

June 2018



Mobile Pantry Schedule

Date	City	Facility	Address	Zip	Hours
6/1/2018	Franklin	National Guard Armory	900 Armory Dr.	23851	9:30-11:00
6/5/2018	Yale	7 th Day Adventist Church	19155 Courthouse Rd.	23897	9:30-11:00
6/7/2018	Chesapeake	Lake Ahoy	3940 Airline Blvd.	23321	9:30-11:00
6/9/2018	Portsmouth	Cradock	39 Afton Pkwy	23702	9:30-11:00
6/14/2018	Smithfield	Little's Market	518 Main St.	23430	9:30-11:00
6/15/2018	Suffolk	Salvation Army	400 Bank St.	23434	9:30-11:00
6/19/2018	Virginia Beach	St. Luke's	3396 Stoneshore Rd.	23452	9:30-11:00
6/25/2018	Portsmouth	Parkview Elementary	260 Elm Ave.	23704	9:30-11:00
6/26/2018	Southampton	Meadows Express	31059 Smiths Ferry Rd.	23851	9:30-11:00
6/27/2018	Chesapeake	Southside Baptist Church	1200 Bainbridge Ave	22234	11:30-1:00
6/28/2018	Ivor	Mill Swamp	6329 Mill Swamp Rd.	23866	9:30-11:00
6/29/2018	Portsmouth	Miracle of Faith	30 Claremont Dr.	23702	9:30-11:00

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



For more information: www.foodbankonline.org/GetHelp

Orange Strawberry Salad

A fresh start or healthy finish to any meal, fresh mint and brown sugar add zest to this fresh fruit salad with strawberries and oranges.

Ingredients:

- 3 cups strawberries, hulled
- 3 large navel oranges or clementines, peeled
- 2 tablespoons brown sugar
- 2 tablespoons fresh mint, chopped
- 1 teaspoon orange zest (from peeled oranges or clementines)



Instructions:

1. Hull strawberries and slice in half or quarters, depending on your preference.
2. Cut oranges into chunks. If using clementines, just peel; do not slice.
3. Throw strawberries and orange slices in a bowl, and add brown sugar, mint and orange zest.
4. Toss all ingredients, then serve. Alternately, refrigerate until ready to serve.

Nutrition Facts (per serving): Calories – 120, Fat – 0.2g, Dietary Fiber – 5.0g, Protein – 2.1g, Vitamin C – 242%.

Did You Know?

The edible white part of the orange rind has nearly the same amount of vitamin C as the flesh, so eat that part too!

The flavor and color of strawberries is enhanced by balsamic vinegar. For a fabulous dessert, drizzle balsamic vinegar over ripe strawberries and serve with vanilla ice cream.

An apple's flavor and aroma comes from fragrance cells in apple skin, so for maximum flavor, don't peel your apple. Plus, the vitamins lie just beneath the skin.

People with rubber latex allergies may also be allergic to bananas since the two come from similar trees and share a common protein!

Most berries freeze very well, here's how: Rinse, then let berries dry in a single layer on towels. Freeze in a single layer on rimmed baking sheets. Seal in freezer-safe containers for up to one year. Use them straight from the freezer in your morning cereal, blend them into a smoothie or mix into pancake or muffin batter.