

# Spreading the News

A Bi-Weekly Publication for Gleaners Agency Members

May 26, 2015

## SHOPPING LIST HIGHLIGHTS (Items are available while supplies last)

### CURRENT SPECIALS

Item Number	Item Description	Regular Price	Sale Price
12615	TOMATO SAUCE 24/15 OZ	\$ .49 EA	\$ .43 EA
15749	RED GOLD KETCHUP 12/20 OZ	\$1.15 EA	\$ .85 EA
00616	CREAM OF MUSHROOM SOUP 12/26 OZ CONDENSED FAMILY SIZE		\$ .67 EA

### NEW ITEMS

Item Number	Item Description	Regular Price
29401	VINE RIPE SPAGHETTI SAUCE #10 CAN	\$ 3.05 EA
15748	RED GOLD KETCHUP PLASTIC JAR W/ PUMP 6/114 OZ	\$ 3.31 EA = \$19.85 PER CS
13317	PETITE DICED TOMATOES W/GREEN CHILIES 12/10 OZ CANS	\$ .49 EA = \$ 5.95 PER CS

## REMINDER

The Civil Rights Training is now available online on the Michigan Department of Education's Website. There is a PowerPoint handout, a checklist, and the Online Civil Rights Training with a short quiz at the end. Please print out your results and send it back to Gleaners so that we can place it in your file. Please file your volunteer's results in your own file. Here is the link:

[www.gcfb.org/  
CivilRightsTraining](http://www.gcfb.org/CivilRightsTraining)

## LETTER CARRIERS FOOD DRIVE



Saturday, May 9, was the 23rd anniversary of the National Association of Letter Carriers Stamp Out Hunger Food Drive.

The drive is the largest one-day food collection event in the nation. This year was a huge success, and it means more food for our hungry neighbors!

**Our volunteers have already started to sort and pack assorted boxes of food, and you will see them on our shopping list for 60 cents only to help us cover the cardboard box itself.**

Thanks to everyone who helped with this year's Stamp Out Hunger!

## Free Deliveries From Gleaners

Agencies that place orders from our shopping list weighing more than **2,500** pounds can get a free delivery. These are paid pounds, and do not include any free produce, any free food in totes or any other free food available at our “free aisle.” Please note that the scheduled date will not always be on the date that you selected on your PWV order, but it will depend on the availability in our delivery schedule.

Remember to always call to schedule your free delivery.

**Agencies in Oakland County should call:**

Theresa Quiroga at ext. 400 or e-mail at [tquiroga@gcfb.org](mailto:tquiroga@gcfb.org)

**Agencies in Macomb, Monroe and Wayne Counties should call:**

Sherree Gerzanics at ext. 235 or e-mail at [sgerzanics@gcfb.org](mailto:sgerzanics@gcfb.org)

## Recipes

The recipes below were selected to help consumers understand how less familiar items can be used.

### Warm Baby Spinach and Cranberry Salad (6 servings)



#### Ingredients:

- 1 package baby spinach, washed and cleaned thoroughly
- ½ cup sweetened dried cranberries
- ¼ cup pine nuts
- ¼ cup Kraft® Zesty Italian Salad Dressing
- 2 clove garlic, minced
- 2 tablespoon olive oil

#### Directions:

- 1) Place cleaned baby spinach in serving bowl.
- 2) Place sauté pan over medium heat. Add oil.
- 3) Add pine nuts and sauté quickly until lightly browned.
- 4) Add minced garlic and sweetened dried cranberries, and stir quickly to coat with oil.
- 5) Let simmer for about 30 seconds.
- 6) Add dressing, stir, remove from heat.
- 7) Pour over baby spinach.
- 8) Serve immediately with entrée as a side dish.

### Peanut Butter, Honey, Banana & Cheerio Sandwich



#### Ingredients:

- 2 slices bread
- 2 tablespoons peanut butter
- 1 tablespoon honey
- 1 banana, sliced
- ¼ cup Cheerios toasted oat cereal

#### Directions:

Spread peanut butter on one slice of bread. Spread the honey on top of the peanut butter. Sprinkle cheerios on top, add sliced banana and other piece of bread. Cut into triangles to serve! YUMMY!