

Wichita and Affiliated Tribes Food Distribution Program

February 2023 Newsletter

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Food & Nutrition

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Warehouseman I

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

Greetings from the Wichita and Affiliated Tribes Food Distribution Program!

February is National Snack Food Month, so this month, focus on snacking in the healthiest ways possible and still thoroughly enjoying treats between meals! Most days, we need a snack or two to make it through the day. If we choose nutritious choices, snacking more can make a positive impact on our overall health. Believe it or not, it can even help with weight loss! Here are some healthy snacks that you can easily put together and take on the go.

- Mixed nuts
- Pepper slices to dip in guacamole
- Greek yogurt with granola, oats, and/or mixed berries
- Apple slices, carrots, or celery dipped in peanut butter
- Cottage cheese (with any toppings, or as a salad dressing replacement)
 - Dark chocolate with almonds
- Cucumber (or any veggies) dipped in hummus
 - Any fruits and veggies
- Cherry tomatoes with mozzarella and basil
 - Hard-boiled eggs
 - Healthy beef jerky
- Protein shake or fruit smoothie



Happy Valentine's Day



Important Program Reminders:

Feb. 20th—President's Day (**CLOSED**)

Feb. 14th—Valentine's Day

March 12th—Daylight Savings begins

March 17th—St. Patrick's Day

March 20th—First day of Spring

Cooking Demo/Taste Testing

Feb. 8th & Feb. 22nd

March 8th & March 22nd

Cooking Demo/Taste Testing will begin at 10:00 A.M at the Food Distribution building.

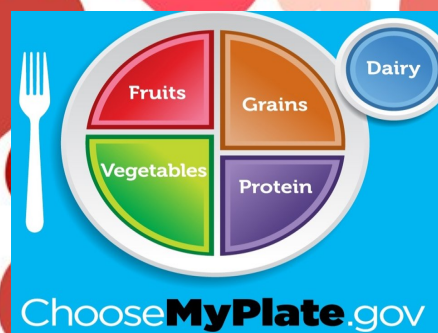
Chicken Fajita Burrito

Ingredients

1/2 Tbsp oil*
1 large **onion***, sliced
1 red bell pepper, sliced
1 green bell pepper, sliced
1/2 can (14–16oz) **black beans***,
drained
1/4 tsp cumin
Juice of 1 lime
4 (10") **whole-wheat tortillas***
1 cup shredded **cheese***
2 cups shredded **chicken***,
cooked
Salt and pepper, to taste



food items available in our store



Steps

1. Heat the oil in a large skillet over high heat.
2. Add the onion, red and green peppers and cook until browned, about 7 to 8 minutes. Take out and set to the side.
3. Combine the beans with cumin in a saucepan and warm through. Add the lime juice. Preheat a griddle, [cast-iron skillet](#), or large nonstick pan over medium heat.
4. Microwave the tortillas for 20 seconds, just enough so they're pliable.
5. Building one burrito at a time, sprinkle on some cheese, top with some beans, the onion-pepper mixture, and chicken.
6. Roll into a tight package.
7. Place the burritos directly on the skillet, cooking for a minute on each side until lightly toasted.