



Prairie Band Potawatomi Nation
Food Distribution Program
 15189 K Road, Mayetta, KS 66509
 785-966-2718 Office
 785-966-2150 Warehouse
 785-966-2529 Fax
 Email pbpn.fdp@gmail.com

OCTOBER 2022

COMMODITY DISTRIBUTION

RE-CERTIFICATION
PLEASE CALL FOR INSTRUCTIONS
ON HOW TO RE-APPLY
MONDAY-FRIDAY

HOURS:

Monday - Friday
8:00 AM - 4:30 PM
 Unless Stated on Calendar

ORDER HOURS:

Monday - Friday
8:00 AM - 4:00 PM

No orders
 11:45 AM to 12:15 PM.

Deliveries are only available to home-bound individuals &/or to households without transportation.

PLEASE HAVE YOUR ORDERS IN BY THURSDAY FOR YOUR FRIDAY DELIVERY!!!!

Orders to be placed by Phone or Email

Walk-in orders by Appointment only!
(When we do open to Public)

This institution is an equal opportunity provider.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7 <u>DELIVERY DAY</u>	8
9	10 CLOSED FOR INDIGENOUS DAY	11	12	13	14 <u>DELIVERY DAY</u>	15
16	17 CLOSED 17-21 Buffalo Meat Handout for PBP Tribal Elders October 17-20th @ Land Dept	18 Closed For Training	19 Closed For Training	20 Closed For Training	21 Closed for Training	22
23/30	24	25	26	27	28	29
	31 / Inventory Day No Orders AFTER 1				<u>DELIVERY DAY</u>	

Walleye Recipes

New England Style Fish Chowder Makes 10-12 servings

Things you Need

- 2 cups diced potatoes (2 medium)
- 1 cup finely chopped onion (1 medium)
- 2 cups chopped raw carrots (4 large or 24 baby)
- 2 cups finely chopped celery (4 large stalks)
- 2 cups chicken or vegetable broth* ½ tsp salt
- 1 tsp paprika 1 tsp garlic powder 1/8 tsp (pinch) of cinnamon (optional)
- 2 Tbsp. dried parsley
- 2 tsp. salt-free herb seasoning ½ tsp lemon pepper (low sodium)
- 1 can corn, no salt added, drained, or 2 cups frozen corn
- 2 pounds of boneless walleye filets, about 1 quart (walleye, crappie, salmon or trout)
- 6 cups of low fat milk
- 8 ounces Neufchatel cheese or 1 cup plain Greek yogurt
- 2 Tbsp. cornstarch mixed with 2 Tbsp. cold water or milk



Directions:

Wash hands with soap and water. 1. Peel potatoes, onion, and carrots. Rinse after peeling and chop into bite-sized pieces. Rinse and chop celery. 2. In a large heavy-bottomed soup pot, add the broth, potatoes, carrots, celery, onions, salt, paprika, garlic powder, cinnamon, parsley, herb seasoning and lemon pepper. 3. Simmer 15 -20 minutes until the vegetables are tender. Add the corn. 4. Cut fish into bite-sized pieces (it is easier to cut if fish is slightly frozen). Add fish, simmer for another 10 minutes. 5. Add milk and Neufchatel cheese or yogurt. Simmer slowly, stirring constantly, do not boil. 6. After the cheese has melted, add the cornstarch slurry to the soup. 7. Continue stirring, heating on low heat, until soup thickens and soup is heated and steaming. Substitutions: In place of the potatoes, corn, and carrots, you may use 3 cans of mixed vegetables, drained. Two-15 ounce cans of salmon may replace the fish fillets.