

THE CLOSET TIMES

CARSON VALLEY COMMUNITY
FOOD CLOSET



Volume 3, Issue 10

October 2018

Pumpkin Trivia

- ◆ A pumpkin is a fruit. Most people think of it as a vegetable.
- ◆ Pumpkins are members of the squash family.
- ◆ Pumpkins are 90% water.
- ◆ The largest pumpkin pie weighed 3,699 pounds & 20 ft in diameter.
- ◆ Pumpkin flour can be used instead of wheat flour.
- ◆ Pumpkins are gluten free.
- ◆ The name pumpkin originated from “pepon” the Greek word for “large melon”.
- ◆ Pumpkins are low in calories, fat, and sodium; good source of potassium, protein, and iron.
- ◆ The Connecticut Field variety is the traditionally used pumpkin.
- ◆ Native Americans used pumpkin seeds for food and medicine.



October 2018

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 CLOSED	27
28	29	30	31 			

- ◆ Monday, October 1st—October TEFAP begins.
- ◆ Tuesday, Oct. 9th— FBNN Mobile Harvest @ Empire Elementary in Carson (1260 Monte Rosa) Noon-1:00pm
- ◆ Monday, Oct. 15th—Project Santa Claus Sign-ups begin in the Food Closet lobby
- ◆ Friday, Oct. 19th 3:30-5:30 Costume Patch at Family Support Council.
- ◆ Tuesday, Oct. 23rd: Senior Commodities for clients aged 60+. From 1:00-1:30pm in the parking lot
- ◆ Friday, Oct. 26th: CLOSED for Nevada Day
- ◆ Wednesday, Oct. 31st: Happy Halloween! Come see us at our booth during Safety Street at the CVIC Hall

**CARSON VALLEY
COMMUNITY
FOOD CLOSET**

1255 Waterloo Lane, #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
950 US Hwy 395
Gardnerville, NV 89410
Phone: 775-265-8600

Save these Dates!

Thanksgiving Dinner
Distribution: Thursday,
November 15th from
9:00-4:00 at the Food Closet

November TEFAP
Distribution begins Friday,
November 2nd.

Christmas Dinner Distribution:
Saturday, **December 15th**
from
9:00-4:00 at the Food Closet

Trick or Treat! Halloween Safety Street

Wednesday, October 31st at CVIC Hall

1604 Esmeralda Minden.

3:00-8:00 pm.

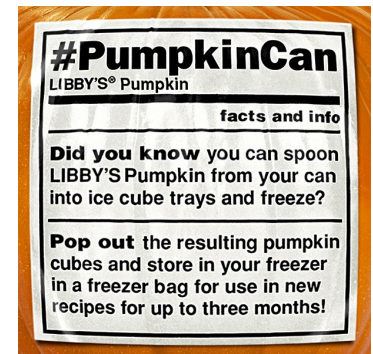
\$4.00 per child

Each child receives a raffle ticket that could
win them a book or a bicycle.



What to do with your leftover candy?

- Melt chocolate into your coffee or hot cocoa
- Add M&Ms or candy corn to home-made trail mix
- Save the kinds that aren't your favorite and use them as decorations for a gingerbread house in December
- Chop it up and bake it into your favorite cake or cookie recipe



PUMPKIN PUDDING

No cooking required for this tasty pumpkin pudding.

Kids can help prepare with supervision.

Ingredients:

1 can of pumpkin (15 oz)

2 teaspoons pumpkin pie spice

1/8 tsp of salt

1 & 1/2 cups of milk

1 box of vanilla instant pudding (small box)

Directions: In a large bowl mix pumpkin, salt and pumpkin spice together. Slowly stir in milk and mix well. Add instant pudding mix and stir for 2 minutes until it thickens. Refrigerate until serving time.

