

PARSHAS NOACH

WEEKLY BNOS YISROEL

KOSHER FOOD DISTRIBUTION

for all children 18 and under



THURSDAY

OCTOBER 22ND

11AM - 8PM

AT MMAE

7000 ROCKLAND HILLS DR., BALTIMORE MD 21209

WHAT'S IN THE BOX THIS WEEK?



DAVID ELLIOT FROZEN CHICKEN



O'FISHEL POTATO KUGEL

BACK BY POPULAR DEMAND!



SOUP CROUTONS



PARISER'S CHALLAH



PASTRAMI



ORANGE JUICE



MELON

GREAT FOR MAKING NOAH'S ARK!



CARROTS



PARSNIPS



ONIONS



MEDLEY TOMATOES



RAINBOW CAKE



POPCORN



PEANUTS



YOGURT

CRACKER YANKELS, ANYONE?

PLEASE DO NOT UPSET US OR THE NEIGHBORS BY ARRIVING EARLY

SHOW A SIGN

Not having a clear sign delays the entire operation

NO CELL PHONES

Any driver holding a phone will be asked to leave



DRIVERS AND PASSENGERS

MUST HAVE MASKS COVERING MOUTHS AND NOSES



LAST NAME

ARKINS*

OF KIDS

9

NAMES/AGES OF KIDS

TZVI-10

YONAH-9

ARI-8

ZEV-7

DOV-6

DEVORAH-5

TZIPORAH-4

RACHEL-3

AYALA-2

* **MGL DR. SHOSHANA LEWIN** MGL = Meivi Geula L'Olam

Thank you to Dr. Shoshana Lewin, who won 2 free smoothies for the names suggestion!

Suggestions for random names for the future should be sent to info@covidfoodbox.com

Thank you to **MMAE**

POSCHIN B'CHVOD LASAGNA!

THE FOLLOWING WEEK PICKUP, INCLUDING RECIPE AND COMPONENTS FOR CHEESY, EASY, SHMEEZY LASAGNA, WILL BE ON THURSDAY, OCT 29 AT MMAE

Speaking of Cheesy... this is a great dinner for Election Day!

KUGEL CONTAINS GLUTEN, MEAT EQUIPMENT
PEANUTS CONTAIN PEANUTS

Due to supply line issues it may be necessary to substitute on occasion.



GREAT MEAL IDEAS FROM @SWEETANDGOODCATERING USING ITEMS IN THIS WEEK'S FOOD BOX

CHICKEN SOUP



Chicken soup is a wonderfully easy, flexible dish whose aroma can herald the upcoming Shabbos.

You can use up extra vegetables you have in the back of your fridge, and all the parts of the chicken your family doesn't care for. It's preferred to make it a day ahead — once the soup cools down, you can take all the chicken off the bone, and discard any fat that may congeal on top of the soup.

PRO TIP: The longer you cook the soup the more flavorful it is. A great overnight crockpot recipe!

EDITOR'S TIP: Boil the chicken for 20 minutes, discard the dirty water, rinse the chicken and refill pot with cold water for a clearer soup.

THE MORE
THE BETTER!

2 quarters of chicken
on the bone

Onion, Carrots, Parsnip,
Celery, etc.

*8 cups water

*2 teaspoons salt

*1/4 teaspoon pepper

**GRANDMAS TIP: A spoon or 2 of sugar*

Put everything into your big pot or crockpot.

Bring water to a boil, then lower. Let it simmer for a few hours, the longer the better.

CRACKER YANKELS RECIPE

Great for taking to your social distanced games outside!

Tested for humans or zoomans!

2 bags 1 oz Peanuts

2 bags 1 oz Popcorn

*1/4 cup margarine (1/2 stick)

*2 tablespoons light corn syrup

*1/8 teaspoon salt

*1/2 cup brown sugar

*1/4 teaspoon baking soda

*1 brown paper bag

Place popped corn in clean brown bag.

Melt margarine, brown sugar, salt (*if you want salty popcorn add 1/4 teaspoon*) and corn syrup in microwave on high for 2 minutes stirring once every 1/2 minute. (*Alternatively, can do this on stove top*).

Stir in baking soda, mixture will foam (*stir until foam subsides*).

Pour over popcorn in the bag and shake well, add peanuts (*can add additional toppings like chocolate chips if desired*).

Fold the sides of the paper bag down to fit into microwave. Microwave on high for 1 minute (*this is drying out the caramel*).

Shake again, heat for one more minute.

Shake, pour into bowl to cool and then enjoy!

MELON TEYVA TAYVA TYVA AAAA... ARK!

THIS WEEK'S TORAH
PORTION TALKS
ABOUT NOAH'S ARK!
SO LET'S SEE HOW
MANY ANIMALS YOU
CAN FIT.

1 Melon

*Clean Animal
Figures

(*don't forget to sanitize!*)

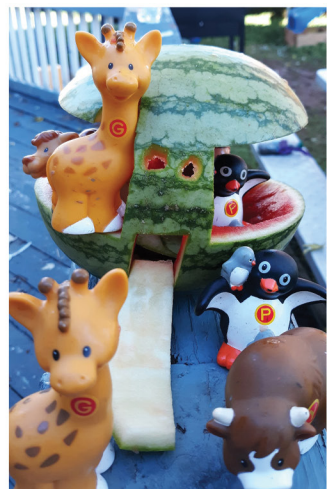


Make your own Ark by carving your melon. Take the flesh out and save it to put it in the Ark. Feel free to add any other fruit in, as well.

PRO TIPS:

- 1) Trim a very thin slice off the bottom of the melon to make a stable base.
- 2) Cut the melon in half — and put the top back on after you carve it the way you want.
- 3) Use a sharp thin knife to make a door, cut off the red flesh and this will turn into your ramp!
- 4) To make windows you can use small cookie cutters
- 5) You can also add clean plastic animal figures to the ark or animal crackers. And voila! A centerpiece for Shabbos, a play toy and a fruit platter in one.

**Not included in the box, but might already be in your fridge*



NEXT CONTEST!!!

CUTEST/BEST ARK!!

(we can have more than 1 winner)

Winners will get delicious smoothies or pizza.

Send us pictures of your ark to
INFO@COVIDFOODBOX.COM



WE REALLY WANT TO HEAR FROM YOU!!!

What fun things did you make with your box? Send us a picture (or just your ideas, comments or questions) so we can share them! Compiments are always lovely. We can handle complaints. Please no constructive criticism!

info@covidfoodbox.com

BEWARE: IF YOU SEND IT, IT MAY GET POSTED





T'NU KAVOD L'COVID

**WE WANT
TO HEAR
FROM YOU!**

SURVEY COLUMN:

LET US KNOW WHICH
proteins
ARE YOUR FAVORITE
AND LEAST FAVORITE.



Protein List:

CHICKEN: Breaded, BBQ'd, Schnitzeled, Nuggeted, Tendlered, Cutlets

BEEF: Cubes, Ground, Pastrami, Franks, Salami, Prime Rib

CHEESE: Muenster, Mozzarellas, Cottage, Assorted Slices, String, Farmer

FISH: Breaded, Stix, Gefilted, Salmon Cooked, Salmon Raw, Nova, Tuna

TURKEY: Slices, Stuffed, Schnitzel, Drum Stix

EGGS: Fried, Hard Boiled, Liquid, Salad

NUTS & LEGUMES: Almonds, Cashews, Mixed Nuts, Peanuts, Peanut Butter, Garbanzo Beans, Baked Beans, Bags of Dried Beans, Canned Beans

MISC: Yogurt, Other

Favorite:

A	_____
B	_____
C	_____

Least Favorite:

X	_____
Y	_____
Z	_____

Your response may not be indicative of future boxes.

EMAIL YOUR SURVEY RESPONSE TO
INFO@COVIDFOODBOX.COM

**Do you have any questions
or comments regarding
the distribution, or great
ideas for our CovidFoodBox
announcements? Send to:**
info@covidfoodbox.com



RECENT SUBMISSIONS FROM PREVIOUS CONTESTS:



👉 **APPARENTLY,
NO DRESS CODE
REQUIRED!**



FROM OUR EMAIL BAG:

"We really really appreciate the food program. It was so helpful and so convenient. Just filled up our fridges and pantries whenever they were empty and my kids really really enjoyed. There were also good choices, healthy, filling, amazing, yummy stuff." **MEIRA M.**

"We are so grateful for the food program. Really makes a difference in our lives. Really takes off the stress from food prep." **ADINA B.**