

## October 2023

### Important Dates

No Pick-Ups

Wed, October 18<sup>th</sup> 8am to 1pm

Thu, October 19<sup>th</sup> 8am to 1pm

Tues, October 31<sup>st</sup> all day

### Product Highlight

Item 1851- Pork loin roast 6/5lb

Item 1527- Green Grapes 8/2 lb. bags

Item 3487- Salmon 24/7.5oz cans

Item 2261- Onions 50 lb. bag

### Reminder Unwinder

- The Food Bank is no longer in need of the pallets used for delivery! Please discard them at your own discretion!
- When completing the order form, Please complete the entire top section of the first page only. On the remaining pages, the agency number only will suffice.

### Pop Up Distributions

- Pop Up distributions (fresh produce/fruits) are for anyone in the community.
- If your Agency is hosting a pop up, please ensure that a blank sign in sheet is on site so that clients can sign in and notate their household breakdown.
- Please add the households from the pop up distributions into your monthly stat report.

### Salmon Croquettes

#### INGREDIENTS

- 12 ounces of canned salmon
  - 1 egg
  - ¼ cup of chopped celery
  - ¼ cup of chopped onion
  - ½ tsp garlic powder
  - ½ tsp salt
  - ¼ tsp black pepper
  - 1 cup of bread crumbs.
1. In a medium bowl, mix all ingredients and form the mixture into patties.
  2. Heat the frying oil to a depth of approximately ¼ inch in a large skillet over medium heat.
  3. Dust the patties with the remaining bread crumbs.
  4. Fry the patties for 8-10 minutes, turning as needed, until golden brown.
  5. Remove the patties from the skillet and allow to drain before consuming.

