

# ARLINGTON EATS

*Neighbors Serving Neighbors*

## SPRING 2024

### Market Signs

Arlington EATS gets food from a variety of sources - our largest source is the Greater Boston Food Bank (GBFB). Each Monday, we receive a large food delivery from GBFB which accounts for 70% of our food. That delivery helps stock the shelves for over 450 households throughout the week. GBFB has some regular suppliers and, on occasion, gets special donations. We can never predict what will be available or for how long, but we do our best to get you as much variety as we can. GBFB gets us great prices - we would not be able to have as much food if we got our food from a regular grocery supplier.

Because we have a limited amount of food we get each week, we sometimes need to ask that you take specific amounts of some items. Throughout the market there are signs indicating how much we are able to offer for some products or produce items. We use these signs to ensure there are enough of these items for all our guests through the week. Please pay attention to the indicated amounts so we can be sure there's enough for everyone. These offerings are indicated by small colorful signs, such as:



This "house" symbol indicates a household.



The "person" symbol indicates the number of people living in your household.

These signs indicate how much is being offered based on households or how many individuals in your household. For example, for frozen meats (pork, chicken, beef, fish, and other meats) they are 2/pp, meaning a household of 3 has the option of choosing 6 different choices of frozen meats.

For any food items that do not have any signage, **please take what you need for the week**. As always Arlington EATS is here rain or shine, so you can always come back the following week for more!

### Expanded Hours

To accommodate more guests and decrease wait times, we have expanded our hours!

- **(NEW) Monday:** 2pm to 7pm
- **(NEW) Tuesday:** 9am to 12:30pm
- **Wednesday:** 9am to 12pm
- **(NEW) Saturday:** 9am to 12pm

As always, the best way to shop with us is to make an appointment either online at [arlingtoneats.org](http://arlingtoneats.org) or through our hotline at **(339) 707-6761**.



## SNAP/Fresh Bucks

Farmers' market season in Arlington is coming soon! Did you know you can use your SNAP EBT card at farmers markets, farm share programs, and farm stands? It's true! Many vendors and farmers who accept SNAP can also take HIP (Healthy Incentive Program). If you have SNAP, you are already enrolled in HIP. HIP gives you additional dollars each month to purchase fresh fruit and vegetables at farmers' markets, farm stands, or farm share programs. The amount of additional HIP dollars is \$40 for a household size of 1-2 people, \$60 for 3-5 people and \$80 for 6 or more!

Our Fresh Bucks Program is back for the 2024 farmers' market season. The Fresh Bucks program will match up to \$15 in SNAP purchases with Fresh Bucks vouchers. These vouchers can be used throughout the season to shop at the Farmers' Market. Most vendors will be accepting Fresh Bucks (vouchers cannot be used to purchase alcoholic beverages).

The Arlington Farmers' Market, located in the Russell Commons Parking Lot, will run every Wednesday from June 12th to October 30th from 2 - 6:30pm For more information about Fresh Bucks and the Arlington Farmers' Market, visit [arlingtonfarmersmarket.org](http://arlingtonfarmersmarket.org).

## Coming soon – a new appointment system!

This Spring we will be switching from Sign Up Genius to PantrySoft for appointments. We are hoping that this system will be easier to use once we all learn it! With this new system you will be required to make an account using an email. If you do not have an email, you can call our hotline to make your appointment. If you would like to make your own appointments, we can help you set up an email and teach you to do it yourself!

We know this will be a shift, but we will have instructions to take home as well as volunteers on hand at the Market to answer any questions and help you set up your account. This new system will send you reminders (via text or email) and will make it easier for you to change your appointment time.

This new system will also keep people from accidentally making more than one appointment leaving more slots available for all of you!

## Arlington Community Connections Fair

The Arlington Human Service Network in partnership with Health & Human Services is hosting the Community Connections Fair. Connect with local organizations for resources for jobs, food, housing, mental health, education and more!

Sunday, April 28th  
12-2pm  
Front Lobby, Arlington High School

## Recipe



### Lentil Walnut Loaf

(adapted from Greater Boston Food Bank)

### Ingredients

- 1 Cup Lentils Dried
- 3 Cups of Broth (vegetable, chicken, or beef broth)
- ¾ cup of chopped walnuts (optional)
- 2 tablespoons oil (canola, vegetable, or olive oil)
- 1 large onion diced (yellow or white)
- 1 Stalk of Celery diced
- 1 large carrot shredded
- 2 teaspoons of garlic minced (or 1 large clove)
- 1 teaspoon of oregano
- 1 teaspoon of salt
- ½ teaspoon of ground pepper
- 1 cup of breadcrumbs
- 4 tablespoons of ketchup

### Instructions

1. Preheat your oven to 350 degrees.
2. Simmer the lentils in broth for about 25 minutes or until the lentils are tender and have absorbed all the broth.
3. Place walnuts (if using) on a cookie sheet and toast for six to seven minutes. Set aside and allow to cool.
4. In a pan, heat olive oil over medium high heat. Saute the onion and celery for about six minutes, or until tender, not caramelized (no brown bits). Add the garlic and carrot and cook for about another four minutes.
5. Add the oregano, salt and pepper and then take the mixture off the stove and transfer to a large bowl. Add walnuts.
6. Add the breadcrumbs and cooked lentils and stir gently to combine.
7. Press mixture into a greased loaf pan and spread ketchup on top.
8. Bake for 40 minutes, cool for 5 minutes, slice and serve.