

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 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)

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

FOOD BANK DELIVERY SCHEDULE FOR 2018

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

* 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!



Regional Food Bank
OF NORTHEASTERN NEW YORK

Feeding With Thought

The Food Bank's Member Agency Newsletter

August 2018

ADVOCACY: FARM BILL UPDATE & ACTION STEPS

INSIDE THIS ISSUE:

Page 1:

Farm Bill Update,
New COOP Items
& Facebook Group

Page 2:

Just Say Yes:
Freezer Fundamentals

Page 3:

Regional Food Bank Member
Agency of the Year
&
Welcome to New Members

Page 4:

Agency Education:
Upcoming Workshops

Page 5:

North Country Conference &
Agency BBQ Info.

Pages 6:

The Importance of
Whole Grains

Page 7:

Farm Bill Continued,
Zucchini Recipe
&
Venison Donation Coalition,
Inc.

Page 8:

2018 Delivery Schedule

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.

On June 28, the Senate passed a version of the Farm Bill (S3042) that protects and strengthens SNAP by an overwhelmingly bipartisan vote of 86 to 11. This bill, the Agriculture Improvement Act of 2018, affirms that SNAP is one of our nation's most powerful and effective poverty-reduction programs, and it should be protected from harmful cuts. It builds on the strong history of SNAP supporting work by dedicating more funding for states to try innovative solutions to help SNAP participants get and keep a job. The Senate demonstrated that a Farm Bill that protects food assistance for low-income New Yorkers and hungry people across our nation is the right way forward.

In contrast, the US House version of the Farm Bill, known as the Agriculture and Nutrition Act of 2018 (H.R. 2), narrowly passed by a vote of 213-211 on June 21, and as written, would take away food assistance from millions of Americans through cuts and changes to SNAP, affecting parents raising kids, people with disabilities, older workers, low-wage workers, and people temporarily in between jobs. It also imposes new costly and bureaucratic work requirements.

We now have two markedly different farm bills and Congress must reconcile those differences to come up with a final bill that can be passed before the September 30 deadline.

Earlier in July, Congress announced members of the Conference Committee that will negotiate a final bill. From New York, House members Paul Tonko (D-NY 20th District) and Eliot Engel (D-NY 16th District) have been appointed to the committee. It is important that these members – and all members from our state delegation - hear from you about the importance of SNAP!

PLEASE CONTACT YOUR MEMBERS OF CONGRESS WITH THE FOLLOWING MESSAGE:

We are counting on Congress to continue standing up for low-income New Yorkers by working together to ensure the final version of the Farm Bill protects SNAP.

The bipartisan farm bill passed by the Senate affirms what millions of people across the country know to be true: The Supplemental Nutrition Assistance Program (SNAP) reduces hunger and poverty, and protecting and strengthening SNAP — not cutting it — is the right way forward.

Unlike the partisan House bill, which would take away food assistance from millions of struggling Americans through cuts and harmful changes, the Senate Farm Bill protects and strengthens SNAP, ensuring that SNAP will continue to help feed children and their parents, seniors, people with disabilities, and working people with low pay and inconsistent hours who struggle to make ends meet. The best outcome for our state is a strong, bipartisan farm bill that protects SNAP. The Senate Farm Bill meets these criteria.

We urge House and Senate lawmakers to work across party lines to ensure that the conference agreement on the Farm Bill adopts the Senate's approach to SNAP. *(Continued on Page 7.)*

NEW COOP ITEMS Based on Agency feedback, we now carry the following items:

- 1526 - Vegetable Stir Fry
- 1527 - Shrimp Florentine Skillet Meal
- 1528 - Hot Sauce
- 1529 - Yellow Mustard
- 1530 - Pizza Cheese
- 1531 - Barbeque Sauce
- 1533 - Frozen Pineapple
- 1534 - Broccoli Florets
- 1535 - Cut Green Beans
- 1537 - Chicken Parmesan Skillet Meal



The Food Bank now has a Member Services Facebook Group! We are using the page as a communication tool to post information on upcoming trainings, deadlines, grant availability and to highlight items available in our warehouses.

**Find our group on Facebook at:
"Member Services of NENY"**

Freezer Fundamentals

They say when life gives you lemons, make lemonade. Here at the Food Bank we say when summer gives you fresh fruits and vegetables, freeze them! Freezing extra fruits and vegetables is a great way to enjoy them throughout the year!



WHY FREEZE?

To preserve fresh food so that you can enjoy it at a later date!

WHAT CAN YOU FREEZE?

Most foods can be frozen as long as they are prepared correctly! **Examples:** baked goods, doughs, fruits, herbs, nuts, stocks, and sauces.

HOW DO YOU FREEZE?

- 1) **Wash** all produce before you are going to prepare it.
- 2) Once washed, cut to desired size.
- 3) Blanch if desired/necessary.
- 4) Pat dry thoroughly with clean dishcloths or paper towels. Place in a single layer on a baking tray and freeze until completely frozen.
- 5) Once frozen, place in freezer storage bag or air-tight container. Avoid using thin plastic sandwich bags as that could damage your veggies and fruits!

FREEZING TIP:

Blanching vegetables before freezing may give you better results. Blanching is defined as: to scald or parboil in water or steam in order to remove the skin or stop enzymatic action in (such as food for freezing).

To blanch:

- Cook washed vegetables in boiling water for 2 minutes.
- Next, stop the cooking process by shocking your vegetables in ice water until they're cold.
- Cool completely.

Did you know that you can also freeze fresh herbs?



Herbs such as rosemary, sage, thyme, and oregano lend themselves nicely to be preserved in oil and/or water and stored in the freezer.

1. Choose firm, fresh herbs, ideally from the market or **your own garden!**
2. If you wish, you can chop them fine or leave them in larger sprigs and leaves.
3. Pack the wells of ice cube trays about 2/3 full of herbs.
4. You can mix up the herbs, too, to quickly add to stocks or sauces.
5. Pour extra-virgin olive oil, vegetable oil, water, or melted butter over the herbs.
6. Cover lightly with plastic wrap and freeze overnight.
7. Remove the frozen cubes and store in freezer containers or freezer bags.
8. Don't forget to label each container or bag with the type of herb (and oil) inside.

SNAP & FARM BILL (Continued from Page 1)

ACTIONS YOU CAN TAKE TO SUPPORT A STRONG FARM BILL THAT PROTECTS SNAP:

- Invite your member of Congress to your site for a visit during the August recess (July 30 – Sept 3); use that time to express your support for SNAP.
- Coordinate a sign on letter to your member of Congress that articulates the need to protect and defend SNAP in the Farm Bill.
- Send a letter to the editor of your local paper urging support from your member of congress for a Farm Bill that protects SNAP.
- Use your social media accounts to send positive messages about SNAP – and tag your member of Congress!

ADDITIONAL RESOURCES:

- An analysis of the impact of the House farm bill to New York: <https://hungersolutionsny.org/wp-content/uploads/2018/05/Farm-Bill-impact-on-NYS.pdf>
- Facts about SNAP for each Congressional District in New York: <https://hungersolutionsny.org/snap-policy/snap-district-data-sheets/>
- This chart from Feeding America provides a concise side-by-side comparison of current law and the House and senate bills.
- Find much more information and stay up to date on the Hunger Solutions NY webpage: <https://www.hungersolutionsny.org>

HAVE SPECIFIC QUESTIONS? Our friends the SNAP Policy gurus at Hunger Solutions New York can help!

Dawn Secor, SNAP Policy Specialist: dawn.secor@hungersolutionsny.org
 Sherry Tomasky, Director of Public Affairs: sherry.tomasky@hungersolutionsny.org



The Venison Donation Coalition, Inc. is a non-profit organization that coordinates the efforts of hunters, deer processors, food banks, individuals and organizations to provide a high protein, low fat meat source to the hungry. Hunters and farmers are able to donate an entire deer or a portion of their deer to the Venison Donation Coalition. Once you have your deer properly field dressed and legally tagged, you can bring it to one of the processors near your home or where you hunt. Whole deer donations are greatly appreciated but not required. There is no cost to the hunter or farmer for the processing fees of donated venison. The Food Bank will pick up the meat from the processor to put into inventory so that member agencies can order it.

www.venisondonation.org

Click on "Find a Processor" to locate one near you.
 CALL AHEAD to make sure the processor is open and accepting deer.

Wondering what to do with all the zucchini available at this time of the year?
 Try these zucchini pizza bites!

Zucchini Pizza Bites

Servings: 1 • Serving Size: 4 pieces

Ingredients:

- 4 slices large zucchini cut 1/4" thick (or 1 medium zucchini cut on diagonal)
- Vegetable oil spray
- salt and pepper
- 2 tablespoons spaghetti sauce
- 1/4 cup shredded part skim mozzarella

Directions:

1. Cut zucchini about 1/4 inch thick.
2. Spray both side lightly with oil and season with salt and pepper.
1. Broil or grill the zucchini for about 2 minute on each side.
1. Top with sauce and cheese and broil for an additional minute or two.

Recipe from Skinnytaste.com

THE IMPORTANCE OF WHOLE GRAINS

Why is it important to eat grains, especially whole grains?

Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Grains provide many nutrients that are vital for the health and maintenance of our bodies.

MyPlate Tips: Make Half Your Grains Whole Grains

- To eat more whole grains, substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice. It's important to *substitute* the whole-grain product for the refined one, rather than *adding* the whole-grain product.
- For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes and whole-wheat macaroni in macaroni and cheese.
- Use whole-grain bread or cracker crumbs in meatloaf.
- Try rolled oats or a crushed, unsweetened whole grain cereal as breading for baked chicken, fish, veal cutlets, or eggplant parmesan.
- Freeze leftover cooked brown rice, bulgur, or barley. Heat and serve it later as a quick side dish.
- Foods labeled with the words "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually NOT whole-grain products.
- Color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain.

Adapted from www.choosemyplate.gov

The Regional Food Bank of NENY carries a variety of whole grains in the inventory:

- 1521 COOP Brown Rice
- 1099 COOP Toasted Oats Cereal
- 1177 COOP Raisin Bran Cereal
- 1010 COOP Quick Oats
- 1017 COOP Oatmeal Packets
- U917 USDA Whole Grain Rotini

Whole Grain Pasta Do's:

- Toss it with pesto or dark, leafy greens like Swiss chard for an earthy, herbal flavor that goes perfectly with whole wheat pasta.
- Make a cold pasta salad with oil and a squeeze of lemon juice to lighten it up.
- Spice it up. Whole wheat pasta's more complex flavor is perfect for chili flakes, garlic and oil, or a few spicy meatballs.
- Add a creamy cheese with a flavor that can stand up to it. Ricotta and tangy goat cheese work wonders.

Whole Grain Pasta Do Not's:

- Toss it with tomato sauce and Parmesan cheese or alfredo sauce and expect it to satisfy your pasta tooth. It may, it may not — the texture and flavor is quite different despite its physical resemblance to the white stuff. Do you really want to risk it?
- Bake it in a casserole, like mac 'n cheese, because it will harden on top and all but dissolve into gritty mush underneath.
- Expect it to cook just like regular pasta, because it will probably take longer.
- Freeze it. Unlike its pale counterpart which makes frozen lasagna an important part of American family life, whole wheat pasta simply can't take the cold.

Adapted from www.foodrepublic.com

REGIONAL FOOD BANK MEMBER AGENCY OF THE YEAR

Food Pantries and Soup Kitchens now have the opportunity to be honored as the Agency of the Year. Agencies were asked to pass along nomination requests to agency participants, donors, and community members, sharing what their supporting program does best! We thank all of the agencies that submitted written nomination letters and participated in the very first Agency of the Year award.

This year's winner was determined by your peers on the Agency Advisory Council, and will be announced at the Food Bank's Annual BBQ, which will take place on August 17.

See Page 5 for an invitation to the event. We'd love to see you there!

CONGRATULATIONS TO ALL THE NOMINEES.

WE SO GREATLY APPRECIATE YOUR PARTNERSHIP AND THE OUTSTANDING WORK YOU ARE DOING TO ALLEVIATE HUNGER IN YOUR COMMUNITIES.

ATHENS COMMUNITY FOOD PANTRY
 BEULAH BAPTIST SOUP KITCHEN
 BRANDON WESLEYAN FOOD PANTRY
 CATHEDRAL SOCIAL SERVICES FOOD PANTRY
 CATHOLIC CHARITIES FOOD PANTRY-MONTGOMERY COUNTY
 CHRIST CHURCH OF RAMAPO SOUP KITCHEN
 COBLESKILL UNITED METHODIST CHURCH FOOD PANTRY
 DEACON JACK SEYMOUR FOOD PANTRY
 EASTER SEALS FOOD PANTRY
 FAMILY OF ELLENVILLE FOOD PANTRY
 FAMILY OF WOODSTOCK FOOD PANTRY
 FED BY GRACE FOOD PANTRY
 FOOD OF LIFE FOOD PANTRY
 GLOVERSVILLE FREE UNITED METHODIST CHURCH FOOD PANTRY
 GOOD NEIGHBOR OF WOODSTOCK FOOD PANTRY
 HOPE 7 FOOD PANTRY
 HELPING HANDS MINISTRY FOOD PANTRY
 LOAVES AND FISHES FOOD PANTRY
 MATTHEW 25 FOOD PANTRY
 MECHANICVILLE EMERGENCY FOOD PANTRY
 NEWBURGH TABERNACLE FOOD PANTRY
 PEOPLE TO PEOPLE FOOD PANTRY
 PUTNAM VALLEY COMMUNITY FOOD PANTRY
 ST. JOHN'S ST. ANNE'S OUTREACH CENTER
 ST. VINCENT'S FOOD PANTRY
 TOUCH FOOD PANTRY-CONGERS

WELCOME TO OUR NEWEST MEMBERS:

SUNY Adirondack Closed Food Pantry
 Salvation Army-Watervliet Food Pantry
 Trinity Reformed Closed Food Pantry
 Youth Advocate Program, Inc.
 NE Parent and Child Society-Shop the Park
 Closed Food Pantry
 Joshua Project Summer Lunch Program
 North Country Ministry-Pottersville Food Pantry

UPCOMING AGENCY EDUCATION OPPORTUNITIES

Below, please find upcoming Agency Education Opportunities.

You'll receive additional information, including RSVP information, when we mail out invitations approximately one month beforehand, but want you to save the date if there are topics you may be interested in.

You may also reference information on our website at:
<https://regionalfoodbank.net/events/category/agency-education/>.

Primarius Web Windows

Upcoming Dates: August 21, September 18, and October 15

Not only does our online system allow you to place orders using a live inventory, you can also view invoices, grant balances, and more! And starting with the 2018-2019 grant year, HPNAP recipients will be required to submit monthly reports online! Getting started using the system is easier than ever! **No travel required!**

Orientation & Food Safety

Upcoming Dates and Locations:

August 8: Regional Food Bank of NENY, 965 Albany Shaker Rd, Latham

August 28: Solid Rock Church of God, 20 Holloran Rd, New Windsor

October 30: Regional Food Bank of NENY, 965 Albany Shaker Rd, Latham

Orientation:

Whether your agency is a new Food Bank Member, or you're new to your agency, we highly encourage you to attend. During this workshop, you will learn about the Food Bank and our various programs, where our food comes from, membership policies and procedures, and how to order. This class includes Primarius Web Windows Training, where you will learn how to use our online ordering software and how to report HPNAP Statistics online.

Food Safety:

This class is designed to help better educate agencies about the importance of safe food handling procedures. Topics covered include code dates, food recalls, dented cans, proper storage of food, safe handling and preparation, food allergies, and much more! The workshop has a hands-on component and activity booklets to make sure all participants leave with a good understanding of food safety. This class is required of all programs receiving HPNAP funding and is highly recommended for all members.

Bridges out of Poverty

Upcoming Dates and Locations:

September 17: Regional Food Bank of NENY, 965 Albany Shaker Rd, Latham

November 1: Location TBD

If you didn't grow up in poverty, you may be unaware of the "hidden rules" that govern many aspects of the lives of the poor. People in poverty are often in survival mode, and support systems taken for granted by the middle class and wealthy are largely nonexistent. Bridges Out of Poverty workshops offer employers, community and government organizations, social service agencies, businesses and individuals powerful tools for change.

DO YOU HAVE A WORKSHOP/TRAINING SUGGESTION?

Share your thoughts! It is likely that other programs are having similar challenges and may learn from your ideas! The Member Services Department schedules annual trainings in the month of October, so please let us know. We'd be happy to tailor a training that works for you and the many agencies we serve.

Contact the Member Services Department at 518-786-3691 or 845-534-5344!

REGIONAL FOOD BANK OF NORTHEASTERN NEW YORK NORTH COUNTRY MEMBER AGENCY CONFERENCE

Wednesday, October 24, 2018 8:30 a.m.-3:30 p.m.

HOTEL NORTH WOODS
2520 Main St. Lake Placid, NY

BREAKOUT SESSION 1: CHOOSE ONE OF THE FOLLOWING
Customer Service & Accommodating Special Populations or Food Safety

Lunch

GENERAL SESSION:

**Just Say Yes to Fruits and Vegetables:
Nutrition Education & Healthy Pantry Initiative**

BREAKOUT SESSION 2: CHOOSE ONE OF THE FOLLOWING
Primarius Web Windows or Succession Planning

This conference is free to Food Bank member agencies and includes workshops, materials and lunch.

To register, please contact Kelly Jones at KellyJ@regionalfoodbank.net or 518-786-3691 ext. 236.
All registration is due by October 12.

Conference registration received by September 28 will be entered in the "Early Registration Raffle."



With appreciation for all you do,
we invite you to attend the

Regional Food Bank's Annual BBQ!

August 17, 2018 • 11:30am-1:30pm on the back lawn, rain or shine

Regional Food Bank of Northeastern New York
965 Albany-Shaker Road • Latham, NY 12110



RSVP by August 10 by calling 518-786-3691 or
at FoodBankBBQ2018.eventbrite.com.

If you have limited mobility, please inquire
about event parking.



**Regional
Food Bank**
OF NORTHEASTERN NEW YORK