



Peterson AFB Commissary EXPRESSLINE

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Summer time is grilling time: Check commissaries.com recipes for new grilling ideas

We all know about grilling steak, hamburgers and hot dogs, but what about grilled fish burgers with cucumber dill sauce, grilled tuna and watermelon salsa, or grilled brie sandwich with pears?



Those recipes and more are just a click away at the [grilled recipes](#) section of the Defense Commissary Agency's website. Here you'll find 14 easy-to-prepare recipes that will give you a fresh take on what can be grilled. There's grilled pineapple and steak wilted salad, grilled portobello mushrooms with herbs, and grilled fish tacos with peach salsa. You'll also find grilled peaches with blue cheese, and a grilled pizza recipe.

So, choose your recipe, make your shopping list, and get what you need at your commissary. It's summer simple.

YES! Your Everyday Savings

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Staying informed about food-safety-related recalls is 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.

Summer savings: Commissary website great way to connect with savings

Patrons who want to maximize their benefit are just a click away from a wealth of online information on the DeCA website, www.commissaries.com.

There, they can register their [Commissary Rewards Cards](#) for access to digital coupons; checkout the [biweekly sales flyer](#) for discounted products; find [recipes](#) by dish type, main ingredient or category, such as a "Holiday" recipe, "20-Minute Meal," "Dietitian Approved" or "[Thinking Outside the Box](#)" recipes for quick, healthy and economical meal solutions; [find their store](#) based on location; order [commissary gift cards](#); and learn more about the agency's [Nutrition Guide Program](#).

Go ahead now and get all the savings you deserve. It's just a click away.

Summer is Smoothie Time

Try this frozen apricot smoothie

This [dietitian approved recipe](#) combines apricots, bananas and flax seed with your choice of milk for a refreshing treat.

You can also add a scoop or two of protein powder, if that's what you want.



Store Director's Scoop

StoreDirector|store.director@deca.mil|719-556-7765

Happy 4th of July!

Early Closure

Peterson AFB Commissary Operating Hours on July 4th
9 a.m. to 5 p.m.



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HEALTHY TIPS

On Exercise: Find a form (or two!) of movement you truly enjoy. It's easier to stick to things we look forward to rather than dread.

On Nutrition: Cut calories in your morning cup of coffee by skipping the cream and sugar. Instead, try drinking it black or reducing your amount of each.



PHONE Numbers	Customer Service	3032	STORE Hours	Sun: 0900 - 1800
	Asst. Store Dir.	3026		Mon: 0900 - 1900
	Grocery	3066		Tue: 0900 - 1900
	Produce	3001		Wed: 0900 - 1900
	Meat	3035		Thu: 0900 - 1900
Secretary	3027	Fri: 0900 - 1900	Sat: 0800 - 1900	