

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!



**Regional
Food Bank**
OF NORTHEASTERN NEW YORK

Feeding With Thought

The Food Bank's Member Agency Newsletter

FEBRUARY 2019

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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 editions.

Encouraging Healthful Items at Your Pantry

At the Food Bank, we are making efforts to offer more healthful foods such as brown rice and an abundance of fresh produce. Yet, guests not familiar with how to prepare these items will choose to take items they know how to prepare and that they know their families will enjoy. Here are some suggestions to make those more healthful items more appealing:

- Provide easy to prepare recipes using healthy items you have in your pantry. You can find such recipes at www.jsyfruitveggies.org or by contacting Kerry at the Food Bank (see contact information below)
- Offer those items as bonus items beyond what is in your food pantry package
- Incentivize the healthier items: for example, clients can choose 2 bags of brown rice or 1 bag of white rice
- Make sure that healthful items are attractively arranged and are placed at eye-level
- Provide samples of these items by using the Regional Food Bank's Guidelines for preparing Taste Samples in Your Food Pantry. This packet of information outlines the food safety precautions that must be taken in order to offer taste samples in your food pantry, whether it be cutting a fresh pineapple or cooking rice and beans. One food pantry followed these guidelines to prepare a simple beef stew with COOP beef and free produce, as well as a smoothie with USDA frozen blueberries, bananas, the USDA shelf stable milk and some donated/salvage yogurt. For more information, please contact Kerry at 518-786-3691 x260 or KerryL@regionalfoodbank.net



Just Say Yes to Fruits and Vegetables Nutrition Educators will work with selected food pantries to implement changes that focus on increasing the selection of fruits, vegetables, legumes, and whole grains among food pantry shoppers through our Healthy Pantry Initiative. To contact a JSY Nutrition Educator, see page 2 for more information.

Sign up to receive Food Recall Notifications at www.recalls.gov



It seems that every time we turn around, another food is being recalled by the FDA or by the USDA. While the majority of recalls don't affect the foods available at the Regional Food Bank, there are some recalls that do!

When we are notified of any recall, our USDA, COOP and Donated Inventory are checked for possible involvement. We also check any UNSORTED Salvage product, but once the Salvage product has been sorted, there is no way to check each case on a daily basis for possible involvement in a Food Safety Recall. Additionally, you do not receive all of your food from the Food Bank, so it's important to check any products you have at your program!

Please sign up to receive the Food Safety Recall emails directly, so that you're aware of any recalls that may affect your inventory at www.recalls.gov. From the menu on the left, choose the red circle that says "Sign Up for E-Mails. From there, be sure to choose both FDA and USDA. The USDA will issue recalls for meat, poultry and eggs, while the FDA issues all other food recalls.

Just Say Yes to Fruits and Vegetables

NUTRITION AS WE AGE

Nutrition plays a huge part in how we age as we grow older. Following a well-balanced and proper diet can help us gracefully age and combat chronic illnesses as we do so. Getting adequate nutrients such as potassium, calcium, vitamin D, vitamin B12, and dietary fiber can help us to fight or manage chronic illnesses, maintain a healthy weight, and keep energy levels stable. As we age our eating habits change. It's important to listen to our bodies and adjust as we feel is right. Oftentimes, medications can affect the way our food tastes, and even our appetites. Use an array of herbs and spices instead of additional salt to make foods more flavorful if you're having a hard time tasting. If you find that you're eating less, try to make the foods you eat count. Choose nutrient dense foods such as nuts, seeds, fruits, and vegetables to supplement your diet and keep the nutrient level high. Try low-fat yogurt and milk to keep your calcium and vitamin D levels up. It's also very important to stay hydrated; dehydration can cause us to feel hungry, tired, cranky, and it can make us forgetful. Many of the symptoms we feel, such as headaches, are signs of dehydration. Keep a bottle of water nearby, you may even want to schedule time to sit down and drink at least 8 ounces of water a few times a day.



As we age it's also smart to stay active in whatever way you can! You should try to be active at least 3 days a week. This can include walking/speed walking, running, playing with the grandkids, and housework. You can also do exercises with light weights or exercise bands to help with your balance, this can help eliminate falls. If you're unsure of your fitness level make sure to speak to your doctor so that you don't run the risk of injury.

Nutrient Dense Fruity Banana Smoothie:

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| <p>Ingredients:</p> <ul style="list-style-type: none"> 1 peeled banana 1 cup vanilla yogurt 2 cups sliced peaches 2 cups frozen strawberries 1/2 cup baby spinach leaves 1/4 cup skim milk | <p>Instructions:</p> <ol style="list-style-type: none"> 1. Mix all ingredients in a blender. 2. Blend until smooth, adding more liquid if necessary. 3. Serve and enjoy! 4. Refrigerate leftovers. <p>Makes 4 servings</p> |
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Why not have **Just Say Yes to Fruits and Vegetables (JSY)** visit your agency? We provide free nutrition education, cooking demonstrations, and produce. Please call the Nutrition Educator in your county listed below.

Kristyn Bopp, 518-786-3691 x225, KristynB@regionalfoodbank.net
& Denise Schultz, 518-786-3691 x269, DeniseS@regionalfoodbank.net

Serving the following counties: 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 the following counties: Dutchess, Orange, Putnam, Rockland, Sullivan and Ulster

REGIONAL FOOD BANK DELIVERY SITES FOR 2019

Please remember to arrive on time or even 15 minutes ahead of time and to bring a vehicle large enough to accommodate your order.

Amsterdam/Gloversville

Stop #1: The Parish of St. Joseph, St. Michael, our Lady of Carmel
 39 St. John Street, Amsterdam
Stop #2: Gloversville City Lot
 Between Bleeker and Elm Streets,
 Gloversville

Brewster

495 Gage Rd.
 Brewster

Cobleskill

Price Chopper Parking Lot, Cobleskill

Coxsackie

Coxsackie Village Hall
 119 Mansion St.
 Coxsackie, NY 12051

Ft. Edward

Kingsbury Volunteer Hose Company
 3715 Burgoyne Ave.
 Hudson Falls, NY 12839

Goshen

Goshen Highway Department
 44 Police Drive, Goshen, NY 10924

Glens Falls

Pine Knolls Alliance Church
 614 Gansevoort Road, South Glens Falls

Hamden

Delaware Opportunities
 35430 State Highway 10, Hamden

Highland

Park and Ride Lot
 Rts. 9W and 299, Highland

Hudson

St. Mark's Lutheran Church

Kingston

340 Plaza Road, off Schwenk Drive,
 Kingston

Monticello

Thompson Town Hall Lot, Monticello

Oneonta

South Side Mall
 Northeast Corner of Lot,
 Adjacent to Rt. 23, Oneonta

Saranac Lake/Malone

Stop #1: Saranac Lake
 Saranac Lake Civic Center
 Ampersand Avenue, Saranac Lake

Stop #2: Malone

ALDI Plaza
 3324 State Route 11, Malone

Schroon Lake/Plattsburgh

Stop #1: Exit 27

Mountainside Ministry Cntr, Schroon Lk.

Stop #2: The Oval on the Old Air Force Base, Plattsburgh

Stony Point

Cornell Cooperative Ext. Lot
 10 Patriot Hills Drive, Stony Point

West Nyack

Jewish Family Services Parking Lot
 450 West Nyack Rd, West Nyack

NEW ITEMS IN STOCK AT THE FOOD BANK!

#1550-SALTED BUTTER 36/1 LB PACK-LATHAM ONLY

#1546-DRYER SHEETS 12/40 CT BOXES-LATHAM ONLY

#1800-PREPARED FOODS (CULINARY ARTS INSTITUTE) AVG. WT 15 LBS-CORNWALL ONLY

Salvage Meat Explained!

At \$.16 a pound, salvage meat is an amazing deal, but many agencies have questions about this product. While "salvage meat" may not have a pretty name, it simply means that it has been donated by grocers and frozen on or before the sell by date. The product is sorted frozen and will be distributed frozen, which extends the meat's quality and wholesomeness.



It is normal for the color of the meat to vary due to many factors. The only colors of meat that are unsafe is black and green. Please note that deep burgundy and dark brown are not the same as black.

We have the following types of salvage meat:

165 Salvage Beef:

Assorted cuts of beef that range from ¼ pound to 6 pounds per package

166 Salvage Poultry:

Assorted cuts of poultry that range from ¼ pound up to 6 pounds per package

167 Salvage Pork:

Assorted cuts of pork that range from ¼ pound up to 6 pounds per package

183 Salvage Meat (Pantry):

An assortment of family-size cuts of meat that range from ¼ pound up to 6 pounds per package

185 Salvage Meat (On-Site):

Assorted larger cuts of meat, not available to food pantries due to the packaging sizes

WELCOME TO OUR NEWEST MEMBER AGENCIES!!

Calvary Assembly of God Food Pantry, Glens Falls (Warren County)

Prabhuj Mission Food Pantry, Round Top (Greene County)

Project Lift, Saratoga Springs (Saratoga County)

Second Baptist Community Cupboard Food Pantry, Edmeston (Otsego County)

Yes. I. Am., Amsterdam (Montgomery County)

AMEN Food Pantry

InFlight, Inc.-Red Hook Day Program



USDA FEATURED PRODUCT: #U977 USDA Dry Split Peas

Split Peas are part of the "legume" family, along with beans, lentils, and soybeans. They are not to be confused with green peas or "garden peas," which are considered a starchy vegetable.

Split peas make a great protein substitute due to their high protein content, plus they come with a lot of additional health benefits. ½ cup of cooked split peas contains about 115 calories, 8 grams of protein, and 8 grams of fiber. They are also low in fat, and a good source of folate, iron, and potassium (though not as high as lentils).

Split peas aren't just for pea soup (though that's delicious, too)!

Split peas can be added to other soups, prepared as a side dish, pureed into dips, turned into curries and other Indian dishes, sprinkled on a salad, or even incorporated into burgers or meatloaf.

Below, find a few Split Pea recipes to share with your clients!



Split Pea Hummus

Ingredients:

- 1 cup dried green split peas
- 1 garlic clove
- 1/2 teaspoon salt, divided
- 1/4 cup olive oil
- 1 tablespoon lemon juice
- 1/4 teaspoon ground cumin

Directions:

1. Sort and rinse peas. Bring garlic clove and 3 cups water to a boil in a medium saucepan.
2. Add peas; return to a boil. Cover, reduce heat and simmer 25 minutes.
3. Stir in 1/4 teaspoon salt, cook 15 minutes or until tender. Drain well.
4. Combine peas, olive oil, lemon juice, cumin and 1/4 teaspoon salt in a food processor; pulse until smooth, stopping to scrape down sides as needed.
5. Refrigerate.

Adapted from Southern Living

Crispy Split Peas

Ingredients:

- 1/2 cup dried green split peas
- 1/2 tablespoon vegetable oil
- 1/2 teaspoon salt
- 1 teaspoon any herbs/spices desired

Directions:

1. Sort and rinse peas. Cover peas with water and soak for 4 hours.
2. Drain and pat dry.
3. Over medium-high heat, coat a large skillet with the oil.
4. Add the split peas along with the salt and the desired seasoning and stir frequently until golden in color and crunchy in texture (7-10 minutes).
5. Remove from pan and serve, or store in an air-tight container. They remain crisp for a few days after cooking.

Adapted from www.everylastbite.com



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: February 12, March 11, April 17

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:

February 6: Regional Food Bank of NENY, 965 Albany Shaker Rd, Latham

*April 8: **Food Safety & Orientation** 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.

Lunch and Learn Webinar: Beyond the Pantry

February 14

Join our panel of experts and learn how to make an impact on food insecurity *beyond the provision of emergency food*. Panelists will discuss the current food insecurity advocacy agenda, WIC & SNAP Outreach, the Summer Food Service Program and Nutrition Education.

Health Day (NARCAN and First Aid/CPR)

Upcoming Dates and Locations:

March 8: Regional Food Bank of NENY, 965 Albany Shaker Rd., Latham, NY

March 12: Solid Rock Church of God, 20 Holloran Rd., New Windsor, NY

Join us and learn how to use Narcan Nasal Spray. Narcan is the first and only FDA-approved nasal spray for the emergency treatment of opioid overdose. This training was designed for non-medical professionals to help reduce and prevent the effects of opioid overdose on your community. Learn how to properly administer CPR/AED techniques to adults. There is a \$75 certification fee for this CPR class. Checks may be made payable to Virginia DiOrio and must be presented upon entry to the workshop.

Mental Health Workshop

Upcoming Dates and Locations:

April 9: Solid Rock Church of God, 20 Holloran Rd., New Windsor, NY

This workshop is designed to raise awareness about the challenges that clients with mental illness face when receiving services.

AGENCY EDUCATION CONTINUED & AGENCY SPOTLIGHT

Fundraising & Succession Planning

May 2: Regional Food Bank of NENY, 965 Albany Shaker Rd., Latham, NY

Is your budget getting stretched too tightly? Learn tried and true fundraising methods and brainstorm with your fellow providers to make a plan that works for your program. In addition to fundraising, this workshop will discuss the import of identifying all key tasks performed by those in your organization, providing opportunities to cross train, and developing a plan to ensure quality services continue seamlessly in the event of the departure of key staff.

Chopped

May 7: Regional Food Bank of NENY, 965 Albany Shaker Rd., Latham, NY

Love watching Food Network's CHOPPED and CUTTHROAT KITCHEN and want to give it a try? Are you feeling adventurous and creative? Get ready to cook using foods in the mystery basket. What would you make if you were given canned beets, ground turkey, and pasta? And what if your only cooking source was a microwave? Imagine how your clients may handle this. Back by popular demand!

AGENCY SPOTLIGHT: Franklin Community Center Food Pantry

Franklin Community Center has a mission "to help improve the quality of life and foster a sense of neighborhood, community and family for all people in Saratoga County." In 2017, their food pantry was one of the first to partner with the Regional Food Bank's Just Say Yes to Fruits and Vegetables program in the Healthy Pantry Initiative. Within that first year, strategies (nudges) were developed to identify and promote healthy foods in the pantry using eye-catching signs shaped like super stars, and then promoting those foods in an appealing way and creating positive experiences through nutrition education.

Among the variety of nudges implemented, Julie Slovic, the Food Program Administrator at Franklin Community Center, felt that "the most successful in promoting healthier food choices was our Blue Door Chef Special." This was a pre-packed meal kit with a simple healthy recipe that included all the ingredients along with nutritional facts. One of their customers stated the following after receiving a Blue Door Chef Special, "The Black Bean & Rice package I received was awesome. I cooked it in my crockpot, followed the simple instructions and added extra garlic. Wow, it's now going to be part of my regular menu." Julie commented that "we continue to use the super stars and meal packages which to me are the perfect way to promote healthy food choices while building awareness about the nutritional value."

Julie and her team have continued to carry on their push to promote healthier lifestyles in a variety of different ways. Before the Healthy Pantry Initiative, they had built a community garden right outside their food pantry. The garden is run by local volunteers and every year it seems to grow in size and output. The harvest is provided to the pantry customers. The pantry has also implemented a Fresh Produce Day a couple times a month during the summer where customers are invited to shop for a huge variety of fresh fruits and vegetables. They can also pick up recipes and handouts on how to prepare the produce as well.

If your pantry is interested in learning more about the Healthy Pantry Initiative and how it can be implemented, please feel free to contact your JSY Nutritionist (see page 2)

