

January 30, 2019

EST. 2015



FOODSHARE

it's more than just a box of food.



NEWS YOU CAN USE



A Simple Path to Getting Help!

Do you think you might qualify for benefits but aren't sure? Does the application process seem long and complicated? Don't worry – FoodShare can help! We are Benefit Bank trained through SC Thrive to help you complete applications for SNAP, Medicare/Medicaid, TANF, and more. Call us at (803) 851-4461 and make an appointment.



The COMET Can Take You Shopping!

Need transportation to the Save-A-Lot for groceries? Check out COMET's "To-The-Market" program. The COMET will pay up to \$5 each way for ridesharing trips that originate or end at a grocery store, including Save-A-Lot on Harden Street. Uber or Lyft gift cards can be purchased at Walmart, Target and drug stores. For more info and a list of all participating stores visit: <https://bit.ly/2RBK3Us>



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TEXT TIPS

HEALTHY TIPS FOR A HEALTHY YOU

We want to help you keep on track! Sign up for **TEXT TIPS** and receive helpful and healthy advice during your week!

For Diabetes Text Tips: Text **BEWELL** to **33222**

For Hypertension Text Tips: Text **BETTERYOU** to **33222**

Low Carb Zucchini Tots



Ingredients

- 2 cups grated zucchini
- 1/2 small onion, minced
- 1/2 cup shredded sharp cheddar
- 1/2 cup grated parmesan
- 2 eggs
- 1 teaspoon garlic powder
- salt & pepper

Instructions

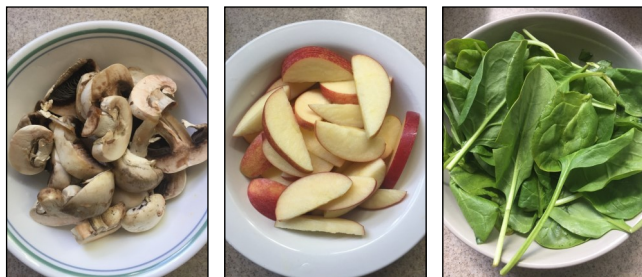
Preheat oven to 400. Grate the zucchini and squeeze out as much water as you can with paper towels. Spray a mini muffin pan with non-stick spray and fill with the mixture. If you do not have a mini muffin pan, shape mixture into "tots" with a spoon and place on a baking sheet. Bake 15-20 minutes or until golden brown. Serve immediately with low-fat sour cream, light ranch or blue cheese dressing or reduced sugar ketchup.

Adapted from theneighborhoodmoms.com

Mark your calendars for the next Fresh Food Box pick-up! (Orders due by 3PM Fri. before Wed. pick-up.)

FEBRUARY 2019							MARCH 2019						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
					1	2						1	2
3	4	5	6	7	8	9	3	4	5	6	7	8	9
10	11	12	13	14	15	16	10	11	12	13	14	15	16
17	18	19	20	21	22	23	17	18	19	20	21	22	23
24	25	26	27	28			24	25	26	27	28	29	30
							31						

Sautéed Apples with Spinach & Mushrooms



Ingredients

- 2 apples, sliced
- 6 mushrooms, chopped
- 2 large handfuls of fresh spinach
- half of a large onion, chopped
- 1 teaspoon salt
- 1 teaspoon white wine vinegar
- 1 teaspoon honey
- 1/2 teaspoon black pepper
- 1/2 teaspoon dried thyme
- 2 Tablespoons olive oil

Instructions

- In a non-stick pan, heat the oil and sauté the onions on medium heat until they are starting to turn clear.
- Add the mushrooms, and lower the heat slightly. Sauté the mushrooms until they start to release some moisture.
- Add the apples, and sauté for a minute. Then add the salt, white wine vinegar, honey, black pepper and thyme. Over medium heat, sauté for a few seconds until everything is thoroughly mixed.
- Finally, add the spinach and sauté until they begin to wilt. Be careful not to overcook the spinach, and add more if needed.
- Allow to cool slightly and add as a side to any meal you'd like.



Adapted from veganislandgirl.com

Roasted Broccoli & Chickpea Lemon Pasta



Ingredients

- 4 cups broccoli (roughly chopped)
- 1 (15-ounce) can garbanzo beans, drained and rinsed
- 2 tablespoons canola oil
- 1/4 cup extra virgin olive oil
- 3 cloves garlic, minced
- juice and zest of one lemon (or two if you prefer extra lemon flavor)
- 8 ounces whole grain elbow pasta
- 1/2 cup freshly grated parmesan for topping

Instructions

- Preheat oven to 400°F. Pat dry the rinsed chickpeas then add them to a large bowl and toss with the broccoli, canola oil, half of the lemon juice and a sprinkle of salt & pepper. Pour onto a baking sheet and roast in the oven for 15-20 minutes, until golden brown.
- Meanwhile, cook the pasta according to package directions. In a large skillet, warm the olive oil over medium-low heat. Add the garlic and sauté until fragrant then reduce heat to low setting.
- Drain the pasta then add to the skillet along with remaining lemon juice and lemon zest. Add the roasted broccoli and chickpeas to the skillet then toss until well-combined.
- Serve into separate bowls and sprinkle with parmesan cheese.

Adapted from makingthymeforhealth.com