

January

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.

Save-The-Date

1 - New Year's Day – Closed
 8 - SNAP Outreach @ Food Closet 1:00-4:00
 20 - Closed for Holiday
 28 - CSFP (Senior Commodities) 1:00-1:30

SNAP Facts

SNAP benefits can be used to purchase food at grocery stores, convenience stores, and some farmers' markets and co-op food programs. Visit with the SNAP representative in our Lobby once a month.



What Is TEFAP?

The Emergency Food Assistance Program Through TEFAP, the U.S. Department of Agriculture (USDA) purchases a variety of nutritious, high-quality USDA Foods, and makes those foods available to State Distributing Agencies.

States provide the food to local agencies that they have selected, usually food banks, which in turn distribute the food to local organizations, such as soup kitchens and food pantries that directly serve the public.

What Foods Are Available through TEFAP?

The types of foods USDA purchases for TEFAP vary depending on the preferences of States and on agricultural market conditions. Nearly 90 nutritious, high-quality products are available, including canned and fresh fruits and vegetables, fresh and dried eggs, meat, poultry, fish, milk and cheese, pasta products, and cereal.

(excerpts from USDA)

Check the Lobby Calendar for Kitchen/Learning Center activities and Food Demonstrations



Healthy Pick

Split Peas: Not Just for Soup

Until recently, the only thing that I associated with split peas was soup.

Split peas are simply garden peas which, when dried, lose their outer skin causing them to split in two.

They have a long list of health benefits, including helping to lower cholesterol and stabilize blood sugar levels.

One cup contains 65% of your daily intake of fiber.

Per cup, split peas have 100 calories less than chickpeas.

*The Food Closet is a Smoke-Free Property.
Smoking/Vaping is prohibited inside & outside.*

Dry Beans are a great way to stretch the family food budget. Soak in 4-5 cups of water to 1 cup of beans to shorten cooking time.

1 cup dry beans yields approximately 2 1/2 cups cooked beans.

All beans are excellent sources of protein, fiber, and good sources of manganese, magnesium, iron, zinc, and potassium. They are also a source of folate & B vitamin and are fat free and cholesterol free.

Wait to add acidic ingredients like molasses, tomatoes, chili sauce, catsup, vinegar, or wine, until the beans are fully cooked. Acidic ingredients keep beans from softening.



Crispy Split Peas

Ingredients

- 1/2 cup split peas soaked for 4 hours in water
- 1/2 tbsp olive oil
- 1/2 tsp salt
- 1 tsp any herbs/spices desired

Steps

After soaking the split peas (for 4 hours), drain and pat dry.

Over medium-high heat, coat a large skillet with oil. Add the split peas along with the salt and desired seasoning and stir frequently until golden in color and crunch in texture (7-10 minutes).

Remove from pan and serve or store in an air tight container.

Lightly season with salt, but they also taste great with chili powder, cayenne pepper, cumin, garlic, smoked paprika, rosemary, thyme or curry powder.

They remain crisp for a few days after cooking, so make a big batch and store them in a jar on the counter to snack on whenever hunger hits.

(These split peas are crunchy, salty and incredibly addicting.)

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.)

