

# CENTRAL KITSAP FOOD BANK

## ~THE BULLETIN~



**Central Kitsap  
Food Bank**

nourishing neighbors  
since 1989

### CKFB Information Corner BasicFood

#### The Acronyms of Food Assistance Programs:

SNAP - Supplemental Nutrition Assistance Program  
EBT - Electronic Benefits Transfer - Card  
WIC - Women, Infants and Children  
DSHS - Department of Social and Health Services  
CSFP - Commodity Supplemental Food Program  
TFAP - The Food Assistance Program  
EFAP - Emergency Food Assistance Program

**WithinReach** helps people across Washington State navigate complex health and social service systems. With more than 6,000 resources in our database, we connect people every day to the community supports they need. For questions 1-800-322-2588

WithinReach



<https://withinreachwa.org/>

### MONICA'S WATERFRONT BAKERY & CAFÉ

Monica's Café supports the Central Kitsap Food Bank with donations of food from their café. We'd like to thank them for their devoted support.



#### VOLUNTEERS ARE ALWAYS NEEDED:

##### Volunteer Positions Available:

- Escorting clients through our grocery, stocking shelves and light cleaning.
- Warehouse help, stocking, creating variety boxes and accepting donations.
- Breaking down bulk items and food into smaller packaging.

We assist those in need of gaining hours for court appointed community service (some do not apply). Students in the Running Start Program can gain hours for their school projects. We also invite our Military to assist us. Community members who feel like just helping out.

For questions please email us at:  
[info@ckfoodbank.org](mailto:info@ckfoodbank.org) or our phone (360) 692-9818.





## Baked Ziti with Bell Peppers & Mushrooms

Serves: 8 to 10



### Ingredients

- ½ cup extra virgin Greek olive oil
- 2 yellow bell peppers seeded and finely chopped
- 1 large red onion finely chopped
- 3 garlic cloves finely chopped
- 1 pound / 450 g button mushrooms
- 3 red bell peppers roasted, seeded, and cut into thin strips, or 6 roasted red Florida peppers in brine, drained and rinsed well
- 2 cups light cream
- 1/2 teaspoon lemon zest
- 4 tablespoons chopped fresh thyme
- ½ cup chopped fresh flatleaf parsley
- 1 pound / ½ kilo rigatoni
- 6 ounces / 180 g grated parmesan or Greek kefalotyri cheese
- Salt and freshly ground black pepper to taste

### Directions

1. Heat 2 tablespoons olive oil in a medium saucepot and cook the yellow peppers and onions over medium heat for about 20 minutes, or until very tender.
2. Add the mushrooms and cook until wilted. Add the roasted red pepper strips. Stir in the garlic and cook for a minute or two to soften.
3. Season with salt and pepper. Add the cream and simmer until the mixture just begins to simmer. Stir in the lemon zest, thyme and parsley. Set aside.
4. Bring a pot of salted water to a rolling boil and preheat the oven to 350F. Boil the rigatoni until al dente, drain, and reserve 2 cups of cooking liquid.
5. Toss the pasta, remaining olive oil, and vegetable cream sauce together in an ovenproof casserole. Add enough of the reserved pasta liquid to keep the mixture moist but not soupy. Sprinkle with parmesan or grated kefalotyri and bake for 15 – 20 minutes, or until set. Remove and serve.

## Bacon Roasted Potatoes & Shallots

Serves: 5



### Ingredients

- 1 pound shallots, peeled and quartered
- 2 ounces bacon, thinly sliced
- 1 tablespoon grapeseed oil
- 1 pound russet potatoes, cut into 1-inch dice
- 2 tablespoons malt vinegar
- 2 teaspoons brown sugar
- ½ teaspoon kosher salt
- 2 tablespoons chopped fresh flat-leaf parsley

### Directions

1. Preheat the oven to 475°.
2. Put the shallots in a microwave-safe bowl. Microwave at HIGH for 1 minute.
3. Heat a small skillet over medium-low heat, add the bacon and cook gently, with the intent to preserve some nearly clear bacon fat. Separating the fat from the meat by melting the fat away is known as "rendering." cook until the bacon is crisp, but don't be so aggressive with the heat that you bring the fat to the smoking point. Spoon out the bacon and save it for garnishing later. Leave the fat in the pan.
4. Turn off the heat. Add the grape seed oil to the fat in the pan. Swirl and keep warm.
5. Put the potatoes and the shallots in a large bowl. Pour in the bacon fat and oil mixture and toss to coat.
6. Place the potatoes and shallots on a roasting pan, and roast at 475° for 36 minutes or until tender and evenly browned, turning them every 10 minutes or so. Remove them from the oven.
7. Combine the malt vinegar, the brown sugar, and the salt in a small bowl until the sugar dissolves. Pour the sugar mixture onto the potato mixture and toss using a flat metal spatula.
8. Roast the vegetables 4 minutes more, until the sugar-vinegar mixture creates a slight glisten on the potatoes.
9. Transfer the vegetables to a serving bowl and toss with the parsley. Garnish with the reserved bacon. Serve.