

א גוט געבענטשטע יאר



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# תשרי 2023 september אלול

SUN	MON	TUE	WED	THU	FRI	שבת
					1 ט"ו אלול	2 ט"ז אלול
3 י"ז אלול	4 י"ח אלול	5 י"ט אלול	6 כ' אלול	7 כ"א אלול	8 כ"ב אלול	9 כ"ג אלול
10 כ"ד אלול	11 כ"ה אלול	12 כ"ו אלול	13 כ"ז אלול	14 כ"ח אלול	15 כ"ט אלול ערב ראש השנה	16 א' תשרי תשפ"ד ראש השנה CLOSED
MONSEY & UPTOWN 7AM-12AM LAKEWOOD 7AM-12AM	MONSEY & UPTOWN 6:30AM-12AM LAKEWOOD 7AM-12AM	MONSEY & UPTOWN 6:30AM-1AM LAKEWOOD 7AM-12AM	MONSEY & UPTOWN 6:30AM-1AM LAKEWOOD 7AM-1AM	MONSEY & UPTOWN 6:30AM-2AM LAKEWOOD 7AM-1AM	MONSEY & UPTOWN 6:30AM-6:15PM LAKEWOOD 7AM-5:45PM	
17 ב' תשרי ראש השנה	18 ג' תשרי	19 ד' תשרי	20 ה' תשרי	21 ו' תשרי	22 ז' תשרי	23 ח' תשרי
MONSEY & UPTOWN 8:45PM-1AM LAKEWOOD 8:45PM-1AM	MONSEY & UPTOWN 6:30AM-11PM LAKEWOOD 7:30AM-11PM	MONSEY & UPTOWN 6:30AM-11PM LAKEWOOD 7:30AM-11PM	MONSEY & UPTOWN 6:30AM-12AM LAKEWOOD 7:30AM-12AM	MONSEY & UPTOWN 6:30AM-1AM LAKEWOOD 7:30AM-12AM	MONSEY & UPTOWN 6:30AM-6:05PM LAKEWOOD 7AM-5:35PM	MONSEY & UPTOWN 8:30PM-1AM LAKEWOOD 8:30PM-1AM
24 ט' תשרי ערב יום כפור	25 י' תשרי יום כפור	26 י"א תשרי	27 י"ב תשרי	28 י"ג תשרי	29 י"ד תשרי ערב סוכות	30 ט"ו תשרי סוכות CLOSED
MONSEY & UPTOWN 6:30AM-6:30PM LAKEWOOD 7AM-4PM	MONSEY & UPTOWN 8:30PM-1AM LAKEWOOD 8:30PM-1AM	MONSEY & UPTOWN 6:30AM-1AM LAKEWOOD 7AM-1AM	MONSEY & UPTOWN 6:30AM-2AM LAKEWOOD 7AM-1AM	MONSEY & UPTOWN 6:30AM-2AM LAKEWOOD 7AM-1AM	MONSEY & UPTOWN 6:30AM-6PM LAKEWOOD 7AM-5:30PM	

MONTHLY PRIORITIES

OTHER NOTES

# between carpools

is happy to partner with **Evergreen**  
to bring joy to your Yom Tov planning.



Visit **BetweenCarpools.com** for more recipes, tips, hacks and inspiration!



# חשון 2023 תשרי

SUN	MON	TUE	WED	THU	FRI	שבת
<b>1</b> ט"ז תשרי <b>סוכות</b> <b>MONSEY &amp; UPTOWN</b> 8:15PM-1AM <b>LAKEWOOD</b> 8:20AM-1AM	<b>2</b> י"ז תשרי <b>MONSEY &amp; UPTOWN</b> 7AM-10PM <b>LAKEWOOD</b> 7:30AM-11PM	<b>3</b> י"ח תשרי <b>MONSEY &amp; UPTOWN</b> 7AM-10PM <b>LAKEWOOD</b> 7:30AM-11PM	<b>4</b> י"ט תשרי <b>MONSEY &amp; UPTOWN</b> 7AM-12AM <b>LAKEWOOD</b> 7:30AM-12AM	<b>5</b> כ' תשרי <b>MONSEY &amp; UPTOWN</b> 7AM-1AM <b>LAKEWOOD</b> 7:30AM-1AM	<b>6</b> כ"א תשרי <b>הושענא רבה</b> <b>MONSEY &amp; UPTOWN</b> 6:30AM-5:45PM <b>LAKEWOOD</b> 7AM-5:15PM	<b>7</b> כ"ב תשרי <b>שמיני עצרת</b> <b>CLOSED</b>
<b>8</b> כ"ג תשרי <b>שמחת תורה</b> <b>MONSEY &amp; UPTOWN</b> 8:10PM-1AM <b>LAKEWOOD</b> 8:15PM-1AM	<b>9</b> כ"ד תשרי <b>MONSEY &amp; UPTOWN</b> 6:30AM-11PM <b>LAKEWOOD</b> 7:30AM-11PM	<b>10</b> כ"ה תשרי <b>MONSEY &amp; UPTOWN</b> 6:30AM-11PM <b>LAKEWOOD</b> 7:30AM-11PM	<b>11</b> כ"ו תשרי <b>MONSEY &amp; UPTOWN</b> 6:30AM-12AM <b>LAKEWOOD</b> 7:30AM-12AM	<b>12</b> כ"ז תשרי <b>MONSEY &amp; UPTOWN</b> 6:30AM-1AM <b>LAKEWOOD</b> 7:30AM-12AM	<b>13</b> כ"ח תשרי <b>MONSEY &amp; UPTOWN</b> 6:30AM-5:30PM <b>LAKEWOOD</b> 7AM-5PM	<b>14</b> כ"ט תשרי <b>MONSEY &amp; UPTOWN</b> 8PM-1AM <b>LAKEWOOD</b> 8:30PM-1AM
<b>15</b> ל' תשרי	<b>16</b> א' חשון	<b>17</b> ב' חשון	<b>18</b> ג' חשון	<b>19</b> ד' חשון	<b>20</b> ה' חשון	<b>21</b> ו' חשון
<b>22</b> ז' חשון	<b>23</b> ח' חשון	<b>24</b> ט' חשון	<b>25</b> י' חשון	<b>26</b> י"א חשון	<b>27</b> י"ב חשון	<b>28</b> י"ג חשון
<b>29</b> י"ד חשון	<b>30</b> ט"ו חשון	<b>31</b> ט"ז חשון				

MONTHLY PRIORITIES

OTHER NOTES

FROM OUR SHELVES TO YOUR DOOR



# evergreen is delivering

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Long Branch  
Englewood  
Bergenfield  
Teaneck

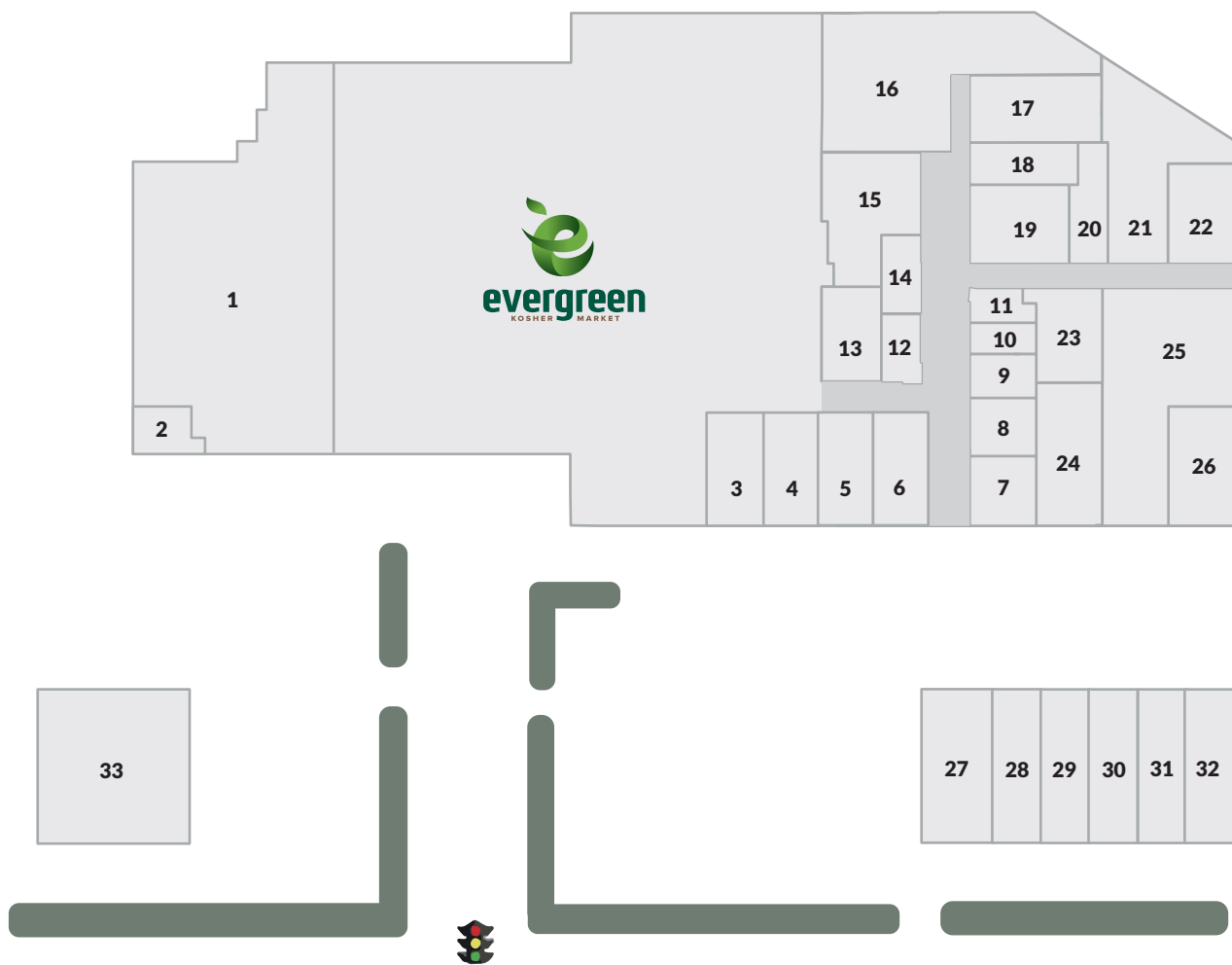
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University Heights  
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POMONA, NY 10970 **LAKEWOOD** 945 RIVER AVE LAKEWOOD, NJ 08701

# store directory

59 NY-59, Monsey, NY 10952 **MONSEY**



Route 59

EVERGREEN 845-352-4400  
1. AMAZING SAVINGS 845-426-2020  
2. CHICK N' CHUCK 845-517-0800  
3. GOLDPATH WINE 845-356-0222  
4. VALUCLEAN 845-232-2306  
5. SHELI'S PIZZA 845-425-3311  
6. SHU B-DOO 845-425-1900  
7. PING VERIZON 845-426-6500  
8. JUBILEE 845-356-7600  
9. THREADS 845-290-1478  
10. FRANK OLIVE 845-414-9500  
11. BE JWELED 845-425-4650

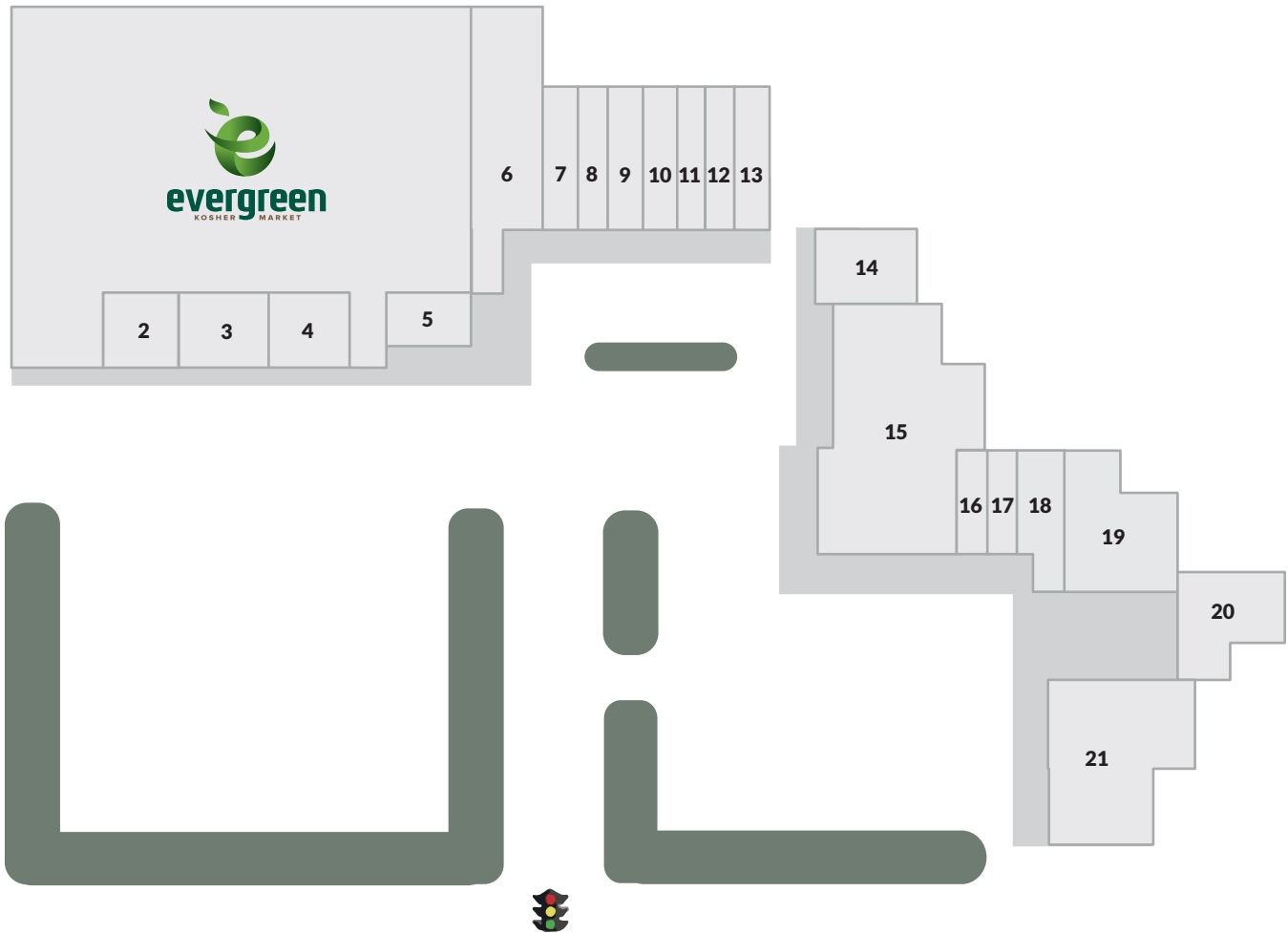
12. PICADILLY 845-573-0100  
13. HAVA JAVA 845-371-5282  
14. BLUBELLE 845-352-6508  
15. PRIM 845-356-0003  
16. FIRESIDE 845-517-3570  
17. LULU KIDS 877-799-5858  
18. DIMENSIONS 845-459-6290  
19. MAPLE MEDEX 845-371-6464  
20. PRINTIT 845-371-2227  
21. BAIS HASFORIM 845-371-1495  
22. SHIRT PLACE 845-425-6367

23. CHILDREN'S OUTLET 845-426-5511  
24. GENUINE SHOP 845-426-6360  
25. AUCTION MART 845-352-3725  
26. OH NUTS! 845-352-2613  
27. APPLE BANK 845-425-0189  
28. SHELL STATION 845-371-7435  
29. BLEW 845-352-4800  
30. MONSEY URGENT CARE 845-356-2273  
31. ROSIER 845-290-6148  
32. ENVISION 718-522-3332  
33. KOSHER CASTLE 845-425-3500



# store directory

1581 US-202, Pomona, NY 10970 UPTOWN



Route 202

- |                               |              |
|-------------------------------|--------------|
| 1. EVERGREEN KOSHER           | 845-352-4400 |
| 2. PIES & FRIES               | 845-533-6680 |
| 3. TIPTOE BOUTIQUE            | 516-612-9600 |
| 4. MONSEY HOUSEWARES          | 845-356-3048 |
| 5. TOYS 4 U                   | 845-425-8010 |
| 6. CHASE BANK                 | 845-354-4020 |
| 7. UPTOWN WINES               | 845-362-1845 |
| 8. AVANTI'S PIZZA             |              |
| 9. GREENBAUMS PHARMACY        | 845-356-9200 |
| 10. A TOUCH OF CLASS CLEANERS | 845-354-1400 |

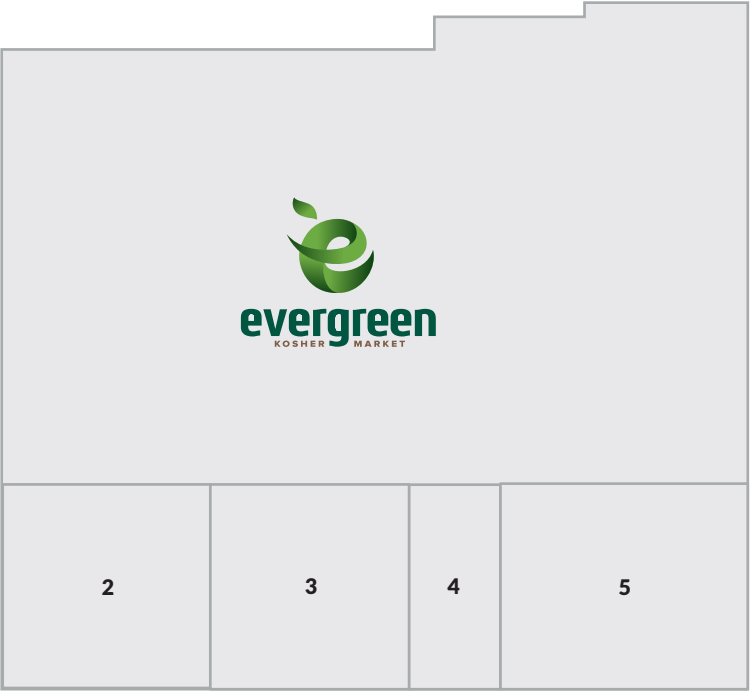
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|------------------------|--------------|
| 11. TOP ROW            | 845-414-9288 |
| 12. COMING SOON        |              |
| 13. COMING SOON        |              |
| 14. COMING SOON        |              |
| 15. COMING SOON        |              |
| 16. COMING SOON        |              |
| 17. COMING SOON        |              |
| 18. OPTICAL STORE      |              |
| 19. MONSEY URGENT CARE |              |
| 20. JASON DAVIS        | 845-632-1854 |
| 21. DOLLAR TREE        | 845-364-4160 |

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OPPORTUNITIES CALL:

Aaron Katz  
845-521-4656

# store directory

945 River Ave, Lakewood, NJ 08701 LAKEWOOD



River Ave

- |                    |              |
|--------------------|--------------|
| 1. EVERGREEN       | 732-370-4500 |
| 2. OPTICAL EYELAND | 732-813-4644 |
| 3. WINE ON NINE    | 732-363-2729 |
| 4. JII PIZZA       | 732-844-9119 |
| 5. CENTER OF TOWN  | 732-364-7300 |

# TH

**FIRST BREATHE,** THEN GET EVERYTHING THAT'S ON YOUR MIND WRITTEN DOWN, **THEN ORGANIZE IT.**

[illegible]

Organize

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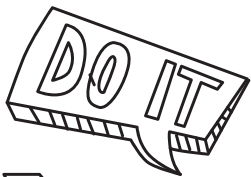
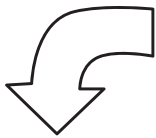
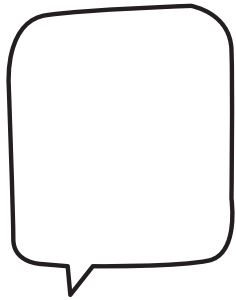
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- a \_\_\_\_\_
- b \_\_\_\_\_
- c \_\_\_\_\_



DEADLINE



# MASTER

*out of the kitchen*

## PRE- YOM TOV

## TO DO LIST

ORDER:

WEEK OF  
AUGUST 21

WEEK OF  
AUGUST 28

ERRANDS:

*between  
carpools*

PHONECALLS:

[illegible]



# mommy's little helpers

THE ULTIMATE  
HACKS FOR BUSY  
JEWISH MOTHERS

Life as a busy mom is a juggling act, but fear not! We've got your back with some incredible mommy hacks that will make your life a whole lot easier. From keeping organized to saving precious time, these tips and tricks will help you breeze through the chaos and reduce stress. So, grab a cup of coffee, sit back, and get ready to revolutionize your motherhood game!

## MESH GARMENT BAG POWER

Socks, oh socks, those elusive creatures! Say goodbye to the constant sock hunt by using a mesh garment bag. Keep one near your laundry hamper, and all those little socks will have a designated place to call home. These versatile bags come in different sizes and can be used for all sorts of organizing marvels.

## FAMILY COMMAND CENTER

Stay on top of appointments, school schedules, and grocery lists with a family command center.

Dedicate a wall or a corner in your home to create a centralized space for all your family's important information. Hang a monthly calendar, a corkboard for notes and reminders, and a chalkboard or whiteboard for shopping lists and messages. This command center will keep everyone in the loop and ensure you never miss a beat in your busy mommy life.

## GROCERY FAIRY TO THE RESCUE

Bid farewell to tantrums in the snack aisle by embracing the magic of online grocery shopping and delivery. It's as simple as [shopevergreenkosh.com](https://shopevergreenkosh.com) and adding dinner essentials to your cart. Have your groceries delivered right to your doorstep, saving you time, energy, and stress. It's a game-changer for busy moms who need to plan meals without the hassle.

## CLOSET BIN MARVEL

When your kiddo outgrows their clothes, don't trek to the basement every time. Instead, keep a bin in their closet. Fill it up with the clothes that no longer fit, cover it, and place it in your storage room. To keep track of sizes, jot them down on a sheet of paper and tape it inside the bin. Voilà! Now you can keep your storage room organized and effortlessly find the right-sized clothes when needed.



## TOY ROTATION DELIGHT

Toddlers have a knack for getting bored with their toys faster than you can say "peekaboo." Keep the excitement alive by rotating their toys. Have separate bins on each level of your home and switch them up every few weeks. It's a whole new surprise every time they rediscover a toy they haven't seen in a while.

## NOISELESS DOOR MASTERY

Shhhh! We've got the secret to shutting doors without disturbing your sleeping cuties. Simply





place furniture pads where the door hits the frame, and say goodbye to noisy interruptions. Peaceful slumber for your little one and peace of mind for you.

#### **BAG OF WONDERS**

When you're on the go, a small bag of activities can save the day. Keep it on hand and watch as your kids stay happily entertained during those long rides. Coloring books, stickers, and small toys are the magic ingredients that will turn car rides into moments of peace and enjoyment for everyone.

#### **CHORE SUPERSTARS**

Get your little ones involved in household chores from an early age. They love feeling helpful and part of the team. Let them make their beds, bring their dishes to the counter after meals, and tidy up their toy messes. Not only will they learn important life skills, but you'll also have adorable little helpers by your side.

#### **BATH-TIME BLISS**

Is your little one feeling a bit cranky? Transform bath time into a magical experience by adding bubbles, new toys, and their favorite tunes. Tell them they don't have to wash their hair and that all they need to do is play for the next 30 minutes to an hour. You'll witness a grumpy face turn into a big, happy smile in no time.

#### **MARSHMALLOW MAGIC**

Forget boring ice packs! Here's a sweet and practical alternative. Freeze a few marshmallows

in a plastic bag, and you've got yourself a home-made ice pack that's perfect for soothing bumps and bruises. It's flexible, gentle on the skin, and can even be enjoyed as a treat. Sweet relief, quite literally!

#### **BAND-AID ON THE GO**

Accidents happen, even when you're out and about. Instead of lugging around a bulky first aid kit, keep a few Band-Aids tucked away in your purse. Whether it's for your little one's scraped knee or your own unexpected cut, you'll always be prepared to save the day. Convenience and practicality at its finest!

#### **POPSICLE PERFECTION**

Popsicles are a kids delight, but they can quickly turn into a sticky situation. Avoid messy mishaps by using cupcake liners as holders. These nifty liners keep your child clean while adding a splash of color and fun. For those desserts on-the-go or particularly messy eaters, double-wrap the liners for maximum protection. Happy kids, happy parents!

With these fabulous mommy hacks, you'll conquer the chaos, save time, and reduce stress in your busy mom life. Embrace the magic of organization, and enjoy every precious moment with your little ones. You're a superstar mommy, and we're here to support you every step of the way!

# mealtimes & MELTDOWNS



Tired of battling with your picky eater? Trust us, you're not alone. It's like they have a sixth sense for detecting your desperation, and they're not afraid to use it! But fear not, dear mothers, for we have some tips to help you navigate this culinary battleground with a touch of wit and a sprinkle of fun.

#### SIT DOWN TO EAT

We get it—life as Jewish mothers is a whirlwind. But when it comes to picky eaters, sitting down to eat can make all the difference. Sure, it's tempting to chase your little one around with a spoon or let them chow down in the playroom, but those tactics won't help in the long run. So, **designate proper eating spaces** and encourage your kids to sit down while they eat. Not only does it prevent choking hazards, but it also helps them tune in to their bodies and eat more mindfully.

#### MAKE DESSERT LESS EXCITING

We've all been guilty of using dessert as a bargaining chip at some point. But here's the problem: when we present dessert as the ultimate reward, we inadvertently make it seem more enticing than the actual meal. So, let's level the playing field. **Try serving dessert alongside dinner to show that all foods are equal.** And if that doesn't work for your family, offer dessert during snack time or other meals—just make sure it's not tied to finishing a specific portion of the main course.

#### ADD SOME FUN WITH FOOD ACTIVITIES

Let's face it—kids love fun, and mealtimes shouldn't be the exception. Inject a little excitement into their meals with food activities. Whether it's cutting their sandwich into funky shapes or introducing a new utensil, **a dash of creativity can make a child more willing to engage with different foods.** And hey, don't be afraid to get them involved in the food prep process—within reasonable mess limits, of course!

#### KEEP SERVING IT

When it comes to picky eaters, **repetition is key.** If you want your child to embrace new foods, you've got to keep serving them—even if they've

made it clear they're not interested. I know, it might feel like a waste, but if you never offer it, they'll never eat it. So, be persistent and keep those new options on the menu. Who knows? One day, they might surprise you and give it a try.

#### TEACH KIDS WHAT FOODS DO IN THEIR BODIES

Put your "good" or "bad" food labels aside! Instead, teach your little ones about the wonders of nutrition. Explain how certain foods, like carrots, can help them see in the dark (yes, really!). **By focusing on the positive effects food has on their bodies, you're fostering a healthy relationship with eating** and encouraging them to explore new flavors. Knowledge is power, after all!

#### HAVE OPEN AND CLOSED HOURS FOR THE KITCHEN

We all know that kids have a knack for turning into bottomless pits when it comes to snacks. But when you're dealing with a picky eater, letting them graze all day can backfire. So, instead of allowing unlimited snacking, **establish specific open and closed hours for the kitchen.** This routine can work wonders in curbing excessive snacking and creating a healthier approach to eating.

#### MODEL THE BEHAVIOR YOU WANT TO SEE

You know what they say: **"Monkey see, monkey do."** Your child is always watching, so why not use it to your advantage? Be a role model and demonstrate the eating behaviors you want to see in them. Show them that you enjoy a variety of foods and that you're open to trying new things. And don't be afraid to let them know when you're not a fan of something. You can say, "I'm learning to like this food. Maybe I'll try more another day." Your actions speak louder than words, so lead the way to a more adventurous palate.

Remember, ladies, there's no one-size-fits-all solution to picky eating. Each child is unique, and it takes time and patience to help them embrace new flavors. So, don't lose hope, keep your sense of humor intact, and enjoy the journey of culinary exploration with your little ones. Whether you're cutting sandwiches into shapes or discovering the wonders of vitamin-packed carrots, know that you're doing an incredible job!

# 9x13 POPPERS

**So good and so easy, perhaps you won't ever go back to the original version. We're not sure we will either.**

*At BCP, some people might say that we've been guilty of making a generation of bit lazier. After all, we can now all bake delicious cakes without taking out a mixer or making any dishes dirty. We don't agree. We think we're making it more accessible and possible to get home-cooked family-friendly meals on the table, especially on those time-pressed*

*days when the task seems so overwhelming. This recipe is going to be one of those automatic go-to's that everyone loves, doesn't entail any dirty dishes, and can go from scratch to ready-to-eat within 20 minutes. If you have a bigger family and need to double the recipe, you can prepare this on a lined baking sheet.*

*1 ½ lbs chicken, cut into small bite size nuggets*

*1/3 cup breadcrumbs*

*1/3 cup cornflake or panko crumbs*

*1/3 cup oil*

*2 tsp sugar*

*1 tsp kosher salt*

*1 tsp garlic powder*

*1 tsp paprika*

*Dash of black pepper*

*Hot Maple Popper Sauce:*

*2 tablespoon maple*

*2 tablespoons Frank's hot sauce*

*1 tsp soy sauce*

Preheat oven to 425°F or 400°F on a convection oven.


In a 9x13 pan, combine all ingredients except for the chicken. Add chicken and toss to coat directly in the pan. Make sure chicken is in one layer (if you are preparing more than 1 ½ lbs, you will need to do this on a baking sheet).

Bake for 15 minutes. Toss lightly and bake an additional 5 minutes.

Combine sauce ingredients. Serve alongside or toss with chicken before serving.

*kid famous!* 

*my notes:*







# 9x13 SMORES BARS

**Everyone loves a good 9x13 dessert,  
and (almost) everyone loves s'mores.**

*We decided to combine the two into  
one super easy, crowd-pleasing treat!*

*1 cup brown sugar*

*1 cup sugar*

*1 cup oil*

*2 eggs*

*1 tsp vanilla extract*

*2½ cups flour*

*1 tsp baking soda*

*½ tsp kosher salt*

*1 cup chocolate chips*

*2 cups marshmallow fluff*

*6 (double) graham crackers*



Preheat oven to 350°F. Grease a 9x13 pan.

In a bowl, combine sugars and oil. Mix to combine. Add eggs and vanilla, and mix. Add flour, baking soda, and salt and mix to combine. Add the chocolate chips and combine.

Press  $\frac{2}{3}$  of the cookie dough into the pan (about 2.5 cups of dough).

Grease a spatula and use it to spread the marshmallow fluff across the cookie dough. (Try to place a few dollops over the pan so it's easier to spread than if it's all in the center.)

Crumble graham crackers and sprinkle on top of fluff.

Crumble cookie dough and place on top of graham cracker crumbs.

Bake for 40-45 minutes. (We tested this in disposable pans. Baking time will be less in a glass or metal pan.) Chill completely before slicing.

*my notes:*





# salmon sliders

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Get ready to reel in some smiles with our kid-friendly and healthy sliders! Pescado Salmon Sliders with a tangy lemon garlic sauce, nestled in soft and tasty Glick's fresh slider buns. Paired with a vibrant Glatt Geshmak avocado guacamole salad and served alongside crispy, golden-brown Evergreen fries, this meal combines ready-made convenience with fresh and wholesome ingredients for a deliciously healthy twist!

## INGREDIENTS

Pscado Salmon Sliders  
Glick's Fresh Slider Buns  
Glatt Geshmak Avocado Guacamole Salad  
Pescado Lemon Garlic Sauce  
Fresh Cut Evergreen Fries

## INSTRUCTIONS

Preheat oven to 400°F.

Place Evergreen fries on a greased baking sheet, spray with oil, salt them and bake for 35 minutes.

You can either fry the salmon sliders in a pan on medium heat, or you can make supper even easier and put them on a greased baking sheet and bake them along with the fries.

Toast the buns (or not, some kids don't like "brown parts"). and assemble the sliders with Pescado sauce, Glatt Geshmak Salad, and top with a slider.

Serve alongside the fresh fries. It's that simple.

**TIP NO. 1**

If the kids don't like avocado, try Glatt Geshmak's Red Cabbage Salad- it also tastes great in this combo.



**TIP NO. 2**

If the kids are more adventurous try the mix of sweet potato fries & regular fries!



**TIP NO. 3**

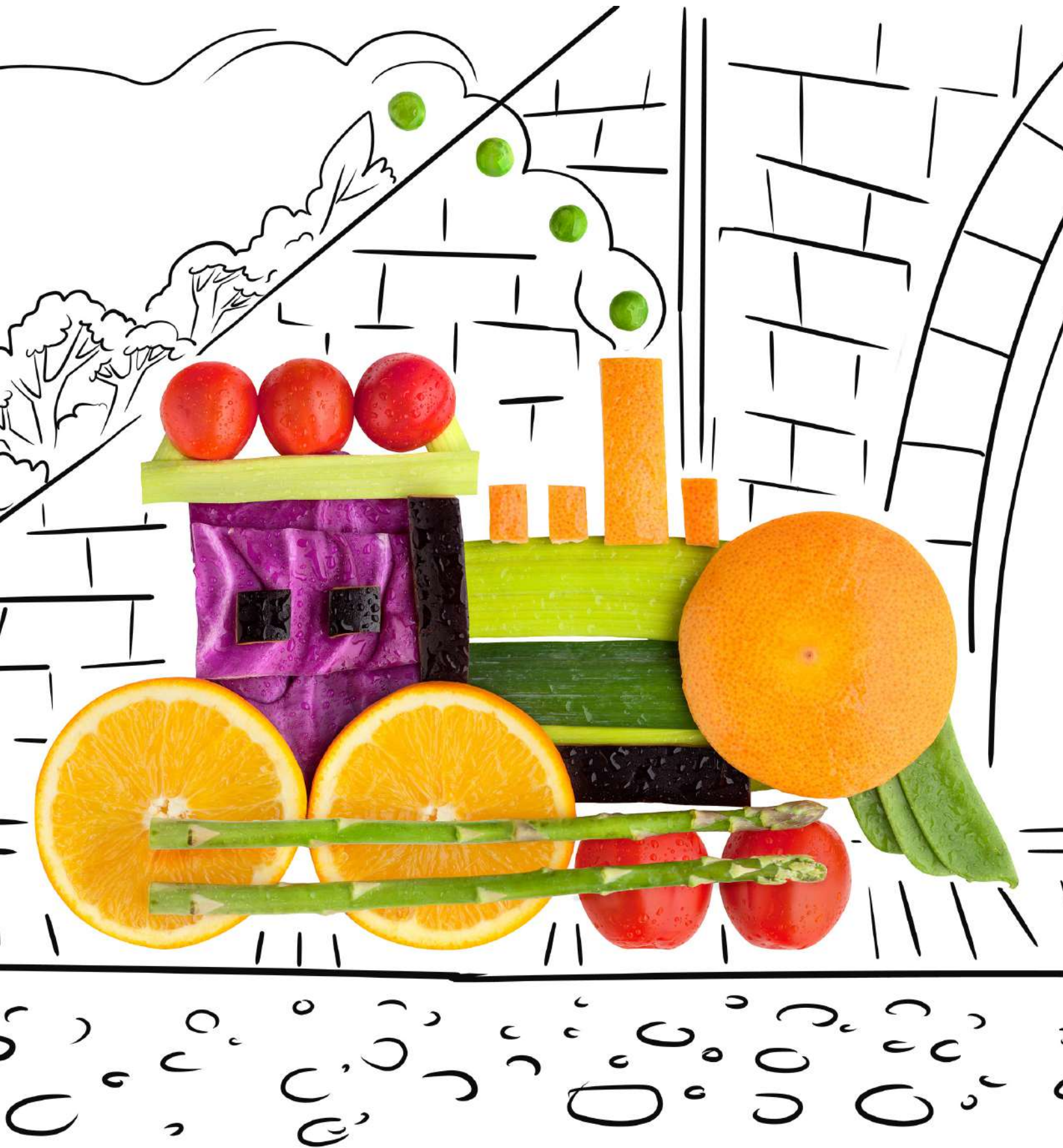
Pair the sliders with any mayo based sauce- the contrast with the tart salad/slaw is what makes this slider really tasty.





**9x13**  
**SMORES BARS**





# fueling your kids for success

## HEALTHY VITAMIN RECOMMENDATIONS FOR THE SCHOOL YEAR

As another school year approaches, it's time for mothers to ensure their kids are equipped with the right nutrients to thrive both in and out of the classroom. By incorporating healthy vitamin recommendations into their daily routines, **parents can give their little ones the best start possible.** In this article, we will explore some simple yet effective ways to boost your child's immune system, promote gut health, and provide essential nutrients for their overall well-being.

### ELDERBERRY SYRUP: A MIGHTY IMMUNE BOOSTER

Starting the day off with a dose of elderberry syrup can work wonders for strengthening your child's immune system. Packed with antioxidants and vitamins, this natural remedy has been long celebrated for its potential to ward off colds and flu. By adding a spoonful of elderberry syrup to their morning juice, your kids can kick-start their day with an **immune-boosting punch.**

### FERMENTED VEGETABLES: GUT HEALTH HEROES

Introducing fermented vegetables into your child's diet can be a fun and delicious way to support their gut health. These nutrient-dense foods, such as sauerkraut or kimchi, are rich in probiotics that **promote a healthy balance of gut bacteria.** Consider serving a small portion of fermented vegetables with dinner, allowing your kids to experience new flavors while reaping the benefits of improved digestion and a stronger immune system.

### VITAMIN C & D: ESSENTIAL DEFENDERS

During the winter months when sunshine is scarce, it's crucial to ensure your child maintains

adequate levels of Vitamin C and D. Vitamin C strengthens the immune system and protects against common infections, while Vitamin D plays a vital role in bone health and overall well-being. Incorporate foods rich in these vitamins, **such as citrus fruits, berries, leafy greens, and fortified dairy products,** into your child's daily meals. Additionally, you can pick up Vitamin C & D supplements at Evergreen to ensure your child receives optimal levels of these crucial nutrients.

### SWITCHING TO CHICKPEA NOODLES: A GLUTEN-CONSCIOUS OPTION

For children with gluten sensitivities or those looking to reduce their gluten intake, chickpea noodles offer a nutritious alternative to traditional wheat-based pasta. Made from protein-packed chickpea flour, these noodles are not only gluten-free **but also provide essential nutrients like fiber and iron.** Swap them out occasionally in your child's favorite pasta dishes, and they won't even notice the difference!

### NUTRITIOUS SMOOTHIES: DELICIOUS AND PACKED WITH GOODNESS

Smoothies are an excellent way to sneak in extra nutrients while satisfying your child's sweet tooth. Blend together a variety of fruits, leafy greens, and a source of protein like Greek yogurt or nut butter. You can even add a handful of spinach or kale without altering the flavor significantly. Experiment with different combinations to find your child's favorite, and let them enjoy **a nutrient-rich smoothie as a snack or a quick breakfast on busy mornings.**

By incorporating these healthy vitamin recommendations into your child's daily routine, **you can set them up for success in the upcoming school year.** From elderberry syrup to strengthen their immune system and nutritious smoothies, these simple additions or changes can make a significant impact on your child's overall well-being. Remember, a balanced diet, along with plenty of happiness and encouragement, will ensure your little ones are ready to conquer the world, one school day at a time!

# it's amazing what you can do in just 10 MINUTE A DAY!



Life as a busy mom is a whirlwind of school runs, playdates, and endless to-do lists. Finding time to keep your house clean seems like an impossible task. But fear not, dear mothers! With just 10 minutes here and there, you can transform your home into a haven of cleanliness and sanity. Let's dive into these quick and witty cleaning tips that will have you rocking the domestic front in no time.

## BATTLE THE DIRTY DISHES

Load or unload the dishwasher within those 10 minutes **and save time after the next meal**. Don't you just hate it when you open a dishwasher full of clean dishes after dinner? Clear the clutter of dirty dishes or make sure the dishwasher is empty for the next load. Start your day right and finish the kitchen clean-up in a breeze.

## THE LAUNDRY FIASCO

Use those "in-between" moments to fold and put away a load of laundry. Nobody enjoys this chore,

but finding your clothes easily and avoiding piles of laundry is worth the effort. **Let's conquer the laundry mountain, one 10-minute interval at a time.**

## BATTLE OF THE KITCHEN CHAOS

Take a few minutes to clear the clutter off your kitchen counters. Lift up the toaster and wipe away those breadcrumbs. Do a thorough cleaning that will make your Mother-In-Law proud. **A tidy kitchen is a happy kitchen**, and a happy kitchen means a happy mom.

## TIDY UP TRIUMPH

With a laundry basket in hand, quickly pick up items that are out of place in each room. Shoes, toys, remotes—**collect them all and return them to their correct spots**. For multi-story houses, use a basket to gather items that need to be relocated up or downstairs. It's a game-changer that keeps your home organized.





### MAIL MAYHEM

Spend 10 minutes sorting through the mail pile. Act on urgent pieces, file important ones, and say goodbye to the rest. Soon, your mailbox will tremble with respect at your efficiency.

### LIVING ROOM AVALANCHE

Restore order in your living room by putting pillows and blankets back where they belong. Tuck those rebellious blankets, fluff the pillows, and **reclaim your space**. Enjoy a clutter-free sanctuary for relaxation.

### THE ORGANIZING STORY

Gather all your books in one place and bring order to your shelves. Tuck away magazines in a neat basket or holder. Bid farewell to outdated publications and create a zen-like atmosphere. Embrace the joy of a well-organized reading nook.

### DINNER PREPPING LIKE A PRO

Prep dinner in advance during those 10-minute windows. Slice, dice, and prepare ingredients, **making cooking a breeze when the time comes**. Consider planning meals for the entire week, making grocery shopping more efficient. One trip to the store saves time and money.

### THE OASIS OF REST

On extra tiring or stressful days, take a 10-minute break. Sit down, relax, and recharge your supermom powers. **Sometimes the best use of time is to give yourself a precious moment of peace.**

Dear moms, the power to transform your house in just 10 minutes lies in your capable hands. Embrace these quick tasks and conquer the chaos one minute at a time. Remember, you're not just maintaining a house; you're creating a home for your family and yourself.

Happy cleaning, amazing moms!

# declutter at a glance

One task a day, set a timer for 10-15 minutes, or 2-3 tasks a day until completed.

## CLEANING

- cleaning supplies
- cleaning tools – scrub, brushes, sponges, rags
- 
- 
- 

## LAUNDRY AREA

- fold + put away clothes
- laundry baskets
- laundry products
- clean + clear surfaces
- 

## KITCHEN

- clean + clear counters
- refrigerator + freezer
- cabinets, drawers, pantry, food storage
- kitchen tools, small appliances + towels
- under kitchen sink

## BATHROOM(S)

- clean + clear counters
- cabinets + drawers
- medicine cabinet
- toiletries + makeup
- bath towels, hand towels, wash clothes

## CLOTHING

- shoes
- outerwear – coats, hats, gloves, etc.
- clothing – sort by season + type
- 
- 

## BEDROOM(S)

- declutter floors
- under beds
- sheets + linens
- pillows
- bedside tables
- 

## YOM TOV ITEMS

- Purim costumes
- Chanukah items
- breakfront
- Succos decor
- 

## KIDS

- clothing
- toys
- books
- activities
- art + craft supplies
- 

## OFFICE SPACE

- electronics
- office supplies
- books
- paper + files
- 
- 
- 

## PAPER CLUTTER

- paper pile
- bills
- photographs
- memorabilia
- kids art
- school work
- 







## GARAGE/BASEMENT

- vehicle(s)
- tool storage
- boxes + bins with additional storage items
- lawn + garden supplies
-

# routine at a glance

## 1 WEEKLY TASKS

Complete as quickly as possible + if you can't get to them, finish on Sunday or next week.

	<b>MONDAY</b> clean the bathrooms
	<b>TUESDAY</b> dust all surfaces
	<b>WEDNESDAY</b> sheets & towels
	<b>THURSDAY</b> vacuum floors & carpet
	<b>FRIDAY</b> wash the floors

## ROTATING TASKS

- VACUUM & WASH BASEBOARDS
- CLEAN LIGHT FIXTURES
- WASH RUGS & LAUNDER BEDDING
- CLEAN OVEN & OTHER APPLIANCES
- POLISH SILVER
- CLEAN FRIDGE & FREEZER
- POLISH WOOD FURNITURE
- SPOT CLEAN WALLS & FURNITURE
- ROTATE / VACUUM MATTRESSES
- WASH WINDOWS
- REPLACE FILTERS
- WASH WINDOWS
- WIPE SWITCHES / PHONES

## 2 MONDAY

Clear off counters and all surfaces and wipe all mirrors. Thoroughly spray the sink, toilet, and tub or shower with disinfecting cleaner. Use your toilet cleaner and brush and do a quick clean of your toilet. Change hand and bath towels.

## TUESDAY

Dust all the flat surfaces, lifting up and removing items as you go. If you spot something that needs to be put elsewhere or tossed out, put it in a basket and deal with it later today. Use a top-to-bottom, left-to-right approach.

## WEDNESDAY

When washing bed sheets keep the water temperature low. Lower temperatures are best for washing bedding. Most linen materials are sensitive, which means that higher temperatures can cause fraying or excess shedding. Don't forget to turn pillowcases and duvets inside out- this method keeps the material from shedding or colors from fading and helps thoroughly wash away any accumulated debris.

## THURSDAY

What's my best secret trick to getting dirt out of your carpet & rugs? Vacuum in one direction and then re-vacuum in the other direction!

## FRIDAY

Quickly move any chairs and rugs that might get in the way. Start at the back of each room, in the corner farthest away from the door, and wash from left to right, washing your way out of the room. Wash every single hard-surface floor, including the laundry room, bathrooms, entryway, and living areas.

## DIY FLOOR CLEANER

- 10 CUPS WARM WATER
- 2.5 CUPS WHITE VINEGAR
- 1.25 CUPS RUBBING ALCOHOL
- 1 TEASPOON LIQUID DISH SOAP
- 1/2 TEASPOON OF ESSENTIAL OIL (OPTIONAL)



# WE MAKE IT *simple*

Simplify your Yom Tov meal preparation with Evergreen's huge selection of pre-cut, cleaned and recipe-ready vegetables.





# ראש השנה



# set your table

There's no rule that your plates, cups, tablecloth and napkins have to match. You can break up sets to add some visual excitement to your Yom Tov table. Start with a neutral base, and layer on some prints and textures in the same palette. Then by each meal you can swap in other pieces to get a different look.

All linens are from fabric.com

## BLUE TRANQUILITY



+



+



Create a vintage inspired table using antique patterns and shapes.

## BLOOMING ELEGANCE



+



+

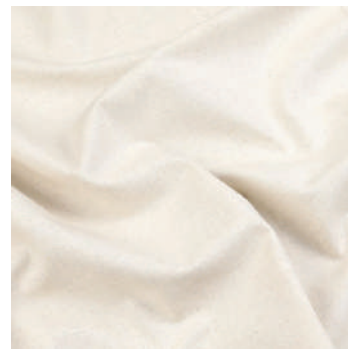


Floral inspired tables can be as simple as rose gold accents and colorful chargers.

## NATURAL SIMPLICITY



+



+



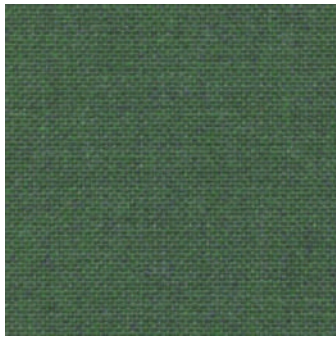
To create a rustic charm, feature natural wood, simple textures and muted tones



### WOODLAND OASIS



+



+



+



Bring the beauty of the outdoors to your table with a nature-inspired accents.

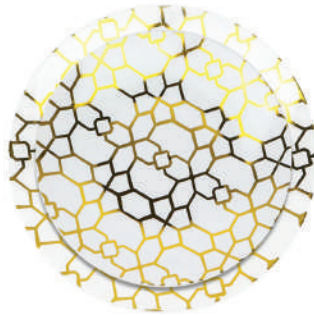
### GOLDEN SIMPLICITY



+



+



+



Dine amidst an atmosphere of elegance, by using gold accents, plush materials like velvet.

### MAJESTIC PURPLE REIGN



+



+



+



For an opulent and rich look, use bold colors and bright finishes.

# CORNE BEEF PIZZA

## How do you feed 25 people with one roast?

*With this Corned Beef Pizza, you can cook one large corned beef and it can yield enough meat for 2 Corned Beef Pizzas that are each the size of a baking sheet! The Crock-Pot method of preparing the Corned Beef, besides for being so super easy, yields the softest, easy-to-shred, meat. Note: A 2 lb Corned Beef is*

*ample for one pizza (even 1 big and 1 small), and if you have a corned beef that's in the 3 lb range, you'll have enough for two (you can freeze the rest of the meat to use for another time). You can also make smaller pizzas to suit your crowd.*

*1 (2 to 4lb) Corned Beef*

*3 Tbsp oil*

*1 large onion, thinly sliced*

*¼ cup duck sauce*

*(or more, depending on size of meat)*

*2 Tbsp yellow mustard*

*(or more, depending on size of meat)*

### **Dough:**

*2 ¼ cups flour*

*2 Tbsp sugar*

*1 tsp kosher salt*

*2 tsp dry yeast*

*⅔ cup water*

*¼ cup oil*

### **To Serve:**

*Garlic Aioli or Dressing*

*Fresh Chopped Parsley*

Fill a Crock-Pot about ⅓ of the way with water. Add corned beef in the vacuum sealed package. Cook on low for 6-8 hours or overnight. Remove from Crock-Pot and let sit until cool enough to handle.

Meanwhile, combine all dough ingredients in a bowl. This can be done by hand. There is no need to proof the yeast. Add a bit more water if needed. Let rise about 20 minutes.

Heat oil in a saute pan over medium heat. Add onion and cook until onion is soft and caramelized, about 12 minutes.

Preheat oven to 350°F.

Open the vacuum sealed bag and drain the liquid from the corned beef. Shred meat. Combine shredded meat, onion, duck sauce, and mustard. The quantity of duck sauce and mustard will be more or less depending on the amount of meat you have. The mixture should look wet but not at all liquidy.

On a piece of parchment paper, roll out dough in a rectangle that's almost the size of a baking sheet. Add a layer of meat on top of the dough, leaving a rim around the edges. Fold the edges over the filling. Bake for 20 minutes.

When serving, slice and drizzle with dressing and top with fresh parsley.

**Make Ahead:** *There are lots of ways to get this prepped ahead! The dough can be made a day ahead and refrigerated. The filling can be made up to a few days ahead and refrigerated, or it can be frozen if prepared more in advance. The assembled pizza can be frozen either raw or baked. If freezing raw, baking time will be a little more. If freezing after it is fully baked, keep covered when rewarming (it will take about 30 minutes if not thawed).*





## CORNED BEEF PIZZA

# effortless fruit turnovers

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The Ultimate Hassle-Free dessert recipe. Here's an unconventional and pretty effortless way to make delicious apple turnovers. With just a handful of ingredients, you can easily whip up these mouthwatering treats in no time. Say goodbye to complicated desserts and hello to sweet simplicity.

## INGREDIENTS

**Fruit Slices** (get creative and use any fruit you like; apples are traditional, peaches are a fun change, even plums work really well with this recipe)

Honey

Puff Pastry

Cinnamon or Brown Sugar

Powdered Sugar

Beaten Egg

## INSTRUCTIONS

Preheat oven to 350°F.

Pour 6 drizzles of honey on a parchment covered baking sheet.

Place fruit slices on top of each drizzle of honey.

Add a dash of cinnamon or brown sugar on top of the sliced fruit and place a rectangle of puff pastry on top of each cluster of fruit.

Press the edges down well with your fingers and brush with egg.

Bake for 15 minutes.

Flip them over and sprinkle with powdered sugar to serve.





# let's talk soup

Discover the art of crafting soups with just six key components. We've unraveled the simplicity of soup-making and laid it out for you, where a well-chosen base, a hearty body, and a flavorful accent can create endless possibilities. Be empowered to whip up delicious and nourishing soups for any occasion.

## NO. 1 base (start with a sauté)



ONIONS



GREEN  
ONIONS



GARLIC



SHALLOTS



LEEKS



CELERY

## NO. 2 body (chop & add with water or stock\*)



CARROTS



TOMATOES



POTATOES



CAULIFLOWER



PARSNIP



BUTTERNUT  
SQUASH

*\*Fireside Soup Stocks will be available at all three Evergreen locations very soon.*

## NO. 3 accent (add in the last 15 min of cooking)



SPINACH



ASPARAGUS



PEAS



BROCCOLI



ARTICHOKE



CHARD





**NO. 4**  
**heartiness**  
(add along with the accents)



LENTILS



CHICKPEAS



EDAMAME



BROWN RICE



PASTA



QUINOA

**NO. 5**

**herbs/spices**  
(add at any point after your soup comes to boil)



THYME



BASIL



OREGANO



GINGER



CAYENNE



CINNAMON

**NO. 6**

**toppings**  
(when serving)



HERBED  
OIL



PARSLEY



COCONUT  
CREAM



CHIVES



CASHEWS



TOASTED  
CROUTONS

**TIP NO. 1**

If you want a creamy soup, use a stick immersion blender and blend it completely or leave some chunks for that extra bite.

**TIP NO. 2**

You can add a cup or two of soy, almond or oat milk before blending for an even creamier taste.



between  
carpools

# THE ① ② ③ Recipe Builder

Some of our favorite recipes aren't recipes at all. They're just components that you can pull together to make a really magnificent dish. All you need to actually "do" is have them on hand and assemble!

*The Between Carpools team*

## Smokey BBQ Ribs

1 Rack Back Ribs



A Bit of Oil



Rub ribs with some oil...

Spice Rub



Favorite BBQ Sauce



Then coat ribs in the spice rub. Add to a roasting pan and fill halfway up with water. Cover and bake at 275°F-300°F for 3-4 hours, until springy to the touch.

Add BBQ sauce before serving or remove liquid and rewarm in the sauce.

*This one does entail some cooking time but it's practically effortless with outrageous results*







1 Graham  
Cracker  
Pie Shell



A Few Scoops  
of Vanilla  
Ice Cream



Chopped  
Frozen  
Strawberries



Thin  
Pretzel  
Rods



Drizzle of  
Melted  
Chocolate

*Who would ever  
think that such  
simple ingredients  
come together to make  
such an enjoyable  
sweet finish*

**Strawberry  
Ice Cream  
Pretzel Pie**









## YOM TOV MENU

### APPETIZER

Corned Beef Pizza

### SOUP

Potato Leek Soup

### ENTREE

Herb and Garlic Roasted  
Chicken, with Orange  
Pomegranate Gremolata\*

### SIDES

Caramelized Honey Beets  
& Baby Corn Riblets\*

### DESSERT

Apple Turnovers &  
Parve Vanilla Bean Ice  
Cream

גוט יום טוב

# shopping list for this menu



NOTES:

- corned beef
- onions
- duck sauce
- yellow mustard
- dough-  
*flour, sugar, salt, yeast, water, oil*
- garlic aioli dressing
- fresh checked parsley
- Glatt Geshmak Ready  
Potato Leek Soup
- chicken legs
- apricot jam
- italian seasoning
- onion powder
- garlic salt
- chili powder
- minced garlic
- fresh checked parsley
- pomegranate seeds
- orange
- garlic cloves
- olive oil
- canned baby corn
- olive oil
- salt
- smoked paprika
- garlic powder
- onion powder
- lime
- fresh checked cilantro
- medium red &  
golden beets
- honey
- lemon juice
- pastry dough
- honeycrisp apples
- honey
- parve vanilla ice cream

# shopping list for this menu



## NOTES:

- Salmon (cubed)
- olive oil
- orange juice
- oranges
- frozen garlic cubes
- frozen ginger cubes
- 
- netted chicken
- checked soup veg
- matzah ball mix
- 
- 2nd cut brisket
- BBQ sauce
- ketchup
- brown sugar
- red wine
- 
- shredded red cabbage
- shredded carrots
- shelled edamame
- sliced almonds
- pomegranate seeds
- 
- cherry tomatoes
- peeled garlic cloves
- olive oil
- dry rosemary
- salt
- coarse black pepper
- basmati rice
- 
- Graham Cracker Pie Crust
- Pareve Vanilla Ice Cream
- Frozen Strawberries
- Thin Pretzel Rods
- Dark Chocolate or  
Chocolate Chips  
(for melting)



## YOM TOV MENU

### APPETIZER

Citrusy Ginger  
Salmon Bites

### SOUP

Classic Chicken Soup  
& Matzah Balls

### ENTREE

Simple Sauce Brisket

### SIDES

Red Cabbage Edamame Salad  
& Garlic Confit and Blistered  
Tomato Rice\*

### DESSERT

Strawberry Ice Cream  
Pretzel Pie

גוט יום טוב

\*FULL RECIPE ON [BETWEENCARPOOLS.COM](https://www.betweencarpools.com)





# WE MAKE IT *blossom*

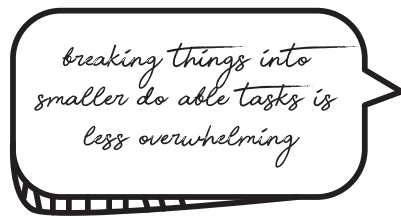
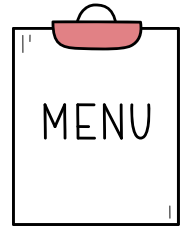
At Blossom's we make every arrangement with unique beauty. Our talented florists artfully craft exquisite bouquets that bring a touch of natural elegance to your Yom Tov table.



# about the **TO-DO LISTS** and **MENU PLANNERS**

You will find throughout This Book

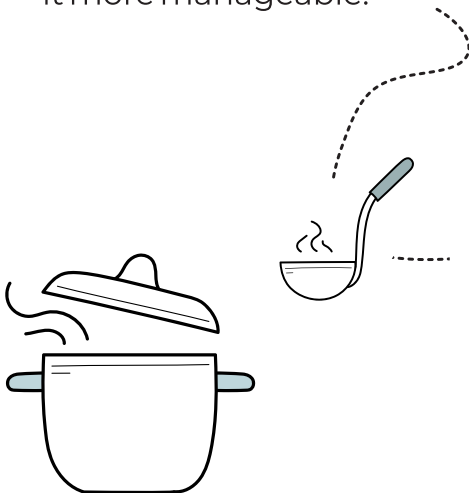
Our menu planner isn't just a list of what-you'll-serve when. It's also a guide to what-you'll-cook when.



Instead of getting overwhelmed with all you need to cook, break it down. **What is going into the freezer this week?** **What needs to be fresh?** Slot each dish into a different day or week. You can also slot different parts of a dish into different days (i.e. get all your salad dressings done early, even if the rest of the salads won't be prepped until a later time).

Also, when you break down your menu by task, you'll also be able to see if it's balanced with make ahead and make fresh dishes. If there's too much you need to do fresh, perhaps swap a dish that must be fresh with something that works if made a little ahead. It's much easier to see if your menu is practical for your time restraints this way.

When cooking tasks are broken down, you can simply look at today's column to see what needs to be prepped. Having it divided up by week and day also helps to know which ingredients are priority to get into the house first...not everything needs to be shopped at once. It makes it more manageable.



We know this menu planner might not fit your Yom Tov plans exactly. You might not be preparing every meal. You might be making more dishes than the space allows for one meal or another. But the concept of "slotting" different parts of your prep into different time slots will help you feel organized and on top of things, even if you take this format and use a blank piece of paper or a spreadsheet on your computer.



Rosh Hashana  
**MENU**  
*between*  
carpools

	GET INTO FREEZER AUGUST	WEEK OF SEPT. 4	WEEKEND	MONDAY	TUESDAY
FRIDAY NIGHT					
SHABBOS DAY					
MOTZEI SHABBOS					
SUDNDAY DAY					
DESSERTS / BAKED					

[illegible]



## WE MAKE IT *prime*

Our meat department takes pride in offering only the best cuts to our customers. Their commitment to quality and freshness is evident in every bite.



*finalized*  
**ראש השנה**  
**MENU**

Friday Night, September 15 **א תשרי**

GUESTS

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Shabbos Day, September 16 **א תשרי**

GUESTS

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Motzei Shabbos, September 16 **ב תשרי**

GUESTS

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Sunday Day, September 17 **ב תשרי**

GUESTS

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# ראש השנה ג'ט your evergreen yom tov list



## produce

- ☐ apples
- ☐ bananas
- ☐ grapes
- ☐ lemons
- ☐ oranges
- ☐ grapefruit
- ☐ bell peppers
- ☐ broccoli
- ☐ carrots
- ☐ cucumbers
- ☐ celery
- ☐ onions (red/white)
- ☐ idaho potatoes
- ☐ red skin potatoes
- ☐ sweet potatoes
- ☐ tomatoes
- ☐ squash
- ☐ parsnip
- ☐ eggplant
- ☐ kohlrabi
- ☐ beets
- ☐ scallions
- ☐ leeks
- ☐ parsley
- ☐ dill
- ☐ avacado
- ☐ peeled garlic
- ☐ pre-checked lettuce
- ☐ cut up melons
- ☐ soup medley (veg)



## meat/protein

- ☐ chicken cutlets
- ☐ chicken
- ☐ netted chicken
- ☐ roasts
- 1.
- 2.
- 3.
- ☐ veal
- ☐ chulent meat
- ☐ flanken
- ☐ marrow bones
- ☐ cold cuts
- ☐ ground meat
- ☐ steaks
- 1. rib
- 2. skirt
- 3. club
- 4.



## drinks

- ☐ grape juice
- ☐ red wine
- ☐ white wine
- ☐ apple juice
- ☐ orange juice
- ☐ lemon juice
- ☐ bottled water
- ☐ juice boxes
- ☐ seltzer
- ☐ soda
- ☐ almond milk
- ☐ coconut milk
- ☐ apple cider



## herbs/spices

- ☐ salt
- ☐ black pepper
- ☐ white pepper
- ☐ parika
- ☐ cinnamon
- ☐ oregano
- ☐ basil
- ☐ garlic powder
- ☐ parsley
- ☐ dill
- ☐ soup consume
- ☐ onion powder
- ☐ chile powder
- ☐ rosemary
- ☐ ginger
- ☐ thyme
- ☐ pickling spice



## condiments/oils

- ☐ olive oil
- ☐ avocado oil
- ☐ canola oil
- ☐ cooking spray
- ☐ white vinegar
- ☐ balsamic vingear
- ☐ red/white wine vinegar
- ☐ apple cider vinegar
- ☐ bottled salad dressing
- ☐ ketchup
- ☐ mustard
- ☐ mayonnaise



## fish

- ☐ salmon
- ☐ tuna steak
- ☐ white fish
- ☐ carp
- ☐ flounder
- ☐ talapia
- ☐ turbot
- ☐ sea bass
- ☐ cod
- ☐ branzini



## pantry

- ☐ canned tuna
- ☐ canned fruits
- ☐ canned veggies
- ☐ hearts of palm
- ☐ pickles
- ☐ olives
- ☐ tomato sauce
- ☐ tomato juice
- ☐ tomato paste
- ☐ marinara sauce
- ☐ jello
- ☐ cereal
- ☐ maple syrup
- ☐ honey
- ☐ jam
- ☐ coffee
- ☐ tea
- ☐ baby food
- ☐ soup croutons
- ☐ panko crumbs
- ☐ crackers
- ☐ soy sauce
- ☐ ground nuts
- ☐ walnuts



## dairy

- ☐ milk
- ☐ yogurt
- ☐ leben
- ☐ eggs
- ☐ cheese
- shredded \_\_\_\_\_
- sliced \_\_\_\_\_
- ☐ cream cheese
- ☐ cottage cheese
- ☐ butter/margarine
- ☐ sour cream
- ☐ cheese snacks
- ☐ pudding



## baking

- ☐ baking powder
- ☐ baking soda
- ☐ cocoa
- ☐ sugar
- ☐ brown sugar
- ☐ sweetener
- ☐ vanilla sugar
- ☐ flour
- ☐ challah flour
- ☐ almond flour
- ☐ vanilla extract
- ☐ chocolate chips
- ☐ baking chocolate
- ☐ cake mix



## frozen foods

- ☐ Pescado gefilte fish
- ☐ cubed dill
- ☐ cubed parsley
- ☐ cubed garlic
- ☐ ice cream
- ☐ sorbet
- ☐ whip topping
- ☐ coffee whitener
- ☐ frozen veg
- ☐ frozen fruit
- ☐ blintzes
- ☐ french fries



## household

- ☐ ziploc bags assorted sizes
- ☐ aluminum foil
- ☐ saran wrap
- ☐ aluminum pans and lids
- ☐ plastic containers and lids
- ☐ sponges
- ☐ steel wool
- ☐ dishwashing liquid
- ☐ rubber gloves
- ☐ toothpaste
- ☐ mouthwash
- ☐ shelf liners
- ☐ plastic tablecloth
- ☐ refrigerator liners
- ☐ pacifiers
- ☐ bottles
- ☐ paper towel
- ☐ tissues



## paper goods

- ☐ 9" plates
- ☐ 7" plates
- ☐ plastic bowls
- ☐ plastic cutlery
- ☐ plastic cups
- ☐ coffee cups
- ☐ napkins
- ☐ disposable platters and bowls
- ☐ disposable serving pieces



## snacks

- ☐ snack bags
- ☐ chocolate
- ☐ cookies
- ☐ healthy snack
- ☐ granola
- ☐ candy
- ☐ gum

# ראש השנה **your** evergreen yom tov list

## rosh hashana essentials

- ☐ honey
- ☐ new fruits
- ☐ round challah
- ☐ fish head
- ☐ simanym
  - ☐ leeks
  - ☐ pomegranate
  - ☐ gourds
  - ☐ dates
  - ☐ black eyed peas
  - ☐ apple
  - ☐ beets
  - ☐ carrots
- ☐ yurtzeit candles
- ☐ shabbos candles
- ☐ 9" fancy plastic plates
- ☐ salad fancy plastic plates
- ☐ fancy disposable soup bowls
- ☐ fancy disposable flatware
- ☐ fancy disposable cups
- ☐ disposable platters and bowls
- ☐ disposable serving pieces
- ☐ fancy napkins
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐





# WE MAKE IT *fresh*

Our experienced fish department is committed to selecting only the freshest and finest cuts of fish, expertly preparing a large selection of pre-marinated and ready to cook fish varieties to make your Yom Tov special.



# יום כלפור





[illegible]

	WEDNESDAY/ THURSDAY	FRIDAY	MOTZEI SHABBOS	SUNDAY	
FRIDAY NIGHT					
SHABBOS DAY / SHALOSH SEUDOS					
BREAKFAST/ LUNCH					
START THE FAST					
BREAK THE FAST					

# WE MAKE IT *traditional*

Indulge in the timeless taste of tradition at our bakery.  
From heimish challah to artisan sourdough, and delectable  
cakes and cookies for yom tov, we bring you the essence  
of authentic baking



# סוכות





# dress it up

## THE ART OF HOMEMADE SALAD DRESSINGS

Tired of the same old dressings? Freshen up your salads with some fun new alternative! Simplify the process of creating your own flavorful dressings, adding a dash of creativity to every salad. Explore endless possibilities below:

### NO. 1 lemon thyme



2 TABLESPOONS  
LEMON JUICE



1 FROZEN  
GARLIC CUBE



1/2 TEASPOON  
DIJON MUSTARD



2 TEASPOONS  
THYME



1/4 CUP  
OLIVE OIL

+ 1/4  
teaspoon  
sea salt

### NO. 2 sesame orange



1/4 CUP FRESH  
ORANGE JUICE



2 TABLESPOONS  
RICE VINEGAR



1 TABLESPOON  
SOY SAUCE



1/2 TEASPOON  
SRIRACHA



1 TEASPOON  
SESAME OIL

### NO. 3 cashew coconut



1/4 CUP  
CASHEW BUTTER



1/2 CUP  
COCONUT MILK



2 TABLESPOONS  
LIME JUICE



1 TABLESPOON  
SOY SAUCE



1/2 TEASPOON  
SRIRACHA

### NO. 4 lemon tahini



1/4 CUP  
TAHINI



2 TABLESPOONS  
LEMON JUICE



3 TABLESPOONS  
WATER



1 FROZEN  
GARLIC CUBE



1/2 TEASPOON  
MAPLE SYRUP

+ 1/4  
teaspoon  
sea salt

**NO. 5**  
**chickpea**  
**goodness**



1/4 CUP HUMMUS



1/4 CUP  
WATER



1 TABLESPOON  
MINCED PARSLEY



1 TABLESPOON  
MINCED CHIVES



2 TEASPOON  
MINCED TARRAGON

+ 1/4  
teaspoon  
sea salt

**NO. 6**  
**pesto**  
**vinagrette**



1/4 CUP GROUND  
PINE NUTS



2 TABLESPOONS  
LEMON JUICE



1 FROZEN  
GARLIC CUBE



2 TABLESPOONS  
MINCED BASIL



1/4 CUP  
OLIVE OIL

+ 1/4  
teaspoon  
sea salt

**NO. 7**  
**spicy**  
**aioli**



2/3 CUP  
MAYO



2 TABLESPOONS  
LIME JUICE



1 FROZEN  
GARLIC CUBE



1/2 TEASPOON  
MAPLE SYRUP



1 TEASPOON  
CAYENNE POWDER

**NO. 8**  
**healthy ranch**  
**(blended)**



1/2 CUP RAW  
CASHEWS



1/2 CUP WATER



1/2 CUP DICED  
CUCUMBER



2 TABLESPOONS  
LIME JUICE



1 FROZEN  
GARLIC CUBE

+ 1/4  
teaspoon  
sea salt

**NO. 9**  
**creamy dill**  
**(blended)**



1 RIPE AVACADO,  
PITTED



3 TABLESPOONS  
LEMON JUICE



1 FROZEN  
GARLIC CUBE



1/4 CUP FRESH  
CHECKED DILL



1/2 CUP  
WATER

+ 1/4  
teaspoon  
sea salt

# honey-roasted beets

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This dish is a delightful tribute to the flavors of Rosh Hashana and Succos, combining the sweetness of honey and the earthy goodness of beets. Where vibrant colors and delicious flavors dance together in perfect harmony. So grab your apron, put on your culinary cape, and whip up a dish that'll make your Yom Tov menu shine brighter than ever!

## INGREDIENTS

2 tablespoons avocado oil or canola oil  
¼ teaspoon salt  
¼ teaspoon ground pepper  
2 pounds medium red and golden beets (peeled, halved and cut into small wedges)  
2 tablespoons honey  
2 tablespoons lemon juice

## INSTRUCTIONS

Place a baking sheet in the oven. Preheat to 425.

Stir oil, salt and pepper together in a large bowl. Add beets and toss well to coat. Transfer the beets to the hot baking sheet and roast until almost tender, 20 to 25 minutes. Remove from the oven and drizzle with honey and lemon juice, tossing to coat. Continue roasting until tender, about 5 minutes more.

Garnish with checked fresh rosemary and sea salt flakes.

Preheating your baking sheet speeds up the roasting time and gives the outside of the beets a quick and flavorful sear. Honey and lemon juice add sweet and tangy notes.







# 4 yom tov salmon marinades

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Spice up your Yom Tov meals with these amazing salmon marinades! Say goodbye to boring old salmon recipes and hello to exciting new flavors. You can even save some money by buying a whole side of salmon and cutting it into fillets. Don't forget, you can marinate the salmon before freezing it, making meal prep a breeze. With fresh ingredients and simple steps, you'll have a delicious dishes in no time. Get ready to impress!

## SWEET HEAT MARINADE:

- 2 Tbsp olive oil
- ½ cup soy sauce
- 2 Tbsp honey or maple syrup
- 2 Tbsp lemon juice
- 1 Tbsp hot sauce
- Salt and pepper

## CITRUSY GINGER MARINADE:

- 2 Tbsp olive oil
- ½ cup orange juice
- 2 Tbsp orange zest
- 4 cubes of frozen garlic
- 2 cubes frozen ginger
- Salt and pepper

## ZESTY LIME CHILI MARINADE:

- 2 Tbsp olive oil
- ½ cup lime juice
- 1 Tbsp lime zest
- 1 tsp chili powder
- 1 tsp garlic powder
- ½ tsp paprika
- Salt and pepper

## MEDITERRANEAN HERB MARINADE:

- 2 Tbsp olive oil
- 4 Tbsp lemon juice
- 4 cubes of frozen garlic
- 2 tsp Italian seasoning
- Salt and pepper

## SALMON MARINADE INSTRUCTIONS:

Add all marinade ingredients to a ziplock bag and shake to mix. Add salmon to plastic bag with the marinade. Seal bag and let sit in fridge for 1-2 hours before cooking. Salmon can also marinate overnight in the fridge or freeze for later use. DEFROSTING TIP: Take salmon out of the freezer the night before you're ready to cook it.

## BAKING INSTRUCTIONS:

Preheat oven to 450°F. Line a baking sheet with parchment paper. Place salmon fillet skin side down on the baking sheet. Bake for 12-15 minutes or until salmon is easily flaked with a fork. (If you have small salmon fillets, just cook for less time).

## PAN FRYING INSTRUCTIONS:

Heat a frying pan over medium-high heat with cooking oil. Once the pan is hot, add the salmon so skin side is facing up. Cook for 2-3 minutes then flip over so skin side is down. Pour the leftover marinade sauce over top of the salmon and cook for another 3-5 minutes. I like to watch the clock during this time because I'm not a fan of overcooked salmon.

At this point, depending on how thick the salmon is, the sides of the salmon should have just turned white and it should be cooked. To check you can use a fork to see if the salmon flakes easily. If it does, and the insides aren't translucent, then it's cooked. Remove from heat.

RECIPES ARE FOR AROUND 4 FILETS. DOUBLE THE RECIPE FOR A SIDE OF SALMON.



# simple sauce

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This versatile gem, perfect for any type of meat, is about to become every Jewish mother's secret weapon in the kitchen. With just a few easy steps, you'll create a delectable blend of flavors that will turn your roast into a centerpiece worth boasting about. So get ready to simplify your cooking and elevate your Yom Tov meals with this easy Simple Sauce recipe.

## INGREDIENTS

1/2 cup BBQ sauce  
1/2 cup ketchup  
1/2 cup brown sugar  
1/4 red wine (any)

## INSTRUCTIONS

Preheat the oven to 275°F

In a mixing bowl, combine the BBQ sauce, ketchup, brown sugar, and red wine. Mix well until all the ingredients are thoroughly combined. Set the sauce aside.

Rinse the roast and pat it dry with a paper towel. Rub olive oil all over the roast, ensuring it is coated evenly. Season the roast generously with salt and pepper. Heat a pan over medium-high heat and sear all sides of the roast until browned. This helps to lock in the flavors and create a caramelized crust.

Transfer the seared roast to a deep 9x13-inch baking pan. Pour the prepared sauce over the roast, ensuring that it is evenly coated. Use a spoon to spread the sauce evenly. Cover the baking pan tightly with aluminum foil or a lid to prevent moisture from escaping.

Place the covered pan in the preheated oven and bake for 4-6 hours. For roasts larger than 4 lbs, you may need to bake for a longer time until the meat is tender and easily pulls apart.







# simply strawberry sorbet

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This strawberry sorbet is such a treat- **with just three-ingredients** it's a simple recipe designed with your busy schedule in mind. With minimal effort, you will have an easy and refreshing dessert waiting in your freezer, providing a respite whenever you need it most. Consider this your secret weapon during the whirlwind Yom Tov season.

This strawberry sorbet can also be combined with other flavors, like frozen bananas, frozen berries, fresh mint, or even lime juice for a different flavor experience.

## INGREDIENTS

5 cups frozen strawberries  
3/4 cup lemon juice  
1/4 cup honey

## INSTRUCTIONS

Place the frozen strawberries into the bowl of a food processor or heavy-duty blender.

Blend until smooth.

Add lemon juice and honey and press with a spatula to help along, as needed.

Eat immediately for a softer texture, or transfer into a freezer-safe container and freeze for 1-2 hours or until firm.

Simple, healthy and easy!

## HOW LONG DOES SORBET LAST IN THE FREEZER?

If you want to double or even triple the recipe to make strawberry sorbet for the whole Yom Tov, go ahead! You don't have to worry about consistency! The consistency of this strawberry sorbet stays the same for about a month.

When you're ready to eat your sorbet, remember to take it out of the freezer for 5-10 minutes to soften before serving.





	GET INTO FREEZER AUGUST	WEEK OF SEPT. 4	WEEK OF SEPT. 11	עשרת ימי תשובה
FRIDAY NIGHT 1				
SHABBOS DAY 1				
M. S. NIGHT 2				
SUNDAY DAY 2				
DESSERTS / BAKED				

[illegible]

# WE MAKE IT *gourmet*

Experience the epitome of gourmet excellence at Glatt Geshmak. From succulent carved meats to exquisite smoked delicacies, flavorful salads, and tantalizing dips, we elevate your Yom Tov menu with every bite.





*finalized*  
**סוכות**  
**MENU**

Friday Night, September 29 **טו תשרי**

GUESTS

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Shabbos Day, September 30 **טו תשרי**

GUESTS

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Motzei Shabbos, September 30 **טז תשרי**

GUESTS

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Sunday Day, October 1 **טז תשרי**

GUESTS

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# your סוכות **evergreen yom tov list**

## produce

- ☐ apples
- ☐ bananas
- ☐ grapes
- ☐ lemons
- ☐ oranges
- ☐ grapefruit
- ☐ bell peppers
- ☐ broccoli
- ☐ carrots
- ☐ cucumbers
- ☐ celery
- ☐ onions (red/white)
- ☐ idaho potatoes
- ☐ red skin potatoes
- ☐ sweet potatoes
- ☐ tomatoes
- ☐ squash
- ☐ parsnip
- ☐ eggplant
- ☐ kohlrabi
- ☐ beets
- ☐ scallions
- ☐ leeks
- ☐ parsley
- ☐ dill
- ☐ avacado
- ☐ peeled garlic
- ☐ pre-checked lettuce
- ☐ cut up melons
- ☐ soup medley (veg)

## meat/protein

- ☐ chicken cutlets
- ☐ chicken
- ☐ netted chicken
- ☐ roasts
- 1.
- 2.
- 3.
- ☐ veal
- ☐ chulent meat
- ☐ flanken
- ☐ marrow bones
- ☐ cold cuts
- ☐ ground meat
- ☐ steaks
- 1. rib
- 2. skirt
- 3. club
- 4.

## drinks

- ☐ grape juice
- ☐ red wine
- ☐ white wine
- ☐ apple juice
- ☐ orange juice
- ☐ lemon juice
- ☐ bottled water
- ☐ juice boxes
- ☐ seltzer
- ☐ soda
- ☐ almond milk
- ☐ coconut milk
- ☐ apple cider

## herbs/spices

- ☐ salt
- ☐ black pepper
- ☐ white pepper
- ☐ parika
- ☐ cinnamon
- ☐ oregano
- ☐ basil
- ☐ garlic powder
- ☐ parsley
- ☐ dill
- ☐ soup consume
- ☐ onion powder
- ☐ chile powder
- ☐ rosemary
- ☐ ginger
- ☐ thyme
- ☐ pickling spice

## condiments/oils

- ☐ olive oil
- ☐ avocado oil
- ☐ canola oil
- ☐ cooking spray
- ☐ white vinegar
- ☐ balsamic vinegar
- ☐ red/white wine vinegar
- ☐ apple cider vinegar
- ☐ bottled salad dressing
- ☐ ketchup
- ☐ mustard
- ☐ mayonnaise

## fish

- ☐ salmon
- ☐ tuna steak
- ☐ white fish
- ☐ carp
- ☐ flounder
- ☐ talapia
- ☐ turbot
- ☐ sea bass
- ☐ cod
- ☐ branzini

## pantry

- ☐ canned tuna
- ☐ canned fruits
- ☐ canned veggies
- ☐ hearts of palm
- ☐ pickles
- ☐ olives
- ☐ tomato sauce
- ☐ tomato juice
- ☐ tomato paste
- ☐ marinara sauce
- ☐ jello
- ☐ cereal
- ☐ maple syrup
- ☐ honey
- ☐ jam
- ☐ coffee
- ☐ tea
- ☐ baby food
- ☐ soup croutons
- ☐ panko crumbs
- ☐ crackers
- ☐ soy sauce
- ☐ ground nuts
- ☐ walnuts

## dairy

- ☐ milk
- ☐ yogurt
- ☐ leben
- ☐ eggs
- ☐ cheese
- shredded \_\_\_\_\_
- sliced \_\_\_\_\_
- ☐ cream cheese
- ☐ cottage cheese
- ☐ butter/margarine
- ☐ sour cream
- ☐ cheese snacks
- ☐ pudding

## baking

- ☐ baking powder
- ☐ baking soda
- ☐ cocoa
- ☐ sugar
- ☐ brown sugar
- ☐ sweetener
- ☐ vanilla sugar
- ☐ flour
- ☐ challah flour
- ☐ almond flour
- ☐ vanilla extract
- ☐ chocolate chips
- ☐ baking chocolate
- ☐ cake mix

## frozen foods

- ☐ Pescado gefilte fish
- ☐ cubed dill
- ☐ cubed parsley
- ☐ cubed garlic
- ☐ ice cream
- ☐ sorbet
- ☐ whip topping
- ☐ coffee whitener
- ☐ frozen veg
- ☐ frozen fruit
- ☐ blintzes
- ☐ french fries

## household

- ☐ ziploc bags assorted sizes
- ☐ aluminum foil
- ☐ saran wrap
- ☐ aluminum pans and lids
- ☐ plastic containers and lids
- ☐ sponges
- ☐ steel wool
- ☐ dishwashing liquid
- ☐ rubber gloves
- ☐ toothpaste
- ☐ mouthwash
- ☐ shelf liners
- ☐ plastic tablecloth
- ☐ refrigerator liners
- ☐ pacifiers
- ☐ bottles
- ☐ paper towel
- ☐ tissues

## paper goods

- ☐ 9" plates
- ☐ 7" plates
- ☐ plastic bowls
- ☐ plastic cutlery
- ☐ plastic cups
- ☐ coffee cups
- ☐ napkins
- ☐ disposable platters and bowls
- ☐ disposable serving pieces

## snacks

- ☐ snack bags
- ☐ chocolate
- ☐ cookies
- ☐ healthy snack
- ☐ granola
- ☐ candy
- ☐ gum

# your סוכות **evergreen yom tov list**

## **SUCCOS essentials**

- ☐ lulav
- ☐ esrog
- ☐ haddasim
- ☐ aravos
- ☐ succah decor
- ☐ floral centerpiece
- ☐ zip ties
- ☐ honey
- ☐ new fruits
- ☐ round challah
- ☐ yurtzeit candles
- ☐ shabbos candles
- ☐ 9" fancy plastic plates
- ☐ salad fancy plastic plates
- ☐ fancy disposable soup bowls
- ☐ fancy disposable dessert plates
- ☐ fancy disposable flatware
- ☐ fancy disposable cups
- ☐ disposable cutlery
- ☐ disposable platters and bowls
- ☐ disposable serving pieces
- ☐ fancy napkins
- ☐ counter savers
- ☐ yom tov treat
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐





# WE MAKE IT *masterful*

Experience the mastery of Simply Sushi, where the highest quality ingredients meet authentic techniques. Our skilled chefs delicately handcraft each roll and platter, embodying true culinary mastery.



# chol hamo'ed day planner

צויל / חול המועד

DAY:	DAY:	DAY:
ACTIVITY	ACTIVITY	ACTIVITY
ADDRESS	ADDRESS	ADDRESS
FOOD	FOOD	FOOD
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SNACKS	SNACKS	SNACKS
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WHAT TO BRING	WHAT TO BRING	WHAT TO BRING
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Order your groceries online in the morning and have them delivered by the time you get home, making dinner a breeze after a long day trip out with the family.

SHOPEVERGREENKOSHER.COM



## WE MAKE IT *quality*

From leafy greens to exotic fruits, our expert produce buyers hand-pick each item to ensure that only the best quality products makes it onto our shelves.





# chol hamo'ed day planner

שבת / שבת

DAY:	DAY:	DAY:
ACTIVITY	ACTIVITY	ACTIVITY
ADDRESS	ADDRESS	ADDRESS
FOOD	FOOD	FOOD
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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SNACKS	SNACKS	SNACKS
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WHAT TO BRING	WHAT TO BRING	WHAT TO BRING
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Order your groceries online in the morning and have them delivered by the time you get home, **making dinner a breeze after a long day trip out with the family.**

SHOPEVERGREENKOSHER.COM

	GET INTO FREEZER AUGUST	WEEK OF SEPT. 4	WEEK OF SEPT. 11	עשרת ימי תשובה
FRIDAY NIGHT 1				
SHABBOS DAY 1				
M. S. NIGHT 2				
SUNDAY DAY 2				
DESSERTS / BAKED				

[illegible]



*finalized*  
**שמחת תורה - שמיני עצרת**  
**MENU**

Friday Night, October 6 **כב תשרי**

GUESTS

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Shabbos Day, October 7 **כב תשרי**

GUESTS

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Motzei Shabbos, October 7 **כג תשרי**

GUESTS

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Sunday Day, October 8 **כג תשרי**

GUESTS

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# שמחת תורה - שמיני עצרת your big evergreen yom tov list

## produce

- ☐ apples
- ☐ bananas
- ☐ grapes
- ☐ lemons
- ☐ oranges
- ☐ grapefruit
- ☐ bell peppers
- ☐ broccoli
- ☐ carrots
- ☐ cucumbers
- ☐ celery
- ☐ onions (red/white)
- ☐ idaho potatoes
- ☐ red skin potatoes
- ☐ sweet potatoes
- ☐ tomatoes
- ☐ squash
- ☐ parsnip
- ☐ eggplant
- ☐ kohlrabi
- ☐ beets
- ☐ scallions
- ☐ leeks
- ☐ parsley
- ☐ dill
- ☐ avacado
- ☐ peeled garlic
- ☐ pre-checked lettuce
- ☐ cut up melons
- ☐ soup medley (veg)

## meat/protein

- ☐ chicken cutlets
- ☐ chicken
- ☐ netted chicken
- ☐ roasts
  - 1.
  - 2.
  - 3.
- ☐ veal
- ☐ chulent meat
- ☐ flanken
- ☐ marrow bones
- ☐ cold cuts
- ☐ ground meat
- ☐ steaks
  1. rib
  2. skirt
  3. club
  - 4.

## drinks

- ☐ grape juice
- ☐ red wine
- ☐ white wine
- ☐ apple juice
- ☐ orange juice
- ☐ lemon juice
- ☐ bottled water
- ☐ juice boxes
- ☐ seltzer
- ☐ soda
- ☐ almond milk
- ☐ coconut milk
- ☐ apple cider

## herbs/spices

- ☐ salt
- ☐ black pepper
- ☐ white pepper
- ☐ parika
- ☐ cinnamon
- ☐ oregano
- ☐ basil
- ☐ garlic powder
- ☐ parsley
- ☐ dill
- ☐ soup consume
- ☐ onion powder
- ☐ chile powder
- ☐ rosemary
- ☐ ginger
- ☐ thyme
- ☐ pickling spice

## condiments/oils

- ☐ olive oil
- ☐ avocado oil
- ☐ canola oil
- ☐ cooking spray
- ☐ white vinegar
- ☐ balsamic vinegar
- ☐ red/white wine vinegar
- ☐ apple cider vinegar
- ☐ bottled salad dressing
- ☐ ketchup
- ☐ mustard
- ☐ mayonnaise

## fish

- ☐ salmon
- ☐ tuna steak
- ☐ white fish
- ☐ carp
- ☐ flounder
- ☐ talapia
- ☐ turbot
- ☐ sea bass
- ☐ cod
- ☐ branzini

## pantry

- ☐ canned tuna
- ☐ canned fruits
- ☐ canned veggies
- ☐ hearts of palm
- ☐ pickles
- ☐ olives
- ☐ tomato sauce
- ☐ tomato juice
- ☐ tomato paste
- ☐ marinara sauce
- ☐ jello
- ☐ cereal
- ☐ maple syrup
- ☐ honey
- ☐ jam
- ☐ coffee
- ☐ tea
- ☐ baby food
- ☐ soup croutons
- ☐ panko crumbs
- ☐ crackers
- ☐ soy sauce
- ☐ ground nuts
- ☐ walnuts

## dairy

- ☐ milk
- ☐ yogurt
- ☐ leben
- ☐ eggs
- ☐ cheese
  - shredded \_\_\_\_\_
  - sliced \_\_\_\_\_
- ☐ cream cheese
- ☐ cottage cheese
- ☐ butter/margarine
- ☐ sour cream
- ☐ cheese snacks
- ☐ pudding

## baking

- ☐ baking powder
- ☐ baking soda
- ☐ cocoa
- ☐ sugar
- ☐ brown sugar
- ☐ sweetener
- ☐ vanilla sugar
- ☐ flour
- ☐ challah flour
- ☐ almond flour
- ☐ vanilla extract
- ☐ chocolate chips
- ☐ baking chocolate
- ☐ cake mix

## frozen foods

- ☐ Pescado gefilte fish
- ☐ cubed dill
- ☐ cubed parsley
- ☐ cubed garlic
- ☐ ice cream
- ☐ sorbet
- ☐ whip topping
- ☐ coffee whitener
- ☐ frozen veg
- ☐ frozen fruit
- ☐ blintzes
- ☐ french fries

## household

- ☐ ziploc bags assorted sizes
- ☐ aluminum foil
- ☐ saran wrap
- ☐ aluminum pans and lids
- ☐ plastic containers and lids
- ☐ sponges
- ☐ steel wool
- ☐ dishwashing liquid
- ☐ rubber gloves
- ☐ toothpaste
- ☐ mouthwash
- ☐ shelf liners
- ☐ plastic tablecloth
- ☐ refrigerator liners
- ☐ pacifiers
- ☐ bottles
- ☐ paper towel
- ☐ tissues

## paper goods

- ☐ 9" plates
- ☐ 7" plates
- ☐ plastic bowls
- ☐ plastic cutlery
- ☐ plastic cups
- ☐ coffee cups
- ☐ napkins
- ☐ disposable platters and bowls
- ☐ disposable serving pieces

## snacks

- ☐ snack bags
- ☐ chocolate
- ☐ cookies
- ☐ healthy snack
- ☐ granola
- ☐ candy
- ☐ gum

[illegible]



# post yom tov restock

## FRIDGE/FREEZER

- [illegible]

## PANTRY

- [illegible]

## HOUSEWARE

- plastic dinner plates
- plastic bowls
- plastic cutlery
- plastic cups
- coffee cups
- napkins
- ziploc bags
- aluminum foil
- aluminum pans & lids
- plastic containers
- dishwashing liquid
- rubber gloves
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## NOTES

## NEED TO be in touch?

Message your favorite counter for  
special orders, platters or with your questions.



**blossoms**

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• LAKEWOOD

📞 845-352-2859



**simply sushi**

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**melt**

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**NEED TO REACH EVERGREEN?**

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