

# AGENCY NEWSLETTER

## Knights of Columbus

### Can & Bottle Fundraiser Drive



**How:** Please save empty cans & plastic soda bottles uncrushed and drop them off

**Drop Locations:** Look for KofC sign in parking lot

1. Fareway Riverside
2. Fareway Indian Hills
3. Fareway by Mall
4. Bomgaars Hamilton Blvd
5. Bomgaars Gordon Dr.
6. Cubby's Dakota Dunes
7. Tyson Event Center
8. Cathedral of the Epiphany
9. St. Boniface Church
10. Camp High Hopes

**When:** 4th Saturdays of the Month: 9 am—4 pm

(April 24, May 22, June 26, July 24, Aug 28, Sept. 25, Oct 23)

 [www.kofc.org](http://www.kofc.org)  
 [KofC743USA@gmail.com](mailto:KofC743USA@gmail.com)  
 Grand Knight (Gregg) 712-635-1966  
 ["Knights of Columbus Council 743 USA"](https://www.facebook.com/Knights of Columbus Council 743 USA)



June 26 is the next monthly can and bottle drop off for Knights of Columbus Council 743 USA Can and Bottle Drive!

See the photo for additional information on locations and drop off times.

Redemption proceeds are donated to The Food Bank of Siouxland and Camp High Hopes.

# NUTRITION

Looking for more nutritional information for your clients?

<https://spendsmart.extension.iastate.edu>

Check out ISU Extension and Outreach for great resources!

# Produce

There are still pallets of Farm to Families boxes available to all agencies on a first come, first serve basis! These are the last that we are receiving at the moment.

Stop by to check out even more produce as we are slowly starting to fill up!

order today!

## Featured Product: Lentils

### Simple Spiced Lentils

#### INGREDIENTS:

- 1 cup dried brown lentils
- Two 1/4 cups vegetable broth
- 2 cups water
- 1 tablespoon olive oil
- 3 garlic cloves, minced
- 1/2 cup tomato sauce
- 1 tablespoon lemon juice
- salt and pepper to taste
- 1/8 teaspoon ground ginger
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon paprika
- 1/2 teaspoon garam masala
- 2 tablespoon cilantro, chopped

#### INSTRUCTIONS:

1. Place lentils in a medium-sized pot, with 2 cups of vegetable broth and 2 cups of water.
2. Bring to a boil.
3. Cover, reduce, and simmer 20 minutes or until lentils are just tender.
4. Drain any excess water from the lentils.
5. Heat olive oil in a medium-sized skillet, over medium heat.
6. Add chopped garlic cook for 1 minute, until fragrant.
7. Stir in tomato sauce, remaining vegetable broth, lemon juice, salt, black pepper, ginger, cumin, turmeric, paprika, garam masala, and cooked lentils.
8. Garnish with chopped cilantro.



SERVE AS A SIDE DISH OR MAIN DISH

order today!

# FACEBOOK UPDATES

As some of you may know, The Food Bank experienced a power outage the other week for roughly 3 hours. Our computers and phone lines were down and several people were not able to contact us. It's important to check our Facebook page if you can't get through as that will be our method of communicating current news and information. Thank you!

## Ordering Produce on Primarius

If you would like fresh produce added to your order, please include this request in the notes section. To make it easier on our warehouse staff, please include a general lbs. (#) total so we don't bring too much or too little!



**Please include your agency number on checks, not invoice number!**

PHONE: 712-255-9741

EMAILS: Jennie at [operations@siouxlandfoodbank.org](mailto:operations@siouxlandfoodbank.org) or  
Andrea at [andrea@siouxlandfoodbank.org](mailto:andrea@siouxlandfoodbank.org)



Office hours are 8:00 a.m. - 4:30 p.m.

Orders must be placed by 12:00 p.m. (Noon) or it will be considered "received" on the following business day (i.e. Order Monday at Noon for Wednesday).

Warehouse hours are 9:00 a.m. - 4:00 p.m.  
Agencies may pick up orders during warehouse hours only.