



Regional Food Bank

OF NORTHEASTERN NEW YORK

Feeding With Thought

The Food Bank's Member Agency Newsletter

AUGUST 2019

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*Please contact Colleen at
518-786-3691 x237 or
[ColleenB@
regionalfoodbank.net](mailto:ColleenB@regionalfoodbank.net)
with any feedback on
this newsletter and
anything you'd like to see
in future editions.*

THE PLASTIC BAG BAN AND ITS IMPACT ON OUR NETWORK



In April, Governor Cuomo signed into law a statewide ban on single-use plastic bags. It is estimated that New York uses 23 billion plastic bags every year with 50 percent of those plastic bags ending up in landfills, around the city and in waterways.

The statewide ban will take effect March 1, 2020, which has left us and our network of food pantries wondering, "how does this affect us?" Of course we want to make sure we're making environmentally sound decisions, but food pantries have long relied on plastic bags as a durable mechanism for clients to carry foods home. While the ban continues to allow non-retail establishments, such as food pantries, to utilize plastic bags, the access to reliable donated sources of bags (such as supermarkets that have traditionally generously made bags available to our network) will dwindle as they stop carrying these items.

In May, an email was sent to our member agencies asking for feedback about the impact of the ban, and we received many great ideas that our agencies are implementing.

The responses reported included:

- Utilizing paper bags
- Using Boxes
- Reusable grocery bags
- Working with area crafting groups to sew or knit reusable bags
- Requesting donations of reusable bags from area supermarkets
- Reusable bag drives
- Requesting that clients, whenever possible, bring their own bags

Additionally, agencies have reported they have reached out to their area supermarkets and local merchants asking for reusable bag donations. The response has been positive, and many have received reusable totes free of charge, or they were able to purchase the bags at a reduced cost.

As the ban draws closer, we know this issue is going to continue. We urge you to continue sharing your ideas with us, and we will keep you updated with any relevant news regarding this issue.

You may order paper bags from the Latham Food Bank Inventory. Coop Item #1556

FOOD PANTRIES, SOUP KITCHENS AND SHELTERS: CHANGE IN HPNAP YEAR (AGAIN)

As you may know, a few years ago the HPNAP Office changed its contract year from July-June to November-October. Due to overwhelming feedback that this timeline was difficult to implement, HPNAP decided to change the contract year back to July-June for grants beginning July 2020. As a result, we will have a shortened grant year for 2019-2020.

WHAT THIS MEANS FOR YOU FOR NOVEMBER 1, 2019-JUNE 30, 2020:

If you already receive HPNAP Funding:

If you received funding for the Food Grant and/or the Operations Support Grant (OSP) for the current grant period and have been compliant with the grant(s), you will AUTOMATICALLY receive a grant for the contract extension period.

For the **Food Grant**, we will be using your service statistics from this current grant year to determine allocations, and you will be notified of your award in October.

For **Operations Support**, will use the scores from the current grant year to determine your allocation, which will be sent to you in October. The signed Budget Form will be due back by December 13. If you wish to change the category awards, please contact Kerry Leary.

If your agency is new to the Food Bank:

If your agency is new to the Food Bank and did not have the opportunity to apply for 2018-2019 funding, applications were mailed on July 26. They will be due back by September 13 and you will be notified of your awards in October for the 2019-2020 grant period.



JSY Beyond the Pantry

Just Say Yes to Fruits and Vegetables (JSY) is a FREE nutrition education program designed to provide services to a mostly SNAP eligible population, like the individuals you all serve. We'd have one of our JSY educators, Denise, Kristyn or Monica, come in and host a free nutrition education class, including a recipe demonstration and the distribution of fresh produce. While JSY classes are traditionally held in emergency feeding programs such as soup kitchens and food pantries, they can be done elsewhere!

Any agency serving the community can also be a great location to host JSY classes. Libraries and farmer's markets in high need areas can be great locations to capture an audience for a nutrition education class, and we've been working on developing these unconventional locations to reach even more SNAP eligible people than we ever have.

Don't think you have enough space to host a JSY class at your agency? Host it outside! JSY educators can provide their own tents and a table for their demo, so all you will need to do is provide some chairs for the participants. As long as there is no rain, an outdoor class can be really fun! The environment feels more informal and definitely less like a classroom. People passing by are likely to be enticed by the crowd to join in on the fun, and the free food sample is a draw too!



Above, JSY Nutritionist Monica Cieslak hosts a lesson outside of a food pantry, as there was no space for the class indoors.

INTERESTED IN HOSTING A JSY CLASS OR LEARNING MORE ABOUT THE PROGRAM?

Contact one of our JSY Nutritionists:

Kristyn Bopp
518-786-3691 x225
KristynB@regionalfoodbank.net or

Denise Schultz
518-786-3691 x269
DeniseS@regionalfoodbank.net

Serving Albany, Clinton, Columbia, Delaware, Essex, Franklin, Greene, Fulton, Hamilton, Montgomery, Otsego, Rensselaer, Saratoga, Schenectady, Schoharie, Warren, and Washington

Monica Cieslak
845-534-5344 x109
MCieslak@foodbankofhudsonvalley.org

Serving Dutchess, Orange, Putnam, Rockland, Sullivan and Ulster Counties

ADVOCACY UPDATE: Submit a Comment Opposing Latest Attack on SNAP Assistance

SNAP is under attack — again.

The Trump administration has issued a proposed rule that would take food assistance away from 3 million people by making them ineligible to participate in the Supplemental Nutrition Assistance Program (SNAP), the nation's first line of defense against hunger. The proposed rule was published in the Federal Register on July 24, kicking off a 60-day public comment period. All comments must be received by USDA's Food and Nutrition Service on or before September 23.

Please go to bit.ly/fraccatel to submit a comment that the proposed rule would increase hunger and poverty in this country, especially for working families with children whose net incomes are below the poverty line, and families and seniors with even a small amount of savings who would be kicked off of SNAP.

Yes You CAN!



Canned fruits and vegetables often get a bad rap. They are often referred to as being lower in nutritional value, too high in sodium or sugar, and just not as good. The truth is that canned foods are often just as nutritious as their fresh and frozen counterparts, and sometimes even more nutritious! Plus, they're affordable, convenient and always in season, so preparing quick and delicious meals is a snap. It's true that canned fruits and vegetables are usually packaged with some form of salt or sugar. But many varieties are now available in a low sodium or natural juice option

which decreases the amount of salt and sugar we get in our diet. If it is packed with salt or added sugar, drain the liquid out of the can and rinse. Doing that can reduce the amount of sodium and sugar by half! Many Americans are not eating enough fruits and vegetables in their diets. By including a variety of fresh, frozen, canned, dried, and 100% fruit juice, it can assure that people are getting a wide range of vitamins and minerals the body needs. Some great examples of cans to keep stocked up in the pantry include: beans, diced tomatoes, mandarin oranges, and tuna! For more information on canned foods visit the Canned Food Alliances website at www.mealtime.org. Also, be sure to check out all of the canned pumpkin recipes in this newsletter!

Canned Pumpkin is Coming to USDA in September!

Pumpkin is an excellent source of both fiber and Vitamin A. Not only does canned pumpkin make delicious pies, please share these easy ideas with your guests, and try them yourselves!

Pumpkin Oatmeal

Ingredients:

1 1/2 cups skim milk
1 cup quick oats
1/2 cup canned pumpkin
2 Tablespoons brown sugar
1 Tablespoon butter
1/2 teaspoon pumpkin pie spice
Pinch salt

Directions:

Simmer milk, quick oats, and pumpkin for 1 minute. Stir in brown sugar, butter, pumpkin pie spice and salt.



Pumpkin Muffins

Ingredients:

1 cake mix (yellow or spice)
1 can (15 ounces) pumpkin

Directions:

Preheat oven to 325 degrees. Mix cake mix together with pumpkin. Scoop into lined or well-sprayed muffin tins. Bake 18-20 minutes (until toothpick comes out clean).



Pumpkin Mashed Potatoes

Ingredients:

2 pounds potatoes (leave skin on for more fiber)
1 can (15 ounces) pumpkin

Directions:

Mash the potatoes as you normally would. Add the canned pumpkin.

Creamy Pumpkin Soup

Ingredients:

1 can (15 ounces) pumpkin
2 cups chicken or vegetable broth
1/2 cup cream
1/2 teaspoon pumpkin pie spice

Directions:

Simmer all ingredients, whisking, for 5 minutes.

For more recipe ideas, please contact Kerry Leary at:
kerryl@regionalfoodbank.net

UPCOMING AGENCY EDUCATION OPPORTUNITIES

Below, please find upcoming Agency Education Opportunities. You'll receive additional information, including RSVP information, when we mail out invitations for each training, but please use to save the date! You may also reference information, including RSVP information, on our website at:

<https://regionalfoodbank.net/events/category/agency-education/>

Primarius Web Windows

Upcoming Dates: September 9

Not only does our online system allow you to place orders using a live inventory, you can also view invoices, grant balances, and more! In addition, HPNAP recipients are now required to submit monthly reports online. Getting started using the system is easier than ever!

Orientation & Food Safety

Upcoming Dates and Locations:

August 20: Food Safety & Orientation, Regional Food Bank of NENY, 965 Albany Shaker Rd., Latham, NY

August 27: Orientation & Food Safety, Kingston Library, 55 Franklin St., Kingston, NY

October 28: Orientation & Food Safety, Regional Food Bank of NENY, 965 Albany Shaker Rd., Latham, NY

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.

Agency Education Survey

A special thank you to the 150+ agencies that took the time to respond to our recent Agency Education Survey. Your feedback is genuinely appreciated and essential in making sure that we develop training content that meets our network's ever-changing needs.

Do you have workshop suggestions but missed the survey deadline?

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 agencies we serve.

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

NORTH COUNTRY CONFERENCE: OCTOBER 2, 2019

**Regional Food Bank
of Northeastern New York
North Country Member Agency Conference**

**HOTEL NORTH WOODS
2520 Main Street, Lake Placid**



Conference Agenda

REGISTRATION (8:45 a.m.-9:15 a.m.)

INTRODUCTIONS & FOOD BANK BINGO (9:15 a.m.-10:15 a.m.)

Network with your fellow member agencies and learn what makes them unique with an interactive game of BINGO...Food Bank style!

BREAKOUT SESSION 1: CHOOSE ONE OF THE FOLLOWING (10:30 a.m.-12:00 p.m.)

Mapping the Meal Gap and Reducing Food Insecurity

This session will highlight Feeding America's "Map the Meal Gap", will highlight community needs in the North Country, and will address what the Food Bank and our network is doing to help address these needs and decrease food insecurity.

Mental Health Awareness

One in five adults in the United States is living with some form of mental illness, while 1 in 25 is living with a severe mental illness, such as schizophrenia. This workshop is designed to raise awareness about the challenges that clients with mental illness face when receiving services.

LUNCH (12:00 p.m.-12:45 p.m.)

BREAKOUT SESSION 2: CHOOSE ONE OF THE FOLLOWING (1:00 p.m.-2:30 p.m.)

Fundraising

Now more than ever, budgets are being stretched too thin. Become familiar with raising funds and identifying resources that you may not know are available. We'll discuss fundraising fundamentals and methods, and brainstorm fundraising ideas and strategies!

Meeting Health Needs with Your Food Pantry Package

How do you balance packing a food pantry package with your clients' health needs? What other challenges might they face? Join us for this hands-on opportunity.

GENERAL SESSION: (2:45 p.m.-3:30 p.m.)

Accommodating Community Needs: Unique Practices of your fellow members

This session will highlight Best Practices of your fellow food pantry operators and how they are approaching community needs in a unique and creative way. Agencies will then have the opportunity to discuss challenges in their own communities and explore ways to overcome obstacles to meet the needs of those they serve.

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

To register, please visit <https://northcountryconference2019.eventbrite.com>

USDA UPDATES

Income Eligibility Guidelines for 2019-2020

Below, please find USDA Commodities income eligibility guidelines for the period of July 1, 2019 through June 30, 2020. The amounts were obtained by multiplying the 2019 Federal income poverty guidelines by 1.85 or 185%.

People are eligible to receive USDA food assistance from your program if they attest that their income is at or below the income listed for the number of people in the household. No documentation is needed to prove need in New York State. Use this chart as a guide, but please feel free to use your discretion also and provide food to those that express need, regardless of income.

Household Size	Annual Income
1	\$23,106
2	\$31,283
3	\$39,460
4	\$47,637
5	\$55,814
6	\$63,991
7	\$72,168
8	\$80,345



USDA Civil Rights Training Requirement

As a reminder, agencies receiving USDA Commodities must review the Civil Rights training with all volunteers directly interacting with clients annually. You will need to complete a sign-in sheet documenting each volunteer who has reviewed the training. Food Bank staff will confirm your agency's participation in this training when we conduct monitor visits at your sites; the documentation sheet must be dated within the past 12 months to be current.

To locate a pdf of the training and sign in sheet:

- 1) Go to: www.regionalfoodbank.net**
- 2) Click on "Agencies"**
- 3) Select "Agency Resources and Forms"**

Please contact me with any questions at
SusanL@regionalfoodbank.net or
518-786-3691 x224.

Trade Mitigation Program

The USDA's Trade Mitigation Program has provided us with unprecedented amounts of commodities; we encourage you to take advantage of this FREE PRODUCT!

Here is a list of USDA Commodities we anticipate receiving through October. Please understand that loads may be cancelled at any time based on market availability.

Apples	Milk (Fresh and Dry)
Baking Mix	Peanut Butter
Beef Stew	Pistachios
Canned Applesauce	Pecans
Canned Apricots	Pork Loin
Canned Corn	Pork Roast
Canned Green Beans	Potatoes
Canned Pears	Pasta (White & Wheat)
Canned Peaches	Rice (Brown and White)
Canned Pork	Orange Juice
Canned Pumpkin	Plums
Cheese (Shredded & Blocks)	Prunes
Cheerios	Raisins
Chicken (Breasts & Whole)	Rice Crispies
Cream of Mushroom Soup	Sausage Patties
Eggs	Spaghetti Sauce
Frozen Peaches	Strawberries
Ham	Vegetable Oil
Macaroni and Cheese	Vegetable Soup

MAP THE MEAL GAP 2019 RELEASED

Feeding America has released its annual Map the Meal Gap report, which shows food-insecurity data for every county in the country. USDA Defines food insecurity as “a lack of access, at times, to enough food for an active, healthy life for all household members and limited or uncertain availability of nutritionally adequate foods.”

Within the Regional Food Bank’s 23 county service area 877,810 people — about 9.7 percent of the population — live in food-insecure households, according to the report. Of those people, approximately 102,470 are children. We encourage you to visit Feeding America’s “Map the Meal Gap” website, map.feedingamerica.org to examine the data specific to your county and thank you all for being part of the solution.



VENISON DONATION UPDATE

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.

PRODUCT LABELING REMINDER

The Fair Packaging and Labeling Act prohibits the distribution of any food item (except fresh fruit & vegetables) without a label. Labels shall contain:

- The common or usual name of the product;
- The name and place of business of the manufacturer, packer, or distributor;
- The net quantity of the contents; and
- The common or usual name of each ingredient, listed in descending order of prominence.

Sounds simple, right? Wrong! **This applies to sleeves of crackers, individual granola bars, instant oatmeal packets, sticks of margarine, fruit cups ETC.** The only way you can distribute these individual items to guests in your food pantry is if you photocopy the necessary information (see above) from the box, and tape it to each package of food. If your box of saltine crackers only has 4 sleeves, only make 4 copies of the box. Do not make more than that, as each outer packaging can only be photocopied for the product within. Other boxes may have slightly different information.

Questions? Please contact Kerry Leary at KerryL@regionalfoodbank.net or 518-786-3691 x260.

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)

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 2019

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

* Please note that the warehouse will be closed for physical inventory on these days (except 7/5). Our offices 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!

