

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 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							3					18
Alternate Dist - Cornwall	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	6,19,21,21	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

November 2018

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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.

From the Bottom of Our Hearts, Thank You

Without you, thousands of our neighbors would go without nutritious meals. Without YOU, the most vulnerable would not have a friendly face to turn to, a listening ear, and for many, someone who cares.

At this busy time of year, you may not always hear "thank you" as often as you should. From the bottom of our hearts, THANK YOU. We value our partnership, your dedication and your continued commitment to serving our neighbors in need.

POLICY UPDATES:

ONLINE HPNAP REPORTING

Starting with the November 2018 report, all HPNAP reports must be submitted online in our ordering system Primarius Web Windows (PWW)!

If your agency does not yet have a log-in, you are required to take a one-time training via webinar or in-person as part of our Food Bank Orientation. Upcoming dates are as follows:

- 11/14/18, 10:00am-11:30am – Webinar
- 11/28/18, 9:30am-12:00pm – In-Person Orientation (at Cornwall Public Library)
- 12/3/18, 1:00pm-2:30pm – Webinar
- 12/4/18, 9:30am-12:00pm – In-Person Orientation (at Regional Food Bank, Latham)

If your agency already has a log-in, you can start submitting your HPNAP reports online anytime! For instructions, please click on "Directions for HPNAP Reporting in PWW" at <https://regionalfoodbank.net/agency-resources-and-forms/>

Contact Cheyenne Bratton at cheyenneb@regionalfoodbank.net or 518-786-3691 ext. 259 with any questions or to sign up for a training.

NEW SNOW POLICY FOR GOSHEN, MONTICELLO, STONY POINT & WEST NYACK DELIVERY SITES:

In order to accommodate any snow emergencies this winter, we have instituted a "Snow Emergency Policy". If we have determined that a delivery must be cancelled due to forecasted inclement weather, we will notify all agencies by 10 a.m. the day before delivery. If a delivery has been cancelled due to snow, the product will be delivered to the Food Bank of the Hudson Valley warehouse in Cornwall-on-Hudson where you will be scheduled to pick up your order on an alternate date.

"LIKE" US!

Our Just Say Yes to Fruits and Vegetables nutrition education program now has a Facebook page!

Follow us as we share new and fun recipes, how-to's and other fruit and vegetable facts.

**Find our group on Facebook at:
"JSY Regional Food Bank of NENY & FBHV"
and request to join!**



Just Say Yes
To Fruits & Vegetables



Beans, Beans, the Magical Fruit

While they are not actually a fruit, beans are just as much of a powerhouse food as that last apple or banana you ate and are considered a very nutrient dense food. This means beans are loaded with many health benefits and are low in calories. Beans contain iron that is important for healthy blood and energy, potassium for muscle health, magnesium for heart health, and calcium for bones. Beans are also an excellent source of fiber which helps keep you full longer and helps to control your appetite.

Another benefit of beans is that they are an excellent source of protein. Our bodies use protein as the building blocks for muscle, bones, cartilage, skin, and blood. Because they are a protein powerhouse, beans are a really great substitution for the more expensive meats. Switching just one meal a week can help stretch your food dollars.

What many people may not realize is that beans are an extremely versatile food. They come in many forms: dried, canned, and even frozen. They are also really good at taking on any of the flavors you add to them.

Here are some ways to enjoy beans in many of the dishes you prepare:

- ⇒ Add beans to soups, stews, salads or casseroles.
- ⇒ Try adding dried lentils to sauces such as spaghetti sauce. Dried lentils cook similarly to rice so they don't need to be pre-soaked like other dried beans. Once the lentils are soft they will help to thicken your sauce and you won't even taste them. To make your sauce smoother, use a potato masher to mash the beans down.
- ⇒ Substitute beans in your burgers or meatballs.
- ⇒ Mashed or pureed beans are a great addition to many desserts too. Try adding black beans to brownies, or white beans to muffins or cake.

So try this easy Split Pea Fritter recipe below and remember to plan ahead: January 6th is National Bean Day!

SPLIT PEA FRITTERS Makes 4 Servings

Ingredients:

1 cup split peas
1 medium onion, chopped
2-3 garlic cloves, peeled and chopped
1 handful cilantro
1 1/2 teaspoons cumin
3/4 teaspoon salt
1 to 2 teaspoons vegetable oil

Directions:

1. Soak split peas for a minimum of 4 hours. Drain and rinse.
2. Add all ingredients to a food processor or blender and pulse to combine.
3. Heat oil in a skillet. Scoop a spoonful of mixture into your hand and form into a loose ball. Add to pan and flatten with a spatula. Be careful not to overcrowd.
4. Cook until golden brown, approximately 3 minutes, flip and repeat until cooked on the other side.

AGENCY ADVISORY COUNCIL CONTACT INFORMATION

Our Agency Advisory Council members have agreed to assist fellow agencies with answering questions, taking suggestions and providing mentorship and guidance to fellow Food Bank member agencies working to address food insecurity in our region. If you would like to speak with your County's representative, please find his/her contact information below.

County	Contact	Program	Email Address
Albany	Angela Warner	St. Vincent de Paul Food Pantry	socialjustice@stvincentalbany.org
Clinton	Dorothy Latta	Plattsburgh Interfaith Food Pantry	LattaDM@gmail.com
Columbia	Jack Lindsay	Neighbors Helping Neighbors FP	jacklindsey@fairpoint.net
Delaware	Carol Hogan	Stamford Sacred Heart Food Pantry	hogan.gilboa@gmail.com
Dutchess	Yemi Odeniyi	RCCG Restoration Arena Food Pantry	yodeniyi@gmail.com
Essex	Melinda Morin	Town of Moriah Food Pantry	melindamorin@nycap.rr.com
Franklin	Juanita Brooks	Brandon Wesleyan Food Pantry	dublrev@gmail.com
Fulton	Roger Rhodes	Johnstown Churches Council FP	rrhodes916@yahoo.com
Greene	Charlotte Carter	Coxsackie Community Food Pantry	carter1236@hotmail.com
Hamilton	Deb Ameden	Indian Lake NOC Food Pantry	hamiltoncountycaa@gmail.com
Montgomery	Karl Andrejczyk	AMEN Soup Kitchen	kfernwood@gmail.com
Orange	Rev. Vonnie Hubbard	Shepherd's Kitchen	mavhubbard@msn.com
Otsego	Claudia Jenkins	Unadilla Community Food Pantry	cjgs@frontiernet.net
Putnam	Judy Callahan	Putnam CAP FP/SK	jcallahan@westcop.org
Rensselaer	Vangerl Pegues	Salvation Army Troy FP/SK	vangerl.pegues@use.salvationarmy.org
Rockland	Paula Klein	TOUCH, North Rockland FP	pklein@touch-ny.org
Saratoga	Julie Slovic	Franklin Community Center FP	julie@franklincommunitycenter.org
Schenectady	Denise Cokes	Family Life Center Shelter	dcokes@citymission.com
Schoharie	Margaret Karker	Cobleskill United Methodist Pantry	ml41karker@peoplepc.com
Sullivan	Coralie Bloom	The Shepherd's Pantry	mymadison22@yahoo.com
Ulster	Suzy Hinchey	Ulster Community Action FP	shinchey@uccac.com
Warren	Judy Carr	North Country Ministry FP	leavenhouse2@frontier.com
Washington	Maryann McGeorge	Comfort Food Community FP	maryann.mcgeorge@gmail.com

WISHING A HEARTFELT THANK YOU TO OUR ADVISORY COMMITTEE MEMBERS
FOR THEIR WILLINGNESS TO SERVE IN THIS CAPACITY.

HOLIDAY TURKEY SAFETY TIPS

FRESH TURKEYS

- Purchase your turkey no earlier than 1 to 2 days prior to cooking.
- Once home, keep your turkey stored in a refrigerator until you're ready to cook. Keep it on a tray, or in a pan to prevent leakage.

FROZEN TURKEYS

- The refrigerator is the safest way to thaw your bird. Leave it in the original packing and place in a shallow pan on the bottom shelf of the refrigerator. Allow 24 hours for every 4 to 5 pounds of bird. A 20 pound turkey will take 4 to 5 days to thaw.
- The other safe way to thaw the turkey is in cold water. Leave it in the original packing, place in a clean and sanitized sink or pan, and keep it covered in cold water. **Change the water every 30 minutes.** Allow 30 minutes per pound to thaw. A 20 pound turkey will thaw in cold water in 10 hours.

PREPARATION

- Don't forget to remove the giblet packages and cook them separately!
- For optimum safety, stuffing a turkey is not recommended. For more even cooking it is recommended that the stuffing be cooked separately. If you choose to stuff your turkey the following procedures are recommended:

*Fill the cavity loosely and don't overstuff it.

*The stuffing should be moist as heat destroys bacteria more effectively in moist environments.

*Cook the turkey immediately after stuffing.

*Use a food thermometer to make sure the center of the stuffing reaches an internal temperature of at least 165°F.

- Wash hands, utensils, cutting boards, countertops, the sink, and anything else that contacts raw turkey and its juices with soap and hot water, then sanitize with bleach solution.

ROASTING

The following two tables show approximate cooking times for unstuffed and stuffed turkeys. These tables are based on an oven temperature of 325°F. Your turkey is safe when cooked to a minimum internal temperature of 165°F as measured with a food thermometer in the innermost part of the thigh, and the thickest part of the breast.

Use the timetables below to determine how long to cook your turkey:

Unstuffed

12 to 14 pounds	3.5 to 4 hours
14 to 18 pounds	4 to 4.25 hours
18 to 20 pounds	4.25 to 4.75 hours
20 to 24 pounds	4.75 to 5.25 hours

Stuffed

8 to 12 pounds	3 to 3 1/2 hours
12 to 14 pounds	3 1/2 to 4 hours
14 to 18 pounds	4 to 4 1/4 hours
18 to 20 pounds	4 1/4 to 4 3/4 hours
20 to 24 pounds	4 3/4 hours to 5 1/4 hours

USDA UPDATES

TRADE MITIGATION PROGRAM LEADS TO UNPRECEDENTED LEVELS OF USDA COMMODITIES

In 2018, the United States instituted tariffs on various imports, resulting in foreign countries retaliating with tariffs imposed on American exports, the most plentiful being foods. As a result, farmers have been unpaid with a surplus of food commodities. To help the farmers offset these losses, the USDA has appropriated 1.2 billion dollars over the course of 2019 towards additional USDA Commodity items.



What does this mean for you?

Beginning in January, in addition to the regular commodities we usually have available in our "USDA" inventory, we'll have a huge amount of fresh milk, pork products (pork loin, canned pork, ham, pulled pork, etc.), fresh produce such as potatoes, pears, oranges, grapefruit, grapes, and apples, beans, brown and white rice, and CHEESE! While our orders of these items are subject to being cancelled (as all USDA orders are), we have reason to believe they will arrive as scheduled.

ITEM #960 USDA Kidney Beans (Dry), ITEM # 988 USDA Pinto Beans (Dry)

Beans and Rice

Makes 5 servings

Ingredients:

1 tablespoon vegetable oil
1 onion, chopped
1 green pepper, chopped
2 garlic cloves, minced
1 can (14.5 ounces) diced tomatoes
2 cups cooked beans
1 teaspoon chili powder
1 1/2 cups uncooked brown or white rice
Salt and pepper to taste

Directions:

- Heat oil in a large pot over medium heat.
- Add onion, green pepper and garlic. Cook until soft.
- Stir in tomatoes, beans, 3 cups water, and chili powder.
- Bring to a boil and stir in rice.
- Reduce heat, cover, and cook until rice is cooked, about 30-40 minutes.
- Let stand for 5 minutes and then serve. Enjoy!
- Refrigerate leftovers.

Rancher's Beans

Makes 10 servings

Ingredients:

1 teaspoon vegetable oil
1/4 cup chopped bell pepper
1/4 cup chopped onion
4 cups cooked beans
1/2 cup tomato sauce
2 tablespoon brown sugar
1 tablespoon mustard
Salt and pepper, to taste

Directions:

- Heat oil in a large pot over medium heat.
- Add peppers and onions and cook over medium heat until soft, about 3 minutes.
- Add beans, tomato sauce, brown sugar and mustard.
- Cook uncovered for 10 minutes until thoroughly heated.
- Add salt and pepper to taste. Enjoy!
- Refrigerate leftovers.

Please note: due to large quantities in inventory, there are NO LIMITS on these items

FOR SIMILAR RECIPES, PLEASE VISIT WWW.JSYFRUITVEGGIES.ORG

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: November 14, December 3, January 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:

November 28: Cornwall Public Library, 395 Hudson St, Cornwall

December 4: Regional Food Bank of NENY, 965 Albany Shaker Rd, Latham

January 29: Solid Rock Church of God, 20 Holloran Rd, New Windsor

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.

Nutrition Knowledge Webinar

January 11

Join us for a Nutrition Knowledge WEBINAR and bust some of those Nutrition Myths in an interactive game-like format designed to test and improve your knowledge! **No travel required!**

DO YOU HAVE A WORKSHOP OR TRAINING IDEA?

We encourage you to share your thoughts!

It is likely that other programs are having similar challenges and may learn from your ideas!

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

PEOPLE TO PEOPLE RECOGNIZED AS MEMBER AGENCY OF THE YEAR

The Food Bank's Agency Advisory Council selected People to People as the Food Bank's first annual Agency of the Year. The agency, located in Rockland County, provides 1,400 households with monthly food packages, information and referral services, clothing, and school supplies and holiday gifts for children from low-income families.

The agency participates in the Food Bank's Retail Store Donation program by picking up food at area retailers and distributing it to struggling families. This year, with support from the Food Bank, the pantry transitioned from providing clients with bags of prepacked food to allowing clients to choose items they need. People to People also participates in the Food Bank's Mass Distribution Program, which provides individuals with access to food beyond what is received at the pantry.



According to People to People's Executive Director, Diane Serratore (pictured here with Executive Director, Mark Quandt), "People to People feeds nearly 4,000 low-income Rocklanders every month and could not do what it does without the significant support of the Regional Food Bank."

Congratulations, People to People, and thank you for all of the wonderful work you do to partner with us to help us realize our mission to alleviate hunger and eliminate food waste!

WELCOME TO OUR NEWEST MEMBERS:

South End Neighborhood Tutors, Inc.

Summer Lunch Bunch

Family Benevolence Services, Inc.

Grace and Mercy Food Pantry

Guilderland Food Pantry

The Pantry at DCC Dutchess

Green Chimneys T.L.P.

Addictions Care Center, Inc. Women's Program

NEW COOP ITEMS IN STOCK AT THE FOOD BANK!

ITEM #1544- LASAGNA NOODLES 12/1 LB BOX (BOTH WAREHOUSES)

ITEM #1545-RUBYKIST 100% ORANGE JUICE 12/46 OZ. BOTTLES (LATHAM ONLY)