

Roving Pantry

*Shopping and Delivery
From Our Hearts
to Your Home*



April 2020

EGG FACTS

PROTEIN

If you start your weekday with cereal or toast instead of eggs, here's a wake-up call: Did you know eggs have 6 grams of high-quality protein? And did you know a protein-packed breakfast helps sustain mental and physical energy throughout the day? That's good news, especially if you're a body-building chess champion.

GOT CHOLINE?

Eggs are rich in choline, which is a weird word but it's a "good weird" because choline promotes normal cell activity, liver function and the transportation of nutrients throughout the body. Think of it as a commuter train for vitamins and minerals.

ZERO CARBS NO SUGAR

Eggs contain zero carbs and no sugar. That means you can eat a well-rounded breakfast during the week without feeling round yourself.

AMINO ACIDS

Eggs have all 9 essential amino acids. Seems like a lot but remember - they ARE essential.

MORE FOOD FOR THOUGHT

Unlike most cereals and yogurt, eggs don't come with a complicated, jam-packed ingredient list because they only contain one ingredient. It's called "eggs." And at 17¢ a serving, eggs are the least expensive source of high-quality protein.* That's right, 17¢.

NO GLUTEN? NO PROBLEM.

Let's not forget that eggs are naturally gluten-free. Always have been, always will be. And that's awesome because there isn't exactly a glut of gluten-free breakfast options.

Source: <https://www.incredibleegg.org/egg-nutrition/egg-facts/>

Emergency Preparedness

Are you prepared for spring storms? What if the electricity is out for several days, or you need to stay at home due to the Corona virus?

Some suggestions for emergency supplies:

- Food (doesn't spoil or require cooking and has a long shelf-life)
- Manual can opener
- Cash and identification (wallet/purse)
- Essential medications
- Hand sanitizer, toilet paper, incontinence supplies, kleenex
- Food for pets
- Whistle/signal flare (will help people locate you)
- Dust mask, plastic sheeting and a rain slicker
- Duct tape, utility knife and trash bags
- Pair of walking shoes and a change of clothing
- Cell phone with emergency contact numbers
- Fire extinguisher

Please call 267-0122 if you would like information on our Meals on Wheels Program



Recipe of the Month:

Shiitake Steak

- 1 teaspoon cracked black pepper
- 1 (1-pound) flank steak (1/2 inch thick)
- Cooking spray
- 1/2 pound shiitake mushrooms
- 1/2 teaspoon olive oil
- 1/3 cup chopped green onions
- 1 tablespoon diced pimento, drained
- 1 garlic clove, minced
- 3 tablespoons balsamic vinegar
- 1/4 teaspoon salt

Preheat broiler. **Press** pepper into both sides of steak. Place steak on a broiler pan coated with cooking spray. Broil 8 minutes on each side or until steak is done. **Remove** and discard stems from mushrooms. Heat oil in a large skillet over medium heat. Add mushroom caps and green onions, and cook 3 minutes, stirring frequently. Add pimento, garlic, vinegar, and salt. Cook 1 minute. **Cut** steak diagonally across grain into thin slices. Spoon mushroom mixture over steak. Yield: 4 servings.

Pantry Protocol

To speed up our service to you, **please have your grocery orders ready on your assigned day before 10am.** Our goal is to deliver quality service to all of our clients. If you ever have a problem with your order, such as receiving wrong items, being overcharged, any questions or any 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 Dillions at 681-6830 and leave me a message the day or night **BEFORE** your scheduled delivery day. Thank you for your cooperation.

- *Opal Smith*

Seasonal Fruits and Vegetables

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

Apples	Garlic	Pineapples	Squash
Artichokes	Grapefruit	Plums	Strawberries
Asparagus	Green Beans	Potatoes	Sweet Potatoes
Avocados	Green Onions	Radishes	Tangerines
Beans	Kale	Rhubarb	Tomatoes
Broccoli	Kiwi	Salad (pre-bagged)	Turnips
Brussel Sprouts	Lemons	Spinach	
Cabbage	Lettuce		
Cantaloupes	Limes		
Carrots	Mushrooms		
Cauliflower	Onions		
Celery	Oranges		
Corn on the Cob	Parsley		
Cucumbers	Parsnips		
Dried Onions	Pears		
Eggplant	Peppers		

