



**Central Kitsap
Food Bank**

nourishing neighbors
since 1989



NIGHT AT THE RACES

13th Annual Kentucky Derby Fundraiser. Find your fanciest hat and join our virtual auction event May 1st 2021! All proceeds help feed those facing life's challenges throughout Kitsap County. Your gifts help us support our community through not only food, but also through our facility which allows us to maintain our food supply safely and securely for those families and individuals in need.

EMPLOYEE SHOUT OUT

A big shout out to Ricky Harrison! Ricky started as a volunteer for 3 years until we asked to continue to help in a larger way becoming a permanent member of our staff. Not only does he work but when hes not working he is still volunteering. Ricky has an avid love for plants, ask him anything about flowers or plants and his enthusiasm and knowledge makes him our go-to guy!

BECOME A SPONSOR

Sponsorship levels starting at \$300 up to \$2500. All levels are still available! In 2020 with the efforts of our volunteers and your financial support, we were able to continue to care and service more than 17,600 people. This equaled to 656,000 lbs of food!

KIWANIS

FOOD & FUND DRIVE



Join our community event and help benefit the food bank on second Saturday, every month, at the Silverdale Safeway.



**CKFB
COVID CORNER
DSHS UPDATE**

DSHS received federal approval to implement a second round of P-EBT (Pandemic EBT) for the 2020 - 2021 school year. No applications are required.

Children's eligibility for free and reduced priced school meals through their school will be used to provide benefits to the children via the new P-EBT card and mailed directly to families as a debit card.

**KITSAP PUBLIC
HEALTH DISTRICT
UPDATE:**

Don't know what phase you are in to get your COVID-19 vaccination, go to:
<https://form.findyourphasewa.org/210118771253954>

Ingredients

- 8 (3 pounds) bone-in, skin-on, chicken thighs
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons olive oil
- 1 1/2 pounds (about 4 medium) Yukon Gold potatoes, cut into 1-inch chunks
- 12 ounces baby carrots
- 3 whole, unpeeled cloves garlic, smashed with the flat of a knife to break the skin
- 1 bunch Swiss chard
- 1 1/2 cups chicken stock
- 1 tablespoon Dijon mustard
- Finely grated zest of 1 lemon
- 1/2 teaspoon dried thyme
- Juice of 1/2 lemon
- 1/4 cup chopped parsley

Instructions

- Preheat the oven to 400°F. Trim and season the chicken thighs With scissors or a sharp knife, cut off excess flaps of skin and fat from the thighs. Sprinkle with salt and pepper on both sides.
- Prep the chard stalks and leaves. Tear or cut the stalks from the leaves. Cut the stalks into 1-inch pieces. Slice the leaves into 2-inch-wide strips. Keep the stalks and leaves separate.
- In a large ovenproof skillet set over medium-high heat, add the oil. Once the oil shimmers, add the chicken with the skin side down.
- Cook on the skin side only for about 5 minutes without disturbing it, or until the skin lightly browns.
- Add the potatoes and carrots to the skillet and cook for 5 minutes, or until they brown lightly.
- Prep the braising liquid: In a bowl or measuring cup, whisk the chicken stock, mustard, and lemon zest to combine. Braise the chicken
- Add the chard stalks, smashed garlic and braising liquid to the skillet with the vegetables. Set the chicken pieces on top and sprinkle with the thyme. Transfer the pan to the oven. Roast, uncovered, for 30 minutes, or until the chicken is cooked through and the vegetables are tender.
- Remove the pan from the oven. Add the chard leaves Transfer the chicken thighs to a plate. Taste the broth and add more salt, if you like.
- Set the skillet over high heat and bring the liquid to a boil. Stir the chard leaves into the skillet and cook for 2 to 3 minutes, or just until wilted.
- Remove the garlic cloves. Set the chicken on top of the vegetables. Squeeze the lemon over the chicken and sprinkle with the parsley.
- Serve from the skillet, or transfer to a large serving platter. Serve as is, or with a salad.