



**Regional
Food Bank**
OF NORTHEASTERN NEW YORK

Feeding with Thought

Member Agency Newsletter

February 2022

Agency Updates

Upcoming Workshops

All trainings will remain virtual for the time being. If you have any ideas for agency trainings, please contact anyone in our Member Services Department. We'd love to hear from you!

Upcoming workshops are listed below. Postcards will be sent in the mail the month before. Registration is done through the Agency Education section of our website.

- JSY for Agencies: Meal Planning with Recipe Demo - February 18th
- HPNAP / Operations Support - March 10th
- Cultural Overview: Part 1 of Cultural Inclusion Series - March 29th
- Orientation / Food Safety - April 26th

[Click to access webinar registration](#)

[Click to access our webinar recordings](#)

[Click to access our YouTube Channel](#)



Agency Spotlight: ALL AGENCIES

This quarterly newsletter spotlight is dedicated to ALL of our agencies. Every operation is so different and so valuable. As we enter into the new year we are excited to celebrate these differences and thank you! Thank you for every part of what you do. The countless miles driven, the donation of your time, the moving of your calendar to be available to the community and all the loading and unloading of product into and out of your vehicles. We thank you. Every year we grow together. The bumps and the bruises along the way are a small feat in comparison to our agencies and power of your work and collaboration. Please know we value you, your guests value you, and the work you do is simply invaluable.

Without you all, we would be so much farther from our goal of ending food insecurity.

Cultural Inclusion Efforts

In recent months, the Regional Food Bank has been working towards increasing our efforts to be inclusive throughout our operation. We are excited to share some of the progress we have made to ensure all community members are served equally and look forward to expanding on this work!

- We have added in-house translation services for callers who may need assistance.
- Sourced vendors for products to reflect surveys on community need. We now offer halal meat!
- Added a feature on our website and online ordering system (PWW) to allow suggestions 24/7 from agencies on highly requested items and feedback on current inventory.
- Our staff are working to solidify dates of future townhall style meetings to continue our conversations on agency experience and needs to serve all guests .
- Supported agencies in their expansion of hours to support people who have varied diets and cultural practices during meal times.
- Multi-part series from our in-house nutritionists on exploration of the relationship between food and the cultures in our society. (see workshops segment to signup)

Polystyrene (Styrofoam) Ban in NYS



We want to inform all of our feeding programs, especially soup kitchens, of a new New York State ban on Styrofoam. Please reference the article excerpt below from ncpr.com

"On Jan. 1, New York state's restaurants, grocery stores and other businesses will no longer be able to offer polystyrene foam containers for takeout food and beverages. A new law extends a ban on the containers in New York City to the rest of the state and is aimed at cutting down on litter from the non-biodegradable material, which is better known by its brand name, Styrofoam."

We have sourced non-Styrofoam, sturdy to-go containers as a possible solution to this in our COOP inventory. The cases are \$109.55 for 300 to go containers.

[Product # 1652 in our Inventory](#)

[Click Here to read the full Polystyrene Ban Article](#)

Agency Input

Agency Advisory Council - January Meeting Minutes

Click the button below to view the minutes from our January Agency Advisory Meeting! We discussed new feeding initiatives, changes in legislation that affect many soup kitchens and cultural inclusion efforts!

[Click to access January Agency Advisory Meeting Minutes](#)

We want your Feedback!

To promote an inclusive inventory that is mindful of diet preferences, desired products and cultural needs, we have created a feedback feature on our website! This is going to be listed under agencies and titled "Member Agency Suggestions". A form will appear on your screen. Please fill out all questions and click "submit." Your screen will then say "thank you" as the form is submitted! People can also look for a link to this feedback form on the main page of our online ordering system. After submitting your order, fill out the form to share your thoughts!

Please note, the Regional Food Bank does not guarantee that all submitted requests will be fulfilled. Sourcing of items will be based on several factors, which may include demand, availability, and cost. With your partnership, we can move the needle on food insecurity.

[Click to fill out the Member Agency Suggestions Form](#)

Advocacy for Food Access

2022 NYS and Federal Priorities for Food Relief Efforts

Click on the links below to see the focuses that both New York State and the Federal Government have placed on policy efforts.

[New York State Policy Priorities](#)

[Federal Policy Priorities](#)

Sign Up for Feeding America's Advocacy Emails

Consider signing up for Feeding America's emails regarding advocacy for legislative efforts surrounding food access. Topics such as appropriations, farming, and school feeding programs are all covered! Visit the link below to learn how you can become involved!

[Click to Sign-Up for Feeding America's Advocacy Emails](#)

General Resources

Friendly Reminder:

Masks are required for non-vaccinated visitors at the Regional Food Bank, Food Bank of the Hudson Valley and at delivery sites!



Please help us ensure that operations continue as best as they can to serve those in need throughout Northeast New York State. If you have questions please contact Member Services.
We continue to follow CDC guidelines

You can order at home COVID-19 tests for free!

The Federal Government has approved free at-home COVID-19 tests for all Americans! This can be a helpful tool to keep both you and your clients safe and healthy. Please follow the two links below to access the two methods to get tests.

1. Order tests delivered by USPS (Maximum 1 order per address): [CLICK HERE](#)
AND/OR
2. Access tests through your insurance (8 tests per insured person per month) : [CLICK HERE](#)

ATTENTION PARTNER AGENCIES THAT RECEIVE USDA COMMODITIES

WE HAVE NOT YET RECEIVED THE UPDATED 2022 INCOME GUIDELINES OR CIVIL RIGHTS TRAINING.
WE WILL INFORM ALL OF YOU ONCE THIS BECOMES AVAILABLE.

FOOD PANTRIES, SOUP KITCHENS, AND EMERGENCY SHELTERS:

Please be sure to remind your volunteers and staff to review the **annual** USDA CIVIL RIGHTS TRAINING and sign the USDA CIVIL RIGHTS DOCUMENTATION SHEET. In addition, please be aware of the procedure for reporting damaged lost or discarded USDA product and report if necessary.

CIVIL RIGHTS TRAINING- [CLICK HERE](#)
CIVIL RIGHTS TRAINING DOCUMENTATION SHEET- [CLICK HERE](#)

PROCEDURE FOR REPORTING DAMAGED, LOST OR DISCARDED USDA PRODUCT- [CLICK HERE](#)

USDA (ONLINE FORM) AGENCY LOG FOR DAMAGED, LOST OR DISCARDED USDA PRODUCT- [CLICK HERE](#)

USDA AGENCY LOG FOR DAMAGED, LOST OR DISCARDED USDA PRODUCT- [CLICK HERE](#)

FOOD PANTRIES ONLY:

Please be sure that pantry guests are completing the **annual** Self-Attestation Form

SELF-ATTESTATION FORM- [CLICK HERE](#)
SELF-ATTESTATION FORM SPANISH- [CLICK HERE](#)

Latest Updates Regarding COVID-19

COVID-19 Vaccine and General Information

For the most current information on COVID-19 protocols and the COVID-19 vaccine we ask that you refer to the New York state website. This resource will offer the most up to date information that can be provided. We will share updates when we receive them ourselves.

[Click to access Updates on COVID-19 Virus](#)

[Click to access Updates on COVID-19 Vaccine](#)

[Click to access Updates on the COVID-19 Vaccine Booster](#)

Apply for SNAP on the Regional Food Bank Website

You can now find information on how to apply for the Supplemental Nutrition Assistance Program, or SNAP, on our website! Located under our "Find Food" tab, you can check your availability for benefits, apply online, and find help in applying if you need further assistance. We are very excited to share this feature with you as we continue to move towards more sustainable feeding of our guests.

[Click to view our SNAP feature](#)



Food Benefits for Children and their Families:

Most eligible children have been issued P-EBT benefits for the 20-21 school year. Benefits still need to be issued to eligible children in private schools throughout the state, and NYC charter schools. NYS Office of Temporary and Disability Assistance (OTDA) is working to distribute those benefits. If you not received a benefit you believe your child is eligible for, you can call the NYS P-EBT Helpline at 1-833-452-0096 or fill out the [P-EBT information form](#).

The issuance dates for P-EBT Summer 2021 benefits have not been announced by the state yet. As soon as the timeline is available, it will be posted on the [NYS OTDA COVID-19](#) page.

Be sure to keep the EBT benefit cards that P-EBT benefits were issued on, even if you have used all of the current benefits. Any future benefits will be loaded onto those existing cards whenever possible. This will avoid any delays in needing to request replacement cards. If you need to order a replacement P-EBT card, instructions can be found [here](#). It may take several weeks for replacement card requests to be processed. If you need to update your address that is associated with your child's P-EBT case, you can call the NYS P-EBT helpline at 1-833-452-0096 or fill out the [P-EBT information form](#). You should submit only ONE request for an address correction, multiple requests may delay the process.

from hungersolutions.org

[Click here to read about EBT cards for families](#)

Nutrition Education

6 Can Soup



Ingredients

- 1 can (14 1/2 ounce) diced tomatoes (or Rotel), undrained
- 1 can (15 1/4 ounce) corn, rinsed and drained
- 1 can (15 ounce) minestrone soup (ready to serve)
- 1 can (15 ounce) mixed vegetables, rinsed and drained
- 1 can (15 ounce) black beans, rinsed and drained
- 1 can (15 ounce) broth of choice

Directions

1. Mix all ingredients in a pot.
2. Bring to a boil.
3. Reduce heat and simmer for 30 minutes.

Makes 6 servings

Adapted from food.com

Pasta Fagioli Soup



Ingredients

- 1/2 pound Italian sausage, casings removed, crumbled
- 1 small onion, chopped
- 1 1/2 teaspoons vegetable oil
- 1 garlic clove, minced
- 2 cups water
- 1 can (15-1/2 ounces) great northern beans, rinsed and drained
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 can (14-1/2 ounces) reduced-sodium chicken broth
- 3/4 cup uncooked elbow macaroni
- 1/4 teaspoon pepper
- 1 cup fresh spinach leaves, cut as desired
- 5 teaspoons shredded Parmesan cheese

Directions

1. In a large saucepan, cook sausage over medium heat until no longer pink; drain, remove from pan and set aside. In the same pan, sauté onion in oil until tender. Add garlic; sauté 1 minute longer.
2. Add the water, beans, tomatoes, broth, macaroni and pepper; bring to a boil. Cook uncovered, until macaroni is tender, 8-10 minutes.
3. Reduce heat to low; stir in sausage and spinach. Cook until spinach is wilted, 2-3 minutes. Garnish with cheese.

Makes 5 servings

Adapted from tasteofhome.com



African Sweet Potato Soup

Ingredients

- 1 teaspoon vegetable oil
- 1 small onion, chopped
- 1 large sweet potato, peeled and diced
- 2 cloves garlic, minced
- 4 cups reduced sodium chicken broth
- 1 teaspoon dried thyme
- 1/2 teaspoon ground cumin or curry powder
- 1 cup chunky salsa
- 1 can garbanzo beans (chick peas), drained and rinsed
- 1 cup diced zucchini
- 1/2 cup cooked rice
- 2 tablespoons peanut butter

Directions

1. Heat the oil in a stockpot over medium heat. Sauté onion, sweet potato, and garlic until onion is soft. Turn down heat if necessary to prevent browning.
2. Stir in the chicken broth, thyme and cumin. Bring to a boil. Reduce heat, cover and simmer for about 15 minutes. Stir in salsa, garbanzo beans and zucchini. Simmer until tender, about 15 minutes.
3. Stir in the cooked rice and peanut butter until the peanut butter has melted. Enjoy!

Makes 5 servings

National Oatmeal Month

January is National Oatmeal Month so let's talk about OATS! Oats are a whole grain, which means they have a high nutritional value including our favorite: FIBER!

Fiber is a necessary part of any diet, as it can lower cholesterol (LDL), regulate blood sugar, and most importantly, it keeps us regular and full! The average adult should consume about 25-28 grams of fiber daily. You'll find fiber in fruit, veggies, and whole grains. You'll never find fiber in animal proteins and dairy.

Since we are talking about oats, let's dive into the versatility of oats and oatmeal. Oats are an inexpensive whole grain that are typically available from the food bank. From a canister of oats you can make cereal, cookies, and granola. It can also be used instead of breadcrumbs in many recipes as a binding ingredient, this can be helpful for folks who are gluten intolerant.

Oatmeal makes a great, hearty breakfast, especially in these cold winter months. Oatmeal can be made with water, hydrated powdered milk, canned milk, or liquid milk. Oatmeal also has the ability to be served plain with little to no sweetener or toppings, or loaded up with fruits, dried or fresh, honey, nuts, and whatever else your heart desires. Oatmeal for breakfast or a snack can keep you full for quite some time due to the fiber found in the whole grain. When choosing oatmeal, instant packets can be full of added sugar, so if that's something you're looking out for make sure to read the ingredients and nutrition fact label on the item.



Basic Oatmeal Recipe

Ingredients

- 1 cup old-fashioned rolled oats
- 1 cup milk
- 1 cup water
- 1/8 teaspoon kosher salt
- 1/2 teaspoon ground cinnamon
- 1 teaspoon honey
- Desired toppings (such as sliced almonds, peanut butter, or fresh fruit)

Directions

1. Combine oats, milk, water, salt, and cinnamon in a medium saucepan.
2. Bring to a boil, then reduce heat to low.
3. Simmer uncovered for 3 to 5 minutes until thickened, stirring occasionally.
4. Remove from heat and let cool slightly.
5. Divide equally between two bowls. Drizzle each serving with 1/2 teaspoon honey. Add additional desired toppings and serve.

Figgy Cookies



Ingredients

- 1 cup flour
- 1 tablespoon baking powder
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/3 cup vegetable oil
- 1/2 cup packed brown sugar
- 1 egg
- 1 teaspoon vanilla extract
- 1/2 cup old-fashioned rolled oats
- 1/2 cup chopped dried figs

Directions

1. Preheat oven to 350° F. Grease 2 baking sheets and set aside.
2. In a medium bowl, mix flour, baking powder, cinnamon, and salt. Set aside.
3. In large bowl combine, oil, sugar butter and vanilla.
4. Add the dry ingredients to the wet ingredients. Stir in rolled oats and figs.
5. Spoon mixture onto cookie sheets.
6. Bake 12-14 minutes or until lightly brown.
7. Allow for cookies to cool for 5 minutes. Enjoy!
8. Store for up to 5 days in an air tight container.

Delivery Information

New Snow Policy for Goshen, Monticello, Stony Point and Nanuet Delivery Sites!



In order to accommodate any snow emergencies this winter, we have instituted a "Snow Emergency Policy" only for the sites listed above. 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 have 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 at an alternate date.

[Regional Food Bank Delivery Sites for 2022](#)

[Regional Food Bank Delivery Dates for 2022](#)

[Distribution and Delivery Calendar for 2022](#)

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)

