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November Food Pantry Schedule

Monday, November 4th..... 5:00 pm—8:00 pm
 Tuesday, November 5th 10:00 am—1:00 pm
 Monday, November 11th..... 5:00 pm—8:00 pm
 Tuesday, November 12th ... 10:00 am—1:00 pm

Office Closing In October

October 1st—Office is Closed
 October 8th—Office Closed at 1:00 pm
 October 9th—Office is Closed
 October 14th & 15th—Office is Closed
 October 21st 22nd—Office is Closed



Apply to purchase for an affordable mortgage! Habitat for Humanity is building houses in: Princeton, Palmyra, Hamilton, Springfield, and Ewing. Visit www.habitatbcgtp.org or call (856) 441-3626 for more information



MENTAL ILLNESS AWARENESS WEEK

In 1990, the U.S. Congress established the first full week of October as Mental Illness Awareness Week (MIAW) in recognition of NAMI's efforts to raise mental illness awareness. Since then, mental health advocates across the country have joined with others in their communities to sponsor activities, large or small, for public education about mental illness.

JFCS provides confidential therapy and support to individuals of all ages, children, couples and families. Help is a phone call away: 609-987-8100.

APPOINTMENT REMINDER

In order for us to ensure that we are able serve all of our clients, we ask that you keep your appointment for your next pantry visit. If you need to change your pantry day, please call us at 609-987-8100 ext. 237. Thank you!

Your next appointment is:

What's Cooking?!

Pumpkin & White Bean Soup

Unsweetened apple juice is used in this unique soup.
The pumpkin and beans help you increase your fiber and vitamin A intake.

Ingredients

Makes 6 servings

- 1 1/2 cups apple juice
- 1 can small white beans (15 ounces)
- 1 small onion (finely chopped)
- 1 cup water
- 1 can pumpkin (15 ounces)
- 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg, allspice, or ginger (if you like)
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt



Directions

1. Mash white beans, onion, and water with a fork or blender until smooth. Set aside.
2. In a large pot, add the pumpkin, juice, cinnamon, black pepper, and salt. If using nutmeg, allspice, or ginger, add that too.
3. Stir. Add the bean mix to the pot.
4. Cook over low heat for 15-20 minutes, until warmed through.

Source: Recipe adapted from SNAP-ED Connection Recipe Finder



Halloween Safety Tips

Everything you need to know to keep your kids safe on Halloween.

Everyone loves a good scare on Halloween, but not when it comes to child safety. There are several easy and effective behaviors that parents can share with kids to help reduce their risk of injury.

Walk Safely

- Cross the street at corners, using traffic signals and crosswalks.
- Look left, right and left again when crossing and keep looking as you cross.
- Put electronic devices down and keep heads up and walk, don't run, across the street.
- Teach children to make eye contact with drivers before crossing in front of them.
- Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible. Children should walk on direct routes with the fewest street crossings.
- Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars.



Drive Extra Safely on Halloween

- Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.
- Take extra time to look for kids at intersections, on medians and on curbs.
- Enter and exit driveways and alleys slowly and carefully.
- Eliminate any distractions inside your car so you can concentrate on the road and your surroundings.
- Drive slowly, anticipate heavy pedestrian traffic and turn your headlights on earlier in the day to spot children from greater distances.
- Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m. so be especially alert for kids during those hours.

On average, children are more than twice as likely to be hit by a car and killed on Halloween than on any other day of the year.



Trick or Treat With an Adult

- Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, remind them to stick to familiar areas that are well lit and trick-or-treat in groups.

Keep Costumes Both Creative and Safe

- Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors.
- Choose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision.
- Have kids carry glow sticks or flashlights to help them see and be seen by drivers.
- When selecting a costume, make sure it is the right size to prevent trips and falls.




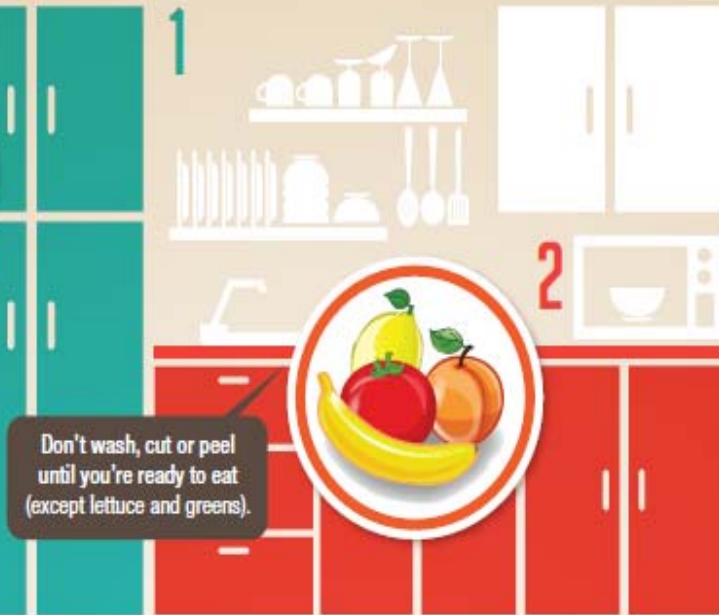
Get Fresh WITH FRUITS & VEGETABLES



Stretch your produce and your dollars by knowing how to store fresh fruits and vegetables.



THE AMERICAN HEART ASSOCIATION RECOMMENDS

 4-5 SERVINGS of fruits and vegetables each per day.



PANTRY 1

Pack away in a cool, dark place like your pantry or cellar:

ONIONS, GARLIC & SHALLOTS	SWEET POTATOES, POTATOES, & YAMS
HARD SQUASH	WATERMELON

(Winter, Acorn, Spaghetti, Butternut)

COUNTERTOP 2

Store loose and away from sunlight, heat and moisture:

BANANAS	STONE FRUIT
CITRUS FRUIT	<i>Ripen avocados, apricots, nectarines, peaches and plums in a paper bag, then move to the fridge where they'll last a few more days.</i>
<i>Store lemons, limes, oranges and grapefruit loose or in a mesh bag. Refrigerate for longer storage.</i>	TOMATOES

- ### KEEP THEM APART:
- Fruits like apples, bananas and pears give off ethylene gas, which can make other produce ripen and rot faster.
 - Store vegetables and fruits separately.
 - Keep apples, bananas, broccoli, cauliflower, cucumbers, onions, pears, potatoes and watermelon away from other produce.

REFRIGERATOR 3

Store in plastic bags with holes, in your produce drawer, unless noted:

APPLES & PEARS	FRESH HERBS
BEETS & TURNIPS	<i>Except basil. Keep stems moist and wrap loosely in plastic.</i>
<i>Remove greens and keep loose in the crisper drawer.</i>	GREEN BEANS
BERRIES, CHERRIES & GRAPES	LETTUCE & LEAFY GREENS
<i>Keep dry in covered containers or plastic bags.</i>	<i>Wash, spin or pat dry, wrap loosely in a dishtowel or paper towels and place in a plastic bag in vegetable drawer. Keep stems moist.</i>
BROCCOLI & CAULIFLOWER	MELONS
CARROTS & PARSNIPS	MUSHROOMS
<i>Remove greens.</i>	<i>Keep dry and unwashed in store container or paper bag.</i>
CELERY	PEARS
CORN	ZUCCHINI & SUMMER/YELLOW SQUASH
<i>Store inside their husks.</i>	
CUCUMBERS, EGGPLANT & PEPPERS	
<i>Store on the upper shelf, which is the warmer part of the fridge.</i>	