



## Newsletter



### SPECIAL MESSAGE

We have temporarily modified how we distribute food to our clients in an effort to reduce the amount of contact while continuing to be available during our normal business hours. Thank you to each of you for your patience and understanding during this time and a big thank you to all of our dedicated Volunteers who are willing to show up day after day to make sure that we remain open. We remain hopeful that we will soon return to our regular, daily routine.

#### Save-The-Date

20-24 Volunteer Appreciation Week

25 April Parking Lot Distribution has been canceled

28 - CSFP (Senior Commodities) 1:00-1:30

### Smith's Inspiring Donations

**An easy way to make a difference in your community. (No extra cost to you)**

With Inspiring Donations, Smith's grocery has made it easy to support the local nonprofit organizations that matter most to you!

Every time you shop with your rewards card, Smith's will donate .5% of your total order to the nonprofit of your choice. (For more info, please see Q&A in the Food Closet Lobby) Must be done online. A Food Closet Staff person will be glad to set it up for you on one of your visits.



### Census 101: What you need to know **What information Will Be Requested?**

The decennial census will collect basic information about the people living in your household. When completing the census, you should count everyone who is living in your household on April 1, 2020. \*

### **What Information Will NOT Be Requested?**

The Census Bureau will **never** ask for:

- Social security numbers.
- Bank or credit card numbers.
- Money or donations
- Anything on behalf of a political party. \*
- 

### **Where Can I Go To Learn More?**

You can learn more about the 2020 Census by visiting [2020census.gov](https://www.census.gov). \*

(\*excerpts from US Census Bureau publications)



**Time to arrive:** AFTER 12:45

**Where?** After 12:45 cars will be allowed to line up in designated area.

Once you are in line, the driver must remain in the car.

**Time of Distribution:** 1:00-1:30PM.





## Healthy Pick

### Easy Recipes Using Eggs

#### Easy Breakfast Quesadillas



- 2 eggs
- 1/8 cup milk any kind
- Salt and pepper to taste
- Diced green peppers (or mushrooms, etc)
- 2 tablespoons unsalted butter, divided
- 3 slices bacon cooked, roughly chopped
- 1/2 cup shredded cheddar cheese, divided
- 2 medium soft tortilla shells

#### Instructions

In a medium bowl, whisk eggs, milk, salt and pepper. Add green peppers and stir to combine then set aside. In a large skillet, melt 1 tablespoon butter over medium heat. Add egg mixture and cook until no longer runny, stirring often. Remove eggs to separate plate. In the same skillet (wipe, if needed), melt one tablespoon butter over medium heat. Place one tortilla shell in middle of pan. Top with 1/2 of cheese, leaving a 1/2 inch border around tortilla. Spread eggs in an even layer on top of cheese, followed by bacon and a sprinkling of more cheese. Place second tortilla shell on top of egg mixture and lightly press down. Heat for 2-3 minutes on both sides, or until shell is slightly golden and cheese is melted. Serve immediately.

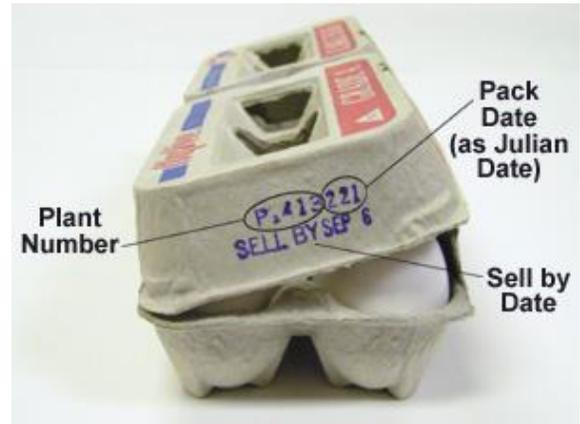
#### Poppy Seed Drop Biscuits (makes 9)

##### Ingredients:

- 1 cup sour cream
- 1 egg
- 2 cups of pancake mix

##### Directions:

Combine sour cream & egg. Add pancake mix. Drop onto parchment lined cookie sheet and sprinkle with poppy seeds. Bake at 350 for 12 minutes or until golden brown.



### Cracking the Date Code on Egg Cartons

#### Pack dates and sell-by dates

According to the U.S. Dept. of Agriculture Food Safety & Inspection Service (USDA/FSIS), "By understanding the coding on the egg cartons, chefs and bakers can determine the freshness of the eggs. Each carton of USDA graded eggs must show the date of packaging, the processing plant number, and may include an expiration date. To determine freshness, a Julian date or pack-date calendar can be used. This three-digit code indicates the date of packaging, starting with January 1 as 001 and ending with December 31 as 365. These numbers represent the consecutive days of the year."

#### How long to keep eggs?

Always purchase eggs before the "Sell-By" or "EXP" date on the carton. After the eggs reach home, refrigerate the eggs in their original carton and place them in the coldest part of the refrigerator, not in the door. For best quality, use eggs within 3 to 5 weeks of the date you purchase them. The 'sell-by' date will usually expire during that length of time, but the eggs are perfectly safe to use."

#### Is an egg that floats still fresh?

This means the egg is old, but it may be perfectly safe to use. Crack the egg into a bowl and examine it for an off-odor or unusual appearance before deciding to use or discard it. A spoiled egg will have an unpleasant odor when you break open the shell, either when raw or cooked.

(Source: USDA/FSIS)