Upcoming Events

• Relocation/Grand Re-Opening (TBA): The pantry will be moving to the basement of the Student Union in 055
• Adulting on a Dime: Self-Care/Love Workshop – February 25th @ 5:30 p.m. – 7:30 p.m.
• March Madness Food Drive: March 11th – April 5th

New Year, New Pantry!

The Friendship Food Pantry is excited to announce that we will be relocating from our current location at 134 Allyn to the basement of the Student Union where the Wright 1 Card Services is currently located (055 Student Union). We still do not have an official date for our move-in and re-opening, but be sure to follow us on Facebook to stay up to date with our progress.
Foods We Need:
- Pasta Sides
- Breakfast Items
- Pop-Tarts
- Canned Fruit
- Peanut Butter
- Oatmeal
- Beans
- Cereal

Spring Hours
M: 11 am - 4 pm
T: 10 am – 2 pm
W: 10 am – 2 pm
Th: 11 am -4pm
F: CLOSED

Contact Us
(937) 775-2617
OR
foodpantry@wright.edu

Adulting On A Dime: Self-Care/Love Workshop

We will be hosting our Adulting on a Dime event on February 25th, 2019 from 5:30 p.m. to 7:30 p.m. The theme for this event is self-care and self-love. It is important that students know affordable ways to take care of themselves, especially while under the stress of college and work. The WSU Friendship Food Pantry is having a workshop to show students some simple and effective ways to exercise self-care without overspending. We will provide food and drinks as well as all materials needed for our crafts. If you would like to sign-up, please come to the pantry during open hours and speak with our coordinator, JoAnna Evans or an intern. You can also e-mail us at foodpantry@wright.edu.
**Weekly Themes for Donations**

**Week 1:**
Breakfast Items

**Week 2:**
Peanut Butter & Jelly

**Week 3:**
Dietary Restriction Items

**Week 4:**
Canned Goods

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**March Meal Madness**

Starting the second week of March, the WSU Friendship Food Pantry will be hosting a fun, competitive food drive called March Meal Madness. WSU organizations and departments will compete in a four-week long bracket bringing in the most food items for the pantry. The winner and runner-up will receive a trophy to display in their area! If your organization/sorority or fraternity/department would like to sign up to be a team and compete, or for more information, please contact Monica Gray at the food pantry via phone or e-mail.
Recipe of the Month:
One Pan Chicken & Potatoes

Source: [https://ifoodreal.com/one-pan-chicken-potatoes/](https://ifoodreal.com/one-pan-chicken-potatoes/)

Prep Time: 10 Minutes
Cook Time: 25 Minutes
Total Time: 35 Minutes
Yields: 4 Servings

Ingredients:
- 2 lbs. baby potatoes, cut in halves (5 cups)
- 1 lb. chicken cutlets, boneless, skinless
- 2 cups grape tomatoes, cut in halves
- 2 tbsp. extra virgin olive oil
- 2 tsp. oregano
- 2 tsp. garlic powder
- 1 tsp. salt
- Ground black pepper, to taste
- ½ lemon
- 2-3 tbsp. dill or parsley, finely chopped

1. Preheat oven to 425 degrees F and line large baking sheet with unbleached parchment paper or silicone mat.
2. Lay chicken cutlets on one side and potatoes on the other side in a single layer (tight is fine). Drizzle potatoes and chicken with 1 tbsp of oil EACH. Then sprinkle with 1 tsp oregano and garlic powder EACH. Sprinkle 1 tsp of salt and pepper to taste over BOTH. Using your hands, mix each “pile” to coat separately, and spread in a single layer after mixing. Lay grape tomatoes on top of chicken.
3. Bake uncovered on a bottom rack for 25 minutes, then broil for 5 minutes. Remove from the oven, squeeze lemon over entire dish, and sprinkle with dill or parsley. Enjoy!😊
Fun Facts About Nikki:

- Favorite Color: Teal
- Favorite Animal: Dog
- Favorite Food: Mashed Potatoes
- Major: Nursing
- Future Plans: To graduate and become a neonatal nurse
- Favorite Season: Spring
- “I volunteer because it gives me something to do and it helps people.”

Volunteer Spotlight!
February’s Volunteer of the Month: Nikki Scowden 😊

Nikki has been a volunteer since July, 2018. She volunteers on a weekly basis is such a huge help with always dating items and sorting them on our shelves. She also works at La Rosa’s Pizza restaurant. Thanks so much, Nikki, for being an asset to the pantry and for always donating your time to help your fellow students!

Amazon List
http://a.co/h3BLX23

Welcome back to Spring semester!