

CENTRAL KITSAP FOOD BANK

NEWSLETTER APRIL - JUNE 2021



**Central Kitsap
Food Bank**

nourishing neighbors
since 1989

VOLUNTEER SHOUT OUT

A big shout out to Ms. Ching Baker! Ms. Ching has been a volunteer for over 4 years. Before that, she spent 28 years in the receiving department at Silverdale Target. Ms. Ching loves to cook for us and routinely will grace us with sweet & sour pork, kimchi, and her phenomenal fried rice. Hands down, Ms. Ching has more energy than anyone else here at CK Food Bank.



KIWANIS FOOD & FUND DRIVE

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



HUGE thank you to all of the Sponsors and Donors for making our auction such a success! Your generosity is felt throughout Central Kitsap Food Bank and the local community.

NIGHT AT THE RACES

Our "Night at the Races" auction event took place on May 1st, 2021! It was hosted by none other than, Louie Foxx. Our silent auction items this year were available for bids online using a new platform called Auctria. A few of the auction items were: "The Bloedel Reserve – 1 Year Membership for 2", "Alderbrook Resort and Spa Package" and "Haselwood YMCA – 1 Year Membership".

We also had live auction items during our Zoom event, and a Raise the Paddle. The Zoom event was hosted by our Board of Directors, and Louie Foxx entertained while running the bidding of the live auction items. People were encouraged to participate remotely by submitting their Kentucky Derby themed photos, and could win prizes for their participation. Louie taught the attendees how to make the traditional Kentucky Derby beverage, Mint Juleps.

The event was a success and highly entertaining! Our next auction is scheduled for May 7th, 2022.





CKFB Information Corner
BasicFood

Able Bodied Adults without Dependents ABAWD

ALERT: The USDA Food and Nutrition Service has approved a statewide ABAWD waiver. Clients who are considered ABAWDs in Washington State are exempt from the ABAWD rules between June 1, 2021 and May 31, 2022.

What is the definition of an ABAWD?

As outlined in WAC 388-444-0030, ABAWDs are a subpopulation of Work Registrants who:

1. Are ages 18 through 49;
2. Not receiving any food benefits for minor children in their household.
3. Reporting no exemptions and not identified as an exempt work registrant
4. Able to work and have no physical or mental disabilities, injuries, or health issues that prevent them from working.



Oven-Roasted Spring Vegetable Medley

Ingredients:

- 9 small red potatoes, quartered
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound fresh asparagus, trimmed and cut into 1-inch pieces
- 2 small yellow summer squash, quartered and cut into 1/2-inch slices
- 2 small zucchini, quartered and cut into 1/2-inch slices
- 6 radishes, quartered
- 1/3 cup balsamic vinegar
- 3 tablespoons brown sugar

Directions:

- Preheat oven to 425°. In a large bowl, toss potatoes with oil, salt and pepper. Transfer to a shallow roasting pan. Bake 15 minutes.
- In same bowl, combine remaining ingredients; add to pan. Bake 20-25 minutes longer or until vegetables are tender.

Nutrition Facts

3/4 cup: 90 calories, 3g fat (0 saturated fat), 0 cholesterol, 131mg sodium, 15g carbohydrate (7g sugars, 2g fiber), 2g protein. Diabetic Exchanges: 1 starch, 1/2 fat.