

THE CLOSET TIMES

Volume 3, Issue 12
December 2018

Carson Valley Community Food Closet



December's Healthy Pick for TEFAP is Lentils.

Lentils are an excellent source of Protein, Fiber, Vitamin A, Vitamin C, Vitamin K, Iron and a good source of Potassium.

Do you have to soak lentils before cooking them?

Lentils do not require it, but can be soaked in order to reduce cooking time by about half.

How much does 1 cup of dried lentils make?

Dry Lentils	Equivalent
1 cup	2 1/2 cups
1 pound	2 1/3 cups dry
1 pound	14 servings
1 pound	7 cups cooked

December 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 CLOSED: Merry Christmas!	26 CLOSED	27 CLOSED	28	29
30	31					

- *Friday December 5th—LAST DAY for Project Santa Sign-ups*
- *Tuesday, December 11th—FBNN Mobile Harvest @ Empire Elementary in Carson (1260 Monte Rosa) Noon-1:00pm*
- *Saturday, December 15th, Christmas Dinner Box Distribution 9:00am-4:00pm*
- *Saturday, December 15, Project Santa pickup at the Fairgrounds, 10:00-4:00.*
- *Tuesday, December 25th: Merry Christmas! We will be CLOSED for the holiday.*
- *Tuesday, December 26th: we will be CLOSED.*
- *Wednesday, December 26th Senior Commodities for clients aged 60+. From 1:00-1:30pm*

Carson Valley Community Food Closet

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

Happy Holidays

On behalf of the Food Closet Staff, Volunteers and Board of Directors we would like to wish you Happy Holidays.

We will be providing a turkey and other menu items to help you provide Christmas Dinner for you and your family on Saturday, December 15 from 9:00AM-4:00PM.



Each month we spotlight a product that you receive from one of our Distribution Stations and from TEFAP as a "Healthy Pick". This is our way of focusing on certain products and recipe ideas to prepare the food. December's Healthy Picks are Lentils (TEFAP) and Raisin Bran.

Check out the recipe for Peanut Butter Raisin Bran Cookies.



Peanut Butter Raisin Bran Cookies

Ingredients:

- 1/2 C Butter or margarine (softened)
- 1/2 C Peanut butter
- 1/2 C Granulated sugar
- 1/2 C Packed brown sugar
- 1 Egg
- 3/4 Cup All purpose flour
- 3/4 Teaspoon baking soda
- 1/2 Teaspoon baking powder
- 4 Cups Raisin Bran Cereal

Heat oven to 350*.

In large bowl, mix butter, sugars and egg until blended.

Stir in flour, baking soda and baking powder.

Stir in cereal.

On ungreased cookie sheets, drop dough by round tablespoonful about 2 inches apart..

Bake 11-13 minutes or lightly browned.

Cool 2 minutes; remove from cookie sheet.