

Spirit Lake Food Distribution Program



FDP HOURS:

Mon. 9:30am-12:00pm; 1:00pm-5:00pm
Tues. 1:00pm-5:00pm
Wed. 9:30am-12:00pm; 1:00pm-5:00pm
Thurs. 9:30am-12:00pm; 1:00pm-5:00pm
Fri. 9:30am-12:00pm
More Info call 766-4684

JANUARY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	CLOSED	CLOSED	Closed for Inventory	Closed for Reports	Sr. Citizen Deliveries	
7	8	9	10	11	12	13
	Sr. Citizen Deliveries	Sr. Citizen Deliveries	Sr. Citizen Deliveries/ Delivery Truck	Senior Citizens	Senior Citizens	
14	15	16	17	18	19	20
	Closed Holiday Martin Luther King Jr. Day	A-I Delivery Truck Open @ 1:00pm	A-I	J-L	J-L	
21	22	23	24	25	26	27
	M-Z	M-Z Delivery Truck Open @ 1:00pm	A-Z Delivery Truck Open @ 11:00am	A-Z	A-Z	
28	29	30	31			
	A-Z	A-Z Delivery Truck Open @ 1:00pm	A-Z			

*Calendars are subject to change

January Nutrition Education



Grilled Salmon

1 ½ pounds of salmon fillets
Lemon pepper to taste
Garlic powder to taste
Salt to taste
1/3 cup soy sauce
1/3 cup brown sugar
1/3 cup water
¼ cup vegetable oil

Directions

1. Season salmon fillets with lemon pepper, garlic powder, and salt.
2. In a small bowl, stir together soy sauce, brown sugar, water, and vegetable oil until sugar is dissolved. Place fish in a large resealable plastic bag with the soy sauce mixture, seal, and turn to coat. Refrigerate for at least 2 hours.
3. Preheat grill for medium heat.
4. Lightly oil grill grate. Place salmon on the preheated grill, and discard marinade. Cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork.

Oven Roasted Potatoes

4 cups of potatoes
1 onion, cut into wedges
2 cloves garlic, sliced
3 tablespoons oil
1 tablespoon balsamic vinegar, or more for taste
Salt/pepper to taste

1. Preheat oven to 425° F
2. Mix potatoes, onion, and garlic in a bowl. Drizzle oil over mixture to coat, pour into a shallow roasting pan.
3. Roast potatoes in oven, turning frequently, until soft and golden brown, 30-35 minutes. Drizzle balsamic vinegar, salt, and pepper optional.

For more information, contact:

Nutrition Educator
Spirit Lake Food Distribution
P.O. Box 414
1314 Dakotah Drive
Fort Totten, ND 58335
701-766-4527 or 701-766-4684
nutrition-ed@gondtc.com

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Tip: Don't focus on dieting. Focus on eating. Eat a balanced, healthy breakfast, lunch, snack, and dinner. This will help you with overeating and keep your energy up!