

# Fall Closures

## *A whole month of Thanksgiving!*

This year the pandemic limits our ability to have big Thanksgiving gatherings. To get you supplies for your smaller celebrations, Arlington EATS is spreading out its usual Thanksgiving distribution for an entire month, from Nov 15 to Dec 15. Throughout this time we will include additional seasonal food as part of our regular distributions. In our smaller celebrations this year, let us acknowledge and remember that we are all in this together – neighbors helping neighbors.

To give our hard-working staff and volunteers some time off with their families, we will be closed the week of Thanksgiving and for winter holidays.

### **Arlington EATS Closed—No Deliveries:**

- **November 23-27**
- **December 21-January 1**

In the weeks leading up to these holidays, consider requesting more shelf stable items to stock your pantry. You can ask for extra items in the “request” section of your form.

Also, if you are in need of additional food while Arlington EATS is closed (or at other times), please visit:

Mystic Community Market  
291 Mystic Ave, Medford, MA 02155. (617) 629-5120  
Hours: Monday-Friday 3:30-7:30  
Saturday 9-2  
Closed on 11/26 and 11/27. Open on 11/28.

Anyone can access this market and you can go up to once per week.



## **Unstuffed Peppers**

(serves 4)

### **Ingredients**

- 1/2 tsp canola oil
- 1 medium onion, chopped
- 1 medium bell pepper, diced
- 14.4 oz can stewed tomatoes
- 15 oz can black beans, drained and rinsed
- 1/2 tsp dried oregano
- 1/2 tsp dried garlic powder
- 2 cups cooked rice

### **Directions**

1. Heat oil in a large skillet over medium-high heat. Add onions and peppers and cook 3-5 min, until soft.
2. Add tomatoes, beans, oregano and garlic powder. Bring to a boil
3. Stir in rice and cover.
4. Cook another 5 minutes until rice is heated through
5. Serve warm

### **Serving suggestions:**

Top with salsa or grated cheese. Use any type of bean – just rinse to lower sodium! Use leftovers in burritos or add additional cooked protein for a different flavor!

Recipe Source: Adapted from NIH

**SCAN ME**



Did you know that if you have access to the internet you can place your own food order? No more waiting for someone to call you back! Give it a try:

**[www.arlingtoneats.org/requestfood](http://www.arlingtoneats.org/requestfood)**

You can even call our hotline and get someone to help you do it the first time! Staffed hotline hours are: Monday, Tuesday, Wednesday 2-5, Tuesday morning from 9-12 and Friday 12-3

# New Building for Arlington EATS!

As you may remember, The Market moved out of the Broadway building in May 2019 and relocated to St. John's Church. Finally in the spring of this year, construction started! You can see the progress at 117 Broadway. The top three floors will be apartments and EATS will be located on the first floor.

One of the things we are most excited about is offering additional Market hours in our new building. The Market will be open more than one day each week, with expanded hours, to give you more days and time to come shopping.

This new space will have no stairs (yay!) and will also have a nice indoor waiting room with

seating in case of bad weather. There will also be increased cold storage which will allow us to provide more fresh fruits and vegetables, dairy products, and meat.

As you can see in the picture below, the new Market will be much more like a grocery store. No more long lines outside— no following a line inside. You can simply choose all the items you want and then check out!

We anticipate being able to move in sometime next fall and hope to re-open in this wonderful new space by Thanksgiving of next year! Stay tuned for more updates!



**Be sure to get your flu shot this season!! It will keep *you* healthy & reduce strain on our healthcare system. And don't forget to wash your hands regularly and wear a mask!! Need a mask? Put it in the request section of the food order form!**