



## Newsletter



### WELCOME

We would like to welcome you to the Carson Valley Community Food Closet. Our friends just refer to us as "the Food Closet". We are a Staff of two with an awesome team of volunteers that take care of the daily tasks of the organization. Hours of food distribution are 12:30-4:00, Monday, Tuesday, Wednesday and Friday. We offer client-choice on food, hygiene and pet food once a month and a smaller amount of food items once a week to our clients.

### CSFP (SENIOR COMMODITIES)

4<sup>th</sup> Tuesday of the month from 1:00-1:30 in the Food Closet Parking area. Drive-thru pick up. No need to leave your car. The line of cars will form on the East side of the building, **beginning at 12:30** and will continue around the back of the building. Volunteers will place your boxed/bagged items in your vehicle.

First time or missed July: you will need to complete a short intake form.

*Please do not leave your cars unattended in the line.*

### Save-The-Date

Aug.

13 FBNN Mobile Harvest in Carson

14 SNAP Outreach @ Food Closet 1:00-4:00

24 Community Food Distribution 8:00-10:00

27 CSFP Drive -Thru 1:00-1:30

Sept. 2 - CLOSED for Labor Day



### Front Store

**What:** Free bonus items; limited supply.

**When:** Once a week as items are available.

**How:** Receive a laminated card at Front Desk.

*Must have a current Food Closet Voucher.*

Please bring your own SMALL bags.

Please limit your choices to ONLY what will fit in the # of bags posted for the day.

A Food Closet Volunteer will assist you.

Be courteous to Volunteers and other clients.

### COMMUNITY FOOD DISTRIBUTION

Saturday, August 24th, 8:00-10:00am in the Food Closet Parking area. Everyone is welcome!

You do not need to be a current Food Closet client.

Items available: Dry Goods, Canned Goods, Household Products and more! *Bring your own bags, boxes, basket, cart, wagon, etc.* SNAP, CSFP (Senior Commodities) and DCSS reps on site to help with questions and program enrollment.



## Tomatoes

### Healthy Pick

#### 8 Ways to Cook with Canned Tomatoes

1. **Use them instead of water to cook grains.** Forgo water in place of canned tomatoes when cooking grains like rice and quinoa to give them extra flavor.
2. **Add to soups.** Just about any soup tastes better with a can of tomatoes added, whether it's a simple minestrone or a Mexican-inspired chicken tortilla.
3. **Make sloppy Joes.** Pretend like you're a kid again and make a big batch of sloppy Joes for the whole family.
4. **Blend into salsa.** Be that person who makes their own salsa by dumping a can in a blender with cilantro, red onion, garlic, jalapeños, and lime juice.
5. **Simmer meatballs.** Cook meatballs right in a simmer pot of crushed tomatoes to instantly flavor the sauce and make something perfect for your spaghetti.
6. **Use in place of broth when making risotto.** Broth is the usual cooking liquid to use when making risotto, but using canned tomatoes instead is an easy way to change it up.
7. **Add to mac and cheese.** Drain a can of diced tomatoes and stir them into boxed or homemade mac and cheese to jazz it up.
8. **Make a pantry dinner** by simmering a can of tomatoes with a can of beans and adding some cheese, if you have it. You'll definitely want to eat this with crusty bread.
9. **Make a dipping sauce for grilled cheese.** Simmer a small can of diced tomatoes or tomato sauce with a little fresh or powdered garlic until it reduces a bit and thickens. Then use it as a dip for grilled cheese.

#### Kitchen/Learning Center Activity

Take a few minutes to stop by and see what's cooking.

August 19, 20, 21 & 23, beginning at 12:30, during regular Distribution.

#### Easy Tomato Cobbler

##### Ingredients

3 lb cherry tomatoes  
 ¼ cup butter, melted  
 1 medium onion, sliced  
 1 clove garlic, thinly sliced\*  
 1 tablespoon all-purpose flour  
 ½ teaspoon Italian seasoning  
 1 teaspoon salt  
 1/3 cup plus 2 tablespoons Original Bisquick™ mix  
 1/ cup milk  
 1 egg beaten with 1 tablespoon water

##### Steps

Heat oven to 375°F.  
 Cut larger tomatoes in half or fourths so that all tomatoes are similar in size. In large bowl, toss tomatoes, melted butter, onion, garlic\*, flour, Italian seasoning and salt. Pour into ungreased 2-quart baking dish.  
 Bake about 30 minutes or until tomatoes soften and begin to split.  
 In small bowl, stir Bisquick mix and milk. Drop by spoonful on top of tomatoes. Lightly brush with egg mixture.  
 Bake 15 to 20 minutes or until biscuits are golden brown.

##### Optional

Add 1/4 cup shredded Cheddar cheese or Italian cheese blend to biscuits for a cheesy biscuit.

\*Don't like too much garlic flavor? Skip the garlic and make recipe as directed without it.

