



**Regional
Food Bank**
OF NORTHEASTERN NEW YORK

Feeding with Thought

Member Agency Newsletter
October 2021

Agency Updates

Upcoming Workshops

All trainings will remain virtual for the time being, but we are in discussion to resume in person trainings. 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 mailed the month before. Registration is done through the Agency Education section of our website.

- Food Safety / Orientation December 9th
- Conflict Resolution January 28th
- Food Safety / Orientation February 9th

[CLICK HERE TO REGISTER FOR WEBINARS](#)

Agency Spotlight: Shepherd's Kitchen

This quarterly newsletter finds the spotlight shining in historic Newburgh. Located on the corner of Broadway and Mill Street is Shepherd's Kitchen, an outreach program of Iglesia del Buen Pastor/Church of the Good Shepherd. The community kitchen has been serving the community since June of 1995. Originally serving on Sundays, they expanded to serving on Saturdays in April of 1999. Every Saturday and Sunday for over 20 years Shepherd's Kitchen has served lunch to their guests. They even continued serving every weekend during the COVID-19 Pandemic, switching from sit-down cafeteria meals to Grab & Go meals to keep everyone safe.

Currently, the community kitchen is seeing a significant increase in the cost of food and supplies which creates a challenge in providing nutritious meals. The kitchen remains committed to serving meals and has





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made efforts to serve all to-go meals in environmentally friendly disposable take-out containers. Without the kitchen's partnership with the Food Bank, it would be difficult to meet the nutritional goals their clients need, including serving food from all 5 food groups. The kitchen currently gets about 60% to 70% of the food they serve from the Food Bank of the Hudson Valley. The ability to receive nutritious products at little or no cost is vital to the operations of the program.

The Food Bank extends our gratitude to Shepherd's Kitchen and its wonderful volunteers, especially Vonnie Hubbard who works so hard on her collaboration with the Food Bank. The program is staffed by teams of 6 to 8 volunteers who prepare the meal components, pack the bags, and serve the meal on their specific assigned weekend day. Volunteers are drawn from Houses of Worship as well as community groups.

Thank you, Vonnie, all of your volunteers, and Shepherd's Kitchen. Without you and all the other agencies like you, we couldn't meet our goal of ending food insecurity.





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Agency Input

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](#)

Agency Advisory Council - October Meeting Minutes

Click the button below to view the minutes from our October Agency Advisory Meeting! We discussed transitions at the food bank, exciting new features to our operations and Holiday distributions!

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

Advocacy for Food Access

Moving forward...

We will be adding information on current legislation and government decisions to our Newsletter! All contents will be related to Food Access. With the help of our Chief Program and Advocacy Officer, Susan Lintner, we will share vital information and opportunities for all agencies. Arming them as they serve clients and, if they wish, opportunities to act. Stay tuned!



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General Resources

**Friendly Reminder:
Masks are required
for ALL 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 Northeastern New York State. If you have questions please contact Member Services.

New Webinars on our website!

For those who were not able to attend, Kerry Leary led a training on how to serve clients with a variety of different health needs! These health needs include high blood pressure, diabetes, poor dentition and celiac disease. To ensure all agencies have access to this information, we recorded the training and attached it to our website!

The Regional Food Bank also hosted a training on grant writing! This workshop is for those just starting out (having submitted fewer than 5 grant applications). The Food Bank's Grant Writer Tracey Martin covers topics such as: finding funders, planning for grant writing, and preparing information to include in applications.

[Click to access "Meeting Health Needs of your Guests"](#)

[Click to access "Grant Writing Basics"](#)

[Click to access our other Webinar recordings](#)

[Click to access our YouTube channel](#)



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Important Note on Thermometers!

All refrigerators and freezers must have thermometers **INSIDE** of the unit. Many modern appliances are being built with external thermometers and though those are great tools for quick temperature readings, the Regional Food Bank requires internal thermometers! This is something that will be checked during routine site monitor visits with a Regional Food Bank member services staff. We strongly encourage using a temperature log for your units as well! Try jotting down the temperature every time the agency is open or whenever you have staff on location. This can help catch any fluctuations in the temperature and show when adjustments need to be made!

Question: Why do the thermometers have to be inside?

Answer: External readings on units are reflective of the temperature of the coolant that runs throughout the coils, not the internal temperatures. This can cause possible food safety issues without agency staff knowing. The best place for thermometers is the door of the unit. It is the warmest spot so if the reading is in range that means the whole unit should be in range.





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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 available. 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](#)



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October 1 Updates to SNAP Eligibility and Budgeting Rules

With the start of each new federal fiscal year on October 1, the Supplemental Nutrition Assistance Program (SNAP) adjusts the standards and deductions that determine the monthly benefit amount an eligible household will receive. Separately, the United States Department of Agriculture (USDA) recently [revised](#) the Thrifty Food Plan (TFP), which is used to set SNAP benefit amounts, to enable the program to provide benefits that more accurately reflect the [cost of a healthy diet](#). As a result, the maximum SNAP benefit will increase by 21 percent over pre-pandemic levels—raising the average benefit from about \$4.25 per person, per day to about \$5.45 per person, per day—starting October 1, 2021.

While this revision to the TFP makes a much-needed, long-term change, SNAP households will receive only a modest increase of seven percent in October when the increase takes effect. This is because a temporary, pandemic-related 15 percent boost to SNAP benefits ends at the same time.

Our [SNAP October 1 Toolkit](#) reflects these updated SNAP standards and provides resources to help community organizations when working with SNAP applicants. The toolkit includes:

- [Online SNAP Benefits Estimator Tool](#)
- [Expanded Categorical Eligibility Desk Guide for 2021-22](#)
- [SNAP Budget Worksheet for 2021-22](#)
- [NYSNIP Matrix October 2021](#)

Read Governor Hochul's [announcement](#) of the October 1 benefit increase for SNAP households in New York.

COVID-19 SNAP Waivers Extended through December

In New York State, the following SNAP COVID interview waivers have been extended and are in effect through **December 31, 2021**. SNAP offices have a choice in implementing these waivers, although most counties in the state continue to utilize interview waivers at this time.

- **Interview Waiver:** Through **December 31, 2021**, SNAP offices are **not required** to interview a new or recertifying household if the applicant's identity has been verified and other mandatory information has been provided and validated. Interview waivers also apply to new SNAP applications that are eligible for expedited processing.
- **Telephonic Signature Waiver:** The telephonic signature waiver that allows SNAP offices to adjust the requirements for recording a telephonic signature for SNAP applications filed over the telephone or submitted without a signature will continue through **December 31, 2021**.

For more information about these waivers, please see the September 29 update to the SNAP section of our [COVID-19 page](#).

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



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Do you know a Senior who can receive SNAP benefits but doesn't?

Nearly [200,000 older New Yorkers](#) may be eligible for but not receiving SNAP benefits.

Food insecurity among seniors has [increased 38% since 2001](#). By 2050, an estimated 8 million seniors will struggle to put food on the table. [SNAP helps older adults stay healthy](#) by improving their nutrition and food security, which can lead to better medication adherence, reduced hospital and nursing home admissions, and lower overall healthcare costs.

The SNAP & Seniors Professional Network helps you connect seniors to SNAP.

We offer service providers tools to help low-income older adults apply for and maintain SNAP benefits. The Network is a one-stop shop for SNAP policy, best practices, outreach materials, and resources to increase provider knowledge about SNAP benefits.

We are committed to maximizing SNAP access through empowerment and information sharing among providers and organizations.

Learn more by clicking the button below!

[Click here to learn about SNAP for seniors](#)

Nutrition Education

Just Say Yes
To Fruits & Vegetables

Exciting addition to the JSY Website!

The Just Say Yes To Fruits & Vegetables, or JSY, website now has an easy to access page to connect qualifying people to benefits! Users can apply online or download forms and apply in person. The JSY website also can be translated for users who do not use or prefer English!

We encourage you to take full advantage of benefits offered by [SNAP](#) and other NYS programs and services.

[Click to view the JSY benefits page](#)



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Do you need healthier food from your food drives?

Use this revised flyer to help solicit the more nutritious food items that your guests are looking for.
Please [HERE](#) to view it in a PDF form on our website!

Healthy Food Drive Ideas

Help your food pantry offer healthier foods to their clients.

Please consider choosing from these options.

Thank you for investing in the health of those in your community!



Grains

Whole grain cereal
Oatmeal
Cereal with less than 6g of sugar per serving
Whole grain pancake mix
Brown rice
Quinoa
Whole grain pasta, crackers and cornmeal

Vegetables and Fruits

Low sodium canned vegetables
No added salt canned vegetables
Pasta Sauce
Canned fruit in juice or water
Unsweetened dried fruit/raisins
100% Fruit or Vegetable Juice

Protein

Canned fish packed in water
Canned chicken
Peanut butter/nut butter
Unsalted nuts
Low sodium or no salt added canned beans
Dried beans

Calcium Rich Foods

Shelf stable low-fat or fat-free milk
ex. Parmalat
Evaporated milk
Fat free powdered milk
Sardines
Canned salmon w/ bones
Low sodium canned collard greens

Programs CANNOT accept

Severely dented cans
Rusty cans
Boxes with stains
Opened items
Foods without labels
Home-prepared foods

Other Suggestions

Low sodium broths or soups
Salt-free spices and herbs
Plastic or metal containers
Single servings of fruit cups & 100% juice pouches
(great for school lunches)



Talk to your pantry about donating fresh produce from your garden.
Consider donating money, \$1 can purchase up to four meals from the Regional Food Bank.



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It is officially...SPOOKY season! Follow the recipes below to use canned pumpkin in some Festive Fall treats!

Fun Fall Fact: Adding pumpkin to a recipe boosts the fiber and vitamin A content!

Pumpkin Pudding

Ingredients

- 1 can (15 ounce) pumpkin puree
- 1 1/2 cups low-fat milk
- 1 package instant vanilla pudding mix (3.5 ounces)

Directions

1. In a large bowl mix pumpkin and cinnamon together.
 2. Slowly stir in milk and mix well. Add instant pudding mix and stir until it thickens.
 3. Refrigerate until serving time.
- This is a versatile recipe—try butterscotch or cheesecake pudding mix as well!





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Pumpkin Cake

Ingredients

- 1 can (15 ounce) pumpkin puree
- 1 box spice cake mix (18.25 ounces)

Directions

1. Preheat the oven to 350°F. Generously grease a 13x9 inch baking pan.
2. In a large bowl, mix together the cake mix and canned pumpkin until well blended.
3. Spread evenly into the prepared pan. Bake for 25 to 30 minutes in the preheated oven, or until a toothpick inserted into the center comes out clean. Cool and serve, or store in the refrigerator.

Another versatile recipe- try yellow cake mix and 1 teaspoon of cinnamon



Pumpkin Brownies

Ingredients

- 1 can (15 ounce) pumpkin puree
- 1 box brownie mix (19.5 ounces)

Directions

1. Preheat oven to 350°F. Generously grease a 13x9 inch baking pan.
2. In a large bowl, mix together brownie mix and pumpkin until well blended.
3. Pour batter into prepared pan and bake for 25-30 minutes, or until a toothpick inserted into the center comes out clean.



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Delivery Information

Return pallets to your pickup site!

Please consider returning your pallets from your pick-up site each time you have a delivery, rather than a bulk return of pallets after collecting them for an extended period of time. It greatly helps us in transport!



Hot off the press: 2022 Delivery Schedule and Calendar

The Regional Food Bank is excited to share the 2022 delivery schedule and calendar! These materials are in effect January 2022.

To view the 2022 Delivery Calendar: [Click Here](#)

To view the 2022 Delivery Dates: [Click Here](#)

To view the 2022 Delivery Sites: [Click Here](#)

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

[Food Bank Delivery Dates for 2021](#)

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



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

