



Food Pantries of Centre County

Newsletter—Fall 2019
Holiday Edition

What Healthier, 200-Calorie Thanksgiving Sides Look Like

Thanksgiving can be a challenge for your waistline if you let it. The average person consumes at least 3,000 calories at Thanksgiving dinner — and most of those calories aren't coming from turkey. Side dishes account for most of the calories consumed, so being aware of portions, as well as swapping high-calorie sides for healthier ones can make a big difference in total calories consumed.

Here are some Thanksgiving side dishes trimmed down to less than 200 calories per serving.

Classic Herb Stuffing

- 12 ounces bread, cut into 3/4-in. cubes
- 2 tablespoons canola oil
- 2 cups chopped yellow onion
- 1 cup chopped celery
- 1 cup chopped carrot
- 1 tablespoon minced garlic
- 1/4 cup chopped fresh sage
- 1/4 cup chopped fresh parsley
- 3/4 teaspoon salt
- 3/4 teaspoon pepper
- 2 1/2 cups unsalted chicken stock
- 3 tablespoons butter, melted
- 2 large eggs

Preheat oven to 400°F. Arrange bread cubes in a single layer on a rimmed baking sheet. Bake for 20 minutes or until golden brown, stirring after 10 minutes. Place the bread cubes in a large bowl.

Reduce oven temperature to 350F.

Heat a large skillet over medium-high. Add oil; swirl to coat. Add onion, celery, carrot and garlic; sauté 10 minutes or until vegetables are tender. Remove pan from heat; stir in parsley, sage, salt and pepper. Add onion mixture to bread; toss to combine.

Combine stock, butter and eggs in a bowl, stirring with a whisk. Drizzle stock mixture over bread mixture; toss. Let stand 10 minutes or until liquid is absorbed. Spoon bread mixture into a 2-quart baking dish coated with cooking spray. Bake at 350 F for 25 minutes or until browned.

Fresh Green Bean Casserole

- 1 1/2 pounds fresh green beans, ends trimmed and chopped into 1-inch pieces
- 2 teaspoons olive oil
- 8 ounces mushrooms, diced
- 6 cloves garlic, chopped
- 1 tablespoon thyme, dried or fresh
- 1 1/2 cups 1% milk
- 3/4 cup 2% Greek yogurt
- 3 tablespoons all-purpose flour
- 1/2 cup finely chopped fresh parsley
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup French Fried Onions

Preheat oven to 350F and coat a 2-quart baking dish with cooking spray.

For crunchy beans, steam over a pot of boiling water until bright green and still crisp, about 3 minutes. For more tender beans, blanch in boiling water for 2-3 minutes, drain and then immediately submerge in an ice bath.

Heat olive oil in a large skillet over medium-high heat. Add the mushrooms and cook for about 12 minutes, until liquid has evaporated and they begin to brown. Add the garlic and thyme and cook for an additional 1 minute.

Combine mushroom mixture, salt, pepper and parsley in a food processor and process until smooth, about 1 minute.

Whisk the milk and flour together in a small saucepan until the flour has dissolved. Bring to a simmer over medium heat while whisking constantly until the mixture has thickened to a yogurt consistency, about 8-10 minutes. Remove the pan from the heat. Allow to cool for 5-10 minutes before combining with Greek yogurt and mushroom mixture.

Toss green beans in sauce and spoon into the prepared dish. Sprinkle the top with French fried onions. Bake uncovered for 15-20 minutes. Serve warm.

Simple Sweet Potato Casserole

- 4 pounds sweet potatoes (about 4-5 large)
- 2 tablespoons butter, melted, divided
- 1/4 cup 1% milk
- 3 large eggs
- 2 teaspoons vanilla extract
- 2 teaspoons ground cinnamon, divided
- 1/4 teaspoon salt
- 1 tablespoon honey
- 1 1/4 cups old-fashioned oats
- 3/4 cup chopped pecans

Preheat oven to 375°F. Bake sweet potatoes on a foil-lined baking sheet for 1 hour or until tender. Let stand until cool enough to handle.

Peel sweet potatoes and mash in a large bowl. Stir in 1 tablespoon butter, milk, eggs, vanilla, 1 teaspoon cinnamon and salt. Spoon into a lightly greased 11-by-7-inch baking dish.

In a medium glass bowl, stir together 1 tablespoon butter, honey, oats, pecans and remaining 1 teaspoon cinnamon. Sprinkle over casserole. Bake for 30 minutes, until golden brown and heated through.

<https://blog.myfitnesspal.com>

2019 Food Pantries Toys for Tots Distribution Dates

Holiday food and/or toys will be distributed through the Food Pantries according to the following distribution schedules. **Toy registration is required at your local pantry prior to November 30th.**

Bellefonte FaithCentre Food Pantry

131 South Allegheny Street, Bellefonte, PA

Distribution Days: December 18 & 19

Wednesday, December 18, A—L (last names) 10 a.m.— 2 p.m.

Thursday, December 19, M—Z (last names) 12 p.m.— 4 p.m.

Centre Hall / Potter Township Food Pantry

Grace United Methodist Church, 127 South Pennsylvania Avenue, Centre Hall, PA

Distribution Day (toys only): Friday, December 20, 2 p.m.— 3 p.m.

Howard Area Food Pantry

44 Vesper Street, Beech Creek, PA

Distribution Day: Monday, December 16, 2 p.m.— 4 p.m.

Penns Valley Community Action Food Pantry

337 East Aaron Square, Aaronsburg, PA

Distribution Day: Tuesday, December 17, 9 a.m.— 2 p.m.

Philipsburg Community Action Food Pantry

14 South Front Street, Philipsburg, PA

Distribution Day: Wednesday, December 18, 9 a.m.— 4 p.m. (by appointment)

Snow Shoe / Mountaintop Food Pantry

Snow Shoe United Methodist Church, 501 South Moshannon Avenue, Snow Shoe, PA

Distribution Day: Thursday, December 19, 4 p.m.— 6 p.m.

State College Food Bank - Toy Distribution at Unregistered Site

Hills Plaza (between Giant & Firestone/behind McDonald's), 2137 & 2139 South Atherton Street, State College, PA

Distribution Days: Thursday, December 19, 1 p.m.— 6 p.m.

Friday, December 20, 9:30 a.m.— 6 p.m.

Saturday, December 21, 9:30 a.m.— 1 p.m.



2019 INCOME ELIGIBILITY GUIDELINES

Household Size	Annual Income	Monthly Income	Weekly Income
1	\$18,735	\$1,561	\$360
2	\$25,365	\$2,114	\$488
3	\$31,995	\$2,666	\$615
4	\$38,625	\$3,219	\$743

For each additional person, add \$6,630 to Annual, \$553 Monthly, \$128 Weekly Income