



The Closet Times

Carson Valley Community Food Closet

Volume 4, Issue 2
February 2019

Reminders and Helpful Hints to get the most of what the Food Closet has to offer:

- **Extra Food:** Remember that **TEFAP** (Temporary Food Assistance Program) is available to you once a month on any day that we are open. (Monday, Tuesday, Wednesday, Friday) and Senior Commodities for 60+ on the 4th Tuesday of each month. Information about these two programs are available in the Lobby.
- **Check out our website (the foodcloset.org) and Like us on Facebook! (Carson Valley Community Food Closet)**
- **Weekly:** Don't forget to come in weekly for milk, eggs, bakery items and when available, fresh produce.



February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

◆ Tuesday, February 12th—
FBNN Mobile Harvest @
Empire Elementary in
Carson City(1260 Monte
Rosa) Noon-1:00pm

◆ Thursday, February 14th:
Happy Valentine's Day!

◆ Monday, February 18th:
CLOSED for President's
Day

◆ Tuesday, February 26th:
Senior Commodities for
clients aged 60+. From
1:00-1:30pm in the
parking lot

Tomato Sauce

This month's Healthy Pick is Tomato Sauce. If you are a little tired of the old staple of pasta with marinara, here are some new ideas for what to do with all that pasta sauce:

Non-Pasta Related Uses:

from foodnetwork.com

Cream of Tomato Soup:

Sauté chopped fresh herbs in butter; add 1 jar pasta sauce, 2 cups water, 1/2 cup heavy cream and a pinch of nutmeg; simmer for 5 minutes.

Italian Meatloaf:

Add 1 cup pasta sauce, 1/2 cup grated Parmesan cheese and some chopped rosemary to a basic meatloaf recipe (using 2 pounds ground beef). Bake; top with more sauce and cheese 15 minutes before it's done.

Pizza Potato:

Make a deep slit in baked potatoes, then stuff with some pasta sauce, chopped pepperoni and shredded mozzarella; bake at 400 degrees F until the cheese melts.

Sloppy Joes:

Brown bulk Italian sausage, chopped onions and bell peppers; stir in pasta sauce and heat; spoon onto rolls.

Carson Valley Community Food Closet

Open M, T, W, F 12:30-4:00

Phone: 775-782-3711

www.thefoodcloset.org

Douglas County Social Services

1133 Spruce St.

Gardnerville, NV 89410

Phone: 775-782-9825

Washoe Tribe Social Services Office

950 US Hwy 395

Gardnerville, NV 89410

Phone: 775-265-8600



Tomatoes in any form are a great addition to your diet.

Health Benefits

Tomatoes contain many nutrients that are part of a healthy and balanced diet.

- **Vitamin A:** keeps eyes and skin healthy and helps to protect against infections.
- **Vitamin C:** helps heal cuts and wounds and keeps teeth and gums healthy. Vitamin C aids in iron absorption
- Eating vegetables and fruits rich in **potassium** as part of an overall healthy diet may lower blood pressure, and may also reduce the risk of developing kidney stones and help to decrease bone loss.
- Eating foods such as vegetables that are lower in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.

For more information about the nutrition and uses of tomatoes and other vegetables, visit

www.choosemyplate.org

