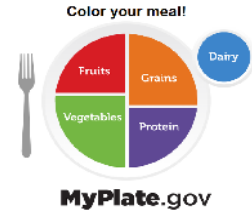




CUCUMBER CHICKPEA SALAD

 @Gleanersfan



Ingredients:

1 (15oz) can of chickpeas, drained and rinsed
½ onion, diced
1 cucumber, seeded & diced
1 tomato, diced

¼ cup Italian dressing
¼ tsp salt
¼ tsp pepper

Directions:

1. In a bowl combine all the ingredients, mix well and serve.
2. Enjoy!!

Find more recipes and resources online at: www.gcfb.org/recipes_resources

Want to apply for SNAP Benefits? Call the number below for assistance!

Mention Gleaners when speaking with your SNAP representative.

F.O.R.
Comida y otros recursos
LÍNEA DE AYUDA



Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

1-888-544-8773


F.O.R.
Food and Other Resources
HELPLINE



For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

1-888-544-8773

F.O.R.
خط المساعدة



للحصول على المساعدة في العثور على مخزن طعام، أو المساعدة في التقدم بطلب للحصول على مخصصات SNAP، أو الإحالات إلى موارد أخرى، اتصل بالرقم

1-888-544-8773

food BANK **MICHIGAN**
Operado por el Consejo del Banco de Alimentos de Michigan
Food Bank Council of Michigan
Financiado en parte por el Departamento de Salud y Servicios Humanos de Michigan
Michigan Department of Health and Human Services

food BANK **MICHIGAN**
Operated by the Food Bank Council of Michigan
Funded in part by the Michigan Department of Health and Human Services

مجلس إدارة بنك الأغذية في ميشيغان
مجلس إدارة بنك الأغذية في ميشيغان
food BANK **MICHIGAN**
Operated by the Food Bank Council of Michigan
Funded in part by the Michigan Department of Health and Human Services

¿TIENE UNA TARJETA BRIDGE?



**COMPRE \$1
OBTENGA \$1 GRATIS
FRUTAS Y VERDURAS**



HAVE A BRIDGE CARD?



**BUY \$1
GET \$1 FREE
FRUITS & VEGGIES**

DoubleUpFoodBucks.org/GetFresh

 **866.586.2796**

**هل لديك "بطاقة الفود
ستامب" BRIDGE CARD?**



**اشتر بقيمة 1 دولار
واحصل على 1 دولار مجانية
من الفواكه والخضراوات**



Scan the QR code below for more resources!



linktr.ee/gleanersnutritioneducation

Text **HEALTHYEATS** to **833-956-1009** to get text alerts for classes, nutrition tips, recipes, and more!