



**FOOD BANK DELIVERY SCHEDULE FOR 2018**

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

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



RFB = Regional Food Bank in Latham

FBHV = Food Bank of the Hudson Valley in Cornwall-on-Hudson

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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 additions

*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 the Happiest of Holidays to You and Yours,  
Everyone at the Regional Food Bank*

**FOOD BANK STAFF CHANGES**

**Mary Rainey Announces her Retirement**

It is with both sadness and excitement that we share the news that Mary Rainey, Agency Services Coordinator, will be retiring from the Food Bank on December 15.

Mary has spent most of her adult life serving those in need. Before joining the staff of the Food Bank, Mary was a dedicated employee of Salvation Army of Schenectady, coordinating their emergency feeding efforts.

During her five years of service to the Food Bank, she has worked hard to provide quality services to our members, always keeping their best interests in her mind and heart.

We will surely miss her! If you'd like, reach out to her and send well wishes, email her at [maryr@regionalfoodbank.net](mailto:maryr@regionalfoodbank.net)

We will be looking to fill this position in the coming months.



**Welcome, Lillian and Monica**



We're thrilled to introduce two new team members!

Monica Cieslak (Right) is our Just Say Yes to Fruits and Vegetables Nutrition Educator at FBHV. She has a degree in Culinary Education from the Culinary Institute of America and a keen interest in Food Equity. "My passions for cooking and helping people have been perfectly brought together by the JSY program," she said.

Lillian Slaughter (Left) is filling the roles of JSY Nutrition Educator and Agency Services Representative in Latham. Lillian has previously worked in Nutrition Education at the Dare to Care Food Bank. Lillian adds, "I'm originally from Louisville, Kentucky but my interest in food has taken me to a biodynamic farm in Sonoma, to a farmer's market in Los Angeles, and now to Washington County." In addition to cooking and educating, I have volunteered at a health psychology research lab studying diabetes prevention in young adults."

# Just Say *Yes* to Fruits and Vegetables

## Meal Preparation

It's so nice to have a home cooked meal for lunch during the work week. Meal prep can help you make that happen, and save money too!

Here are some things to keep in mind: you will need a protein (animal or plant based), a healthy starch or grain, and a favorite veggie (frozen, canned, or fresh).

A favorite and easy meal of mine is citrus marinated roasted chicken breast (or thighs), and green beans with potatoes (JSY recipe). You can make this vegetarian by substituting some of your favorite cooked beans for the chicken. You can start by marinating one and a half pounds of chicken in 1 cup of oil, ½ cup of lemon juice, and 1 teaspoon of both salt and pepper for about 1 hour. Prep your veggies using the JSY recipe below. Next, preheat oven to 350° and place the chicken on a cooking tray. Discard the marinade and bake until internal temperature reads 165° F, about 20 minutes. You'll want to properly cool each component no more than 40° F in the refrigerator before packaging and sealing the lid.

To package your food, you'll want to lay out 5 reusable storage

containers. Fill each container with 3 ounces of chicken and about 1 cup of the green bean and potato recipe. Secure lid and place in the fridge until ready to use. The process may seem involved but you will be saving so much time (and money) during the week. Try doing this same method with snacks, i.e.: almonds. Pack a week's worth of snack bags or reusable containers with a handful of almonds to snack on for when you get hungry during the day. On your way out in the morning all you'll have to do is grab and go! It'll leave you a little extra time for that second cup of coffee, and who doesn't love that?!

### Green Beans with Potatoes

#### **Ingredients:**

4 potatoes, cut into chunks  
1 onion, sliced  
1 cup chicken broth

1/4 teaspoon garlic powder  
Dash of black pepper  
1 3/4 cups cooked green beans  
1 tablespoon vegetable oil  
2 tablespoons lemon juice  
(or yellow mustard)

#### **Directions:**

1. In a medium pot, add potatoes, onion, chicken broth, garlic powder and pepper.
2. Bring to a boil. Reduce heat, cover and simmer for 15 minutes or until potatoes are tender.
3. Add green beans, stir gently.
4. Heat on low for 5 minutes, or until green beans are heated through.
5. Remove from heat. Drizzle vegetable oil and lemon juice (or mustard) on top, and serve with a slotted spoon.
6. Refrigerate leftovers.

#### **Makes 6 servings.**

Find other JSY recipes using your favorite fruits and veggies at [www.jsyfruitveggies.org](http://www.jsyfruitveggies.org)

## Welcome to our Newest Food Bank Members

LRI-Garnet Lane  
ICCD Food Pantry  
Salvation Army Helping Hands Food Pantry  
Soldier On-Patriot House  
Saratoga EOC Mobile Pantry  
Cornell Cooperative Ext.-Warren Co.

# WHAT YOU NEED TO KNOW

### **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)**

## HPNAP Grant Reporting

All sites receiving a HPNAP Food Grant must send monthly reports by the 10th of the month following the month for which you are reporting (i.e. November reports will be due by December 10th).

Only submit one report by choosing one of the following four options outlined below.

- On-line: If your agency has received training and has been given access to Primarius Web Windows (PWW), you may submit your monthly reports online. Directions for reporting online can be found at <https://regionalfoodbank.net/wp-content/uploads/HPNAP-Reporting-with-PWW-for-AGENCIES.pdf>
- Email: Send reports to [HPNAPReports@regionalfoodbank.net](mailto:HPNAPReports@regionalfoodbank.net)
- Mail: Send reports addressed to HPNAP Reports, Regional Food Bank of NENY, 965 Albany-Shaker Rd. Latham, NY 12110
- Fax: Fax reports to 518-786-3004

Please ensure reports are legible and on time. Late reports may reduce future grants.

If you choose to use PWW, you will know that your report has been received as your record of sending reports is listed on the site. If you use PWW, please make sure the effective date is the 1st of the month. If you email your reports, you will receive an email acknowledgement of receipt, however, if you mail or fax your report, there is no confirmation of receipt.

## JUST ADD ONE

A study conducted by the Market Research group NPD in 2010 suggested that using kitchen fundamentals and basic ingredients like canned foods was the number one food trend on the rise. All the while, moms continued to search the web and blogs for quick and easy meal solutions to solve the dinner time dilemma.

To help ease the stress of meal planning, budgeting and managing busy schedules, the Canned Food Alliance created the concept of "Just Add One" - one canned ingredient, that is - to make healthier, tastier dishes faster. Whether it's a homemade soup, salad or mac and cheese, there is no need to learn an entirely new recipe. Consider calling on your pantry as an easy way to increase nutrition, boost flavor and even cut preparation time. Just adding one canned ingredient can make a go-to favorite even better without breaking the budget or your busy schedule.



Check out these simple "Just Add One" suggestions. See [www.mealtime.org](http://www.mealtime.org) for a full page color handout to share!

Base Recipe	Canned Food Item	"Just Add One" Tip
<b>Pasta</b>	Mushrooms Cannellini Beans Drained Tuna	Toss any of these mix-ins into your favorite pasta for added nutrition and flavor boost.
<b>Macaroni and Cheese</b>	Diced Tomatoes Tuna Ham	Combine prepared mac and cheese with tomatoes, tuna or ham in a 9x13" baking dish; top with bread crumbs and bake until golden brown.

Adapted from Mealtime.org

## AGENCY SPOTLIGHT: Saratoga EOC Mobile Pantry

The Saratoga County Economic Opportunity Council, Inc. (Saratoga EOC) operates one of few mobile pantry programs within our 23 County service area. What is a mobile food pantry you ask? Well it's just like it sounds, a pantry on wheels! A variety of grocery items are transported to centralized locations where low-income individuals and families may lack transportation or reside in a food desert. A food desert is an area, especially one with low-income residents, that has limited access to affordable and nutritious food. The Saratoga EOC Mobile Pantry not only fills the gap by providing wholesome, nutritious food to those who need it, but works tirelessly to provide support services such as case management, budgeting, nutrition education, long term goal setting and much more. For many who have to choose between paying for medication, rent, utilities, transportation or purchase food, this program is invaluable. We're hopeful that additional organizations will join the effort and implement similar programs.

There are currently 8 distribution locations throughout the County where guests may receive food. To review the current mobile pantry schedule, please visit <http://saratogaec.org> click on Community Services, Food Programs.



## HPNAP FOOD GRANT 2017-2018

If you're a HPNAP Food Grant recipient, you've already heard that the HPNAP year will now begin November 1, 2017 and continue through October 2018. Here are a few things that may clear up any questions you may have.

- Food Grant allocations are now on account and will apply to any orders placed for pickup on or after November 1, 2017.
- Half of your Food Grant funds must be spent by April 30, 2018. If half of your funds have not been spent, those funds will be taken away from your grant and reallocated to agencies that have spent their funds in a timely manner.
- Please keep in mind that Food Grant and funds must be spent on orders picked up on or before October 26, 2018.
- Due to the change in the grant cycle, you will not be receiving the application packet in February. We anticipate mailing applications for 2018-2019 in July 2018.

## UPCOMING AGENCY EDUCATION OPPORTUNITIES

### **FOOD BANK ORIENTATION & FOOD SAFETY TRAINING**

**Tuesday, December 5: 9:30 a.m.-3:30 p.m.**

Regional Food Bank of NENY  
965 Albany Shaker Rd.  
Latham, NY 12110

ORIENTATION (WITH ONLINE ORDERING TRAINING): 9:30 a.m.-12:00 p.m.

Join us 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!  
Agencies may begin using the system immediately following the training.**

FOOD SAFETY: 12:30 p.m.-3:30 p.m.

**NEW PROGRAMS ARE ENCOURAGED TO ATTEND &  
FOOD SAFETY IS NOW 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.

### **ONLINE ORDERING WEBINAR**

**Monday, November 13 1:00 p.m.-2:30 p.m.**

This training is required in order to utilize our online ordering system. It will also authorize you to submit your HPNAP monthly reports online!

To participate, contact Cheyenne Bratton at [CheyenneB@regionalfoodbank.net](mailto:CheyenneB@regionalfoodbank.net)

### **FIND OUT ABOUT UPCOMING WORKSHOPS ON OUR WEBSITE!**

**We are in the process of developing our  
Agency Education Curriculum for 2018.**

To learn more about upcoming workshops, visit our website at [www.regionalfoodbank.net](http://www.regionalfoodbank.net)

Click on Agencies then Agency Education.

Dates, times and details regarding workshops/trainings are updated regularly.

We value your suggestions and feedback!

If there is a workshop you think would benefit your program, please let us know!  
We are always looking to explore new topics of discussion and education that will best assist our member agencies and the people they serve.

## NEW YORK & THE FARM BILL



## NEW YORK & THE FARM BILL

### **WHY THE FARM BILL MATTERS**

The farm bill is the major agriculture and food legislation that gets revisited or reauthorized by Congress every 5 years. This legislation affects every person, in every county in the country. It provides the heart of the federal commitment that no one in New York or in any state across this great nation should go hungry.

### **THE NEED IN NEW YORK**

In New York, 12.6% of people are food insecure, including 19.4% of children and 10.4% of seniors. Farm bill programs such as the Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps), The Emergency Food Assistance Program (TEFAP), and the Commodity Supplemental Food Program (CSFP) provide aid to those in need of food assistance in New York. Feeding America supports a network of 200 member food banks across the country, including 10 that serve New York, that work in partnership with these programs to assist food insecure individuals and families.

### **SERVING THE NEED IN NEW YORK**

TEFAP is a commodity program that purchases and distributes American-grown food to low-income Americans. The program supplies 723 million pounds - nearly 20 percent - of the food distributed by Feeding America food banks in FY2016, accounting for about 600 million meals. Organizations in New York received 51,433,130 pounds of TEFAP food in 2016. CSFP also provides healthy American commodities to individuals at least 60 years old and operates in 48 states and two Indian tribes. New York received \$9,145,626 in FY2016 to help around 29,500 seniors.

### **DIRECTLY HELPING NEW YORK**

In FY2016, SNAP provided food assistance directly to around 2,968,200 individuals in New York, roughly 70% of whom are children, seniors, or disabled. The program infused \$4,922,406,430 in food benefits to New York, generating around \$8,368,091,000 in economic activity. SNAP supports nutrition education efforts in New York as well as employment and training programs to help beneficiaries gain skills or work experience to increase their ability to move toward self-sufficiency. New York received around \$71,281,277 for employment and training programs in FY2016. SNAP is a critical partner with TEFAP, CSFP, and food banks in providing nutritious food to those who need it most.

### **SUPPORTING OUR FOOD PRODUCERS**

The farm bill provides policies and programs that help support the country's agriculture economy and supports rural communities. About 40% of food produced in the United States does not make it to our plates - a loss for farmers and those facing food insecurity. We have an opportunity in the farm bill to help capture this food for those who might otherwise go without, supporting food banks, communities in need, and our growers and producers.



NEW YORK NEEDS OUR MEMBERS OF CONGRESS TO PUSH FOR A STRONG FARM BILL

The farm bill must protect and strengthen the national commitment to reducing hunger. Feeding America urges Congress to invest in and protect programs such as TEFAP, SNAP, and funding to strengthen food donation programs to reduce Food Waste.