

# WHAT YOU NEED TO KNOW

## 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)

If you'd like to attend an online ordering training or participate in a webinar, please contact Cheyenne Bratton at [cheyenneb@regionalfoodbank.net](mailto:cheyenneb@regionalfoodbank.net)

## FOOD BANK DELIVERY SCHEDULE FOR 2017

	Jan.	Feb.	March	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
<b>Holiday Closings</b>	2,16	20			29		4,28		4	9	23,24	25,26
<b>Latham: Inventory Closure*</b>	31	28	30	27	30	29	27	18	28	30		21,22,27,28,29
<b>Cornwall: Inventory Closure*</b>								30		30	29	21,22,27,28,29
<b>Alternate Dist - RFB</b>	4,18	1,22	1,29	26	24,31	28	5,19,26	16	6,27	11,25	22	20
<b>Alternate Dist - FBHV</b>	3,17	21			25		20		5	10	21	19
<b>Amsterdam/Gloversville</b>	13,27	10,24	10,24	14,28	12,26	9,23	7,21	11,25	8,22	13,27	3,17	1,15
<b>Brewster</b>	5	9	9	6	4	8	6	3	7	5	9	7
<b>Coxsackie</b>	13	10	10	14	12	9	7	11	8	13	3	1
<b>Cobleskill</b>	20	17	17	21	19	16	14	18	22	20	17	15
<b>Cobleskill/Oneonta/Hamden</b>	6	3	3	7	5	2	7	4	1	6	3	1
<b>Fort Edward</b>	6	3	3	7	5	2	14	4	1	6	10	8
<b>Glens Falls</b>	9,23	6,27	6,20	3,17	1,15	5,19	10,24	7,21	11,25	2,16	6,20	4,18
<b>Goshen</b>	12	2	2	13	11	1	13	10	14	12	2,30	
<b>Highland</b>	9,30	13,27	13,27	10,24	8,22	12,26	10,24	14,28	11,25	16,30	13,27	4,11
<b>Hudson</b>	27	24	31	28	26	30	21	25	29	27	10	8
<b>Kingston</b>	3,4,17,18	7,8,21,22	7,8,21,22	4,5,18,19	2,3,16,17	6,7,20,21	5,18,19	1,2,15,16	5,6,19,20	3,4,17,18	7,8,21,22	5,6,19,20
<b>Monticello</b>	3,4,24,25	7,8,21,22	7,8,21,22	4,5,18,19	2,3,23,24	6,7,20,21	5,18,19	1,2,22,23	5,6,19,20	3,4,24,25	7,8,21,22	5,6,19,20
<b>Oneonta</b>	19	16	16	20	18	15	13	17	21	19	16	14
<b>Saranac Lake/Malone</b>	5,12,26	2,9,23	2,9,23	6,13,27	4,11,25	1,8,22	6,20,27	3,10,24	7,14,28	5,12,26	2,9	7,14
<b>Schroon Lake/Plattsburgh</b>	19,30	16,28	6,20	3,17	1,15	5,19	17,31	7,21	15,26	20,30	6,20	18
<b>Stony Point</b>	10,11,25	14,15	1,14,15,29	11,12,26	9,10,24	13,14,28	11,12,26	8,9,23	12,13,27	10,11,25	14,15,29	12,13
<b>West Nyack</b>	10,11	14,15	14,15	11,12	9,10	13,14	11,12	8,9	12,13	10,11	14,15	12,13

\* Please note that the warehouse will be closed for physical inventory on these days. However, the office will be open and we WILL continue to distribute bread, produce, and cooler salvage on these days, so stop on by!



Please remember to bring at least two people with you to each delivery!



RFB = Regional Food Bank in Latham

FBHV = Food Bank of the Hudson Valley in Cornwall-on-Hudson



965 Albany-Shaker Road · Latham, New York 12110  
[www.regionalfoodbank.net](http://www.regionalfoodbank.net)



**Regional  
Food Bank**  
OF NORTHEASTERN NEW YORK

# Feeding With Thought

The Food Bank's Member Agency Newsletter

August 2017

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Please contact Colleen at  
518-786-3691 x237 or  
ColleenB@  
regionalfoodbank.net  
with any feedback on this  
newsletter and anything  
you'd like to see in future  
additions

## ADVOCACY UPDATE AND CALL TO ACTION:

Late on Wednesday, July 19th, the House Budget Committee passed its FY2018 budget resolution on a party line vote of 22-14 with all Republicans supporting and all Democrats opposing.

### What You Need to Know

The resolution that passed the committee envisions \$4.4 trillion in cuts to mandatory programs such as Social Security, SNAP (formerly known as Food Stamps), Medicaid, and Medicare over the next decade, including at least \$203 billion in cuts in this resolution using a fast-track process called reconciliation that would force cuts to important programs. This includes an instruction to the House Agriculture Committee to find \$10 billion in cuts, with reports that cuts would come from SNAP. Beyond those required cuts, the resolution assumes an additional \$150 billion in cuts directed at SNAP and the institution of a block grant which would overhaul the structure of the program. These cuts overall are a real threat to the clients we serve.

### Next Steps in the Budget Process

The resolution is expected to go to the full House for a floor vote in September, when Representatives return from August recess. Then, the Senate will begin its work similarly in the Budget Committee then on the Senate floor.

### Our goal now is to make sure this resolution does not pass the full House.

Article Continues on Page 7.

## STAFF CHANGES AT FOOD BANK OF THE HUDSON VALLEY

As of August 18, Elizabeth Harris will be resigning from her position as Membership Coordinator at the Food Bank of the Hudson Valley to pursue a Master's Degree at Columbia University's Teachers College. Elizabeth has elevated our services to member agencies in the Hudson Valley region in areas of compliance, communication, responsiveness and agency education. We are in a better place due to her hard work and dedication.

While we are sad to see her go, Amy Robillard, our current Just Say Yes to Fruits and Vegetables Nutrition Educator for Food Bank of the Hudson Valley, will assume Elizabeth's position. Over the coming weeks, Amy will be training with our Latham staff and alongside Elizabeth, so that the transition is as seamless as possible. Amy brings with her a passion for the work we do and a unique skill set that will allow us to further enhance our work.

We are currently recruiting for the JSY Nutrition Educator position and anticipate hiring in the coming weeks.



Amy Robillard (L) and Elizabeth Harris (R)



### Great Ways to Cook Your Veggies

Summer is an exciting time of year in the world of food. We have such a large selection of vegetables available to us that are both delicious and filled with so many healthy vitamins and minerals. Sometimes cooking those vegetables can be a little intimidating. Here are some healthy ways to whip up a yummy veggie filled meal:

**Steaming** is one of the quickest, easiest, and healthiest ways to prepare vegetables. It takes only a couple of minutes and requires no oil or fat. Steaming is great for almost all vegetables.

**Roasting** is a way of cooking food in the oven using a little oil. Roasting is similar to baking but typically uses a higher temperature. It is the best cooking method for hard root vegetables such as potatoes, carrots, winter squash or beets.

**Sautéing** simply means cooking food in a pan using a small amount of oil or fat. You only need just enough to coat the bottom of the pan. Most vegetables work well for sautéing especially leafy greens and softer vegetables like peas, mushrooms, peppers or asparagus. Stir-frying is a great example of a healthy way to sauté. Just remember, if you are sautéing more than one

vegetable, remember to start with the hardest vegetable first and then add the others, from hardest to softest, every couple of minutes.

**Microwaving** is another fast and easy way to cook vegetables. It works similarly to steaming. Just place your vegetables in a microwave safe bowl, add 3 tablespoons of water, and cook. Cooking times will vary depending on how hard the vegetables are.

**Raw:** Sometimes the best way to prepare your vegetables is by not cooking them at all. Not only does it save you time, but a cool or cold meal is often times refreshing on a hot day. Eating vegetables raw is a great way to enjoy the natural flavor as well as the benefits of the vitamins, minerals, and fiber found in the veggies.

#### Green Bean Stir Fry with Corn

**Ingredients:**

- 1 tablespoon vegetable oil
- 2 garlic cloves, minced
- 1 jalapeno, seeded and minced
- 4 cups chopped green beans
- 1 cup corn
- 2 tablespoons chopped scallions
- 1 cup chopped cilantro
- 2 tbsp. low sodium soy sauce
- 1 teaspoon honey

**Directions:**

1. Heat oil in a large pan over medium-high heat.
2. Add garlic and jalapeno and cook 1 minute. Stir constantly.
3. Add green beans, corn and scallions. Mix well. Cook until green beans are soft, about 4-5 minutes. Stir often.
4. Reduce heat to medium; add cilantro, soy sauce, and honey.
5. Serve and enjoy!
6. Refrigerate leftovers.

**Makes 6 servings.**

Adapted from Bon Appétit

#### Welcome to our Newest Food Bank Members

- Kids Club Snacks
- Walden Rose House
- Sponsors Corner, Inc.
- Butterfly Wings, Inc.
- Bread of Life Food Pantry-Schenectady
- Blessings Jermain Day Care Center
- North Elba Community Lunch

#### Did you know...

Did you know that the Food Bank operates our own Farm to help us grow healthy food for those you serve? The Patroon Land Farm produces vegetables from June-October each year, which we have available for you, free of charge, in addition to the rest of our donated produce!



Advocacy Update: Continued from Page 1

### **ACTION NEEDED:** **REACH OUT TO HOUSE MEMBERS**

**The next few days is a critical time to put pressure on House members, particularly moderate House Republicans, to build momentum against the House budget and ensure that the resolution does not pass. That will position us well for Senate action to follow.**

#### **For House Budget Committee members:**

**Rep. John Faso** is the sole Budget Committee Member in our service area, and he voted YES in support of FY2018 Budget Resolution. If you live in or your agency is located in John Faso's District, we ask that you to reach out and comment on his vote by calling his office at 202-225-5614 or sending an email at the following link: <https://faso.house.gov/contact>

**A sample statement can include the following language:**

"We are extremely disappointed that Representative Faso voted in favor of the FY18 budget resolution in the House Budget Committee. The budget will force cuts to programs like SNAP that help some of the most vulnerable in our society and will make it harder for families in our area to make ends meet. We urge you to oppose any final budget or spending plan that makes cuts to vital nutrition assistance programs. We stand ready to work with you to find ways to improve programs to help end hunger in this great country."

#### **For all other House members:**

Tell your Representative to oppose the budget resolution. It is especially important to target Rep. Stefanik, who, along with 19 other Representatives, had signed a letter to Speaker Ryan expressing concern over mandatory cuts to programs as outlined in the budget resolution. You may identify your representative and find their contact information at: <https://www.house.gov/representatives/find/>

**Your statement could include the following language:**

"We want to thank you for your past support of federal nutrition programs and social programs supporting those in need in our community. We strongly urge Representative (*Insert the name of your Representative here*) to oppose the House budget resolution. The resolution passed by the House Budget Committee will force cuts of at least \$203 billion to mandatory programs that help some of the most vulnerable in our society. This includes more than \$10 billion to cuts in SNAP which will make it harder for families in our area to make ends meet. We urge you to oppose any final budget or spending plan that makes cuts to vital nutrition assistance programs."

## NEW ITEMS AVAILABLE

### NEW SALVAGE MEAT CATEGORIES!

Due to feedback from our members, we're sorting meat into more specific categories in our Latham Warehouse so you have a better idea of what type of meat you'll get when you order!

If you pick up in Latham or from a delivery site, your meat choices are as follows:

165	Salvage Beef
166	Salvage Chicken
167	Salvage Pork
183	Salvage Meat: Pantry/Family Size <i>Contains a mixture of beef, chicken, pork, lamb, bison, etc. For All Agencies.</i>
185	Salvage Meat: On-Site/Bulk Size <i>Contains a mixture of all cuts of meat. For On-Site feeding programs only.</i>

Please be aware that if you are picking up at Food Bank of the Hudson Valley's Warehouse, your Salvage Meat choices will remain 183 and 185 only.

### NEW COOP ITEM:

#### Brown Rice: Item Number 1521

Due to popular demand, we now carry brown rice in our COOP inventory. This whole grain tem is conveniently packaged in 1 pound bags and priced competitively!

#### RECIPE: BLACK BEANS AND BROWN RICE

Serves 5

##### Ingredients:

- 2 small bell peppers, chopped
- 1/2 cup chopped red onion
- 2 tablespoons vegetable oil
- 2 cans (15oz each) black beans, rinsed and drained
- 1 can (14-1/2oz) diced tomatoes, undrained
- 2 tablespoons cider Vinegar
- 1/2 teaspoon garlic powder
- 1/8 teaspoon pepper
- 1/8 teaspoon cayenne pepper
- Dash of salt
- 2-1/2 cups hot cooked brown rice

##### Directions:

1. In a large saucepan, sauté peppers and onions in oil until tender.
2. Stir in the beans, tomatoes, vinegar, garlic powder, salt, pepper and cayenne. Bring to a boil.
3. Reduce heat; simmer, uncovered for 12-15 minutes or until desired consistency, stirring occasionally. Serve with rice.



## HEALTHY PANTRY INITIATIVE Agency Spotlight: Reach Out and Touch Food Pantry

The Food Bank's Just Say Yes to Fruits and Vegetables Nutrition Education Program is helping agencies implement nutritional nudges that will encourage clients to select healthier options. We have been working closely with pantries that have expressed that they have difficulty moving certain nutritious foods to offer low cost, non-invasive, and easy to implement strategies to increase the nutritional value of the food their clients opt to take home.

One such pantry is the Reach out and Touch Pantry in Poughkeepsie. We first met with the pantry in January when their Director, Minister Selman, expressed that while they had an abundance of kidney beans at his pantry, clients were reluctant to choose them. We worked with Minister Selman and his volunteers to rearrange his pantry by providing signage, recipes, colorful displays and tastings of recipes that highlighted kidney beans. As a result of the implementation of these "nudges," clients were more willing to choose this item!

In addition to nudging kidney beans, Reach Out and Touch began to highlight other healthy foods, including increasing their distribution of fresh

produce, and has asked us to continue to help them provide healthy food in an encouraging environment by asking us to present monthly Just Say Yes to Fruits and Vegetables Nutrition Education Classes at his site. Thank you, Minister Selman and your team of dedicated volunteers for your commitment to making these changes.

If you are interested in finding out more about this initiative and how we can assist your pantry, please contact JSY Nutrition Educator Kristyn Bopp at 518-786-3691 or KristynB@regionalfoodbank.net.



### FOOD BANK TIDBITS:

**HPNAP Grant Reporting and our Optional Online Feature:** As a reminder, all sites receiving a HPNAP Food Grant must send in their monthly reports by the 10<sup>th</sup> of the following month so August reports will be due by September 10<sup>th</sup>. Agencies now have the option of reporting online using PWW; if you would like more information about this option, please contact Mary by phone at 518-786-3691 x236 or email MaryR@regionalfoodbank.net.

**A Message from our Finance Department:** Please be sure to add AGENCY ID NUMBERS to checks for account payments. There are some programs that share the same name and the number helps us to quickly identify which checks belong to which accounts. Thank you for your cooperation!

**New Inventory Items:** Due to demand from our agencies, we have some new items! Please see page 6 for more information!

**Did You Know?** SNAP (Formerly known as Food Stamps) benefits may be used to purchase fruit/vegetable plants and seeds from Vendors that accept SNAP. This is a great way to help low-income families and individuals stretch their food dollars, while also focusing on healthy food choices.

## UPCOMING AGENCY EDUCATION OPPORTUNITIES

### ONLINE ORDERING WEBINAR

**Wednesday, September 6, 10:00 a.m.-11:30 a.m.**

This training is required in order to utilize our online ordering system. It will also authorize you to submit your HPNAP monthly reports online!

To participate, contact Cheyenne Bratton at [CheyenneB@regionalfoodbank.net](mailto:CheyenneB@regionalfoodbank.net)



The Food Bank is proud to present a Poverty Simulation offering a hands-on, interactive experience designed to demonstrate the struggles the clients we serve face daily. The simulation will include a simulation exercise and a debriefing to reflect on the experience and a discussion on how this impacts our work.

A light lunch will be provided.

**Friday, September 15, 2017  
10:00 a.m.-1:00 p.m.**

Regional Food Bank of NENY,  
965 Albany Shaker Rd. Latham

Please RSVP to Mary at 518-786-3691  
[MaryR@regionalfoodbank.net](mailto:MaryR@regionalfoodbank.net)

or

[povertysimulationlatham.eventbrite.com](http://povertysimulationlatham.eventbrite.com)  
by September, 8

**Friday, October 13, 2017  
10:00 a.m.-1:00 p.m.**

Solid Rock Church of God  
20 Holloran Road, New Windsor

Please RSVP to Mary at 518-786-3691,  
[MaryR@regionalfoodbank.net](mailto:MaryR@regionalfoodbank.net)

or

[povertysimulationfbhv.eventbrite.com](http://povertysimulationfbhv.eventbrite.com)  
by October, 6

### Agency Education Notes:

*For those of you who took the time to participate in our recent survey, thank you!*

*The results provided valuable feedback that will enable us to better serve you in the future!*

*If you have ideas for future workshops and trainings, please let us know!*

*Chances are likely that other agencies share your interests!*

### FOOD BANK ORIENTATION AND FOOD SAFETY

#### Food Bank Orientation

Join us and learn how using the Food Bank can benefit your agency and clients. We'll cover policies and you'll leave with a clear understanding of the different parts of our inventory and how to put this knowledge to best use when placing orders. Orientation will include online ordering training.

#### Food Safety

You will learn more about code dates, food recalls and the safest way to provide food to your clients. Food safety is a requirement for all agencies wishing to receive HPNAP funding.

**October 17**

**Solid Rock Church of God,  
20 Holloran Rd, New Windsor**

RSVP to Amy at 845-534-5344  
or [oct17training.eventbrite.com](http://oct17training.eventbrite.com)

**October 23**

**Regional Food Bank  
965 Albany-Shaker Rd, Latham**

RSVP to Mary at 518-786-3691 x236  
or [oct23training.eventbrite.com](http://oct23training.eventbrite.com)

## UPCOMING AGENCY EDUCATION OPPORTUNITIES

### Regional Food Bank of Northeastern New York's North Country Conference

Wednesday, October 4, 2017 8:30 a.m.-3:30 p.m.

Hotel North Woods  
2520 Main St. Lake Placid, NY

### CONFERENCE AGENDA:

8:30 a.m.-9:00 a.m.

**Registration**

9:00 a.m.-9:15 a.m.

**Welcome and Introductions**

9:15 a.m.-10:45

**USDA Civil Rights Training**



All Food Pantries, Soup Kitchens and Emergency Shelters receiving USDA Commodities are now required to take this training once a year and keep documentation on site. We encourage you to take this training in person, but we will also post it on our website if you are unable to attend.

11:00 a.m.-12:15 p.m.

**CHOOSE ONE: Round Table Discussions OR Policies and Myths**

**Round Table Discussions**-Discuss best practices, challenges you face or questions you bring to the table. Collaborate and learn from the experience of others feeding the hungry in our communities. Potential topics include collaborations and coalitions, security during operations, volunteer management, fundraising, social media, and use of Donated/Salvage products. The agenda will be shaped by you! **You are encouraged to submit topics of interest for discussion when you register.**

**Policies and Myths**-Reviewing policies and procedures can be a daunting task. Many times, important information gets lost in translation, misinterpreted or may not be communicated to the appropriate people. Join us in debunking myths as it relates to Food Bank general policies and Food Safety regulations.

12:30 p.m.-1:00 p.m.

**Lunch**

1:15 p.m.-3:15 p.m.

**CHOOSE ONE: Creating a Healthy Experience OR Creating a Client Choice Centered Culture**

**Creating a Healthy Experience**-Learn about the different ways you can create a healthy food environment that can increase the likelihood that your customers choose and use the healthy food you provide.

**Creating a Client Centered Culture**-We know that "one size does not fit all" when it comes to hunger. Join us for an afternoon of exchange, awareness and ideas for your community outreach toolkit.

*RSVP no later than September 27 to Mary at [MaryR@regionalfoodbank.net](mailto:MaryR@regionalfoodbank.net) or 518-786-3691 x236. The following information is required: Agency Name, Agency ID #, Attendee's Name(s), Contact Phone or Email, and choices for am and pm sessions.*