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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.*

Thank you

*At this busy time of year, we thank you for all that you do to touch the lives of those in need in our community. Your kindness, hard work and dedication do not go unnoticed, and are so greatly appreciated.*

*Wishing you and your loved ones Happy Holidays and a healthy, happy New Year.*

**CoNSERNS-U**



In this issue of Feeding With Thought, we are recognizing the Rensselaer County Food Pantry, CoNSERNS-U.

CoNSERNS-U is going above and beyond during the holidays for their clients. Not only are they providing a holiday meal complete with a turkey for Thanksgiving, chicken for Christmas, ham for Easter, and a pie for dessert, but also a full pantry bag of fixings and enough for three meals for each family member. Providing clients with a full pantry bag during holiday distributions means that families are able to provide not only a nice holiday dinner but also a holiday-worthy breakfast that they might otherwise go without.

Full pantry bag holiday distributions and the "Christmas store" are some things that set CoNSERNS-U apart from other programs.

The Christmas store allows clients to "shop" for their children's gifts. Colleen Pidgeon works hard to make sure that the store is stocked with enough toys, books, clothes and other items to make it client choice. Ensuring that even the last person who goes through has an abundance of items to choose from. What happens to all the extra items that are not taken you ask? Well fear not, those items are given to another organization that passes out holiday gifts!

Additionally, on the two days the Christmas store is open, CoNSERNS-U invites providers to come "table" in their space. Clients are able to walk around and get information about food stamps, WIC, health insurance and other resources that they may need.

CoNSERNS-U doesn't stop their outreach and collaboration with providers after the holidays are over. Each week the NOEP coordinator and individuals from Fidelis care are at the pantry working with clients to make sure they have all the services they need.



## **Staying Active in the Fall**

Fall is upon us and that means the cold weather is here too. In the fall and winter many people focus less on being outdoors and more on getting cozy on the couch in front of the fireplace and the television. This doesn't mean that our physical activity should fall to the wayside. It's important throughout the year to stay active and keep your body moving. Adults should get at least 30 minutes of physical activity a minimum of 5 times per week. You probably think that you won't have as much time in the winter and fall with all of the fun activities coming up, but did you know that many of those activities count as physical activity? This includes apple and pumpkin picking which is a combination of endurance, balance, and strength exercises, which are all important to our health and well being. Housework also counts as physical activity. So while you're readying the house for company know that all of your hard work is good for your body and your health. You can also do low impact workouts in your living room by using resistance bands and finding a free workout video on YouTube or checking one out from your local library. Along with being physically active during the cold months of the year, it's also important to think of the food you're putting into your body. The fall is full of so many delicious fruits and veggies including apples, pears, mushrooms, potatoes, onions, Brussels sprouts, green beans, and hard winter squash of all sorts including: spaghetti squash, acorn squash, pumpkins, and butternut squash, just to name a few. Below is a simple recipe to use up your apples from getting your physical activity by apple picking along with another fall treat, Brussels sprouts!

### **Brussels Sprouts with Apples and Onions**



#### **Ingredients**

1 tablespoon vegetable oil  
 1 cup diced onion  
 4 cups sliced Brussels sprouts  
 2 cups diced apple  
 4 tablespoons lemon juice  
 1 teaspoon black pepper  
 Salt, to taste

#### **Instructions**

1. Heat oil in a large pan over medium heat.
2. Add onion. Cook for 5 minutes, stirring often, until soft.
3. Add Brussels sprouts and cook 5 minutes, stirring often.
4. Add the apple and cook 5-10 minutes, or until apples are soft.
5. Remove from heat. Add lemon juice, pepper and salt. Mix well.
6. Serve hot and enjoy!
7. Refrigerate leftovers.



**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, Nutrition Educator, 518-786-3691 x225 [KristynB@regionalfoodbank.net](mailto:KristynB@regionalfoodbank.net) or**

**Denise Schultz, Nutrition Educator, 518-786-3691 x269 [DeniseS@regionalfoodbank.net](mailto: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 counties

**Monica Cieslak Morgan, Nutrition Educator, 845-534-5344 x109 or email at [MCieslak@foodbankofhudsonvalley.org](mailto:MCieslak@foodbankofhudsonvalley.org)**

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

**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 and/or Operations Support (OSP):**

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. You will be notified of grant awards in October.

**If your agency was new to the Food Bank:**

If your agency was new to the Food Bank and did not have the opportunity to apply for 2018-2019 funding, you were given an opportunity to apply for both grants. You will be notified of grant awards in October.

**Looking ahead to the July 1, 2020-June 30, 2021 Grant Year:** Applications will be mailed out to Emergency Feeding Programs by March 1, 2020 and will be due back April 10, 2020.

**Slow Cooker Spaghetti Squash with Meat Sauce**

**Ingredients:**

- 1 Tablespoon vegetable oil
- 1 pound ground turkey or ground beef
- 1 jar (24 ounce) spaghetti sauce
- Handful of mushrooms, sliced
- 1 small onion, diced
- 1 clove garlic, minced
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1 (3 pound) spaghetti squash



**Directions:**

1. Heat oil in a large skillet over medium-high heat.
2. Cook meat in skillet, add to slow cooker.
3. Add spaghetti sauce, mushrooms, onion, garlic, and spices to slow cooker. Stir to combine.
4. Cut spaghetti squash in half lengthwise and remove seeds with a spoon.
5. Nestle squash cut-side down into sauce in slow cooker. Cover and cook on HIGH for 4 hours. Do not open lid during cooking time.
6. Remove squash from slow cooker; loosen strand with a fork. Spoon sauce on top.

**Serves 4**

*Adapted from Relish*

**ATTENTION AGENCIES THAT PICK UP IN WEST NYACK!**

**If your agency picks up at our West Nyack DELIVERY SITE, please note that we have CHANGED THIS LOCATION!**

**BEGINNING IN January 2020, YOUR DELIVERY SITE IS:**

**Redeeming Love Christian Center  
145 West Route 50  
Nanuet, NY 10954**

## 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: November 12*

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:*

*November 4: Orientation & Food Safety, Middletown Thrall Library, 11 Depot St, Middletown, NY 10940*

*December 11: 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.

## **2020 Agency Education Snapshot**

### **IN-PERSON WORKSHOPS:**

**Orientation & Food Safety  
Conflict Resolution and De-escalation  
Succession Planning  
Environmental Workshop  
Health Day  
Annual North Country Conference**

### **WEBINARS:**

**Mapping the Meal Gap  
2 Nutrition Based Webinars  
Volunteer Recruitment and Retention**

**Dates and times to be announced! There may be additional webinars offered and there may be amendments made to the list above. Keep an eye out for additional information via mailings, emails, website, and future newsletters.**

## AGENCY EDUCATION SURVEY RESULTS

### WE ASKED, YOU ANSWERED, WE LISTENED!!

Thank you to the 202 agencies that participated in our 2019 Agency Education Survey! We are thrilled with the feedback received and hope to see and/or hear from you as an attendee of our 2020 trainings! The information below outlines responses to our survey.

**QUESTION:** If interested in attending a Food Bank education opportunity, are there days of the week that work best for you?

**ANSWERS: Monday-40%, Tuesday-43%, Wednesday-55%, Thursday-42%, Friday-27%**

**QUESTION:** What time(s) is best for your program to attend a workshop?

**ANSWERS: Morning (8am-12pm)-68%, Afternoon (12pm-4pm) 53%, Evening (4pm-6pm)-10%**

**QUESTION:** What obstacles are preventing you/your program from attending Food Bank trainings?

**ANSWERS: Trainings are not relevant-13%, Topics are not interesting-3%, Travel-55%, Other-35%**

**QUESTION:** Would you prefer webinars or in person trainings?

**ANSWERS: Webinar-33%, In-person-21%, Mixed-46%**

**QUESTION:** Would your program be interested in participating in networking events?

**ANSWERS: Yes-60%, No-40%**

**QUESTION:** I have been able to incorporate what I learned in the trainings in my program.

**ANSWERS: Strongly Agree-37%, Agree-56%, Neither Agree nor Disagree-7%**

### OBSTACLES AGENCIES FACE IN RELATION TO ATTENDING WORKSHOPS

Many agencies stated that they experienced challenges with time/work, lack of coverage, travel and topic relevance.

We are always open to new ideas, feedback and changes. We will continue to do our best to provide you with the tools you need to enhance the services you provide to those you serve. Please feel free to reach out to the Member Services Department at any time. Thank you for your partnership!

### WELCOME TO OUR NEWEST MEMBER AGENCIES!

The Senior Citizens Center of Saratoga Springs (Saratoga Co.)  
 Young Parents United, Inc. (Schenectady Co.)  
 InFlight Inc.-Bridge St. Day Program (Columbia Co.)  
 Akwesasne Food Pantry (Franklin)  
 Bread of Life Outreach Food Pantry (Rensselaer Co.)  
 Nisky Now, Inc. (Schenectady Co.)  
 LRI-Adirondack Circle (Saratoga Co.)  
 Catholic Charities Food Farmacy (Schenectady Co.)  
 Wildwood Programs-Helderberg Ave. (Schenectady Co.)  
 Grafton Area Food Pantry (Rensselaer Co.)  
 Family YMCA Glens Falls (Warren Co.)  
 St. Theresa Community Meal (Greene Co.)  
 St. Mark's Lutheran FP (Columbia Co.)  
 South End Children's Café (Albany Co.)  
 SUNY Albany's Purple Pantry (Albany Co.)

## Soup's On!

**Try these hearty soups to warm your body and soul. All are heart-healthy, and use common ingredients. Enjoy!**

### Chicken Tortilla Soup

Makes: 6 servings Prep 5 minutes Cook 15 minutes

#### Ingredients:

- 2 cups corn
- 2 (14 1/2ounce) cans reduced-sodium chicken broth
- 1 (10 ounce) can chunk chicken, drained
- 2 cups cooked black beans, rinsed
- 1 (10 ounce) can diced tomatoes with green chili peppers

#### Directions:

Add all ingredients to a large pot. Simmer over medium heat until heated through, about 15 minutes.

### Kale and Chickpea Soup

Makes: 7 servings Prep: 15 minutes Cook time:45min

#### Ingredients:

- 1 medium onion, chopped
- 2 garlic cloves, chopped
- 1 bay leaf
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 2 tablespoons vegetable oil
- 1 large potato, peeled and cut into 1/2-inch pieces
- 1 bunch kale, tough stems discarded, then leaves very finely chopped, or 1 pound spinach
- 2 (14 1/2ounce) cans reduced-sodium chicken broth
- 1 (14-oz) can chickpeas, rinsed and drained
- 1/4 pound chopped ham

#### Directions:

1. Heat oil in a large pot over medium heat. Add onion, garlic, bay leaf, salt, and pepper and cook, stirring often, 5 to 7 minutes.
2. Add potato, kale, broth, and 2 cups water and cook, partially covered, until potatoes are tender, 15 to 20 minutes.
3. Reduce heat to low, then add chickpeas and ham, and gently simmer, uncovered, 3 minutes. Discard bay leaf and season with salt and pepper.

**Contact Kerry Leary, Nutrition Resource Manager at [KerryL@regionalfoodbank.net](mailto:KerryL@regionalfoodbank.net) or 518-786-3691 x260 for more tips**

### Chicken Corn Soup

Makes: 8 servings Prep 30 minutes Cook 2 hr 30 min

#### Ingredients:

- 3 pounds chicken parts, skin removed
- 8 stalks celery, diced
- 2 onions, chopped
- 1/2 teaspoon salt
- 3 cups frozen corn
- 12 ounces egg noodles
- Black pepper to taste
- 1 Tablespoon dried parsley

#### Directions:

1. Place chicken, salt, celery and onion in a large stock pot, and cover with water. Bring to a boil, then reduce heat and simmer for 2 hours or until the chicken has fallen from the bone.
2. Remove chicken from the pot, and set aside to cool. When chicken is cool enough to handle, remove and throw away the bones. Chop the chicken meat and return it to the stock pot.
3. Bring the broth back up to a boil. Add noodles and corn. Cook for another 6 minutes, or until noodles are done. Season with black pepper and parsley to taste.

### Pasta Fagioli Soup

Makes: 8 servings Prep 15 minutes Cook 16 minutes

#### Ingredients:

- 2 tablespoons vegetable oil
- 1 onion, diced
- 3 cloves garlic, chopped
- 1 (14 1/2 ounce) can diced tomatoes with basil, garlic and oregano
- 2 (14 1/2ounce) cans reduced-sodium chicken broth
- 8 ounce (about 2 cups) small pasta shells
- 1 teaspoon Italian seasoning
- 1 bunch fresh kale, tough stems discarded, cut into 1-inch pieces and washed, or 1 pound spinach
- 2 cans small white beans, drained and rinsed
- 1 tablespoon tomato paste
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Grated Parmesan cheese, for serving

#### Directions:

1. Heat oil in a large pot over medium heat. Add onion and cook 5 minutes. Add garlic; cook 1 minute.
2. Stir in tomatoes, broth and 3 cups water. Bring to a simmer over high heat. Add pasta and Italian seasoning. Cook, stirring, 5 minutes.
3. Stir in kale; cook 5 minutes more. Reduce heat to medium and stir in beans, tomato paste, salt and pepper. Heat through.
4. Ladle into bowls; garnish with Parmesan cheese.



## HOLIDAY TURKEY SAFETY TIPS:

### FRESH TURKEYS

- Purchase your fresh turkey no earlier than 1 to 2 days prior to cooking.
- Once home, keep your fresh 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 frozen 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, and wash then sanitize utensils, cutting boards, countertops, the sink, and anything else that contacts raw turkey and its juices.

### 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

#### Stuffed

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

# 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](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 2020

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

\* Please note that the warehouse will be closed for physical inventory on these days . 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!

