



VOLUNTEER VIEWS & NEWS FROM THE FOOD BANK DECEMBER 2016

This newsletter is dedicated to the volunteers of the Regional Food Bank, Patroon Land Farm, and Food Bank of the Hudson Valley. You help us provide much-needed food and other supplies to people in need. Thank you!



Happy holidays from all of us to all of you!

Move Over, Elf on the Shelf. Make Room for the Healthy Shelf!

Grocery stores use subtle cues to encourage us to buy different items. Now food pantries are doing the same thing to help people make healthy food choices when they need food assistance. Brightly colored signs, attractive displays, prominent placement of wholesome foods, and nutrition facts prompt people to choose healthier food like opting for brown rice over white. We encourage everyone to donate nutritious food to food drives so food pantries can fight hunger and promote health.

There's Still Time to Volunteer for the Holiday Hunger Appeal

The Holiday Hunger Appeal takes place at Crossgates Mall in Albany through December 24. Volunteers stand at our seasonal mall location and ask shoppers to donate a dollar to the Food Bank. Shifts are 2½-3 hours long, and volunteers must be comfortable asking the public for donations. If you are interested in volunteering for this annual fund raising event, please contact Jessica Tanner at jessicat@regionalfoodbank.net or 518-786-3691, x295. Thank you!



Holiday Closures

After helping agencies secure the food they need to provide holiday meals to the people they serve, we will close for two days at Christmas, as follows:

- Friday, December 23
- Monday, December 26

There will be no warehouse volunteer shifts on these dates. We hope you will enjoy the break too!

Thank You, Wells Fargo!

An enthusiastic group of Wells Fargo employees volunteered with us recently, and in addition to donating their time donated \$5,000 to help fight hunger in the Hudson Valley. We are grateful for this generous support!



Do not judge by appearances,
a rich heart
may be under
a poor coat.

Scottish proverb



Recent Volunteer Group Shots & Reflections

Orange Regional Medical Center



Girl Scout Troop 2238 (and brothers)



OUR DAY AT THE FOOD BANK OF THE HUDSON VALLEY

Carmen Depasquale, Accountant | Finance team of Orange Regional Medical Center

When the Finance team of Orange Regional Medical Center was offered the opportunity to enjoy a few hours of holiday festivities within a work day, we decided we would like to spend that time giving back to the community and enjoy a more meaningful experience instead. After some deliberation, it became apparent that the Food Bank of the Hudson Valley was the place for us. Thus, for a couple of hours some of us performed office work, while others picked, packed, and boxed the generous donations that were delivered to the distribution center.

The experience left us deeply humbled by the need but forever strengthened by the deed of kindness and generosity of others. We were greatly impressed by the great effort that is being done by the Food Bank of the Hudson Valley and the entire volunteer community working towards the mission to alleviate hunger.

Looking for a Holiday Gift? Consider our Gift Alternative Cards

The Holiday Gift Alternative program allows you to make special tribute gifts to family, friends, or business associates in lieu of giving more traditional holiday presents. This program helps us provide year round support to food pantries and other charitable agencies feeding hungry people in the community.

For a minimum donation of \$5 per card, we will send holiday cards to recipients notifying them of the contributions made in their names. Or, if you prefer to send the cards yourself, we will mail the cards to you. The message inside the cards reads: **"In recognition of your generous spirit and in keeping with the true meaning of the holiday season, a financial gift to feed the hungry has been donated to the Food Bank."**

To view card designs and learn more, visit:

- For Regional Food Bank Donors: <http://www.regionalfoodbank.net/holiday-acknowledgement-cards/>
- For Food Bank of the Hudson Valley Donors: <http://foodbankofhudsonvalley.org/every-gift-counts/>

Winter Tip for Volunteering

The warehouse is cold in winter, so wear a jacket and dress in layers in clothes you don't mind getting dirty.

How to Reach Us to Volunteer

Regional Food Bank Volunteer Coordinators: 518-786-3691, x234 or volunteers@regionalfoodbank.net

Food Bank of the Hudson Valley: 845-534-5344, x116 or CGriffinDePaolis@foodbankofhudsonvalley.org