

# Roving Pantry

*Shopping and Delivery  
From Our Hearts  
to Your Home*



## Scammers Fake

### Social Security Email

By Amy Herbert, Consumer Education Specialist, FTC

The subject line says “Get Protected,” and the email talks about new features from the Social Security Administration (SSA) that can help taxpayers monitor their credit reports, and know about unauthorized use of their Social Security number. It even cites the IRS and the official-sounding “S.A.F.E Act 2015.” It sounds real, but it’s all made up.

It’s a phishing email to get you to click on a scammer’s link. If you do, a scammer can install malware — like viruses and spyware — on your computer. Or, the link might send you to a spoof site — a lookalike website set up by a scammer to trick you into entering your personal information.

Not sure if an email is really from the government? Here are a couple of clues. Did the email end up in your junk folder? Email providers use filters to help catch phishing scams and prevent spam from getting into your inbox. And when you hover your cursor over the link, is the web address really a trusted website? In this fake SSA email, when you hover over the URL you’re invited to click on, you see the link goes to an unrelated “.com” — instead of the Social Security Administration’s [socialsecurity.gov](http://socialsecurity.gov) or another “.gov” site.

If you get a questionable email, don’t click on any links, or open any

attachments. Report it to the FTC by forwarding the email to [spam@uce.gov](mailto:spam@uce.gov) — and to the real organization impersonated in the email. You also can report it to your email provider. Some email providers let you mark messages as phishing scams. Your report is most effective when you include the full email header, although most email programs hide this information. To find out the full header, type the name of your email service with “full email header” into your favorite search engine, and include this information in your report. When you’re done, delete the email.

If you’re unsure about an email that looks like it’s from the government, contact the agency directly. But find the contact info yourself.

## Pantry Protocol

To speed up our service to you, please **have your grocery orders ready on your assigned day**. Our goal is to deliver quality service to all our clients. If you ever have a problem with your order or suggestions to improve our service, please **call us at 267-4378**. Please note: All returned checks will be charged a \$15 service charge. Please send your coupons to us with your driver. We will use them to help all of our clients save money on their orders.

If an emergency arises AFTER you have placed your order, and you know you will not be home to receive your order, please call Dillons at 681-6830 and leave me a message the day or night BEFORE your scheduled delivery day.

Thank you for your assistance.

-Opal Smith

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## Recipe of the Month:

### Coffee Cheesecakes

1/4 cup crushed vanilla wafers (6 wafers)  
2 teaspoons butter or margarine, melted  
1 teaspoon sugar  
1 egg white  
2 tablespoons sugar  
1 3-ounce package cream cheese, softened  
1 tablespoon coffee liqueur

Combine vanilla wafers, melted butter or margarine, and 1 teaspoon sugar. Press into bottom of two 6-ounce custard cups.

In small mixing bowl beat egg white to soft peaks. Gradually add two tablespoons sugar, beating till stiff peaks form. Beat together softened cream cheese and coffee liqueur. Fold half of the egg white mixture into the cream cheese mixture. Return to remaining egg white mixture in mixing bowl.

Fill the prepared custard cups with egg white-cream cheese mixture. Baked in 350 degree oven for 15 minutes. (Cakes will puff, then fall when removed from oven.) Cool cakes in cups. Loosen sides of each cake with a knife and invest onto serving plate. Cover and chill.

To serve, drizzle with additional coffee liqueur, if desired. Makes two servings.

## Use Good Fats To Eat Right

Good Fats 101 has several ideas below to help consumers use good fats to eat right - and enjoy it!

At Breakfast :

- Make oatmeal creamier by using low-fat milk instead of water. Stir in nuts, flax or dried fruit for an extra shot of flavor and nutrition.
- Spread nut butter on whole grain waffles; top with sliced bananas.
- Liven up yogurt with chia seeds and berries.
- Add avocado to your morning smoothie for an extra punch of flavor and good fats.

At Lunch:

- Spice up sandwiches with fruit: Try chopped apples in tuna, sliced pears on turkey, or peanut butter with strawberries.
- Add a dose of good fats to salads with chopped avocado, sliced olives or walnuts.
- Give sammys and wraps a flavor burst with good-quality condiments such as horseradish, flavored mustard, pesto, avocado, wasabi, hummus and salsa.

## Seasonal Fruits and Vegetables

Here is a list of fruits and vegetables that should be plentiful during April. May we suggest you consider these items when placing your grocery order?

Apples	Green Onions	Salad (pre-bagged)	Tangerines
Artichoke	Kale	Squash	Tomatoes
Asparagus	Kiwi	Strawberries	Turnips
Beans	Leaf Lettuce	Sweet Potatoes	
Broccoli	Lemons		
Cabbage	Lettuce		
Cantaloupes	Limes		
Carrots	Mushrooms		
Cauliflower	Onions		
Celery	Oranges		
Corn on the cob	Pears		
Cucumbers	Peppers		
Dry Onions	Pineapple		
Garlic	Potatoes		
Grapefruit	Radishes		
Green Beans	Rhubarb		

