



VOLUNTEER VIEWS & NEWS FROM THE FOOD BANK NOVEMBER 2017

This newsletter is dedicated to the volunteers of the Regional Food Bank, Patroon Land Farm, and Food Bank of the Hudson Valley. You help us provide much-needed food and other supplies to people in need. Thank you!

Thank You for Your Service

We give thanks to you, our volunteer family, for dedicated service throughout the year. You help us sort and distribute millions of pounds of food and other basic need items to agencies serving people in need.

Volunteer Opportunities in the 518

Troy Turkey Trot | Troy, NY

November 18 - November 23

The Regional Food Bank and Joseph's House and Shelter receive donations made through the **Troy Turkey Trot**, the area's premier Thanksgiving Day race. More than 7,000 runners and walkers converge in downtown Troy to give back before giving thanks. **VOLUNTEERS ARE NEEDED THE WEEK BEFORE AND THE MORNING OF THANKSGIVING.** Sign up at www.troyturkeytrot.com. Thank you!

Holiday Hunger Appeal | Crossgates Mall, Albany, NY

November 15 - December 24

We are looking for outgoing people to staff our seasonal mall location and ask shoppers to donate to the Food Bank. Last year shoppers gave over \$73,000 at the mall. Help us exceed that number this year by signing up for one or more of our short shifts needing 4-6 people each. For more information, contact M.E. Mazur at marym@regionalfoodbank.net or 518-786-3691, x234.

From Robert Kennedy's Day of Affirmation Address Capetown, South Africa | June 1966

It is from numberless diverse acts of courage and belief that human history is shaped. Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope, and crossing each other from a million different centers of energy and daring those ripples build a current which can sweep down the mightiest walls of oppression and resistance.

Staff Changes at Food Bank of the Hudson Valley

Troy Martin moves from the Volunteer Department to the Children's Programs Department this month. His replacement will start in January. In the meantime, we are grateful for help from the warehouse staff for keeping an abbreviated volunteer schedule going. We appreciate volunteers' patience as we work through this transition.

Food Drive Season Begins in Earnest

This time of year brings out the community's generosity, and we appreciate the many food drives people conduct on our behalf during the holiday season. If you are interested in organizing a food drive, let us know. We can send you a list of most needed items. (Would you believe bathroom tissue is near the top of the list?)

- ▶ Food Bank of the Hudson Valley: Carol Griffin; 845-534-5344, x112 or cgriffin@foodbankofhudsonvalley.org
- ▶ Regional Food Bank: Bob Baker; 518-786-3691, x296 or bobb@regionalfoodbank.net

Hunger in the News

Stories that reinforce the need to continue the fight against hunger

THE FUTURE OF FOOD

THE NATION | OCTOBER 11

It's a time of deep uncertainty at every link in the global food chain. For the first time in a decade, the number of hungry and malnourished people in the world is rising. Climate change threatens breadbasket regions the world over. The malnutrition of the future, as predicted by a recent *New York Times* report, is to be "both overweight and undernourished." How do we get to a more equitable and sustainable food system?

ON FOOD STAMPS AND POVERTY: I FELT ASHAMED BUYING OLIVE OIL

THE GUARDIAN | OCTOBER 5

Living in the land of opportunity isn't easy when you're not quite making it. When Americans flounder below the poverty level, it feels personal – it doesn't always translate as a failure of the system. People deserve the small dignity of owning a smartphone or buying a case of Coca-Cola without being asked to explain themselves. We aren't going to fix poverty by scrutinizing the habits of the poor.

THE NEW REALITY OF OLD AGE IN AMERICA

WASHINGTON POST | SEPTEMBER 30

Record numbers of Americans older than 65 are working — now nearly 1 in 5. That proportion has risen steadily over the past decade, and at a far faster rate than any other age group. Today, 9 million senior citizens work, compared with 4 million in 2000. Polls show most older people are more worried about running out of money than dying.

Farm Season Wraps Up

The Patroon Land Farm growing season is over, and staff members want to thank the hundreds of volunteers who came out to help this year. Volunteers did a little of everything, from picking rocks in the spring to planting, weeding, and picking veggies in the fall. If your hands touched our dirt, we thank you! Many hands make light work.

Agency Spotlight

This month we highlight the work of the **Hope 7 Community Center Food Pantry**, located in Rensselaer County.

<https://www.hopeseven.com/foodpantry>

"Our Food Pantry started with humble beginnings in 1987, operating out of literally a closet in our Center. Today we have a much larger, cheerful spot in the home of Pawling Avenue United Methodist Church from which **we serve families 3 day/3 meals per day packages of basic staples** like meat, fresh produce, breads, bakery items, and milk.

We also provide life-essential non-food items such as diapers, toiletries, personal hygiene items, and household cleaning supplies. We are happy to say **we also help people keep their beloved pets** thanks to regular donations of **cat and dog food** for those special companions that help so many get through their rough times. We also offer to connect our clients to resources that may assist them."

In addition to providing food and non-food assistance to people in need, Hope 7 focuses on providing healthy food and options for low-cost meal preparation. "When having food drives, we put out specific requests for nutritious foods and **discourage donations of unhealthy items**. We have seasonal drives with February being 'Spice Up a Life' month where we collect a wide variety of spices so we can help people prepare tastier meals with low-cost ingredients like beans in place of or in addition to meat. **Subsequent months are for specialty diet items like no/low salt or sugar, gluten-free, and seasonal or holiday related items. We also had a crockpot campaign** where 180 families received crockpots loaded with recipes and all the fixings for turkey chili."

We salute the staff and volunteers of Hope 7 who work hard every day to provide nourishing food to people in need.

Sign up to Volunteer

Regional Food Bank: www.regionalfoodbank.net/volunteer

Food Bank of the Hudson Valley: <https://foodbankofhudsonvalley.org/volunteer/>