



**Feeding with
Thought
Member Agency
Newsletter
July 2022**

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LifeWorks in Wonderful Ways! Food Pantry Spotlight!

Located in Ballston Spa, LifeWorks offers an array of different services to help out the community. This week the Food Bank had a client reach out looking for a pantry that would help her kids, one of which has Celiac's disease and another who is vegan. While this was a large order to fill, LifeWorks stepped up to the plate. Cathryn spoke with Angelo Calbone who runs the food pantry to talk about the challenges of accommodating specific dietary needs. When asked about what made him take the steps to being more open for those with dietary needs, Angelo stated that he and his staff saw the need with customers. In fact, one of the volunteers who is in charge of ordering shares a passion to help those with specific dietary needs. LifeWorks receives these specialty foods from donations and from us here at the Food Bank. Approximately 25% of the special goods he receives comes from the Food Bank, especially in the Salvage categories! He also works with the Celiac Foundation for support in obtaining items and will connect clients to them for assistance. LifeWorks is even recognized on the National Celiac Association's [website](#) for being a gluten free pantry! Angelo mentioned that even 5 years ago, gluten free items were harder to come by. Now that they are easier to find, they are still expensive and now are more of a need in the community. Angelo's advice for any pantry looking to expand their offering is to listen to your customers as far as what they want and need. It can be a challenge to expand for special diets, source it, only to find out it is not useful, so clients

are your biggest source in being successful! Thank you Angelo, LifeWorks staff, and volunteers, for doing all that you do to help the community!

When Milk Comes In... The Ongoing Formula Shortage

It's all over the news. Reports of families struggling to make ends meet as formula is becoming harder to find. What once were fully stocked shelves with many different varieties of formula now lay bare while the hovering security cameras still check in mindlessly with no one there. While the Abbott baby formula plant is trying it's best to get back up and running, people need formula NOW. While you may be looking for formula for your clients, you may ask...what is the Regional Food Bank doing and how can I get my hands on formula? The Food Bank does not purchase nor actively source Baby Formula. This is for a few reasons:

- It is best and most efficiently handled through the food pantries directly as they are familiar with their clients specific formula needs and have sources for product closer to the user.
- There are other programs within NY State that provide formula to mothers in need - specifically WIC.
- By purchasing baby formula, we take vital product out of the supply chain.

Occasionally, we receive small donations of baby formula. This product usually arrives from a retail store and is often very close to code date. We work diligently to get it out to food pantries ASAP so they can distribute to those in need. Foreign countries are working hard to send formula to the US and things are looking up. In the meantime, if you are still struggling to obtain formula, contact your local OBGYN or Pediatrician who may have samples on hand or contact WIC who may be able to point you in the right direction. The FDA released a statement recently in regards to increasing availability which can be found [**HERE**](#).

HPNAP/OS Food Safety Requirement - Reminder!

Food Pantries, Soup Kitchens and Emergency Shelters are required to attend Food Safety training at least once every 5 years in order to be eligible for HPNAP and/or OS assistance. We are using PWW to track Food Safety completion. This allows you to view the most recent Food Safety attendees, along with the date of attendance (as other people attend, the new names and dates will replace the older ones, which will keep your certifications current).

To access this information, go to the "Contacts" tab in My Agency found in the

upper right of PWW.

Kerry Leary, Nutrition Resource Manager, will continue to maintain a list of all attendees, along with dates of participation, and can be contacted regarding any questions at KerryL@regionalfoodbank.net

Inventory Shortage : Update from Feeding America



Please understand that the following article was addressed to Food Banks. We wanted to share this information with our agencies but many of the links and webinars are not available to agencies at this time. If you have any questions, please let us know.

Dear colleagues,

As I've traveled across the country and visited your communities, I've witnessed you in action. The depths of your impact are being more fully acknowledged, as the struggles of your communities are being more broadly understood. And, while we all must manage more than one thing at once, among the critical things that our communities continue to need from us is FOOD. We know the lack of food to be urgent, and we are marshalling our resources and wherewithal to meet this challenge together. This 5 in 5 is focused on the singular objective of generating more of it. We will highlight what has been done, what is "in the works" and opportunities to engage. It should also serve as a request for input on innovations that you believe will unlock even more access. With the Food Sourcing Advisory Committee of the National Council, we will host a webinar to bring together our best thinking, share effective practices and take actions that are meant to result in material impact. We are crystal clear in our imperative—get more food. Our neighbors are counting on us to rise to this challenge.

In partnership,

Claire

FYI: Increased FANO Investment in Food Sourcing Grants/Subsidies and Support

As we enter FY23, the Feeding America National Organization (FANO) is building on our ongoing work to mitigate the food sourcing challenges in the

network by doubling down on our efforts to enable more food sourcing from across the public and private sectors. With the recent approval of FANO's FY23 plan and budget, 63% of our total projected grantmaking budget (\$167 million out of a total of \$264.5 million) will be focused on maximizing food sourcing and sharing, federal policy and advocacy, and network capacity to source more food and distribute it more equitably. This is in addition to another \$62 million of unrestricted funds that we project will flow to the network through cause marketing efforts.

This means network members can expect to see appreciable gains in already elevated levels of investment in food sourcing and food access—included in our projected grantmaking is a 40% increase (\$92 million total) in critical supports like food and freight subsidies; produce and agri-food grants; protein clean rooms; channel development and retail agency enablement. Our plan also supports a more than 60% increase in grants to members for advocacy and SNAP outreach and application assistance. Increasing investments in these areas is not at the expense of our efforts in equity and innovation where we are also growing our grantmaking budgets over the FY22 levels. As we source more private and public food for people facing hunger, we must continue to pursue solutions that help us close race and place-based disparities in food security and work toward our bold aspiration for 2030.

FYI: Grants Awarded to Fund More Than 50 Food Sourcing and Fundraising Positions

At the end of FY22, we awarded three-year capacity-building grants to fund 53 food sourcing and fundraising positions at food banks without these dedicated roles. This funding will cover salary, benefits and annual increases and professional development for three years for 32 food sourcing positions and 21 fundraising positions. Grantees will also receive onboarding support throughout the first year of the grant. This exciting effort is designed to help bridge differences in staffing resources across the network. You can find a list of grantees and other details on our [June Grants announcement page](#). Ongoing, significant investments in food sourcing and fundraising capacity are planned for FY23.

Contact: Rebecca Kaplan, rekaplan@feedingamerica.org

Take Action: Engage in Advocacy Efforts on Increased USDA Food Purchases and Farm Bill

Our biggest opportunity to impact food sourcing in the next 3-12 months is for USDA to use existing funds to purchase more federal commodities. As we continue our federal advocacy—including a meeting with Deputy Under Secretary Dean next week—we ask network members to [use this template letter to advocate with USDA directly](#).

We also encourage you to schedule a visit with your members of Congress

during the August recess to demonstrate the urgency—and empty shelves—created by the current food sourcing crisis and call for increased investment for TEFAP in the Farm Bill. Use our **August Recess Farm Bill Toolkit** to support your efforts in calling for increased federal commodities and strengthening critical federal nutrition programs to increase family food budgets and food bank resources. Also, don't forget to use our **White House Conference Comments Template** to share solutions and policy priorities you think are vital to ending hunger.

Contact: policy@feedingamerica.org

FYI: Engaging National Donors on Food Sourcing Strategies and Action

At our June Board of Directors meeting, we began discussions with Board members in the retail and manufacturing space to discuss strategies for meeting current demand. At the same time, we are also exploring efforts with partners like Tyson Foods to engage in thought leadership on the issues of food access and food affordability. As these conversations continue, we will surface and share insights with the network.

We have also secured recent national gifts to help relieve food sourcing pressures, including \$10 million to purchase Blue Apron ready-to-eat meals, meal kits and much needed protein which has already been distributed to network members, as well as \$2.5 million from Tyson Foods to support sustainment of protein pack rooms and equitable food access.

Contact: Deniece Dykes, ddykes@feedingamerica.org

FYI: Investments to Expand Technology and Innovation to Source and Share Food

We will continue to invest in technology and other innovations that help us to garner more food donations and also share food across service area boundaries. This includes our efforts to enhance MealConnect as the unified system for the network to more efficiently source and share food. In the months ahead, we will partner with key retailers to provide detailed store-level pickup data and improve pickup coordination between retail employees and agencies. We will also be focused on supporting more food banks and their partners in optimizing MealConnect through technical assistance and by adding features to ensure increased adoption and usability.

More: **[MealConnect HungerNet Page](#)**

Contact: Christopher Swann, cswann@feedingamerica.org



Workshops

Mapping the Meal Gap: Food Bank Research, Analysis and a Network Plan to Close the Gap

In the Fall of 2021, the Food Bank partnered with Siena College Research Foundation to conduct a Gap Analysis, mapping our partner agencies and programs and creating a heat map of the pounds our network distributed per food-insecure person in our service area. This workshop will highlight those results, along with our plans and strategies to increase food security throughout our region. We need our partner agencies' help in closing the meal gap, and will be looking for your input and ideas, so please join us virtually on September 30th from 10am-11:30am!

Orientation

Join us virtually and learn how using the Food Bank can benefit your agency and clients. We'll cover policies and you'll leave with a clear understanding of the different parts of our inventory and how to put this knowledge to best use when placing orders. Orientation will include a training of our ONLINE ORDERING SYSTEM and ONLINE HPNAP REPORTING! Agencies may begin using the system following the training.

This workshop will be held August 15th from 10am-12pm and October 14th from 12:30pm-2:30pm.

Food Safety

New programs are encouraged to attend & FOOD SAFETY IS A REQUIREMENT FOR ALL HPNAP FUNDED AGENCIES. You will learn more about code dates, food recalls and the safest way to provide food to your clients. Audio AND video is required, you must complete all attendance polls and remain engaged throughout the webinar to receive credit. No credit will be received if you do not have video. Only one person per email can receive credit for attendance.

This training will be held on August 15th from 12:30pm-3:30pm and October 14th from 9am-12pm.

To register for these events and to get the most up to date schedule on our workshops, please visit

<https://regionalfoodbank.net/events/category/agency-education/>

SAVE THE DATE

North Country Member Agency Conference



Regional
Food Bank
OF NORTHEASTERN NEW YORK

Wednesday, October 26th
Grand Adirondack Hotel
Lake Placid

Invitations with additional information to follow.
*Underwritten by the Adirondack Foundation and the
Cloudsplitter Foundation*

The Affordable Connectivity Program (ACP) for TEFAP Participants

As part of the Bipartisan Infrastructure Law, the President and Congress created the Affordable Connectivity Program (ACP), which allows tens of millions of American households to reduce their internet service costs by up to \$30 per month (or \$75 per month on Tribal lands). Qualified households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if the household contributes more than \$10 and less than \$50 toward the purchase price. The

USDA requests your help in spreading the word to TEFAP program participants. To support your efforts, please feel free to use the following resources:

- White House **Fact Sheet** on the ACP and its benefits

- **AffordableConnectivity.gov**, a website that includes resources under the **"community resources" tab** such as a toolkit with outreach materials for State and local leaders, including and social media image files for download to enhance your messages.

- **GetInternet.gov** to find out more about ACP and find participating internet providers in their area.

- Outreach partners can request the pre-qualification widget to embed on their websites by emailing **ACProgram@usac.org** with the subject line "ACP Widget" for technical support. In the email, please include the web address where you plan to add the widget. The interactive widget includes questions that a consumer can answer to determine if they may qualify for the ACP and then presents next steps based on the responses.

The USDA appreciates your ongoing work to improve food security, and your efforts to assist families in need through the promotion of programs like the ACP. Together, we can connect those we serve to a support network that bolsters families and communities.



Updated WIC Income Guidelines

The United States Department of Agriculture (USDA) recently **updated federal income eligibility guidelines for WIC**. For example, through June 30, 2023, a working family of four can have an annual gross income of \$51,338 and qualify. The chart below further outlines gross income limits by household size. When considering eligibility, please note that an unborn child can be counted as a member of the household. And, remember, a WIC applicant who has proof of already participating in Medicaid, SNAP, or TANF automatically meets the income eligibility requirements for WIC and does not need to provide further proofs of income.

Gross Income

| Household Size | Annual | Monthly | Twice-Monthly | Bi-Weekly | Weekly |
|----------------------------------|----------|---------|---------------|-----------|--------|
| 1 | \$25,142 | \$2,096 | \$1,048 | \$967 | \$484 |
| 2 | 33,874 | 2,823 | 1,412 | 1,303 | 652 |
| 3 | 42,606 | 3,551 | 1,776 | 1,639 | 820 |
| 4 | 51,338 | 4,279 | 2,140 | 1,975 | 988 |
| 5 | 60,070 | 5,006 | 2,503 | 2,311 | 1,156 |
| 6 | 68,802 | 5,734 | 2,867 | 2,647 | 1,324 |
| 7 | 77,534 | 6,462 | 3,231 | 2,983 | 1,492 |
| 8 | 86,266 | 7,189 | 3,595 | 3,318 | 1,659 |
| For each additional member, add: | +\$8,732 | +\$728 | +\$364 | +\$336 | +\$168 |

Source - Hunger Solutions New York <https://hungersolutionsny.org/>



Tips and Reminders – Email Communication

With inflation rapidly rising, raising our operational costs for food, transportation and virtually all other costs of doing business, the Food Bank is looking to create operational efficiencies to allow us to continue to serve you to the best of our ability. As such, we will be limiting USPS mailed correspondence and will now send the majority of communications via email. Correspondence from the Food Bank includes grant award letters, grant reminders and deadlines, training opportunities, advocacy updates, policy updates and changes, order deadlines/Food Bank closures, additional scheduling and delivery information/reminders, and much more.

It is extremely important that your staff/volunteers provide Food Bank Agency Services staff with updated and correct email addresses.

Consider creating free organizational emails that allow multiple staff/volunteers from your organization the ability to access Food Bank information. If you do not routinely receive email

communications from our office, please provide updated email addresses to Michael Barbera at 845-534-5344 x116 or email him at mbarbera@foodbankofhudsonvalley.org, as soon as possible.

Invoice Access on PWW

Did you know, you can access your invoices online on PWW? That's right!

- Log into **PWW** as you normally would
- At the top of the page, click on the My Docs tab
- Click on the Invoice tab that populates below

It's as easy as that! This will show all of your invoices with the date listed on the right hand side. Please note that these are not the final statements but can be used as a reference when needed.

Click **HERE** for instructions with visuals.

As always, if you need further assistance, just let us know!

Town Hall Rockland Co. Meeting

Did you miss our Town Hall Meeting in Rockland? We have included the minutes from the event so you can stay involved in the conversations that the Regional Food Bank is having with agencies!

Click **HERE** to access Minutes

Agency Advisory Council Meeting

The Agency Advisory Council met virtually on 7/19. It is important to note that this is the last Agency Advisory Council Meeting as we will be dedicating our time to our Town Hall meetings. We have included the minutes from that meeting for your reference.

Click **HERE** to access Minutes

Implicit Bias Webinar

Interested in learning more about your unconscious bias, otherwise known as

implicit bias? Instructor, leader, and advocate, Phyllis A. Holmes-Breland, provided knowledge of the general concept of bias and how bias effects your guests, your volunteers, and you, as it relates to the work of addressing food insecurity. Phyllis is a 1980 Arthur O Eve Higher Education Opportunity Program graduate of Hamilton, and received her Masters of Education in Instructional Design in 2003 from the Intercontinental University. Her work experience includes program development, marketing, assertiveness training, women's empowerment, volunteer recruitment, health education, higher education administration, quality assurance, motivational speaking, effective learning strategies, strategic planning, presentation, facilitating difficult conversations, and policy development. Please note that due to the platform used for this webinar, we only have the audio available for you to listen to as we were unable to record video.

Click [HERE](#) to listen to this insightful webinar!

Food and Culture Webinar

This webinar was held as part of a multi-part series as we explore the relationship between food and cultures in our society. How does it affect our food bank community, our agencies, and ultimately the people we serve? We explored the impact that lack of familiar food has on the lives and traditions of families that are thrown into unfamiliar situations by hearing directly from those we serve. We also explored how pantries respond to the ever evolving needs of the people that come through their doors.

Click [HERE](#) to view this webinar!

Stop, Drop, and Sign Up!

The American Red Cross Fire Campaign offers an excellent opportunity for those that could benefit from FREE fire alarms WITH INSTALLATION! They will also provide home fire safety education to save lives, FREE of charge.

Sign Up!

New to Agency Services!

As some of you may know, Kayla has moved on to pursue her graduate degree and we wish her all the best! We would like to introduce you to the newest addition to Agency



Services, Cathryn Doraby! She has worked with the Food Bank since April 2020 as a Volunteer Coordinator and we are excited to have her come to the Agency Services side of solving hunger in our community! In

her spare time, she is a professional oboist who performs around the Capital District and loves to take photographs. She looks forward to meeting and working with you all! She can be reached at 518-786-

3691 ext 259 or emailed at

cathrynd@regionalfoodbank.net .

Zucchini Pizza Bites

Ingredients:

4 slices large zucchini cut 1/4" thick (or 1 medium zucchini cut on diagonal)
Vegetable oil spray
salt and pepper
2 tablespoons spaghetti sauce
1/4 cup shredded part skim mozzarella

Directions:

1. Cut zucchini about 1/4 inch thick.
2. Spray both side lightly with oil and season with salt and pepper.
3. Broil or grill the zucchini for about 2 minute on each side.
4. Top with sauce and cheese and broil for an additional minute or two. (Careful not to burn cheese)
5. ENJOY!



COOK GRAINS WELL!
TURN TO THIS GRAINFOGRAPHIC FOR GUIDANCE!

GRAIN TO WATER RATIOS

 1 cup rice    1 3/4 - 2 cups water
(LESS WATER FOR SHORT GRAIN,
MORE FOR LONG GRAIN)

RICE

 1 cup rice    2 cups water

BROWN RICE

 1 cup couscous    1 1/4 cups water

COUSCOUS*

 1 cup millet    1 1/2 cups water

MILLET

 1 cup quinoa    1 1/2 - 2 cups water

QUINOA

 1 cup oats    2 cups water

ROLLED OATS

 1 cup oats     3 cups water

STEEL-CUT OATS

 1 cup wheat berries     3 cups water

WHEAT BERRIES

 1 cup farro     2 1/2 cups water

FARRO (SEMI-PEARLED)



GOOD EGGS COUNCIL OF
EATING AND ENJOYMENT
GOODEGGS.COM

ADJUST AS NEEDED! LUMPY OATMEAL IS YOUR RIGHT!
*NOT ACTUALLY A GRAIN, BUT WHO COULD LEAVE IT OUT?

Just Say Yes!

Just Say Yes
To Fruits & Vegetables

Free JSY Classes Available: In Person, Online, and Indirect. The Just Say Yes to Fruits and Vegetables program is thrilled to be returning to in-person education. Our JSY program helps SNAP eligible clients make healthier choices by teaching them simple and affordable ways to increase their fruit and vegetable intake. Classes are free and can run between 30-60 minutes based on what works best for your participants. Each class has 2 different components to it. The first part of the class is an interactive discussion based around 14 different topics. They range from Food Safety, Easy Meal Planning, Portion Control, Reading Nutrition Labels, Stretching Your Food Dollar, Healthy Meals Out, Physical Activity etc. The second part of the class is a recipe demonstration. Participants can learn a wide range of cooking skills and tips and trick for preparing different types of produce.

JSY will be continuing to offer online trainings as well. Using platforms such as Zoom and Facebook Live, JSY nutritionists can partner with you to host an online nutrition education class! This is similar to the in-person classes and includes a conversation about one of several nutrition education topics along with a recipe demonstration or a pre-recorded recipe video.

We are also excited to offer our agencies FREE indirect education. The JSY Nutritionists can provide you with handouts complete with relevant recipes that you can add to your pre-packed pantry bag. This is a great way to get nutrition information out to your clients without having people gather for an in-person class. Recipes can even be customized to include ingredients that you're giving away that week in your pantry bag.

For more information, contact Kristyn Bopp at 518-786-3691 x225 or kristynb@regionalfoodbank.net.

Ordering Information

Regional Food Bank Delivery Sites for 2022

Regional Food Bank Delivery Dates for 2022

Distribution and Delivery Calendar for 2022

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 e-mail 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 e-mail at orders@foodbankofhudsonvalley.org
- By fax at 845-534-5256
- Using our Online Ordering system (you must receive training)



Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).