



Regional Food Bank

OF NORTHEASTERN NEW YORK

Feeding With Thought

The Food Bank's Member Agency Newsletter

May 2019

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*Please contact Colleen at
518-786-3691 x237 or
[ColleenB@
regionalfoodbank.net](mailto:ColleenB@regionalfoodbank.net)
with any feedback on this
newsletter and anything
you'd like to see in future
editions.*

Attention Food Pantries, Soup Kitchens and Emergency Shelters that Receive USDA Commodities!

USDA CIVIL RIGHTS TRAINING IS A REQUIREMENT:

As a USDA recipient agency, any staff/volunteers directly interacting with clients are required to be trained in USDA Civil Rights Regulations annually. The Food Bank is required to confirm that your agency has participated in this training when we conduct monitor visits at your sites. You will need to maintain and present the sign-in sheet documenting each volunteer who has participated in the training on an annual basis.

To access the USDA Civil Rights Training:

1. Go to Regionalfoodbank.net
2. Click on "Agencies"
3. Click on "Agency Resources & Forms"
4. Click on "USDA Civil Rights Training".

If you should have any questions, please contact an employee of the Agency Services Department.

Food Pantry, Soup Kitchen and Emergency Shelter Food Safety Certification Information Now Available in PWW!

As you know, 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 assistance. We have begun using PWW to track Food Safety Certificates for Food Pantries, Soup Kitchens and Emergency Shelters, which will allow you to see the most recent Food Safety attendees listed, 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.

COOP Quality

In order to ensure that our COOP product is not only cost-conscious but also of high quality, we are implementing new procedures when ordering our COOP product. COOP bids go out to vendors every three months, so there is potential for product to change often. Moving forward, when a vendor wins a bid, vendors will be expected to submit a sample if it is a brand that has not been used before. Internally, we will conduct a taste test of that product to ensure its quality before the order is finalized.



Just Say *Yes* to Fruits and Vegetables



Spring Clean and Go Green!

There are many reasons as to **why** we eat, only one of which is because we are hungry. We eat for pleasure, flavor, we use eating as a socialization tool, we eat for comfort, as well as nutrition and health.

Recently, people have shifted reasons to eating **what** they eat. A lot of people are “going green” with their menus, and buying and choosing options that are sustainable and local. People who are “eating greener” include those who grow their own food and compost their own waste, to those who use reusable bags at the market. We all need to make decisions that are better for the environment, and if you want to step up your own efforts, here are a few tips to consider:

Eat Fresh Produce in Season— New York is lucky to be a state big enough to hold thousands of farms, and its residents are lucky to have access to fresh fruits and vegetables all-year round. Eating in-season, local produce ensures that your food traveled fewer miles to get to you, and is fresher. One way to ensure you’re getting in-season produce is to visit your local farmers market!

Did you know that SNAP benefits are accepted at most farmers markets?

Cook at Home— Eating at home will save you gas to get to a restaurant as well as money for your tab. You’ll also be in control of the ingredients going into your meals, which will likely reduce the calories and salt that you are consuming!

Reduce Food Waste— Close to 40% of the food that we buy goes to waste. Reducing your own food waste will not only help to save money, but will help local landfills. Plan your meals ahead so you can cook the food you purchased. Make sure you are using the oldest product first, or use more frozen or canned product!



Try Reducing Overly-Packaged Foods— Apples have a lot of great things in them, but you know what they don’t have? Wrappers! An easy way to go green with your food is to ditch packaged products, which will reduce the packaging waste.

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, 518-786-3691 x225, KristynB@regionalfoodbank.net

or **Denise Schultz**, 518-786-3691 x269, 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

Monica Cieslak, 845-534-5344 x109, MCieslak@foodbankofhudsonvalley.org

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

ATTENTION AGENCIES PICKING UP AT WAREHOUSES AND DELIVERY SITES:

In accordance with Food Bank policy, and in order to ensure that our inventory remains as accurate as possible, we are reminding all agencies that you must check your order to verify that you have received all items on your invoice PRIOR to signing for receipt. Signing the invoice indicates you have received all product listed. If your order is missing items, please notify Food Bank warehouse staff or drivers immediately so that an adjustment may be made to your receipt.

DO NOT SIGN YOUR INVOICE WITHOUT VERIFYING THAT YOU HAVE RECEIVED YOUR PRODUCT. WE ARE UNABLE TO PROVIDE CREDIT FOR ITEMS ONCE YOU HAVE SIGNED YOUR INVOICE VERIFYING RECEIPT.

Agencies receiving roll offs: because your agency is unable to verify receipt of each product, you have until the end of the business day two days following delivery to notify us of any discrepancies with your order. Should any errors occur, please contact Debbie Gundrum, Associate Director of Warehouse Operations at 518-786-3691 x242.

While this is not a new Food Bank policy, it has not been consistently enforced. We will begin to strictly enforce this policy with orders picked up on May 1, 2019.

Lentil Spaghetti Sauce

Featuring Item U980—USDA Lentils

There are no limits on this product so take advantage of this product while it lasts!

Ingredients:

- 1 cup uncooked lentils, sorted and rinsed
- 1 onion, chopped
- 1 can (28 ounces) crushed tomatoes
- 1 can (8 ounces) tomato sauce
- 1 garlic clove, minced
- 1/2 teaspoon oregano (optional)
- 1 can (4.5 ounces) mushrooms (optional)

Directions:

1. In pot, add rinsed lentils and onion to 2 cups water.
2. Bring to a boil; reduce heat to low and simmer.
3. Cook until tender, about 30-45 minutes (the water will be almost gone). Stir often. Add more liquid if needed.
4. Add remaining ingredients and simmer for 20-30 minutes.
5. Refrigerate leftovers.

Makes 6 Servings



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: May 21, July 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! 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:

May 15: Orientation & Food Safety Newburgh Armory Larkin Center, 321 S. Williams St., Newburgh, NY

June 4: 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.

Fundraising and Succession Planning

May 30: Kingston Library, 55 Franklin St., Kingston, NY

Fundraising:

Now more than ever, budgets are being stretched too thin. Become familiar with raising funds and identifying resources that you may not know are available. We'll discuss fundraising fundamentals and methods, and brainstorm fundraising ideas and strategies!

Succession Planning:

Ever feel like your organization is a house of cards that may topple when one person or a few key people leave? You are not alone! Whether your organization is run by paid staff or volunteers, it's important to have a plan in place to transition to new leaders when the time arises.

This workshop will discuss the importance of identifying all key tasks performed by those in your organization, how to provide opportunities to cross-train, and how to develop a plan to ensure quality services continue seamlessly in the event of the departure of key staff or volunteers.

Chopped

Upcoming Dates and Locations:

May 7: Regional Food Bank of NENY, 965 Albany Shaker Rd., Latham, NY

June 12: Children's Home, 10 Children's Way, Poughkeepsie, NY

Love watching Food Network's CHOPPED and CUTTHROAT KITCHEN and want to give it a try? Are you feeling adventurous and creative? Get ready to cook using foods in the mystery basket. What would you make if you were given canned beets, ground turkey, and pasta? And what if your only cooking source was a microwave? Imagine how your clients may handle this. Back by popular demand!

AGENCY EDUCATION CONTINUED & AGENCY SPOTLIGHT

Mental Health Workshop

May 23: Regional Food Bank of NENY, 965 Albany Shaker Rd., Latham, NY

One in five adults in the United States is living with some form of mental illness, while 1 in 25 is living with a severe mental illness such as schizophrenia. This workshop is designed to raise awareness about the challenges that clients with mental illness face when receiving services.

What's in a Bag

Upcoming Dates and Locations:

July 10: Regional Food Bank of NENY, 965 Albany Shaker Rd., Latham, NY

July 18: Newburgh Armory Larkin Center, 321 S. Williams St., Newburgh, NY

Learn how to understand what's required and what's recommended in the HPNAP pantry packing guide, how to offer the most nutritious foods for the least amount of money, and brainstorm with other agencies about ensuring you're providing the most balanced bags possible with your limited funds!

AGENCY SPOTLIGHT

Loaves and Fishes Food Pantry of Walkill, has been serving the Ulster county community for over 20 years. Sadly, Norm Turner the Pantry Coordinator for almost two decades passed away last year. Without missing a beat Donna Ewing and her team stepped in, and continued the important work of serving those in need. It was not an easy transition replacing a local icon like Norm, but Donna and the volunteers were committed to making sure Norm's dream of serving the community did not falter. There have been several positive changes that Donna and the volunteers of Loaves and Fishes have helped to make happen. They have increased their fresh produce distribution and are trying to offer healthier food options to their clients. Another pantry issue proved to be more challenging. In March, Governor Cuomo imposed a statewide ban on most types of single-use plastic bags from retail sales. When Donna found out that Ulster County will be eliminating single use plastic grocery bags in July, 2019 she did not panic.

Donna met with the congregants at Walkill Reformed Church, and got several women to step up and help solve their dilemma. First, Janet Odendahl got a pattern for a reusable bag. Janet obtained heavy-duty fabric from her daughter, Julie Moussot, and purchased (and donated) webbing for handles and got to work. Word travelled through the congregation and Audrey Keesler, a member of a local quilting group, "Textile Tuesdays", heard about the project. Audrey and members of the "Textile Tuesday" group began cutting, pinning and sewing bags assembly line style! To date, they have created 81 fabulous bags! According to Donna, the volunteers started distributing the bags and our "clients are thrilled!" The clients are getting used

to bringing the bags back. But, that's not all! Recently, Jean Judson and her friend Lois Lyon have donated rolls of webbing for bag handles. So, the clients will be getting more of these wonderful, sturdy bags!



Kudos to everyone at Loaves and Fishes for their creativity and becoming environmentally responsible!

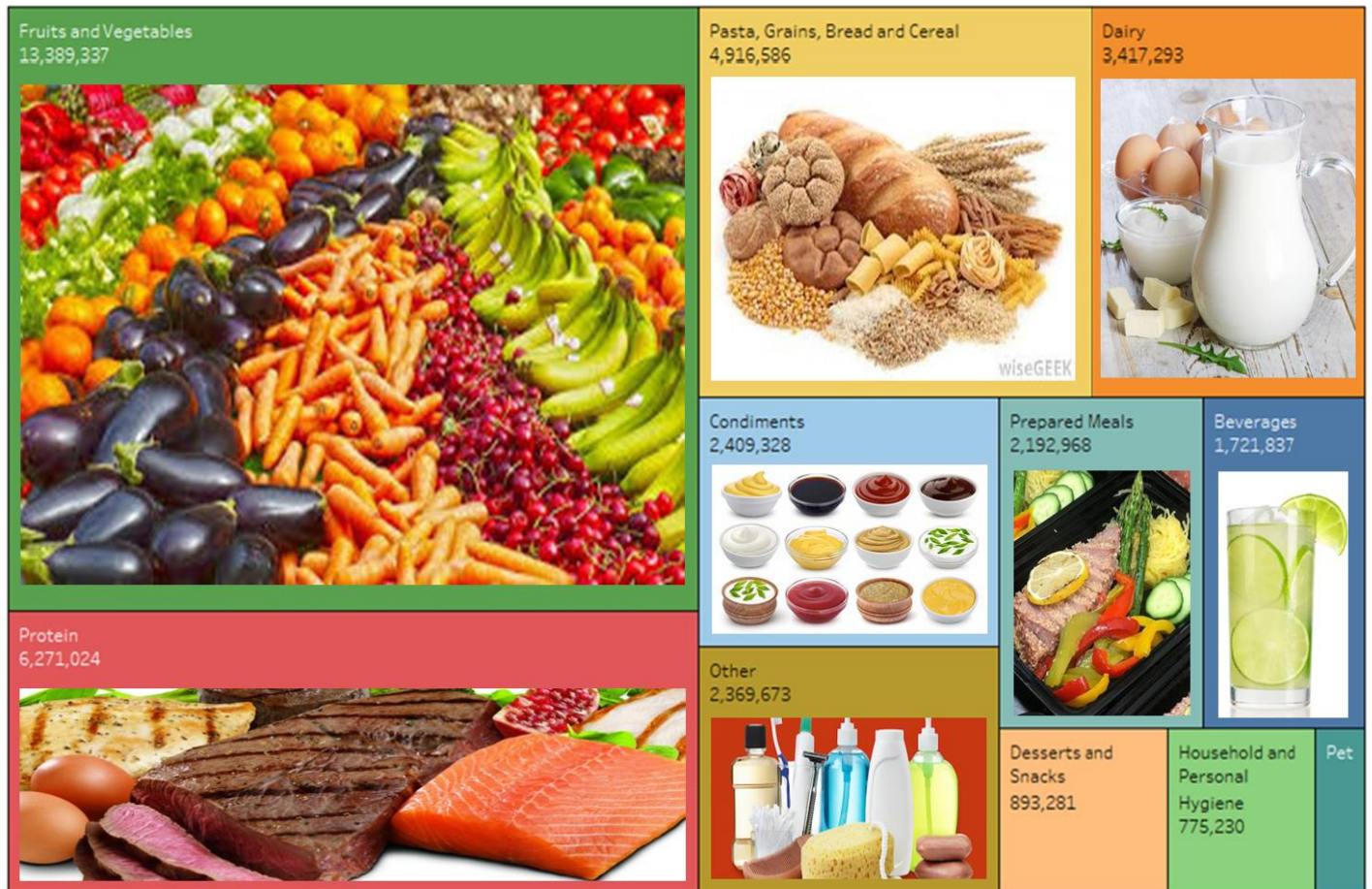
Food Bank Facts:

Over 355,000 individuals are served by our member food pantries, soup kitchens and emergency shelters each month. In 2018 the Food Bank distributed 38,372,807 pounds to agencies in 23 counties, including nearly 8 million pounds of fresh produce. This is equivalent to 31,977,339 meals!

Feeding America Food Facts:

The value of a donated pound of food is \$1.67.
The weight of an average meal is 1.2 pounds of food.

Product Distribution by Weight



WELCOME TO OUR NEWEST MEMBER AGENCIES!!

InFlight, Inc.-Bridge St. Day Program
Akwesasne Food Pantry
The Senior Citizens Center of Saratoga Springs
Young Parents United, Inc.
Ulster County Community Action Committee Inc. Food Pantry
OMHPC Food Pantry
Dutchess Rose House
Hudson Valley Community Center

Food Allergies: What You Need to Know

People with food allergies have an allergic reaction when they come in contact with certain foods. This happens because their immune system overreacts to the proteins in that food. A **food allergy** should not be confused with a **food intolerance** or other nonallergic food reactions. One of the main differences between food allergies and food intolerances is that food allergies can result in an immediate, life-threatening response and pose a much greater health risk. Food Allergies can range from merely irritating to life-threatening. Symptoms of food allergies typically appear within a few minutes to 2 hours after a person has eaten the food to which he/she is allergic. The eight most common food allergens (responsible for 90% of reactions) are: milk, eggs, tree nuts, peanuts, fish, shellfish, soy, and wheat.

Cross-contact happens when one food comes into contact with another food and their proteins mix, either directly or indirectly. As a result, each food then contains small amounts of the other food. These amounts are so small that they usually can't be seen. Even this tiny amount of food protein has caused reactions in people with food allergies! The term "cross-contact" is fairly new. Some people may call this "cross-contamination." **Cooking does not reduce or eliminate the chances of a person with a food allergy having a reaction to the food eaten.**

Examples of **Direct Cross-Contact** (allergen was directly applied and then removed) include:

- Peeling cheese off a cheeseburger to make it a hamburger
- Removing shrimp from a salad
- Scraping peanut butter off a piece of bread and using it to make a different sandwich

Examples of **Indirect Cross-Contact** (allergen was not directly applied) include:

- Using the same spatula that flipped a cheeseburger to flip a hamburger
- Not washing hands after handling shrimp before making the next salad
- Wiping off—not properly cleaning—a knife used to spread peanut butter before using it to spread jelly

Prevent Cross-Contact:

- Clean and sanitize surfaces that have come in contact with an allergen
- Inspect food packaging for leaks or spills that can cause cross-contact
- Wash hands and change gloves after handling allergens and before handling allergen-free food
- Store food with allergens separately from allergen-free products
- **DO NOT** store food containing allergens above allergen-free food
- Use dedicated pallets and bins for products containing allergens

Prevent Cross-Contact From Spilled Food:

- Dispose of any open products in contact with the spilled food
- The food may not need to be discarded if in packaging that can be safely cleaned and sanitized
- Clean and sanitize the area

If you are storing allergens and non-allergens on the same racks, the allergen containing materials should be on the lowest rack. Things such as peanuts in mesh bags, eggs in cartons, or bags of flour can provide large risks for contamination by falling on items below. Following such procedures should restrict top down contamination.

The Food Allergen Labeling and Consumer Protection Act (FALCPA) went into effect on January 01, 2006 and requires that foods are labeled to identify the eight major food allergens.

For more information on food allergies, visit <https://www.foodallergy.org/>



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)

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	2						3					18
Alternate Dist - Cornwall	3,22,29	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	6,19,20,21	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!

