

# Foodbank Mobile Pantry



## Mobile Pantry Schedule October 2017

Date	City	Facility	Address	Zip	Hours
10/3/2017	Yale	7th Day Adventist Church	19155 Courthouse Road	23897	9:30-11:00
10/5/2017	Chesapeake	Lake Ahoy	3940 Airline Blvd.	23321	9:30-11:00
10/6/2017	Franklin	National Guard Armory	900 Armory Dr.	23851	9:30-11:00
10/12/2017	Smithfield	Littles Market	518 Main	23430	9:30-11:00
10/14/2017	Portsmouth	Craddock	39 Afton Pkwy	23702	9:30-11:00
10/16/2017	Virginia Beach	Church of the Holy Apostles	1593 Lynnhaven Pkwy	23453	9:30-11:00
10/17/2017	Virginia Beach	Plaza Baptist	245 S Rosemont	23452	9:30-11:00
10/20/2017	Suffolk	TASA:Healthy Suffolk	400 Bank Street	23434	9:30-11:00
10/23/2017	Portsmouth	Parkview Elementary	260 Elm Ave.	23704	9:30-11:00
10/24/2017	Southampton	Newsomes UMC	29193 South Main	23874	9:30-11:30
10/26/2017	Ivor	Mill Swamp	6329 Mill Swamp Rd.	23866	9:30-11:00
10/27/2017	Portsmouth	Miracle of Faith	30 Claremont Dr.	23702	9:30-11:00

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and the Eastern Shore is a proud member of:



For more information: [www.foodbankonline.org/GetHelp](http://www.foodbankonline.org/GetHelp)



Apples not only taste great but they also provide essential vitamins, minerals and fiber that help to protect from chronic diseases. The Dietary Guidelines for Americans recommend that we eat more fruits and veggies than any other food group – for adults, that’s 3½ to 6½ cups (7 to 13 servings) daily for better health. At least 2 of those 3½ to 6½ cups of fruits and veggies should be fruit. One cup of apples equals: 1 small apple, ½ large apple, 1 cup sliced raw or cooked apples, ½ cup of dried apples, 1 cup of 100% apple juice or cider, and 1 cup of applesauce.



The most widely recognized of all U.S. apple varieties originated in Iowa in the 1870s. This sweet, crispy, juicy apple varies in color from striped red to solid midnight red. Western Red Delicious are elongated in shape, with pronounced “feet.” Eastern-grown Delicious are more round. This apple is best eaten fresh or in salads



This variety, a cross between Kidd’s Orange Red and Golden Delicious, originated in New Zealand. The Royal Gala strain was named in honor of Queen Elizabeth II, who deemed it her favorite during a visit to New Zealand. It was brought to the United States in the early 1970s and is now one of the country’s most popular apples. Crisp, juicy, and very sweet, Gala is ideal for snacking. Galas can vary in color, from cream to red- and yellow-striped. U.S.-grown Galas are harvested beginning in mid-July and are typically available year round.

## Baked Apples Recipe

- 4 large good baking apples
- 1/4 cup brown sugar
- 1 teaspoon cinnamon
- 1/4 cup chopped pecans (optional)
- 1/4 cup currants or chopped raisins
- 1 Tbsp butter
- 3/4 cup boiling water



**1** Preheat your oven to 375°F (190°C). Rinse and dry the apples. Using a sharp paring knife, cut out the cores, leaving the bottom 1/2 inch of the apples intact. If using a paring knife, first cut out the stem area and then use a small metal spoon to scoop out the seeds. Cut the holes so that they are an inch or so wide.



**2** Place the brown sugar, cinnamon, currants or chopped raisins, and chopped pecans (if using) in a small bowl and stir to combine. Put the apples in a baking dish and stuff each apple with the sugar stuffing mixture. Place a dot of butter (a quarter of the tablespoon called for in the ingredient list) on top of the sugar.

**3** Pour the boiling water into the bottom of the baking dish. Bake at 375°F (190°C) for 30 to 45 minutes, until the apples are cooked through and tender, but not overcooked and mushy. When done, remove the apples from the oven and baste them with the juices from the pan.

Terrific with a side of vanilla ice cream.