

January 2018



Mobile Pantry Schedule

Date	City	Facility	Address	Zip	Hours
1/2/2018	Yale	7 th Day Adventist Church	19155 Courthouse Rd.	23897	9:30-11:00
1/4/2018	Chesapeake	Lake Ahoy	3940 Airline Blvd.	23321	9:30-11:00
1/5/2018	Franklin	National Guard Armory	900 Armory Dr.	23851	9:30-11:00
1/11/2018	Smithfield	Little's Market	518 Main St.	23430	9:30-11:00
1/13/2018	Portsmouth	Cradock	39 Afton Pkwy	23702	9:30-11:00
1/16/2018	Virginia Beach	St. Luke's	3396 Stoneshore Rd.	23452	9:30-11:00
1/19/2018	Suffolk	Salvation Army	400 Bank Street	23434	9:30-11:00
1/22/2018	Portsmouth	Parkview Elementary	260 Elm Ave.	23704	3:00-5:00
1/25/2018	Ivor	Mill Swamp	6329 Mill Swamp Rd.	23866	9:30-11:00
1/26/2018	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



Chicken Noodle Soup

Going as far back as the 12th century, scholars have publicized the effectiveness of chicken soup for many illnesses. Even today, when you're in bed with a cold, someone has either reminded you of its goodness or brought you a piping hot bowl you begin to feel better.

Although chicken noodle soup may not eliminate your cold, it can help to alleviate some of the symptoms. The steam from a hearty bowl of chicken soup may help you to clear nasal congestion and the warm broth can soothe a sore throat. Even if you are not currently sick, chicken noodle soup makes a great fallback for the cold winter days because of all its wonderful nutrients.

Celery and carrots are the two staple vegetables in most chicken noodle soups. Both veggies provide your body with calcium, magnesium, phosphorus and potassium. Celery is a great source of vitamin K, which is important for bone health. Carrots are high in vitamin A, which helps promote good vision and healthy skin and teeth. Although this is typical of chicken noodle soup, the recipe can be altered depending on personal preference.

Ingredients:

- 1/2 cups low-sodium chicken broth
- 1 carrot, cut into thin rounds
- 1 rib celery, cut into 1/4-inch pieces
- 1 bell pepper, cut into very small pieces
- 1 (6 oz) can chicken, drained
- 1/4 cup elbow macaroni



Nutrition Facts

Serving Size 1/2 recipe
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 50

% Daily Value*

Total Fat 5g 8%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 70mg 23%

Sodium 360mg 15%

Total Carbohydrate 21g 7%

Dietary Fiber 4g 16%

Sugars 6g

Protein 29g

Vitamin A 150% • Vitamin C 160%

Calcium 4% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Preparation:

- 1) Combine carrots and chicken broth in a small sauce pan. Bring to a boil, reduce heat, and let simmer 10 minutes.
- 2) Add celery and bell pepper, let simmer for 5-10 minutes.
- 3) Add chicken and macaroni. Increase heat to a boil. Let cook until macaroni is done, about 7-10 minutes.

Serves 2 people