



Regional Food Bank

OF NORTHEASTERN NEW YORK

Feeding with Thought

Member Agency Newsletter
February 2021

Special Electronic Edition

Agency Updates

Upcoming Workshops

All in-person workshops both in Latham and the Hudson Valley are cancelled until further notice, we have gone virtual!

If you have any ideas for virtual 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.

- Regional Food Bank and Online Ordering Orientation AND Food Safety (two dates available)
- Nutrition and Mental Health
- HPNAP/ Operations Support (OS)
- Volunteer Recruitment and Retention

[Click to access webinar registration](#)



Agency Spotlight: AMEN Food Pantry

In this issue of Feeding with Thought, we would like to recognize AMEN Food Pantry in Montgomery County. AMEN Food Pantry has more than doubled their distribution during the COVID-19 crisis.

The Amsterdam community is greatly in need of the services that AMEN Food Pantry provides. On distribution days, the line of cars awaiting services goes on for blocks. Karl and Christine opened AMEN Soup Kitchen over 20 years ago, which then became the Food Pantry. In 2019, AMEN Food Pantry was serving 800-900 families a month in 2020 that number jumped close to 3,000 families a month!

In order to serve this many families, AMEN Food Pantry has adopted a Drive-Thru method. The Drive-Thru method has not only allowed Food Pantry volunteers and clients to remain socially distanced during distribution, but has also streamlined the process of picking up food pantry boxes for clients. Clients are able to stay safely in their cars while waiting in line (sometimes several blocks long) and can quickly be checked in and given their package. Volunteers are at the ready on distribution days, AMEN utilizes a roller system to ensure safe distance is kept between volunteers while packing. Once the boxes are packed they are rolled outside where they are placed into the client's vehicles.

We are proud to recognize AMEN Food Pantry for this quarter's agency spotlight. Keep up the great work!

To all of our agencies....Thank you!!!

We thank you for all that you do to touch the lives of people in our community.

This year has been a challenge, to say the least. We have overcome several obstacles as a result of the COVID-19 Pandemic. Although we will no doubt continue to face similar stumbling blocks, together we can persevere.

Thank you for your patience, your understanding, and most importantly, for being there.

Your kindness, endurance and dedication are greatly appreciated and do not go unnoticed.

From all of us at the Regional Food Bank of NENY and the Food Bank of the Hudson Valley, we wish you and your loved ones the best of health and safety and look forward to brighter days to come.

Webinar Recordings now on YouTube!

We have been adding our recorded webinars to the Regional Food Bank's YouTube channel!

Most recently, we have added our [Reducing Food Waste Webinar](#). A quick 30 minute webinar FILLED with information on how to lower your food waste with practices and recipes that can be utilized in everyday life.

All of these recordings are also on our website for your convenience under "Webinar Recordings" under Agency Education. You can access these recordings and more Regional Food Bank videos below.

[Click to access our YouTube Channel](#)

[Click to access our webinar recordings](#)

**Friendly Reminder:
Masks are required when
you visit the Regional Food
Bank or Food Bank of the
Hudson Valley Buildings!**

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.



The Regional Food Bank's COVID-19 Relief Activities *UPDATED*

The Regional Food Bank provides massive quantities of food every year, 41 million pounds in 2019, to help feed hungry people in 23 counties of eastern New York. It also responds in a major way to assist people with food assistance during disasters. The COVID-19 disaster is unique in that it is affecting communities in all the counties the Food Bank serves. The Food Bank is committed to meeting the food needs of people who are negatively impacted by this crisis. It is the only not-for-profit organization in the region that can respond on such a wide scale, and it takes that obligation very seriously.

Regular Distribution

Provided 43.1 million pounds of food (35.9 million meals) through daily distributions to partner agencies to help them serve the growing number of people seeking assistance, a 37% increase over the same time period last year

Special Distributions and Drive-Thru Pantries

Shipped 5,822,713 pounds of food (4,852,260 meals) for special distributions in 20 counties and other hard hit communities to meet the needs of thousands of people, many of whom are quarantined or unemployed and in need of food assistance for the first time

Nourish New York

Using funding from the state, the Regional Food Bank works with New York State growers and producers to purchase products for distribution. An abundance of fresh, local food is being made available to help people in need while also benefiting the state's agricultural community

Community Table

Provided 41,123 pounds of food (34,300 meals) for restaurant/hospitality workers who have been especially hard hit by mandated business closings

BackPack Program

Provided 104% more food (3,042,770 pounds) to 235 of its school BackPack Programs and including meat, juice, eggs, and milk for sites that can safely store and distribute perishables

Senior Food Delivery

Provided 551,340 pounds of food (459,450 meals) to 13,000 seniors living in senior housing sites

PWW Update

DID YOU KNOW THAT YOU CAN CHECK YOUR CURRENT GRANT STATUS AS WELL AS WHO ATTENDED THE LAST FOOD SAFETY TRAINING AND WHEN, ONLINE?

If you have received PWW (Primarius Web Windows) training, which is our online ordering software, and have been assigned login information, you have access to your program's grant information. Log on to the online ordering portal (PWW) on our website at www.regionalfoodbank.net, click on **Online Ordering** then enter your login information. Click on the **Grants** tab under our logo and voilà, your active grant balances are displayed!

To view who last attended Regional Food Bank Food Safety Training and when they attended, visit our website at www.regionalfoodbank.net click **Online Ordering** then enter your login information. Click on **My Agency** in the upper right corner, click on **Contacts** in the subtab below and your Food Safety information will be displayed.

If you have questions regarding the above or would like to know more about Primarius Web Windows (PWW) training, please contact an employee of the Member Services Department.

Agency Advisory Council - January Meeting Minutes

The purpose of the Agency Advisory Council is to provide guidance regarding Food Bank operations and policies that affect partner agencies and the clients they serve and help to ensure that the Food Bank is adequately serving our entire region. It also will receive feedback from and be the voice of the Food Bank's network of agencies, encourage other agencies to be more involved with the Food Bank and its initiatives and serve as mentors to other Food Bank members

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

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 and Center for Disease Control website. These resources 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](#)



Updates on Government Assistance

Hunger Solutions New York offers updates on changes to government relief programs such as SNAP. Feel free to share the link below for more information

[Click for access Updates on changes to government assistance](#)

Participants May Buy Groceries Online in New York

Supplemental Nutrition Assistance Program (SNAP) participants will be able to select and pay for their groceries online, during a two-year test (pilot) launched in New York State. In making the announcement, U.S. Secretary of Agriculture Sonny Perdue highlighted online purchasing's potential, along with the U.S. Department of Agriculture's (USDA) commitment to program integrity by looking carefully at the pilot. Lessons learned from this pilot are expected to inform future efforts to expand online purchasing in SNAP.

"People who receive SNAP benefits should have the opportunity to shop for food the same way more and more Americans shop for food – by ordering and paying for groceries online. As technology advances, it is important for SNAP to advance too, so we can ensure the same shopping options are available for both non-SNAP and SNAP recipients," Secretary Perdue said. "We look forward to monitoring how these pilots increase food access and customer service to those we serve, specifically those who may experience challenges in visiting brick and mortar stores."

Only eligible food may be purchased with SNAP benefits; delivery fees and other associated charges may not be paid for with SNAP benefits. The USDA website shows that four stores in New York State are participating in this

pilot: Amazon, Walmart, Aldi, and Shoprite. Please visit each store's website for more information:

[Amazon using EBT for online orders](#)

[Walmart using EBT for online orders](#)

[Aldi using EBT for online orders](#)

[ShopRite using EBT for online orders](#)

For more information, please visit the USDA website at <https://www.fns.usda.gov/snap/online-purchasing-pilot>

Nutrition Education

Just Say Yes To Fruits & Vegetables

Our Own “Food Network”:

Just Say Yes to Fruits and Vegetables’ Virtual Classes

What is JSY?

The Regional Food Bank's Just Say Yes to Fruits and Vegetables Program (JSY) is dedicated to improving the health and nutrition of the clients we serve. We provide free nutrition education programs to guests of food pantries, shelters, and other various community sites serving a low income population

JSY classes provide an interactive discussion on a wide range of topics, a recipe demonstration, and tips and tricks to help make eating healthier fun and, more importantly, easier!

Why are nutrition messages so pertinent during the pandemic?

The push toward eating healthier is even more important now during the COVID-19 crisis. Processed foods and shelf-stable items like baked goods contain a lot of simple carbohydrates that create a yo-yo effect on our blood sugar, which can drive anxiety, worsen moods and even suppress our immune system. The vitamins and minerals found in fruits, vegetables, whole grains, lean proteins, and dairy can help keep our immune systems strong and our body and minds healthy.

In the midst of the pandemic, how can my clients attend a JSY workshop?

Although COVID-19 has kept us from visiting your locations, Just Say Yes to Fruits and Vegetables (JSY) is offering their Nutrition and Cooking classes virtually, allowing guests to participate from the comfort of their own homes, from their phones, computers, or any other digital form of internet access? We can provide our virtual classes through various different platforms like Zoom and Facebook Live.

If your program is interested in hosting a virtual JSY class or would like more information please feel free to contact us:



Kristyn Bopp- JSY Nutrition Educator at the Regional Food Bank
kristynb@regionalfoodbank.net

(518)786-3691 x225

(Serves Albany, Clinton, Columbia, Delaware, Essex, Franklin, Fulton, Greene, Hamilton, Montgomery, Otsego, Rensselaer, Saratoga, Schenectady, Schoharie, Warren, and Washington Counties)



Monica Cieslak-Morgan- JSY Nutrition Educator at the Food Bank of the Hudson Valley
MCieslak@foodbankofhudsonvalley.org

(845) 534-5256 x109

(Serves Orange, Dutchess, Rockland, Sullivan, Ulster, and Putnam counties)

USDA Chicken Leg Quarters: U902



USDA Chicken Leg Quarters have no limit. That means that food pantries, soup kitchens, and emergency shelters can order as much as they can safely store and handle.

We recognize that the package size of 4/10 pound packages is not ideal for families, but it is still a fantastic option. Food pantries should be extra aware of the package size as it **cannot** be repackaged into smaller sizes, but would be greatly appreciated by the larger families served. [Click here for delicious Chicken Leg recipes!](#), and share with your guests!

USDA Frozen Eggs: U968



We also have USDA frozen eggs! Frozen eggs are whole eggs that have been frozen and are in a bulk container. U968 comes in cases of 12/2 pound cartons and has no limit. Working with frozen liquid eggs can intimidate some, so check this [Information and Recipe for Frozen Eggs](#) out and share this with your guests as well!

Breakfast Sausage Patties: U939

Sausage and Black Bean Soup

Ingredients

- 1 pound sausage patties, chopped
- 2 tablespoon oil
- 2 carrots, chopped
- 1 onion, chopped
- 2 stalks celery, chopped
- 3 cans (15 ounces each) black beans, drained, rinsed
- 1 carton (32 ounces) chicken broth
- 2 tsp. salt
- 1 tsp. black pepper
- ½ cup reduced fat sour cream
- ½ cup chopped red bell pepper



Directions

1. Heat oil in large saucepan over MEDIUM-HIGH heat. Add carrots, onions and celery; cook 5 minutes or until crisp-tender, stirring frequently.
2. Add sausage, beans, broth, salt and black pepper; stir. Bring to a boil. Reduce heat to LOW; simmer 30 minutes, stirring occasionally. Cool slightly. Optional: pour into blender in batches; blend until smooth, pouring each batch of pureed soup into serving bowl.
3. Top individual servings of soup with sour cream and red pepper.

Sausage Sloppy Joes

Ingredients

- 1 pound sausage patties
- 1 onion, chopped
- ½ cup chopped green bell pepper
- 1 can (15 ounces) tomato sauce
- 3 Tablespoons brown sugar
- 2 Tablespoons vinegar
- ¼ teaspoon cinnamon

- 1 teaspoon Worcestershire sauce
- 8 hamburger buns or Kaiser rolls, split
- 1 cup (4 ounces) shredded sharp cheddar cheese

Directions

1. Cook sausage, onion and pepper in large skillet over MEDIUM-HIGH heat 8-10 minutes or until sausage is thoroughly cooked, stirring frequently and chopping as you go; drain. Return to skillet.
2. Stir in tomato sauce, brown sugar, vinegar, cinnamon, and Worcestershire sauce. Reduce heat to MEDIUM-LOW; simmer 3-4 minutes or until sausage mixture is thoroughly heated, stirring occasionally.
3. Fill buns with sausage mixture and cheese.

Delivery Information

[Regional Food Bank Delivery Sites for 2021](#)

[Food Bank Delivery Dates for 2021](#)

[Click here for the current Drive-Thru Pantry Schedule](#)

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)

Follow us on Social Media

