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# MEMBER'S GUIDE

**AUGUST 2016**

The **Summer Food Service Program** serves up free, healthy meals for kids and teens at favorite summertime places near here. Anyone ages 18 and under can drop by when breakfast, lunch, or snacks are served—bring a friend, too!



## Find Summer Meals ►

**call: 2-1-1 or 1-866-3-HUNGRY**  
**text: "food" to 877-877**  
**visit: SummerMealsNY.org**



HUNGER SOLUTIONS  
NEW YORK



The University of the State of New York  
The State Education Department  
Albany, NY 12234 • www.nysed.gov

*Prepared by Hunger Solutions New York; funded by NYSOTDA, FRAC, The Walmart Foundation, Share Our Strength, and MAZON: A Jewish Response to Hunger.*

*These institutions are equal opportunity providers.*

## ATTENTION FOOD PANTRIES:

If you receive a HPNAP grant, you are now required to report the number of Households served for 2016-2017 HPNAP Reports.

Your July report is due no later than August 10.

**Soup kitchens and shelters are not responsible for reporting household statistics.**

### REQUIRED INFORMATION INCLUDES THE FOLLOWING:

- Report Month/Year
- Food Bank ID#
- Name of Agency
- County
- Children
- Adults
- Elderly
- Households (Food Pantries Only)
- Your Name
- Date
- Telephone
- Email
- Agency Address

Your first report for the 2016-2017 grant year is due by August 10

Please continue to submit your HPNAP reports to:  
[HPNAPreports@regionalfoodbank.net](mailto:HPNAPreports@regionalfoodbank.net), fax to (518) 786-3004 or mail to:

HPNAP Reports  
Regional Food Bank of NENY  
965 Albany-Shaker Rd., Latham, NY 12110

Just Say Yes to Fruits and Vegetables



**LET'S GET GROWING!**  
**No Space? No problem!**  
**Planting Veggies in containers is easy as 1-2-3.**

1. ORDER MIRACLE-GRO SEED PODS (ITEM #6100) WITH YOUR NEXT ORDER - FREE!  
Cases contain a variety of pods (including tomatoes, cucumbers, peppers & herbs)
2. SOIL
3. CONTAINERS

And a little Imagination!

**Veggies that grow well in Containers:**

- Lettuce
- Cucumbers (Bush Type)
- Tomatoes (Bush Type)
- Peppers
- Zucchini
- Basil
- Carrots

**Selecting Containers:**

Be Creative. A few suggestions are:  
 (All containers should have drainage holes)

- Flower pots
- Pails
- Plastic buckets
- Rubbermaid containers
- Milk crates

**Container Size:**

The bigger the better to prevent veggies from drying out.

- Basil, Lettuce & Carrots -  
1 gallon containers.
- Tomatoes, Peppers, Cucumbers, and Zucchini -  
3-5 gallon containers

**Soil:**

Potting Soil works best

- Light weight & easy to handle
- Disease & Pest free

**Watering:**

- One time per day is usually adequate.
- Check top of soil daily to check for moisture.

**Let your clients know!**

Veggie seeds and plants can be purchased with their SNAP benefits.

Why not have Just Say Yes to Fruits and Vegetables visit your food pantry, soup kitchen or shelter? We provide free nutrition education, along with taste samples of healthy recipes and free gifts. Please give us a call for more information.

Kristyn Bopp, Nutritionist, (518) 786-3691 x225 or email [Kristynb@regionalfoodbank.net](mailto:Kristynb@regionalfoodbank.net). Serving the following counties: Albany, Clinton, Columbia, Delaware, Essex, Greene, Franklin, Fulton, Hamilton, Montgomery, Otsego, Rensselaer, Saratoga, Schenectady, Schoharie, Warren and Washington.

Amy Robillard, Nutritionist, (845) 534-5344 x 109 or email [Arobillard@foodbankofhudsonvalley.org](mailto:Arobillard@foodbankofhudsonvalley.org). Serving the following counties: Dutchess, Orange, Putnam, Rockland, Sullivan and Ulster.

## Food Bank “CHOPPED” meets “CUTTHROAT KITCHEN” A Nutrition and Cooking Class

Love watching Food Network’s CHOPPED and CUTTHROAT KITCHEN and want to give it a try? Are you feeling adventurous and creative? Get ready to cook using foods in the mystery basket. What would you make if you were given canned beets, ground turkey, and pasta? Wait—what if your only cooking source was a microwave? Imagine how your clients may handle this.

BE READY TO ROLL UP YOUR SLEEVES TO PREPARE A (HOPEFULLY) TASTY DISH TO SHARE WITH OTHERS!



### CHOOSE THE DATE AND LOCATION THAT WORKS BEST FOR YOU:

Wednesday, July 27, 2016 from 10 AM to 1 PM

Market 32 Cooking School (Price Chopper), 873 New Loudon Rd, Latham  
RSVP to Mary at 518-786-3691 x236 OR [MaryR@regionalfoodbank.net](mailto:MaryR@regionalfoodbank.net) by 7/20

OR

Wednesday, August 10, 2016 from 10 AM to 1 PM

Cornwall Presbyterian Church, 222 Hudson St, Cornwall on Hudson  
RSVP to Mary at 518-786-3691 x236 OR [MaryR@regionalfoodbank.net](mailto:MaryR@regionalfoodbank.net) by 8/3

# SAVE THE DATE



## The Regional Food Bank of NENY's NORTH COUNTRY CONFERENCE

Wednesday, September 14, 2016

Hotel North Woods,

2520 Main Street, Lake Placid, NY

Invitations with additional information to follow.

**WHAT YOU NEED TO KNOW**

**To Order for Our Latham Facility or a Delivery:**

Access our updated inventory every Monday, Tuesday and Friday by visiting [www.regionalfoodbank.net](http://www.regionalfoodbank.net) Order weekdays from 9-2, 2-5 business days before your pick-up date as follows:

- ~By phone at 518-786-3691
- ~By Email at [fborders@regionalfoodbank.net](mailto:fborders@regionalfoodbank.net)
- ~By fax at 518-786-3004 (use the enclosed form)

Place orders with an Order Taker by phone, fax, or e-mail. Please be aware that ONLINE ORDERING is available to trained agencies. Contact the Regional Food Bank Member Services team with questions.

Appointments for Latham pick-ups are on Mondays, Tuesday Mornings, Thursdays, and Fridays. Pick up and delivery dates are listed at the end of this guide.

**To Order from Our Cornwall-On-Hudson Facility:**

Access our updated inventory every Monday, Tuesday and Friday by visiting [www.foodbankofhudsonvalley.org](http://www.foodbankofhudsonvalley.org) Order weekdays from 9-2, 2-5 business days before your pick-up date as follows:

- ~By phone at 845-534-5344
- ~By Email at [orders@foodbankofhudsonvalley.org](mailto:orders@foodbankofhudsonvalley.org)
- ~By fax at 845-534-5256 (use the enclosed form)

Appointments for Cornwall-on-Hudson pick-ups are on Mondays, Wednesdays, and Fridays. Pick-up dates are

**WHAT ARE THE FOUR PARTS OF THIS INVENTORY:**

**Donated:** Donated items are generally available for a handling fee of 16¢ per pound, which helps offset some of the cost of shipping and storing large amounts of food.

**Salvage:** A variety of name brand items are sorted by category and repacked into cases. Salvage is available at the 16¢ per pound handling fee.

**Co-op:** Co-op items are purchased by the Food Bank and provide nutritious products at cost. These items are NOT 16¢ per pound. Prices listed may change, as cost averaging is applied to new purchases.

**USDA:** Nutritious USDA foods are provided free to food pantries, soup kitchens, and emergency shelters. Apply now if you are not already qualified!

**Product Limits:** The Food Bank may limit items that are in stock in limited quantities.

**The Food Bank is not responsible for typographical errors that may appear in this Guide.**

**UPCOMING CLOSURES AND SCHEDULE REMINDER:**

The Regional Food Bank (Latham) will be closed for inspection on Friday, August 19. Agencies may still stop by for bread, produce and cooler Salvage.

The Regional Food Bank (Latham) will be closed for inventory on Tuesday, August 30. Agencies may still stop by for bread, produce and cooler Salvage.

The Regional Food Bank (Latham) will have Alternate Distributions to make up for these closures on Wednesday, August 17 and 31.

<b>Order By 2 p.m. On:</b>	<b>To Pick Up In:</b>	<b>To be picked up on:</b>
Wednesday, July 27	Latham, Food Express, Glens Falls, Cobleskill, Oneonta, Hamden, Cornwall-on-Hudson	Monday, August 1
Thursday, July 28	Latham, Food Express, Kingston, Monticello	Tuesday, August 2
Wednesday, August 17	Latham, Food Express, Highland	Monday, August 17
Friday, August 26	Latham Alternate Distribution or Food Express	Wednesday, August 31

REGIONAL FOOD BANK OF NORTHEASTERN NEW YORK/FOOD BANK OF THE HUDSON VALLEY  
FAX OR EMAIL ORDER FORM

Please use this form if you plan to fax or email in your order.  
 For Latham pick-up or for a delivery, fax or email: 518-786-3004 or fborders@regionalfoodbank.net  
 For Cornwall-on-Hudson pick-up, fax or email: 845-534-5256 or  
 orders@foodbankofhudsonvalley.org

\_\_\_\_\_  
 Program Name

\_\_\_\_\_  
 Program Number

\_\_\_\_\_  
 Name of Person Submitting Order

\_\_\_\_\_  
 Phone (w/area code)

\_\_\_\_\_  
 Fax (w/area code) or Email

\_\_\_\_\_  
 Name of Person Picking Up Order

\_\_\_\_\_  
 Phone Number of Person Picking Up

\_\_\_\_\_  
 Pick-Up Site

\_\_\_\_\_  
 Pick-Up Date

ITEM NUMBER	ITEM DESCRIPTION Please write neatly and use extra sheets as needed.	# OF CASES
<b>THIS ORDER WILL ONLY BE PROCESSED IF THE ABOVE INFORMATION IS COMPLETE</b>		

Please submit your order weekdays from 9:00 a.m. – 2:00 p.m., 2-5 business days before pick-up.

# August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Latham Cornwall Glens Falls Cobleskill/Oneonta/Hamden	2 Latham AM Only Kingston Monticello	3 Cornwall Kingston Monticello	4 Latham Saranac Lake/Malone Goshen	5 Latham Cornwall Amsterdam/Gloversville	6
7	8 Latham Cornwall Schroon Lake/Plattsburgh Highland	9 Latham AM Only Stony Point West Nyack	10 Cornwall Stony Point West Nyack	11 Latham Saranac Lake/Malone Brewster	12 Latham Cornwall Coxsackie Ft. Edward	13
14	15 Latham Cornwall Glens Falls	16 Latham AM Only Kingston Monticello	17 Alt. Distribution Latham Cornwall Stony Point Kingston Monticello	18 Latham Oneonta Goshen	19 <i>Latham Closed: Inspection (Open for Produce, Bread, and Dock Shopping)</i> Cornwall Cobleskill Amsterdam/Gloversville	20
21	22 Latham Cornwall Schroon Lake/Plattsburgh	23 Latham AM Only	24 Cornwall Stony Point	25 Latham Saranac Lake/Malone	26 Latham Cornwall Hudson	27
28	29 Latham Cornwall Highland	30 <i>Latham Closed: Inventory (Open for Produce, Bread, and Dock Shopping)</i>	31 Alt. Distribution: Latham Cornwall			

# September 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Latham Saranac Lake/Malone Goshen	2 Latham Cornwall Amsterdam/Gloversville Cobleskill/Oneonta/Hamden	3
4	5 CLOSED: Labor Day	6 Alt. Distribution: Cornwall Latham AM Only Kingston Monticello	7 Alt. Distribution: Latham Cornwall Kingston Monticello	8 Latham Saranac Lake/Malone Brewster	9 Latham Cornwall Coxsackie Ft. Edward	10
11	12 Latham Cornwall Glens Falls Schroon Lake/Plattsburgh	13 Latham AM Only Stony Point West Nyack	14 Cornwall Stony Point West Nyack	15 Latham Oneonta Goshen	16 Latham Cornwall Cobleskill Amsterdam/Gloversville	17
18	19 Latham Cornwall Highland	20 Latham AM Only Kingston Monticello	21 Cornwall Kingston Monticello	22 Latham Saranac Lake/Malone	23 Latham Cornwall Hudson	24
25	26 Latham Cornwall Glens Falls Schroon Lake/Plattsburgh	27 Latham AM Only Highland	28 Alt. Distribution: Latham Stony Point Cornwall	29 <i>Latham Closed: Inventory (Open for Produce, Bread, and Dock Shopping)</i>	30 Latham Cornwall	