Mesquite is starting up new summer programming with a total of 11 new mini mobile sites taking place all over Albuquerque. These mobile will be taking place on Thursdays and Fridays. This programming is designed to help fill in the gaps created by school distributions ending for the school year.

Mesquite has added four new members: three new members in Albuquerque and one in Las Cruces.

Brittany, Danielle and Luci have wrapped up the last distributions taking place at their school sites for the current school year. Preparations are in place to transition over to summer distributions for Brittany and Danielle.

Danielle has provided Holy Family with a report in a capacity building function that will hopefully lead to the choosing of a future site coordinator that will take over this food pantry.

Members are helping finalize the scheduling for speakers at the SEED Conference.
Read all about it! Look at all the amazing things each team has accomplished and is working on each month!

TEAM ASPEN

This month Meredith Lorencz from team aspen started doing a healthy snack bag rollout with Gallup area hospitals. All diabetic friendly (low carb, high protein) or kid friendly (whole grains). She is also starting to connect WIC clients to garden plots. There are 6 families that are interested!

Aspen has a new member that started in Santa Fe for this summer.

TEAM JUNIPER

In addition to Team Juniper continuing their recordings of awesome videos for food demos, they are now incorporating QR codes along with the recipes. These codes lead directly to the demo videos created by our very own nutrition team! Try it with your own phone here and see what comes up:
What drew you to SeedCorps and why did you decide to become a member?
I was working at a food bank in Spokane, Washington before this. Before officially moving to Albuquerque, I applied to food banks all over the area. I googled Feeding America and looked for jobs and what degrees were required. Eventually, after four months of applying endlessly for jobs in Albuquerque and not getting many responses, I decided to apply to school. Of course, as I got admitted into school, two opportunities showed up at the same time. In the end, I chose school and SeedCorps. I love working at food banks in general, whether it be as a receptionist or manager, regardless if it be a 12 hour day, because of the stories and the connections we make. These helped build personal levels and helped me be a better warehouse worker because I was able to connect directly with the people. Client relationships are also so important. What I always say is, "The warehouse is what we do and the distributions are why we do it." It’s funny because after hearing the bi-weekly bites (with presenters from other food banks in the country), I remembered as a kid I received food assistance from St. Mary’s food bank and was part of a household that couldn’t qualify for Temporary Assistance for Needy Families (TANF) because of domestic violence issues. So I guess looking back, my experiences have framed what I’d like to do for the rest of my life; to dedicate my life to Feeding America and to help Tribal communities. Oh, and let’s not forget the education award!

What is something that you would like people to know about you?
Honestly, I am antisocial. When I go home, I don’t go hang out with friends. I don’t have many friends. I go home and am with my kids. I am very introverted. Maybe I feel like I spend so much time being bubbly and it seems as if all my energy goes in to the day and when I get home I’m the opposite. Maybe it also has to do with being a server at a restaurant for so long.

If you could be any type of animal what animal would you be?
I would probably be a sea eagle. No offense to the bald eagle or anything, but I love the ocean and I miss not being near it. There is something so healing being able to fly over the water and also being able to check out the land from above. It reminds me of growing up in LA.
WHEN OUT OF IDEAS, ASK A SEEDCORPS MEMBER

We asked some fellow SeedCorps members what are some things THEY do to practice self-care and unwind. Here are some of their ideas:

- Listen to Music
- SPA DAY
- SET BOUNDARIES
- STRETCHING!
- Pets
- WORKOUT!!
- Picnics with loved ones
- PLAY BASKETBALL
- Sitting Out in the Sun
- Meditative Podcasts & YouTube
- knitting
- COOK
- Coloring
- Phone Calls with Mom
- GO FOR A HIKE
- taking time to pamper yourself

Self-Care Tips from SeedCorps
Mindfulness is an attitude rather than a skill. Whenever we feel we have reconnected to the old treadmill of 'autopilot,' we may choose, if we wish, to step out and start again, making our everyday lives more pleasurable, and present.

5 MINUTE BREATHING EXERCISE:
By observing your breath, you can make such a difference to how you feel.

Breath is life energy. When we restrict our breathing we diminish our life energy. Feeling agitated and indecisive is often accompanied by shallow breathing. Try this technique to enhance your breathing:

Deep breathing expands the lungs which then send a direct message to your heart, which in turn starts beating slower.

Take a moment to get closer to your breathing—to 'befriend' it. Is it shallow or deep, slow or fast, smooth or rough, regular or irregular? Do you tend to push it or hold it? If you explore your breathing with this curiosity, you will get a good insight into where you are right now.

From this baseline, you can notice any differences. If you continue to watch your breathing, you can experience a more energetic self and achieve a zest for life again.

Excerpts from 'The Little Book of Mindfulness: 10 Minutes a Day to Less Stress, More Peace' by Dr. Patrizia Collard, 2014.

J.W. von Goethe

There is only silence
On the mountain tops
Among the tips of the trees
You perceive barely a breath
Even the birds in the forest
Keep still and are silent
Wait then
Just a little while longer
And you too will find peace at last.
Noodles with Peanut Sauce

**METHOD:**
Cook Noodles/Pasta according to package directions.
While the noodles are cooking, put the Peanut Butter, Water, Soy Sauce, Lime Juice, Brown Sugar or Honey, and Garlic in a Food Processor or Blender and process until smooth.
When the Pasta is cooked, drain it and return the Pasta to the pot. Add the sauce and toss until well coated. More water can be added to thin the sauce if needed.
Top with your favorite vegetables or garnish and serve warm. Top with Chicken or Edamame for more Protein.
Rice can be used instead of Pasta

**Serves 4**
**Calories:** 411
**Carbohydrates:** 50g
**Sugar:** 12g
**Fiber:** 5.6g
**Protein:** 18g
**Fat:** 18g
**Saturated:** 3
**Sodium:** 371mg

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Fideos con Salsa de Mantequilla de Mani

**Metodos:**

1. Cocine fideos como indica
2. Mientras están cocinando los fideos agrega la mantequilla de mani, agua, salsa de soya, jugo de limón, azúcar marrón o miel, y ajo en un procesador de alimentos o licuadora hasta que este suave.
3. Cuando los fideos están cocido escurra cualquier exceso de agua y enseguida mezcla los fideos con la salsa de mani.
4. Sirve con sus vegetales preferidos o hierbas. También pueden servir con pollo o edamame para mas proteína.

Pueden usar arroz en lugar de fideos si desean

**Sirve 4**
**Calorías:** 411
**Carbohidratos:** 50g
**Azúcares:** 12g
**Fibra:** 5.6g
**Proteína:** 18g
**Grasa:** 18g
**Saturada:** 3g
**Sodio:** 371mg

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Recipe adapted from: Katie Workman

**Ingredients List:**
8 Oz Spaghetti or Pasta of your choice
1/2 C Peanut Butter
1/4 C Hot Water
2 tbsp Reduced Sodium Soy Sauce
2 tbsp Lime Juice
1 tbsp Brown Sugar or Honey
1-2 Cloves Garlic, minced
Red Pepper Flakes-a few shakes
Optional for Garnish-Sliced Green Onion, Cilantro, Slivered Carrot, Chopped Peanuts

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Recipe adapted by: Katie Workman

**Ingredientes:**
8 onzas Fideos
1/2 taza Mantequilla de Mani
1/4 taza agua caliente
2 cucharadas salsa de soya (sodio rebajado)
2 cucharadas jugo de limón
1 cucharada de azúcar marrón o miel
1-2 dientes de ajo
Chile rojo en polvo, una pizca

Optional: Puede adornar con mani triturado, cebollitas verdes lavadas y picadas, zanahorias picados, cilantro o trozos de limón.

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Roadrunner Food Bank

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American Cornbread Institute

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