

The Closet Times

Volume 4, Issue 1

January 2019

Carson Valley Community Food Closet

Important January Dates

1st	CLOSED: Happy New
2nd	January TEFAP available.
8th	Mobile Harvest at Empire School in
21st	CLOSED for MLK Day.
22nd	Senior Com- modities from 1:00- 1:30
	



The Food Closet Staff, Board and Volunteers would like to wish you a Happy New Year!

As we say Farewell to 2018 and Welcome to 2019, we look forward to:

- ◆ Ways to better serve our Community.
- ◆ The completion of our new facility in the Spring.

Our goal, at the Food Closet, is to help bring an end to Food Insecurity in Douglas County.

Healthy Pick of the Month: Black Beans

Black beans are a great source of fiber, protein and folate.

One cup of cooked black beans contains Roughly:

Calories: 227

Protein: 15.2 grams

Fiber: 15 grams

Folate (vitamin B9): 64% of the RDI

Manganese: 38% of the RDI

Magnesium: 30% of the RDI

Thiamine (vitamin B1): 28% of the RDI

Iron: 20% of the RDI

Black beans may also help reduce the spike in blood sugar that occurs after eating a meal, which may help reduce the risk of diabetes and weight gain.

This beneficial effect is because black beans have a lower glycemic index compared to many other high-carbohydrate foods. This means they cause a smaller rise in blood sugar after a meal.

Food Bank Mobile Harvest!

Just a reminder that our clients are eligible for the

Mobile Harvest Pantry which is a program of Food Bank of Northern Nevada. The description of the program as stated by FBNN is: "Access to nutritious, healthful food is vital for the community members we serve. Throughout the month, the Food Bank's Mobile Harvest program visits neighborhoods across northern Nevada and eastern California to distribute produce and other fresh food items to clients.

Eligibility:

Clients are asked to complete a brief Intake Form when visiting Mobile Harvest for the first time and once a year after that. There are no other qualification requirements to receive food through the Mobile Harvest distribution."

**The distribution location nearest us is in Carson at Empire Elementary School:
1260 Monte Rosa Dr., Carson City 89701**



Carson Valley Community Food Closet

1255 Waterloo Lane, Suite B
Gardnerville, NV 89410
Open M, T, W, F from 12:30-4:00 pm
Phone: 775-782-3711
www.carsonvalleycommunityfoodcloset.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



**January TEFAP
Items:**

- Frozen Chicken
- Apple Sauce
- Split Peas (Dry)
- Elbow Macaroni
- Tomato Sauce
- Pinto Beans (Dry)

*This institution is an equal
opportunity provider*

We will also be distributing any remaining items from December on a first-come, first-served basis based on family size.



Info about Quality and Freshness Dates

Most (but not all) food products are labeled with a specific date that indicates when the product is no longer guaranteed to be at its best. These dates are printed for quality, not safety.

According to the USDA website, the USDA estimates food loss and waste at 30 percent of the food supply lost or wasted at the retail and consumer levels. One source of food waste arises from consumers or retailers throwing away wholesome food because of confusion about the meaning of dates displayed on the label.

Provided the food has been stored properly and is undamaged, it is safe to eat “expired” packaged foods.

What Date-Labeling Phrases are Used?

There are no uniform or universally accepted descriptions used on food labels for open dating in the United States. As a result, there are a wide variety of phrases used on labels to describe quality dates.

Examples of commonly used phrases:

- ◆ A “Best if Used By/Before” indicates when a product will be of best flavor or quality. It is not a purchase or safety date.
- ◆ A “Sell-By” date tells the store how long to display the product for sale for inventory management. It is not a safety date.
- ◆ A “Use-By” date is the last date recommended for the use of the product while at peak quality. It is not a safety date except for when used on infant formula.