

Oxcart News

SPECIAL POINTS OF INTEREST:

- Reusable Bags
- School Market—Free Produce!!
- Recipe Corner

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DYFS-Oxcart Pantry

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Help us Reduce Plastic Waste!

You may have noticed over the past couple of months we have been including reusable grocery bags with your pick-up. We will continue to do this over the next several weeks.

Recent news may have referenced the County plan to reduce the use of one-time use plastic bags in grocery stores. Our switch to paper bags for most of our food packing a couple of years ago greatly reduced our own footprint for plastic waste. We are trying to do our part by cutting down on the amount of plastic waste in our operation.

We will continue to do so as much as possible. Here are a few quick facts about benefits of re-usable grocery bags:

*Reusable bags are sturdier than disposable bags.

*Each reusable bag has the potential to eliminate the use of 1,000 plastic bags over its lifetime when used repeatedly.

*Reusable tote bags are washable (can be easily wiped down with a sanitizing wipe).

*Many reusable bags are made from recycled plastic bottles (including the ones we are giving you!).

Keep them in your car and bring them for your next visit! We can pack frozen, refrigerated and bread/pastry in them for you!



Maple School Market—FREE Produce

Maple PTA Produce Market

Dates:

<p>2019</p> <p>Sept. 24</p> <p>Oct. 22</p> <p>Nov. 26</p> <p>Dec. 17</p>	<p>2020</p> <p>Jan. 28</p> <p>Feb. 25</p> <p>March 24</p> <p>April 28</p> <p>May 26</p> <p>Sept. 22</p>
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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 Chicken 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; you can warm or toast them if you like!



Our Own Little Library

We have our own little lending library in our lobby!! Thanks to the kindness and great idea of a local Girl Scout we have books available on the bookcase in our lobby. You and your kids are welcome to go through and choose a book. We ask that you take only one book per child (or 3 max per family) to allow others to benefit from our books. Do you have a new or gently used

book that your child has already read or outgrown? You can also leave a book for someone else!!

Reading is a great way to not only develop reading skills...but things like vocabulary, pronunciation and bonding with your kids. Take turns reading aloud to each other! You can even

help your child develop confidence by having them read aloud to your pets.

Reading is also a great way to stretch the imagination and learn about new things.

We hope you enjoy our little library. You are welcome to read one of our books and bring it back for another...or keep it to enjoy with your family.



PANTRY DO'S AND DON'TS

1. Many our families will need to renew applications soon. This is what you will need: ID, current utility bill and income verification for all adults in the household.
2. Please bring your reusable bags with you on your next visit.
3. All appointments for pick up must be made by NOON on Tuesdays.
4. No substitutions for items you decline.
5. Do NOT park in handicapped parking without a handicapped placard...cameras are on!
6. Please respect appointment times and DO NOT arrive earlier than your appointment.
7. Check our bulletin board for local programs, events and postings for FREE stuff!
8. We are here to help! Just ask us!