



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.

Census 101: What you need to know

What Is the Decennial Census?

Every 10 years, the federal government conducts a population count of everyone in the US. Data will provide the basis for distributing funds annually to communities to support vital programs impacting housing, education, transportation, employment, healthcare and public policy. *

Will My Information Be Kept Confidential?

It is against the law for any Census Bureau employee to disclose or publish any census information that identifies an individual. No law enforcement agency can access or use your personal information at any time. The Census Bureau has federal security standards for encrypting data. *

(*excerpts from US Census Bureau publications)

Save-The-Date
12 - SNAP Outreach @ Food Closet 1:00-4:00
14 – Valentine’s Day
17 - Closed for Holiday
25 - CSFP (Senior Commodities) 1:00-1:30
Check the Lobby Calendar for Kitchen/Learning Center Activities and Food Demonstrations.

CSFP Facts

Commodity Supplemental Food Program. (Sometimes referred to as Senior Commodities) Through the Commodity Supplemental Food Program (CSFP), the Food Bank of Northern Nevada provides a monthly box of nutritious food to low-income seniors 60 years and over & is available 4th Tuesday of each month at the Food Closet as a drive-thru service, 1:00-1:30PM. Please do not line up before 12:45.





Healthy Pick

Peanut Buttery Facts

- An 18-ounce jar of peanut butter is made from around 850 peanuts.
- Peanuts aren't nuts; they are legumes because they grow underground.
- Americans consume 700 million pounds every year; that's over two pounds per person.
- Arachibutyrophobia (pronounced A'-ra-kid-bu-ti-ro-pho-bi-a) is the fear of getting peanut butter stuck to the roof of your mouth.



Great American Pie Month

"If you thought you'd escaped the holidays without adding another notch to your belt buckle, settle in and grab a pair of sweatpants because February is also the Great American Pie Month."

Peanut Butter Split Smoothie

Ingredients

- 1 ripe banana, quartered and frozen
- 1/2 cup milk
- 1/4 cup plain yogurt
- 1 1/2 tablespoons creamy peanut butter

Directions:

Put all of the ingredients into a blender and blend until smooth



Peanut Butter and Jelly Chicken Wings

I know, it sounds weird, but it's the perfect balance of sweet, savory and just a touch of spiciness.

Ingredients

- 13 ounces tart cherry jelly (or another flavor)
- 1/2 cup creamy peanut butter
- 2 tablespoons apple cider vinegar
- 2 tablespoons cherry juice
- 1/2-1 teaspoon sriracha
- 12 chicken drumettes
- Chopped peanuts

Steps

Whisk together jelly, peanut butter, vinegar, juice and sriracha.

Pour peanut butter mixture into a 1-gallon zip top bag and add in chicken wings. Move around the chicken until it's fully covered.

Place the bag in a small casserole dish and let the chicken marinade overnight.

Grill or bake (using your favorite option) until the outside is crisp and the chicken is fully cooked.

Serve with a sprinkling of peanuts if desired.

Front Store FYI:

We no longer provide bags for this area, so please bring your own bags (not larger than 14"x14") each visit. The items in this area are bonus items and vary day to day. We ask that you choose your items as quickly as possible. Motorized carts, wheel chairs and empty strollers should remain in the hallway. (ADA-compliant counter is available to assist those in wheelchairs, etc.)