



# Peterson Commissary EXPRESSLINE

October 2018

VOLUME 10, ISSUE 2

## You want regular family meals?

### Commissaries.com has resources to make family meals easier

You want more family meals at home?

The good news is there are great health benefits in regular family meals, and recipes and other resources found on commissaries.com ease the work involved to make those meals happen.

“Research indicates that regular family meals lead to higher grades and self-esteem, healthier eating habits and weights, and less risky behavior in children,” says Deborah Harris, the Defense Commissary Agency’s registered

dietitian. “Adults eat healthier and consume fewer calories as well.”

To make it easier, DeCA has created dietitian-approved “[Thinking Outside the Box](#)” recipes and has prepared a [complete dinner menu](#) including weekly shopping lists for an entire month of family meals with links to the family-friendly, healthy recipes featured on commissaries.com. This venue offers quick and easy meal solutions that save time and money.



## Enjoy consistently lower prices on the items you love!

Year-round savings, trusted brands and great prices daily.

### *Don't miss October values*

## Prices, like leaves, are falling at your commissary

Fall means cooler weather, but savings are heating up at your commissary.

Throughout October commissaries will offer discounts beyond everyday savings. Check your store’s “end of the aisle” for themed items with extra low pricing. All customers are encouraged to check with their store for details or visit their store web page to verify what’s available at their particular store.

The list of promotions includes: Celebrate Octoberfest, Italian and

American Festival of Savings, the P&G Monster Jam Celebration, Energy Action Month sale, Big Game Fan Feast and DeCA/Exchange Cares.

And don’t forget, while quantities last we’re selling select frozen turkeys at 49 cents per pound.

“The commissary can help bring you a taste of home, wherever you may be stationed around the world, with savings you deserve,” said Tracie Russ, DeCA’s director of sales. Click [here](#) for more.

### **Staying informed about food-safety-related recalls can be a full-time job.**

Thanks to Commissaries.com, it’s just a couple of clicks away. Click [Stay Informed](#) for alerts on products sold in commissaries or on [All Recalls](#) from the FDA.

719-556-7765

**Store Director**  
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719-556-7765 x3021

Dept.	Ext.	Dept.	Ext.
Customer Service	3044	Produce	3001
Sore Administrator	3026	Meat	3035
Grocery	3066	Secretary	3027

### STORE Hours

Sun: 0900-1900	Wed: 0900-2000
Mon: 0900-2000	Thu: 0900-2000
Tue: 0900-2000	Fri: 0900-2000
	Sat: 0800-2000
Early Bird Shopping:	Mon-Fri 0800-0900 Self Check-Out Only



*One skillet does it*

## Cuban style red beans and rice served your way



A great way to up the nutrition quality of your diet is to consider increasing the number of plant-based meals in your menu. This [dietitian approved recipe](#) of Cuban style red beans give you the option to prepare it without meat. Either way, it's a delicious, easy to prepare dish.

## Store Director's Scoop



2018

### Feds Feed Families

Unfortunately, need knows no season. With the upcoming holidays, it can be particularly stressful for families that need a little extra help! Peterson Commissary is participating in our annual Feds Feed Families Food Drive to assist local food pantries. This initiative is crucial to families in the Colorado Springs and surrounding areas. This food drive is happening right now and will end October 15<sup>th</sup>, so please be sure to ask your cashier or customer service representative how you can participate in helping those less fortunate. We appreciate your help!

### Upcoming Events

Columbus Day is October 8<sup>th</sup>. We will be closing at 1700, so please

make sure you mark your calendars! Here are some other special dates: October is Breast Cancer Awareness Month, National Apple Month and a month when we encourage folks to cook more meals at home. The Navy Birthday is October 13. Don't forget to pick up your Halloween treats, located at the front entrance of the Commissary!



### Spooky Apple Cider Recipe

- 4 cups apple cider
- 2 cups Sprite (or other sparkling soda) 1
- cup cranberry juice
- 2 sticks cinnamon
- 2 - 4 apples (2 for a small punch bowl, 4 for a wider punch bowl)
- 2 whole cloves per apple (optional)

### YOUR COMMISSARY ...

*It's Worth the Trip!*

For the entire recipe, please visit: <http://www.foodnetwork.ca/recipe/spooky-apple-cider-punch/14951/#LWLR0WWI7k9MQZOG.99>

### Party Platters

Its football season once again! Our Deli/Bakery and Produce Department can have you ready for your favorite football game party. Please see an associate for pricing and to place your order! \*Please allow at least 24 hour notice.

### Find our store Web pages

Did you know our store has its own pages on the commissary website? Click here: <https://commissaries.com/shopping/store-locations/peterson-afb> for the Peterson Web pages.

### Subscribe to Express Line

If you would like to subscribe to Express Line, send an email to: [colleen.heffner@deca.mil](mailto:colleen.heffner@deca.mil) Please include "Subscribe me to Express Line" in the subject line.

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