



April 2018 Newsletter



LITTLE FREE PANTRIES **A Huge Thank You to Cigna** **HealthSpring for Sponsoring Little Free** **Pantries in Cass County!**

The Little Free Pantries can be found at the Linden Police Station, Linden Farmers' Market, and Atlanta Property Management at 106 S. Howe Street. We are currently working hard to bring Little Free Pantries to a community near you!
"Take what you need, leave what you can!"



NEED A CARSEAT?

If you are a Texas resident and have proof that you have government assistance, TXDoT can help! All you need to do is call **Irene Webster at (903) 903-799-1221**. Make sure you bring your utility bill and also proof of your assistance (i.e. WIC, Medicare, or Lone Star card). Limit of one seat per child.



Head Start Registration

Head Start is currently enrolling students ages 3-5 for the 2018-2019 schoolyear.

Campuses are located in Atlanta, Bloomburg, Daingerfield, Hughes Springs, Linden, Naples, New Boston, Pittsburg, and Texarkana.

For more information, contact Misty Van Hooser at (903) 756-5596 x218



BETTER LIVING
FOR TEXANS
TEXAS A&M AGRILIFE EXTENSION

FREE NUTRITION CLASSES

Are you interested in learning more about healthy eating, community gardens, and/or physical activity?

If so, contact Michelle Valentin at the Cass County Extension Office (903) 756-5391 to find out about FREE classes in an area near you.

This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.
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Atlanta Public Library Events

For more information
Call (903) 796-2112 or visit
www.atlantailib.com

ALL FREE EVENTS

Saturday April 7th - The Cat in the Hat
will be visiting the Library!

Monday April 9th - 1pm - 3pm Game Day!
Come play all kinds of games at the Library.

**Wednesday April 11th –
10:30 - 11:30 Story Time**

Wednesday April 11th – 1pm - 3pm
Bring your Pokemon Cards and battle your friends or trade cards. (As long as mom and dad say it's ok!)

Friday April 13th - 1pm - 3pm Lego Day!
Come and be creative and see what you can build with Legos.

Parents/Guardians are required to stay with their children at all events.



Hughes Springs Library Events

For more information
Call (903) 639-1332 or visit
www.hsalibrary.org

ALL FREE EVENTS

Preschool Story time--10:15 each Tuesday
September through May

GED--each Monday and Thursday at 5:30

Page Turners Book Club (for adults)--
10:30 am on the last Thursday of each Month (May, June and July will meet the last Wednesday)

Gardening Class--3rd Thursday of each month at 2 pm

Genealogy Club--last Wednesday of each month at 3 pm

FREE Friends and Family CPR class on Tuesday, May 1 from 6:00 to 7:00 pm
Sponsored by Titus Regional Medical Center. You will not receive a certificate or license.

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Recipe of the Month

(Source: adapted from the USDA Mixing Bowl)

This is a great option for staying within your budget while providing a nutritious meal for your family.

Broccoli Rice Casserole (Makes: 12 servings)

Ingredients:

1 ½ cups of rice
3 ½ cups of water
1 onion (medium, chopped)
1 can of cream of mushroom, or celery or cheese soup (10.75 ounces, condensed, reduced sodium)
1 ½ cups of 1% milk
7 ½ cups of broccoli or cauliflower or mixed vegetables (frozen, chopped)
½ pound of cheese (grated or sliced)
3 tablespoons of margarine or butter

Directions:

1. Preheat the oven to 350° and grease a 12x9x2 inch baking pan.
2. In a saucepan, mix the rice, salt, and 3 cups of water and bring the mixture to a boil.
3. Cover and simmer for 15 minutes. Remove the saucepan from the heat and set it aside for an additional 15 minutes.
4. Sauté the onions in margarine or butter until tender.
5. Mix the soup, milk, ½ cup of water, onions, and rice. Spoon the mixture into the baking pan.
6. Thaw and drain the vegetables and then spread them over the rice mixture.
7. Spread the cheese evenly over the top and bake the casserole at 350° for 25-30 minutes (or until the cheese is melted and the rice is bubbly).



237 Calories, 10g Total Fat, 10g Protein, 5g Saturated Fat, 27g Carbohydrates, 2g Dietary Fiber, 273 mg Sodium

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