

# The Foodbank of Southeastern Virginia and the Eastern Shore



## Mobile Pantry Schedule November 2017

Date	City	Facility	Address	Zip Code
11/2/2017	Chesapeake	Lake Ahoy	3940 Airline Blvd.	23321
11/3/2017	Franklin	National Guard Armory	900 Armory Dr.	23851
11/7/2017	Yale	7th Day Adventist Church	19155 Courthouse Road	23897
11/8/2017	Atlantic/ES	St. Johns	10050 Atlantic Rd	23303
11/9/2017	Smithfield	Littles Market	518 Main	23430
11/11/2017	Portsmouth	Craddock	39 Afton Pkwy	23702
11/13/2017	Virginia Beach	Church of the Holy Apostles	1593 Lynnhaven Pkwy	23453
11/15/2017	Saxis	Saxis	6 Crescent	23417
11/16/2017	Ivor	Mill Swamp	6329 Mill Swamp Rd.	23866
11/17/2017	Suffolk	TASA:Healthy Suffolk	400 Bank Street	23434
11/21/2017	Virginia Beach	St. Lukes	3396 Stoneshore Rd.	23452
11/22/2017	Tasley	ESCC	24530 Coastal Blvd.	23441
11/27/2017	Portsmouth	Parkview Elementary	260 Elm Ave.	23704
11/28/2017	Sedley	Sedley Baptist Church	17494 Joyhnson's Mill Rd.	23878
11/30/2017	Portsmouth	Miracle of Faith	30 Claremont Dr.	23702

\*\*\*All Mobile Pantries are from 9:30-11:00am EXCEPT for Parkview Elementary which is from 3:00-5:00pm\*\*\*

For more information on where to find food pantries in your area please visit our  
website : [www.foodbankonline.org/GetHelp](http://www.foodbankonline.org/GetHelp)

The Foodbank of Southeastern Virginia  
and the Eastern Shore is a proud member of:



# November

Potatoes are one of Mother Nature's best-kept secrets. This delicious, family-favorite vegetable is not just good but good for you. With just 110 calories, one medium, skin-on potato provides 45% of your daily value of vitamin C and more potassium than a banana. There are hundreds of innovative and healthy ways and reasons to make potatoes part of your dinner.

## Loaded Baked Potato Soup

### Ingredients

- 1 tablespoon canola oil
- 2 slices bacon, cut in half
- 1/2 cup chopped onion
- 1 1/2 pounds medium russet potatoes (2-3), scrubbed and diced
- 4 cups reduced-sodium chicken broth
- 1/2 cup reduced-fat sour cream
- 1/2 cup shredded extra-sharp Cheddar cheese, divided
- 1/4 teaspoon freshly ground pepper
- 1/4 cup snipped chives or finely chopped scallion greens



### Preparation

1. Heat oil in a large saucepan over medium heat. Add bacon and cook, turning occasionally, until crisp, 4 to 5 minutes. Transfer to a paper towel to drain, leaving the oil and bacon drippings in the pan. Add onion to the pan and cook, stirring, until starting to soften, 2 to 3 minutes. Add potatoes and broth. Bring to a boil. Reduce heat to maintain a simmer and cook until the potatoes are tender, 12 to 15 minutes.
2. Using a slotted spoon, transfer about half the potatoes to a bowl and mash until almost smooth, but still a little chunky. Return the mashed potatoes to the pan along with sour cream, 1/4 cup cheese and pepper. Cook, stirring, until the cheese is melted and the soup is heated through, 1 to 2 minutes. Serve garnished with crumbled bacon, the remaining 1/4 cup cheese and chives (or scallion greens).

### Nutrition information

Serving size: 1 3/4 cups

Per serving: 305 calories; 13 g fat(6 g sat); 3 g fiber; 35 g carbohydrates; 13 g protein; 45 mcg folate; 30 mg cholesterol; 3 g sugars; 0 g added sugars; 387 IU vitamin A; 14 mg vitamin C; 157 mg calcium; 2 mg iron; 736 mg sodium; 1021 mg potassium

Nutrition Bonus: Potassium (29% daily value), Vitamin C (24% dv), Calcium (16% dv)

Carbohydrate Servings: 2

Exchanges: 2 starch, 1/2 vegetables, 1/2 medium-fat meat, 1 1/2 fat

