

# Agency Updates

## Upcoming Workshops

Due to the recent outbreak of COVID-19, all in-person workshops both in Latham and the Hudson Valley are cancelled until further notice. We apologize for any inconvenience.

We are, however, venturing into the world of virtual trainings, so keep your eye out for upcoming virtual workshops. Please keep in mind those will have a maximum capacity, so please RSVP **one** agency representative early!

If you have any ideas for virtual agency trainings, please contact anyone in our Member Services Department. We'd love to hear from you!

## Masks & Face Coverings Guidance

Cloth face coverings can be fashioned from household items or made at home from common materials at low-cost, and should be used as a public health measure, beyond social distancing.

Click [here](#) for a printable copy of the flyer below.

## PWW Update

**DID YOU KNOW THAT YOU CAN CHECK YOUR CURRENT GRANT STATUS AS WELL AS WHO ATTENDED THE LAST FOOD SAFETY TRAINING AND WHEN, ONLINE?**

If you have received PWW (Primarius Web Windows) training, which is our online ordering software, and have been assigned login information, you have access to your program's grant information. Log on to the online ordering portal (PWW) on our website at [www.regionalfoodbank.net](http://www.regionalfoodbank.net), click on **Online Ordering** then enter your login information. Click on the **Grants** tab under our logo and voilà, your active grant balances are displayed!

To view who last attended Regional Food Bank Food Safety Training and when they attended, visit our website at [www.regionalfoodbank.net](http://www.regionalfoodbank.net) click **Online Ordering** then enter your login information. Click on **My Agency** in the upper right corner, click on **Contacts** in the subtab below and your Food Safety information will be displayed.

**If you have questions regarding the above or would like to know more about Primarius Web Windows (PWW) training, please contact an employee of the Member Services Department.**

## Agency Advisory Council - July Meeting Minutes

[Here](#) you can find the minutes to the July Agency Advisory Council meeting. The purpose of the Agency Advisory Council is to provide guidance regarding Food Bank operations and policies that affect partner agencies and the clients they serve and help to ensure that the Food Bank is adequately serving our entire region. It also will receive feedback from and be the voice of the Food Bank's network of agencies, encourage other agencies to be more involved with the Food Bank and its initiatives and serve as mentors to other Food Bank members. Learn what other agencies in your county are doing and how they have been operating during these unprecedented times.



## Drive Thru Distributions

In response to the financial stresses caused by the COVID-19 pandemic, the Regional Food Bank of NENY has been partnering with local agencies, schools, and municipalities to provide special Drive Thru pantries in areas of need. Drive Thru Pantries are a great way of providing additional foods to areas that are lacking sufficient food resources to meet needs in targeted areas.

In the month of July, we provided approximately 20 Drive Thru Pantries throughout our service area. Upcoming Drive Thrus are promoted by the host site to the local community, food pantries, and school communities.

Click here for the current [Drive-Thru Pantry schedule](#)

## Reopening Guidelines

2020 has brought a shift to the way most programs are operating, but how do you know when it's okay to "return to normal"? **Provisions Food Pantry** in Rensselaer County has created guidelines which are referenced and amended below. As always, please make sure you are following CDC and local health department guidelines.

### Volunteers

1. Do not Volunteer if:
  - a. You have had a fever, cough, or shortness of breath (COVID-19 Symptoms), in the past 14 days, or are currently sick
  - b. You have had a positive COVID-19 test in the past 14 days
  - c. You have had close contact with a confirmed or suspected COVID-19 case in the past 14 days.
2. Volunteering should remain limited to those who feel comfortable doing so.
3. Volunteer teams should remain small, to allow for social distancing. Ideally, only one volunteer will interact with guests. While the other volunteers handle the filling of orders.
4. Volunteers should remain 6ft apart from each other and guests.
5. Volunteers should wash/ sanitizer hands often, especially in between guests.
6. Volunteers should avoid touching their eyes, nose or mouth, and should always wear a face covering while volunteering.

## **Guests/ Clients**

1. When possible limit clients' ability to physically enter the pantry.
2. Reusable bags should only be touched by the client or a volunteer wearing gloves (gloves need to be changed after each client)
3. Where possible mark 6ft distances on the floor for clients to queue on.
4. Guests should not come to the pantry if they are experiencing symptoms of COVID-19. If a guest arrives experiencing symptoms, do not allow the client into the pantry and fill there order with as little contact as possible.
5. Guest should be expected to wear face coverings when at the pantry. Signs may be posted to this effect.
6. Where possible strive for client choice through "grocery list" style.

## **Facility**

1. High use objects, such as pens, shopping carts, and keyboards, and areas, such as check in tables, should be cleaned and disinfected regularly (using bleach solutions or disinfectant wipes).
2. Limit the number of individuals allowed into the pantry to follow social distancing guidelines.
3. Should there be a need to change the hours of operation the Regional Food Bank will need to be notified.

Click [here](#) for a printer-friendly version of these guidelines and for a list of references.

## **Latest Updates Regarding COVID-19 and SNAP**

### **July Recertifications for SNAP Recipients in NYC and Upstate**

During the COVID-19 pandemic OTDA has received statewide waivers from USDA to extend SNAP certification periods for six-months for the months of March, April, May, and June of 2020. Recently, USDA denied NY's statewide waiver request for a six-month extension of July certification periods. Instead, USDA approved a six-month extension of the certification period for NYC SNAP recipients whose SNAP cases will expire at the end of July 2020.

### **New York City Extends SNAP Benefits in July**

SNAP offices in NYC will extend SNAP benefits for six-months for those households who had recertification periods ending in July 2020. This extension is due to the COVID-19 pandemic and is being done to ensure that families do not lose their SNAP benefits because they were unable to recertify on time or whose recertification was not processed in a timely manner by the SNAP office.

Important details include:

- NYC SNAP recipients who were to recertify for SNAP or TA/MA and SNAP in July will be given a six-month extension of SNAP benefits.
- NYC SNAP participants who recertified for July and had their recertification processed by the SNAP office will not be eligible for the six-month extension.

- The six-month extension for the July recertifications will allow NYC SNAP offices until January 31, 2021 to recertify any case that was originally scheduled to be recertified by July 31, 2020.
- SNAP recipients will *NOT be sent a notice* on this extension of benefits or the new deadlines for recertification.
- There will be no further extensions of SNAP certification periods in NYC.

### **July Recertifications Will Resume in All Upstate Counties**

- Upstate SNAP offices must recertify all SNAP cases that have a certification period ending in July 2020.
- Upstate SNAP recipients who are to recertify for SNAP or TA/MA and SNAP in July must recertify according to normal recertification requirements in order to continue to receive SNAP benefits.

For more information on this SNAP update please visit Hunger Solution's [COVID-19 page](#).

Hunger Solutions New York will continue to send email updates, post updates to their website, and use Facebook and Twitter to share information.

## **Nutrition Education**

*Just Say Yes*  
To Fruits & Vegetables

### **Food Safety and COVID-19**

We are several months into the global pandemic that is COVID-19. We have learned a lot in a short amount of time, and we continue to do so. Back in March we were in a mandatory lock down, unable to see family and friends, go to work, be out in public, and many of us were on heightened alert about everything, including food safety. We have learned so much since then and will share some food safety tips in relation to COVID-19.

First off, you do not need to wash or sanitize your groceries. It is very UNLIKELY that you will get COVID-19 through surface contact. That being said, it is still important, as always, to wash fresh produce and sanitize the lids of cans before you use them. DO NOT wash produce with bleach, soap, or any other chemical. All you need is to rinse produce under cool, clean water, and scrub hard skinned fruits and veggies. It's also good to sanitize surfaces after you unload your groceries, and to wash reusable bags often.

When it comes to food preparation, experts are finding that COVID-19 is not being transmitted through food or food preparation, so you can rest easy about that. COVID-19 needs a living host in order to grow, so food and surfaces are not hospitable for the virus. As always you'll want to wash

your hands and sanitize surfaces before you begin food preparation. It is still safe to get pick-up from your favorite local restaurant, and to safely dine-in at restaurants offering socially distanced outdoor seating. That last one we recommend to be very cautious and sparring about, since you want to keep your person to person exposure very limited.

It is still imperative to wash your hands often with warm water and soap for at least 20 seconds, and to use sanitizer if soap and water isn't available. That being said, hand sanitized is NOT a replacement for washing your hands. Remember to sanitize surfaces also, you can use a bleach solution of 1 pint of water to 1 teaspoon of bleach. Remember to always wear a face covering when in public and stay at least 6 feet away from people. If we all continue to obey these simple requests, we can beat COVID-19 and have a seemingly normal life back soon.

We encourage you to use your best judgment in helping your community and to continue to provide food and services for those in need. Please contact the Food Bank if we can assist you in any way.

For more information on COVID-19 and food safety you can visit the [CDC website](https://www.cdc.gov).



## JSY Digital Outreach

Just Say Yes to Fruits and Vegetables (JSY) is a free SNAP-Ed funded nutrition education program that we offer at both the Regional Food Bank of NENY and the Food Bank of the Hudson Valley. We have 3 dedicated educators, Denise and Kristyn (RFB), and Monica (FBHV). The goal of JSY is to educate participants on how to incorporate more fresh, frozen, canned, and dried fruits and veggies into their daily diets. This is typically done through in person classes with recipe demonstrations and free produce, but of course, we can't do that due to the current global pandemic. That being said, the educators have worked to come up with a solution: digital outreach.



Digital outreach offered to our member agencies include Facebook live presentations, frequent Facebook posts, Instagram posts and updates including recipe demonstrations, Zoom classes, and YouTube recipe videos. We are open to more suggestions and are willing to work with our member agencies to help best serve your clients.

If you are interested in hosting a digital JSY class, please reach out to your regional educator to talk about what options are available to you and your clients.

**Follow us on our social media platforms to keep up with JSY!**

[Facebook](#)

Instagram: JSYmonicaFBHV and JSY.RFB

[YouTube](#)

## Budget Friendly Zucchini Recipes

### Cheesy Zucchini Rice

Makes 6 servings

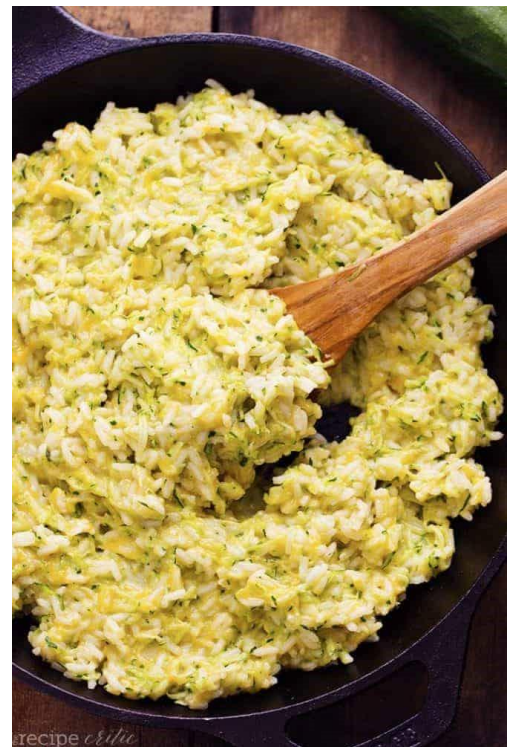
#### Ingredients

2 cups broth or water  
1 cup white rice  
2 tablespoons butter  
2 medium zucchini, grated (about 2 cups)  
1 cup shredded sharp cheddar  
salt and pepper to taste

#### Directions

1. In a medium saucepan, add the broth and bring to a boil. Stir in the rice, cover and reduce heat to low and cook for about 20 minutes or until liquid is absorbed.  
2. Remove from heat and add the butter, zucchini, and cheese. Stir and let stand for about 5 minutes. Salt and pepper to taste.

Adapted from therecipecritic.com



### Burrito Zucchini Boats

Makes 6 servings

#### Ingredients

3 medium zucchini, halved lengthwise  
2 tablespoons vegetable oil, divided  
Salt and pepper to taste  
1/2 onion, chopped  
2 cloves garlic, minced  
1 pound ground beef  
1/2 teaspoon chili powder  
1/2 teaspoon ground cumin  
1/4 teaspoon paprika  
1/2 cup black beans



1/2 cup chopped tomatoes  
1/2 cup corn  
1 cup shredded cheddar  
1 cup shredded Monterey jack  
Freshly chopped cilantro, for garnish, optional

### **Directions**

1. Preheat oven to 350°. Score zucchini (like you're dicing an avocado) and scoop out insides, reserving them for later.
2. Place zucchini halves cut side-up into bottom of 9"-x-13" baking dish and drizzle with 1 tablespoon oil; season with salt and pepper. Bake until zucchini turns bright green and is just beginning to soften, 10 minutes.
3. In a large skillet over medium heat, heat oil. Add onion and reserved zucchini and cook until soft, about 5 minutes. Stir in garlic and cook until fragrant, about 1 minute more. Add ground beef, breaking up the meat with a wooden spoon. Cook until beef is no longer pink, about 6 minutes. Drain fat.
4. Stir in chili powder, cumin, and paprika, then season with salt and pepper. Stir in black beans, tomatoes, and corn.
5. Spoon beef mixture into zucchini then top with cheeses. Bake until zucchini is just tender and cheeses are melted, about 15 minutes. Garnish with cilantro before serving.

If chili powder, cumin, and paprika are unavailable, substitute 1 teaspoon taco seasoning.

Adapted from delish.com

## **Delivery Information**

### **Regional Food Bank Delivery Sites for 2020**

### **Food Bank Delivery Schedule for 2020**

## **Ordering Information**

### **To Order from Our Latham Facility or a Delivery:**

Appointments for Latham pick-ups are on Mondays, Tuesday Mornings, Thursdays, and Fridays.

Go to [www.regionalfoodbank.net](http://www.regionalfoodbank.net) where our inventory is updated on Mondays, Tuesdays and Fridays.

Order weekdays from 9am-2pm, 2-5 business days before your pick-up date as follows:

- By phone at 518-786-3691
- By fax at 518-786-3004
- By Email at [fborders@regionalfoodbank.net](mailto:fborders@regionalfoodbank.net)
- Using our Online Ordering system (you must receive training)

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

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

Go to [www.foodbankofhudsonvalley.org](http://www.foodbankofhudsonvalley.org); our inventory is updated on Mondays, Tuesdays and

Fridays.

Order weekdays from 9am-2pm, 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
- Using our Online Ordering system (you must receive training)