



## 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

Jan. 1 CLOSED

5 FBNN Mobile Harvest 12:45-1:45

18 CLOSED

19– Thanksgiving Food Distribution 9:00-4:00

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

February:

2 – FBNN Mobile Harvest 12:45-1:34

15 – CLOSED

23 – CSFP Drive-Thru 1:00-1:30

### CSFP (Senior Commodities)

Fourth Tuesday of each month the Food Bank of Northern Nevada will be at the Food Closet for this drive-thru format of food distribution for ages 60+.



### 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 Distribution 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.

Check with Lobby Host for more information.



### Mobile Harvest

First Tuesday of each month FBNN’s Mobile Harvest program will be at the Food Closet to distribute produce and other fresh food items.

>It is a drive-thru format; 12:45-1:45

>Please be sure to pay close attention to all signs and staff & volunteers.

>We kindly ask that you *stay in your vehicle*.

>No need to arrive before 12:15.

>On your first visit you will be asked to complete a brief Intake Form. There are no other qualification requirements to receive food through the Mobile Harvest distribution.

>Not just for Food Closet Clients.



## National Oatmeal Month

### Fun Facts About Oatmeal

1. We buy more oats in January than any other month of the year.
2. Most popular oatmeal toppings are milk, sugar and fruit.
3. Oatmeal cookies are the number one non-cereal usage for oats, followed by meatloaf.
4. An 18 oz package of Old-Fashioned Oats contain about 26, 000 rolled oats.



### Peanut Butter Nutty Facts

1. Per person in the U.S., peanut butter is consumed at the rate of 3lb annually.
2. According to the National Peanut Board, the average 12-ounce jar of peanut butter requires around 540-550 peanuts to fill.
3. Peanut Butter was officially introduced in 1904 at the St. Louis World's Fair.



Face Coverings are required inside the Food Closet, covering mouth and nose.

If you choose not to wear one, we will assist you on the front Patio. Ask Lobby/Patio Host for info or if you need a face covering.



January 21 – National Granola Bar Day  
January 24 – National Peanut Butter Day

### Peanut Butter Oat Granola Squares

#### Ingredients

- 1 cup peanut butter
- ½ cup honey
- 3 cups rolled/old fashioned or quick oats
- ½ cup chocolate chips (optional)
- If you prefer a healthier version use all natural/organic ingredients.

#### Steps

1. Line a 9x9 pan with foil. Spray lightly with non-stick spray.
2. Soften the peanut butter and honey together until smooth, either in the microwave or stove top. Combine mixture with oats & chocolate chips.
3. Press into prepared pan. Place in refrigerator until set. Cut into squares.
4. If you want your granola bars to stay extra firm, keep them chilled; softer version at room temp.

