

# Oxcard News

## SPECIAL POINTS OF INTEREST:

- Re-Useable Bags
- School Market—Free Produce!!
- Recipe Corner

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## Re-Useable Grocery Bags

Over the next couple of months, we will be distributing re-useable grocery bags to you. We are trying to do our part by cutting down on the amount of plastic that gets used. **Please remember to bring these bags back with you each time you visit the pantry.** We can pack your frozen items in them, as well as use them for bread and pastry. Try to make it a habit to keep them in your car. Then, when you visit us, you'll have them handy!

Here are a few quick facts about benefits of re-useable grocery bags:

\*Re-useable bags are sturdier than disposable bags.

\*Each Re-useable bag has the potential to eliminate the use of 1,000 plastic bags over its lifetime.

\*Re-useable tote bags are washable, non-toxic, and hypoallergenic

\*Many re-useable bags are made from recycled plastic bottles (including the ones we are giving you!).

So, remember, **BRING BACK THOSE BAGS!!**



## Maple School Market—FREE Produce

### Maple PTA Produce Market Dates:

2019	2020
Sept. 24	Jan. 28
Oct. 22	Feb. 25
Nov. 26	March 24
Dec. 17	April 28
	May 26
	Sept. 22

Time:  
4:30 p.m. to 6:30 p.m.

Place:  
Maple Intermediate School  
24101 Maple Ridge Rd.

Produce in this image  
may not represent what is available.



## Stewed Chicklen and Chickpeas

### Ingredients:

- 1, 14-ounce can tomato sauce
- 1, 15-ounce can chickpeas, drained and rinsed
- 1 small bell pepper, thinly sliced
- 1/3 cup apricots (if canned, drained and patted dry)
- 2 cloves garlic, smashed
- 1/4 tsp ground cinnamon
- Large pinch red pepper flakes
- 4 skinless, boneless chicken breasts
- 1/4 cup greek yogurt
- 3 whole-wheat pitas

### Directions:

Combine the tomato sauce, 1 cup water, the chickpeas, bell pepper, apricots, garlic, cinnamon, red pepper flakes, and 1/2 tsp salt in a large skillet and bring to a simmer over medium-high heat. Nestle the chicken in the tomato-chickpea mixture; reduce the heat to maintain a gentle simmer and cook, uncovered, turning the chicken once, until cooked through, about 20 minutes.

Divide the chicken and tomato-chickpea mixture among plates, top with the yogurt and sprinkle with parsley and cinnamon to taste. Serve with the pita wedges.



## HOME ENERGY ASSISTANCE PROGRAM (HEAP)

The Home Energy Assistance Program (HEAP) is a federally funded program that provides eligible Ohioans some assistance with their home energy bills. This is a one-time per year benefit that is applied directly to your bill.

If your household income is at or below the following amounts, you may be eligible for HEAP:

Household size	Income
1	\$21,857.50
2	\$29,592.50
3	\$37,327.5
4	\$45,062.50
5	\$52,797.50
6	\$60,532.50

**Add \$7,735 for each additional household member**

Applications are available right here at the Oxcart Pantry, as well as the Senior Center, local libraries, and the department of Job and Family Services.

To complete the application, you will need:

\*A copy of your most recent utility bills

\*A list of all household members (with birthdates and social security numbers)

## FUN THINGS TO DO THIS FALL



1. Check out the Farmer's Market at Frostville Museum (bottom of Cedar Point Hill) Saturday mornings
2. Pumpkinville at Frostville on Sept. 29th 11am-4pm horse drawn hayrides/music/pony rides/food
3. Decorate your yard for Halloween (Trick or Treat is Oct 31st 6-8pm)
4. International Food Cook-off at Springvale Nov. 6th 11am-1:30 only \$5 supports the Senior Center 4.779-8100
5. North Olmsted Noel (FREE) at North Olmsted Park Dec. 8th 2-5pm Market vendors/food/Santa/entertainment