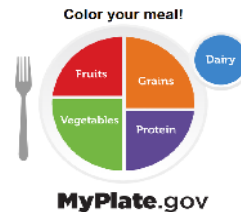




# MINI PIZZAS

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## Ingredients:

**1 head chopped broccoli**

**1 cup sliced mushrooms**  
**1/2 cup spinach**

**Tomato sauce**

**Whole wheat English muffins**

**1 cup low fat cheese**  
oregano to taste

## Directions:

1. Slice English muffins in half. Toast until slightly brown.
2. Cover each muffin with 1 tablespoon sauce and 1 tablespoon cheese. Add your toppings.
3. Bake on a cookie sheet at 425° F for 8-10 minutes or until cheese melts. Enjoy!

Find more recipes and resources online at: [www.gcfb.org/recipes\\_resources](http://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** **MiDHHS**  
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Food Bank Council of Michigan  
Financiado en parte por el Departamento de Salud y Servicios Humanos de Michigan  
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**food BANK** **MiDHHS**  
Operated by the Food Bank Council of Michigan  
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من الفواكه والخضراوات**



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