

Partner Press

FOOD BANK
NORTHEAST LOUISIANA

FEEDING
AMERICA
A Member Of

September 2023

Important Dates

Mon, September 4th, closed all day

Wed, September 20th, no pickups 8am to 1pm

Thu, September 21st, no pickups 8am to 1pm

Fri, September 29, no pickups/deliveries all day

Product Highlight

Item 3471- Plums 30lb box

Item 3460- Strawberries 12/2.5lb bags

Item 3468- Apples 120/5lb bags

Item 3488- Nectarines 12/2.5lb bags

Reminder Unwinder

Verification of the clients' incomes are not required when completing applications.

Income is to be recorded by client statement only.

Nectarine Cobbler

Ingredients: ¼ cup of butter, 1 cup of all purpose flour, 2 tsp of baking powder, ¾ cup of sugar, ¾ cup of milk, 1 tsp of vanilla extract, 2 cups of sliced nectarines.

1.) Preheat your oven to 325 degrees F and melt butter in your pie pan or 9 x 9 baking dish. Coat all sides of the baking dish with melted butter.

Wash and slice nectarines, then add sugar.

2.) Combine the dry ingredients: flour and baking soda. Add milk and vanilla extract, then mix until batter is smooth.

3.) Pour batter into melted butter in the baking dish. Add fruit on the top, but do not stir into the batter.

4.) Bake for one hour at 325 degrees F or until golden brown and an inserted toothpick or knife comes out clean. Remove from the oven and allow to cool slightly on a wire cooling rack before serving. Serve with ice cream or whipped cream.



Heat Advisory

KNOW THE SIGNS HEAT EXHAUSTION

Headaches
Nausea and vomiting
Fatigue, weakness and restlessness
Thirsty
Anxiety
Poor coordination
Weak, rapid pulse
Sweating heavily
Raised body temperature

WHAT TO DO

Lie down in shade or air-conditioning
Drink plenty of water
Keep cool with a cold compress, shower or bath

