

# Spreading the News

A Bi-Weekly Publication for Gleaners Agency Members

June 22, 2015

## SHOPPING LIST HIGHLIGHTS

(while supplies last)

*Current Specials for the week of 6/22/2015 to 7/06/2015*

Item Number	Item Description	Regular Price	Sale Price
80065	FROZEN CHICKEN LEG QUARTERS 4/10 LB BAGS	\$19.60 CS .49 PER LB	\$15.60 .39 PER LB
60788	FROZEN MEAT BUNSIZE HOT DOGS (8 PER PACK) 12/15 OZ PACKS PER CS	\$9.48 PER CS .79 EA	\$8.28 PER CS .69 EACH

*New item:*

Item Number	Item Description	Regular Price
95089	FROZEN FULLY COOKED ROASTED CHICKEN 8 PC CUT	\$9.90 PER CS .99 PER LB

*More Cereal and USDA juice coming soon:*

Item Description	Regular Price
RAISIN BRAN 12/18 OZ	\$3.24
RAISIN BRAN 2/2.5 LB	\$.90
SPECIAL K 12/18 OZ	\$4.68
USDA APPLE JUICE 8/64 OZ	\$6.66
USDA ORANGE JUICE 8/64 OZ	\$6.66

## REMINDERS

- Please send your Civil Rights Training online test results sheet. Please note: It is not the checklist but the test that comes right after the presentation –slide 29. We only need one test results sheet from the main contact at your agency. You are responsible for recordkeeping the test results sheets for all your volunteers. Please do not send them to us. Thanks for all your help.
- Gleaners will be closed on Friday, July 3, and Saturday, July 4.

## Cooking Matters at the Store Opportunity

Cooking Matters at the Store is a program that teaches how to stretch food budgets through four key food skills: reading food labels, comparing unit prices, identifying whole grains and three ways to purchase produce.

The tours last about an hour and a half and often conclude with a \$10 Challenge, an activity that allows participants to use their new shopping knowledge to purchase \$10 worth of healthy groceries.



SHARE OUR STRENGTH'S  
**COOKING  
MATTERS**<sup>™</sup>  
NO KID HUNGRY

The participants receive a complimentary booklet with tips and recipes, a reusable grocery bag, and \$10 worth of groceries.

**Please join us for a Cooking Matters at the Store tour this Wednesday, June 24<sup>th</sup> anytime from 9am to 3pm at Prince Valley Market on 5931 Michigan Avenue in Detroit.**

For more information, please contact Jake Williams at [jwilliams@gcfb.org](mailto:jwilliams@gcfb.org), 313-923-3535 ext. 204

Or visit: <http://cookingmatters.org/at-the-store>

## Fresh Food Share Program



Fresh Food Share (FFS) is a community food program that provides affordable access to fresh produce, increased nutrition knowledge and support for local farmers. The FFS program is offered at sites throughout Detroit, Hamtramck, Highland Park, and Pontiac.

Fresh produce is bought at wholesale prices from local farmers (including Detroit farmers) and packed into individual boxes by volunteers. A monthly newsletter with recipes, nutrition information, and storage tips is provided in each box. Finally, the boxes of fruits and vegetables are delivered to customers, who pre-ordered at their local site. Boxes are available in three sizes, and the SNAP (food stamps/bridge) card can be used to pay for them.

For more information, please visit:  
[http://www.gcfb.org/site/PageServer?pagename=pg\\_freshfoodshare](http://www.gcfb.org/site/PageServer?pagename=pg_freshfoodshare)