



**Regional
Food Bank**
OF NORTHEASTERN NEW YORK

Feeding with Thought

Member Agency Newsletter
August 2021

Agency Updates



After conducting a broad national search, the Board of Directors is pleased to announce that Molly Nicol has been selected as the next CEO of the Regional Food Bank of Northeastern New York. She succeeds Mark Quandt who served as the leader of the Food Bank for the past 38 years. Quandt announced his retirement in March of 2021.

“Molly has served on the Board of Directors of the Regional Food Bank since 2014. She has a passion for the mission and an unwavering commitment to the staff and the communities we serve.

We look forward to working with her to grow and adapt the Food Bank and have full confidence she will successfully lead the organization into the future.” said Suzanne Anslow Gunther, President of the Board of Directors.

Nicol began her career and worked 20 years for IBM. She then worked in several non-profit organizations in the Capital District including Saint Gregory’s School, Catholic Charities, and Albany Med. Most recently she served as the Interim Director for the Food Bank of the Hudson Valley and assisted the Regional Food Bank with operations and philanthropic efforts during the pandemic. “Molly’s knowledge of the Food Bank, her leadership skills and her strong community relationships will serve the Food Bank well,” said Mark Quandt, “With all we learned from our response to COVID, we know there are many opportunities



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to expand and improve our services to those in need. Molly is the right person to lead the Food Bank at this important time in its history.”

When asked about her thoughts on leading the Food Bank, Molly Nicol said, “I am looking forward to working with the board, staff, volunteers, agencies, donors and community leaders in our 23-county service region. Our capable leadership and staff worked tirelessly to address the challenges resulting from the COVID pandemic. We are well prepared to continue to grow, adapt and collaborate to meet the emerging needs of our neighbors who are hungry. I am honored to follow in the footsteps of such a committed and accomplished leader, Mark Quandt, and am thrilled to have the opportunity to work alongside a strong, dedicated and kind group of people. I look forward to making great strides to alleviate hunger in the region.”

Nicol holds a degree in Mathematics from Washington College and a Masters in Bioethics from Albany Medical College. She resides in Loudonville, NY.

**Introducing
our new COO,
Nick Pisani**



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Nicholas recently joined the Food Bank in April of 2021 as Chief Operating Officer. Prior to joining the Food Bank Nick spent the last 15 years in retail and wholesale management throughout New York and Western, MA. In his current role he oversees warehouse operations both in Latham and the Hudson Valley, transportation, volunteerism, farm operations, food industry relations and business management. Nick holds a B.S. in Business from SUNY Oswego and lives in the town of Duanesburg with his wife, Megan and their three children, Charli, Eden and Oliver.



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Introducing
our new CFO,
Renee Law



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Hello, I'm Renee Law and I am the Chief Financial Officer at the Regional Food Bank of Northeastern NY. I previously held the position of Comptroller. My areas of responsibility include Human Resources including payroll and benefits, IT, and finance. I came to the Food Bank about seven years ago from a Public Accounting firm, looking to do something more meaningful - and I definitely found that at the Food Bank. It feels good seeing all of the food being distributed to help people in need in the community. And I love having a job where I look forward to going to work every day. Most of all, I want to give a huge THANK YOU to our member agencies who make "the good" happen every day!! 😊

Introducing
our new CPO,
Susan Lintner



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Sue Lintner, Chief Program & Advocacy Officer, is thrilled to contribute in this capacity following a 16 year role at the Food Bank focused on member agency service and program development. In this new role, she oversees our efforts to Agency Services, Children's Programs, Community Impact, Nutrition Education, and Advocacy. Her goal is to work strategically and collaboratively to increase food security in our region and she looks forward to working with you all to achieve this joint mission. Sue holds a B.A. from Union College and an M.A. from SUNY Albany, and lives in Colonie with her husband, Tony, and their children Ryan and Hannah.

Upcoming Workshops

All trainings will remain virtual for the time being, but we are in discussion to resume in person trainings. If you have any ideas for agency trainings, please contact anyone in our Member Services Department. We'd love to hear from you!

Upcoming workshops are listed below. Postcards will be sent in the mail the month before. Registration is done through the Agency Education section of our website.

- Google Tools for Your Agency
- Regional Food Bank and Online Ordering Orientation
- Food Safety
- Bridges out of Poverty
- Meeting Health Needs with your Food Pantry Package

[Click to Access Webinars Here](#)

Agency Spotlight: Reservoir Food Pantry

In this issue of Feeding with Thought, the Food Bank would like to recognize Reservoir Food Pantry in Ulster County. Reservoir Food Pantry stands out not only for its scenic location in proximity to the Ashokan Reservoir but for leading the way in building revival and retooling circumstances to serve the community.

Nestled in the mountains of Boiceville, The Reservoir Food Pantry serves the residents in the many towns



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that surround the Ashokan Reservoir. During the Covid-19 pandemic, they have suspended their geographic requirements and have opened their doors to welcome anyone in need. Their shoppers include disabled seniors, adult individuals, families with children, and health-challenged individuals.

The Reservoir Food Pantry volunteers have embraced their roles as essential workers- setting up clear protocols that ensure a safe experience for all of our volunteers and shoppers. Their shed, greenhouse, and outdoor tables are filled to the brim with seasonal and often locally sourced produce, fish, meat, dairy, canned goods, and personal care items. They prioritize the sourcing and procuring of high-quality and nutritious food and work to customize our offerings to meet the specific needs of our shoppers. They accomplish this week after week with the loyal support of our amazing volunteer staff, food ordered from the Regional Food Bank, and generous donations of food and support from community businesses and local farms.

The volunteers of The Reservoir Food Pantry strive to sustain and more importantly, improve the quality of life for our community members in need in a sustained and reliable way. They care, they give and they all benefit. Reservoir Food Pantry's impact on their community is twofold. They have found a new use for an old greenhouse to use as the site for their pantry. By repurposing a building that would otherwise be vacant to distribute food, they have doubled down on community impact. If Reservoir Food Pantry shows us anything, it shows us that even though our circumstances may not be ideal, through effort and ingenuity we can still push toward our goal of eliminating hunger in our communities, together.





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Agency Input

Agency Advisory Council - July Meeting Minutes

Click the button below to view the minutes from our July Agency Advisory Meeting! We discussed operating during COVID-19, changes at the Regional Food Bank and more!

[Click to access April Agency Advisory Meeting Minutes](#)

What Cultural and Lifestyle Needs do your clients have?

Please take our survey! If your clients have needs that are not being met based on their culture or lifestyle we want to know. The survey below is where we'd like to start. We will be including products in our survey that have been requested to see if there is a widespread need and if so, where! Our upcoming quarterly newsletters will survey more products, so stay tuned!

[Click to Take the Survey Here](#)

General Resources

NYS: Extension of the COVID-19 Emergency Eviction and Foreclosure Prevention Act

Residential Evictions

The legislation places a moratorium on residential evictions until August 31, 2021 for tenants who have endured COVID-related hardship. Tenants must submit a hardship declaration, or a document explaining the source of the hardship, to prevent evictions. Landlords can evict tenants that are creating safety or health hazards for other tenants, and those tenants who do not submit hardship declarations.



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Residential Foreclosure Proceedings

This legislation also places a moratorium on residential foreclosure proceedings until August 31, 2021. Homeowners and small landlords who own 10 or fewer residential dwellings can file hardship declarations with their mortgage lender, other foreclosing party or a court that would prevent a foreclosure.

Commercial Evictions:

The legislation places a moratorium on evictions until August 31, 2021 for commercial tenants have endured COVID-related hardship. The legislation applies to small businesses with under 50 employees that demonstrate a financial hardship. Tenants must submit a hardship declaration, or a document explaining the source of the hardship, to prevent evictions.

Commercial Foreclosure Proceedings:

The legislation places a moratorium on commercial foreclosure proceedings until August 31, 2021.

Tax Lien Sales

The legislation prevents local governments from engaging in a tax lien sale or a tax foreclosure until at least August 31, 2021. Payments due to the locality are still due.

Credit Discrimination and Negative Credit Reporting

Lending institutions are prohibited from discriminating against a property owner seeking credit because the property owner has been granted a stay of mortgage foreclosure proceedings, tax foreclosure proceedings or tax lien sales. They are also prohibited from discriminating because the owner is in arrears and has filed a hardship declaration with the lender.

Senior Citizens' Homeowner Exemption and Disabled Homeowner Exemption

Local governments are required to carry over SCHE and DHC exemptions from the 2020 assessment roll to the 2021 assessment roll at the same levels. They are also required to provide renewal applications for anyone who may be eligible for a larger exemption in 2021. Localities can also set procedures by which assessors can require renewal applications from people who the assessors believe may no longer be eligible for an exemption in 2021. Recipients of the exemption do not have to file renewal applications in person.

[Click To Read Full Article Here](#)



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2020 Impact Report

We invite you to take a look at our Annual Report for 2020. Interested? Here is a short introduction:

"An Annual Report is designed to summarize an organization's activities and accomplishments over the course of a year. To truly capture what the Regional Food Bank faced and achieved in 2020 would probably take several Annual Reports, or at least a very lengthy one."

- Mark Quandt. July 2021. *Impact Report 2020*. RegionalFoodBank.net

[Click Here to Read the 2020 Impact Survey](#)



Please help us ensure that operations continue as best as they can to serve those in need throughout Northeast New York State. If you have questions please contact Member Services.

[Click to access our YouTube channel](#)

[Click to access our webinar recordings](#)



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Latest Updates Regarding COVID-19

COVID-19 Vaccine and General Information

For the most current information on COVID-19 protocols and the COVID-19 vaccine we ask that you refer to the New York state website. This resource will offer the most up to date information that can be provided. We will share updates when we receive them ourselves.

[Click to access Updates on COVID-19 Virus](#)

[Click to access Updates on COVID-19 Vaccine](#)



USDA Withdraws Proposed Rule on Categorical Eligibility in SNAP

USDA has announced that it is formally withdrawing a proposed rule that greatly limits the SNAP Categorical Eligibility (Cat EI) option. Cat EI allows states to get SNAP to more low-income people working their way up the economic ladder and ensure free school meals for their children. The withdrawal is effective June 10, 2021.

In their [press release](#), USDA noted that they received over 158,000 comments on the proposed rule and “many expressed concerns that this policy would increase the administrative burden on states and potentially jeopardize food security for children, veterans, individuals with disabilities, and the elderly.”

USDA has determined that the flexibility afforded by expanded categorical eligibility policies are critical to reducing the burden on needy households and state agencies administering SNAP programs. In withdrawing this proposed rule, USDA is reaffirming its longstanding categorical eligibility policy.

Read the USDA press release here: [USDA Withdraws Proposed Rule on Categorical Eligibility in SNAP](#).

Read [CBPP's report](#) about how Categorical Eligibility supports low-income working families.

[Click for access Updates on changes to government assistance](#)



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Nutrition Education

In Person, Virtual, and Indirect Education

Throughout the COVID-19 pandemic JSY nutrition educators have worked hard to stay connected to their communities through virtual education. Now that the world is carefully opening up again, JSY educators will be making an effort to get back to some in-person classes. These classes may look a little different than the pre-pandemic gathering, but we guarantee your clients will leave with just as much knowledge as before.

If you're interested in a FREE nutrition education class, or a virtual class for your participants through Zoom that they can access from the comfort and safety of their homes, contact the JSY educator for your region.

If your program isn't ready for in-person education and virtual just doesn't work with your clientele, but you still want to share nutrition education with your clients, JSY has developed six informational hand-outs based off of our most popular lessons. These hand outs are full of easily digestible information that will provide great guidance to anyone looking for a little nutrition information. They also have JSY recipes that change based on the season and what is available at the food bank, and they're available in English and Spanish. These hand-outs are a great addition to pre-packed pantry bags or to be offered to patrons as they wait to get into your program. Please reach out to your region's JSY educator for more information!

Regional Food Bank of NENY:

Kristyn Bopp: 518-786-3691 x225

KristynB@regionalfoodbank.net

Food Bank of the Hudson Valley:

Monica Cieslak-Morgan: 845-534-5344 x109

MCieslak@foodbankofhudsonvalley.net

Stay Hydrated with Food!

With warm weather we risk becoming dehydrated which can impact your health in negative ways such as causing headaches, making you feel achy, lightheaded, and just all around ornery. The best way to stay hydrated is to make sure you're keeping up with drinking water throughout the day. Sugary beverages such as energy drinks, sweetened coffee beverages, soda, and sports drinks aren't the best when it's hot out as they add sugar to your diet, and don't hydrate your body.



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Another way to maintain hydration and feel good during the heat is to eat your water! Many fruits and vegetables are made of water, which can fuel your body and hydrate you. Cucumbers, watermelon, celery, blueberries, tomatoes, and lettuces are all hydrating fruits and veggies. During the hot months make an effort to incorporate foods such as the ones listed into your diet. Check out this great JSY recipe below for a delightfully refreshing and hydrating watermelon relish!

Spicy Watermelon Relish



Directions:

1. Combine all ingredients in a large bowl and toss gently.
2. Chill, serve and enjoy!
3. Refrigerate leftovers.

Ingredients:

3 cups cubed watermelon
2 cucumbers, thinly sliced
1/2 chopped onion
1 carrot, thinly sliced
1/4 cup apple cider vinegar
1 Teaspoon red pepper flakes
2 Tablespoons chopped mint
1 Tablespoon chopped cilantro
(optional)

Salt and pepper to taste

Makes 6 Servings

<https://jsyfruitveggies.org/>



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Summer Skillet Vegetable and Egg Scramble



Ingredients:

- 2 Tablespoons vegetable oil
- 2 medium potatoes, thinly sliced
- 4 cups thinly sliced vegetables (try mushrooms, zucchini, bell peppers)
- ½ medium onion, chopped
- 1 teaspoon minced fresh herbs, or 1/3 teaspoon dried herbs (try rosemary or thyme)
- 6 large eggs, lightly beaten
- 2 cups packed leafy greens, such as spinach or kale
- ½ teaspoon salt
- ¼ teaspoon crushed red pepper, optional

Makes 4 servings

[Adapted from eatingwell.com](http://eatingwell.com)

Directions:

1. Heat oil in a large skillet over medium heat. Add potatoes; cover and cook, stirring several times, until they begin to soften, about 8 minutes.
2. Add sliced vegetables, onion, and crushed red pepper; cook uncovered, stirring occasionally, until the vegetables are tender and lightly browned, 8 to 10 minutes. Stir in herbs. Move the vegetable mixture to the perimeter of the pan.
3. Reduce heat to medium-low. Add eggs to the center of the pan. Cook, stirring, until the eggs are softly scrambled, about 2 minutes.
4. Stir leafy greens into the eggs. Remove from heat and stir to combine well. Stir in salt.
5. Enjoy!



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Chocolate Banana "Ice Cream"



Ingredients:

2 bananas
2 Tablespoon baking cocoa

Makes 2 servings

Adapted from

<https://aseasyasapplepie.com>

Directions:

1. Peel the bananas and cut them into small pieces.
2. Freeze them for 1 or 2 hours on a plate lined with foil.
3. Put the frozen bananas into a food processor or blender and pulse until smooth. Scrape down the sides as necessary.
4. When the mixture is smooth, add the baking cocoa and blend until incorporated.
5. For a soft ice cream, serve immediately.
6. For a firmer ice cream, freeze for at least an hour.
7. Enjoy!



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Delivery Information

**If your agency picks up at our
Thompson Town Hall Lot in MONTICELLO,
please note that we will**

BE MOVING TO A NEW LOCATION!

**BEGINNING IN AUGUST 2021,
YOUR DELIVERY SITE IS:**

**204 NY-17B
MONTICELLO, NY 12701**

[Click for the Regional Food Bank Delivery **Sites** for 2021](#)

[Click for the Regional Food Bank Delivery **Dates** for 2021](#)

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



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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 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
- 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; 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
- By fax at 845-534-5256
- Using our Online Ordering system (you must receive training)

