



October

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

Oct. 2 – Project Santa sign-up begins
 10 Community Food Distribution 8:00-10:00
 27 CSFP Drive -Thru 1:00-1:30
 Nov. 3 Mobile Harvest @ the Food Closet
 19 Holiday Food Distribution

Project Santa Claus

Provides Christmas gifts to children in Douglas County. Sign-up dates are Oct 2 – Dec 4 at the Food Closet during regular distribution hours.



Saturday Food Distribution



We have scheduled one more!
Saturday, Oct 10th, 8:00am-10:00am

For those in our Community in need of food. You do not have to be a Food Closet member. Park in the front of the building or the gravel easement on Waterloo only. No parking at entrance/exit or customer parking at Sierra Feed.

Mobile Harvest Coming in November to the Food Closet

Throughout each month, the FBNN's Mobile Harvest program visits neighborhoods to distribute produce and other fresh food items. All mobile harvest distributions are currently being run as a drive-thru format.

- When you arrive at the site, please be sure to pay close attention to all signs and staff & volunteers.
- We kindly ask that you *stay in your vehicle* the entire time.

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.





Featured Foods

Soup Season

Lentil Soup

- 1 onion, chopped
- ¼ cup olive oil
- 2 medium carrots, diced
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 bay leaf
- 1 teaspoon dried basil
- 1 (14.5 ounce) can crushed tomatoes
- 2 cups dry lentils
- 8 cups water
- ½ cup spinach, rinsed and thinly sliced
- 2 tablespoons vinegar
- salt to taste
- ground black pepper to taste



Instructions

Step 1

In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, bay leaf, oregano, and basil; cook for 2 minutes.

Step 2

Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Stir in vinegar, and season to taste with salt and pepper, and more vinegar if desired.

Lentil Low-Down Soup Season



Mighty Mouse of dry ingredients...Lentils!

Nutritional Bonus: Dry lentils have up to 40g of protein and 28g of fiber in a 1-cup serving, with only 1g of fat! Thanks to their rich stores of fiber, lentils offer slow-burning energy that help regulate blood sugar and ward off insulin spikes.

Lentils, in all their tiny-legume glory, are the perfect combo of protein, complex carbs, and fiber making them a great addition to soups, stews, salads, vegetarian dishes, and more. Best of all, they're quick-cooking and don't require soaking.

Start by rinsing your lentils to remove any debris, bring three cups of water to one cup of lentils to a boil, reduce heat and simmer until they are tender, which will take about 15-20 minutes.



Leftover Lentil Wraps

Heat Lentil Soup leftovers and carefully drain liquid completely to prevent wraps from becoming soggy. Top with salsa & sour cream, wrap and enjoy.