

Wichita and Affiliated Tribes Food Distribution Program

December 2022 Newsletter

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Warehouseman II

OFFICE HOURS:

8:00 AM—5:00 PM

ISSUANCE HOURS:

8:00 AM - 11:00 AM (FDP)

1:00 PM-4:00 PM (FDP)

&

8:00 AM-5:00 PM (CSFP)

CLOSED FOR LUNCH

(12 PM-1 PM)

P: 405-247-9677

Important Program Reminders:

Dec. 23rd—Observance for Christmas Eve
(CLOSED)

Dec. 26th —Observance for Christmas
(CLOSED)

Jan. 2nd—Observance for New Year's Day
(CLOSED)

Jan. 16th—Martin Luther King Day
(CLOSED)

Cooking Demo/Taste Testing

Dec. 7th & Dec. 14th

Jan. 4th & Jan. 18th

Greetings from the Wichita and Affiliated Tribes Food Distribution Program!

We hope you all had a great Thanksgiving!

December can be a very busy month and can feel overwhelming. With the parties, family functions and festivities; we are tempted to indulge in all the goods surrounding us this time of year. The festivities can be enjoyable and healthy at the same time. Here are a few helpful tips for the upcoming season.

- **Don't skip meals** - instead of depriving your body of the fuel it needs, consume your meals as you usually would and have a snack such as fruit, nuts, or yogurt.

- **Think of color** - aim to adding fruits and veggies with a pop of color.

- **It's about the people, not the food**- this time of year is about being around the people you love. The food is just a bonus.

- **Think before you drink**- try to stick to water, sugar free seltzers and warm teas. Enjoy just a serving or two of the special beverage.

- **Eat till you are satisfied, not stuffed**- its tempting to try a bit of everything until we feel stuffed. Look over the buffet and choose the things that you really want to try.

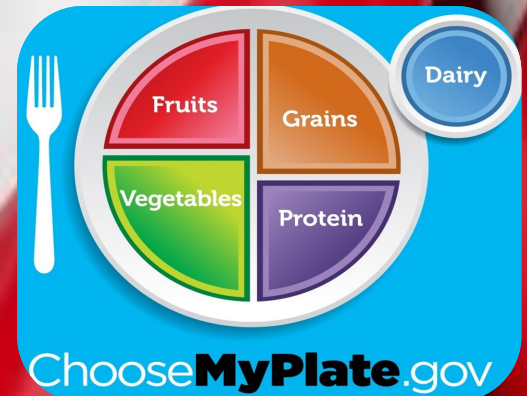
- **Contribute to healthy meals**- you can be the one who presents a healthy dish at potlucks and dinners. The dish does not have to be boring, spice it up with seasonal ingredients.

- **Most importantly, don't feel guilty**- this time of year is filled with happiness and thankfulness. Don't beat yourself up if you over indulge.

Bison Chili

Ingredients

- 2 lbs. ground **bison**
- 1 small **onion**
- 2 cans **tomato sauce**, no salt added
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cumin
- 2 teaspoons chili powder
- 1/4 teaspoon cayenne pepper
- 1 1/2 cups **kidney beans**, cooked, drained



Food items available in our store

Directions

1. In a large skillet, over medium-high heat, cook ground bison and onions until meat is brown and onion is translucent.
2. Drain any excess fat
3. Add tomato sauce, spices, and beans.
4. Let simmer on low for at least 20 minutes. Bison should reach a final internal cook temperature of at least 160F as measured with a food thermometer before serving.

Recipe adapted from Chickasaw Nation
Nutrition Services, Get Fresh Initiative