herbs and spices and cut the salt, sauces, and dressings

Try whole grain everything.

Eating habits:

Keep to a schedule

Drink water during the day

Stop when you are full even if the plate isn't empty.

Don't eat late at night.

Snack on fruits, nuts and vegetables.

Avoid sugary drinks like soda.

Turn off the TV to avoid mindless munching.

Trying just a few of these tips might get you feeling a little healthier and more energetic as spring and summer come near!

HOMEMADE HUMMUS

Ingredients:

1/3 cup tahini or olive oil
3-4 TBSP cold water, or fluid from can

1 1/2 tsp salt

6 TB lemon juice (2 lemons)

2-4 medium cloves garlic, peeled and smashed

2 (15 ounce) can chickpeas, rinsed and drained (save some fluid from the can)

Optional toppings: or add-in flavors (put on top or blend in):

Chopped fresh parsley, sprin-

kle of paprika, toasted pine nuts or walnuts, roasted red peppers, black olives, dill pickles; olive oil.

Directions:

1. Add tahini or olive oil, cold water, salt, garlic, and lemon juice to a food processor (or blender) Puree until smooth.

2. Add in the chickpeas. Puree for 3-4 minutes, until the hummus is smooth. If it seems too thick, add another table-spoon or two of water.

3. Taste and season with additional salt, add-ins or lemon juice if needed.

4. Serve immediately, garnished with your desired toppings. Or, transfer to a sealed container and refrigerate for up to 3 days.

You can serve the hummus with pita bread or use it in/on:

Toast, burgers, wraps, salads, pasta, or in mashed potatoes!

YUM!!



FREE PRODUCE DISTRIBUTION DATES!!!!



Don't miss out on these upcoming **FREE PRODUCE GIVE-AWAYS!!**

Maple Intermediate School
24101 Maple Ridge Road
North Olmsted

Tuesday, April 30th
Tuesday, May 28th
4:00—6:00

Oxcart Pantry Summer 2019 Produce Dates:

John Knox Church
25200 Lorain Road
North Olmsted

Monday, June 10th
Monday, July 8th
Monday, August 12th
Afternoon hours TBD

INTERESTED IN A COMMUNITY GARDEN?



Did you know there are community gardens here at the Oxcart Pantry? Do you want to grow your own fruits or vegetables?

If you are interested in planting and maintaining a garden of your own this summer, please contact us for an application and

guidelines. The gardens are a collective effort of dedicated gardeners who tend their own plot and also help to maintain the garden area as a whole.

The gardens are free of charge (you must supply your own plants/seeds) and are open 7 days a week, dawn to dusk, May 1—

October 6th. All garden tools and water are provided.

Community Gardens are a great way to start gardening or to continue a lifelong hobby. Each plot is 8' by 4' feet and provides ample space for your gardening needs. Only a few plots remain so contact us soon! 4.716.4165