

# The Food Source

Serving Member Anti Hunger Programs and Agencies Throughout Westchester County



July 2009

[www.foodbankforwestchester.org](http://www.foodbankforwestchester.org)

Volume 17, Issue 1-  
Nutrition Not Just Calories

## Agency of the Month: St. Peter's Food Pantry

Michal T. Winter

The St. Peter's Food Pantry in Yonkers began serving clients over 20 years ago. Since then the need in that community has increased dramatically. Barbara Giriat, director of the pantry, states that last year at this time they were serving 600+ households, this month the number has reached almost 1000!

So, how can a food pantry keep up with the demand? How are they able to receive enough product to feed the increasing number of families

Sometimes, it is all in the networking. A few months ago, Barbara was contacted by the Return to Vendor Coordinator for the Costco store in New Rochelle. He had read about the recent death of an acquaintance who was an involved St. Peter's parishioner. He offered to help the pantry by donating the products which are no longer saleable at the store, but still maintain product integrity.

It began with a donation of bagged fresh spinach. This was well received by the clients, as is all fresh produce. Distributing fresh produce, such as the Green Thumb, is not only one of the healthiest options for feeding a family, but is also preferred by most clients.

From there the program grew. Mr. Laith from Costco now calls Barbara multiple times a week, and has donated products from bananas and broccoli to body wash and diapers. All of these items would have to be destroyed if they were not donated to the pantry.

Barbara has other sources of donated products which help her serve her increasing number of families. Her



Barbara Giriat with Julio and some of the donated product they receive.

cakes and bread, and even the plastic bags which the food is distributed in are donated by ShopRite. And often times she gets milk donated from the St. Peter's School.

All of these donations help St. Peter's in another way. Although her financial donations are not high - her product poundage donations have increased substantially making the Feinstein Challenge Grant quite successful this year. This in turn resulted in a nice contribution from the Feinstein Foundation.

Another benefit for St. Peter's clients was having Maria, from the Food Bank, come and qualify them for food stamps. Many were eligible and did not even realize it. It was great to have someone who could speak to the clients in Spanish. It was also nice to have someone who could visit the disabled in their homes.

It's hard work, but in these challenging times when everyone is serving more families than ever before, the donations, and client services can make the biggest difference.



The St. Peter's Volunteer Team

## SNAP

Ferne Bordash

On October 1, 2008, the federal Food Stamp Program became the **Supplemental Nutrition Assistance Program -- SNAP**. The Food Bank for Westchester would like to introduce you to **Marilyn Rivera** the **new SNAP Coordinator**. Marilyn's mission is to assist Westchester residents to acquire food stamps. She can help your clients or people you know with the SNAP application in the following ways:

- She can assist homebound and disabled persons with the application process by visiting them in their home, helping with document collection and waiving the face to face visit with the Department of Social Services.
- She can also inform clients at hunger relief programs or other congregate sites about food stamps and how they work prescreen clients to determine eligibility and assist with the application process.
- She can prescreen potential food stamp recipients over the telephone and assist with application procedure over the telephone or via mail.

Because Marilyn is bi lingual she can assist both English and Spanish speakers.

If you have clients or are aware of groups that could benefit from food stamps but just need some information or a little help with the application.... Marilyn Rivera is the one you need to contact.

The Food Bank for Westchester SNAP Coordinator will present your group with Food Stamp information, will prescreen and assist with the application process. No group is too small or too large.



## Hunger Heroes Award Winners 2009



Service Provider Award winner—  
Yonkers Community Action Program, accepted by Linda Heyward



Donor Award winner—The  
Peak101.7, accepted by Jason  
Finkelberg



Volunteer Award winner—Karen  
O'Brien of Community Services  
Associates



Corporate Service Award winner—  
Fuji Film, accepted by Laurie Franco

# Message from the Executive Director



Dear All,

I wish I could tell you that it will be a long lazy summer, but I think that will not be the case. The number of people needing food assistance continues to grow, add to that that children are out of school and not able to count on a school breakfast or lunch ...I think the summer will be very busy.

Add to the increasing need for food the special problems associated with the distribution of fresh food and now we really have a full plate. But that is OK.....a fresh food full plate is a great thing. The people we serve need the health benefits of wholesome fresh foods. We are determined, with your help to make sure that folks get as much fresh foods as possible, regularly.

Besides the Project Green Thumb distribution the Food Bank will have available, later in the summer, produce from our three "farm" projects at the County Department of Corrections, at Woodfield Cottage and St. Christopher's School as well as the PepsiCo, Reader's Digest and Maryknoll gardens.

Already we are getting produce from Muscote Farm; beautiful greens, lettuce, beets, and we anticipate that many local gardeners will be donating as well. No matter how small the produce donation we need your help in getting it to the hungry people of Westchester.

So when we call you, be it the Food Recovery Program, Michal, Cora or someone else from the Food Bank asking you to take produce.....say YES!

We will also be increasing the Rapid Food Distribution. While this does not in any way require you to do any of the lifting...we do need your help in letting your clients know about distribution dates and times.

So help us help you get as much fresh food to your clients as possible.

**JUST SAY YES TO FRESH FOOD!**

Christina

## Agency News:

**Ecumenical Emergency Food Pantry has a new home!** Thanks to the City of White Plains and Commissioner of Planning, Sue Habel who said "the Ecumenical Food Pantry is too important to the city of White Plains to lose!" The Ecumenical Food Pantry is now located in a nicely renovated space at the Slater Center on Fisher Avenue, drop by on a Friday morning and say Hi! Good Luck to Lorraine and all of her volunteers and clients in their new home!

**New Beginnings Food Pantry** needs baby boy clothes - if you can donate contact Holly Von Bernuth at 923.4889

**The Church of God of Prophecy** recently lost a long time client. Paulette attended the breakfast program since it began, and she will be missed by all.



Congratulations to the employees of Kraft, who won the First Annual Give-Back Olympic Face Off. They are holding the "Golden Scoop Award" for winning the corporate repack challenge. The award was presented at the Hunger Heroes Breakfast.

**Lord's Pantry** is looking for more volunteer drivers to deliver meals - if you are interested, contact **Larry @ 287.6445**

## SNAP

*Continued from page 1*

Marilyn will be calling all Food Bank member agencies to arrange a SNAP (food stamp) presentation at your site. If you know of any other sites that would benefit from this service call Marilyn (923-1100) and let her know.

### The Following are some myths about the SNAP program:

**MYTH:** SNAP is only available for families with children

**FACT:** *Snap is for eligible individuals & families, including elderly & homebound*

**MYTH:** Only unemployed people can get SNAP

**FACT:** *Most people who work at low wage jobs can get SNAP benefits. Many working people use SNAP benefits to help make ends meet.*

**MYTH:** SNAP is welfare.

**FACT:** *The SNAP Program is a nutrition assistance program.*

**MYTH:** SNAP benefits are not worth applying for since you only get \$10.

**FACT:** *The amount of benefits depends on household size, income and certain expenses. The average household monthly benefit in FY 2005 was over \$212.*

**MYTH:** Other people will know I use SNAP.

**FACT:** *People who get SNAP benefits get an electronic card and other people will most likely not know you use food stamp benefits.*

SNAP puts healthy foods within reach.

**So please give Marilyn Rivera a call at the Food Bank for Westchester at 914-923-1100** to make your appointment for either a presentation or outreach or senior or homebound visit.

# Green Thumb

- June 28 - July 3 Cilantro/Scallions, Garlic, Spinach, Swiss Chard, Potatoes (white), Mushrooms/Onions, Avocados/Peaches, Oranges/Plums
- July 6 - 10 Yellow squash/Kohlrabi, Beets/Carrots, Cucumbers/Scallions, Radishes, Garlic, Plums/Kiwi, Mangos/Blueberries
- July 13 - 17 Basil/Garlic, Yellow squash, Red leaf lettuce, Tomatoes, Cucumbers, Avocados/Plums, Oranges
- July 20 - 24 Zucchini, Cauliflower/Iceberg lettuce, Red onions, Carrots, Basil/Garlic, Kiwi/Oranges, Apricots/Nectarines
- July 27 - 31 Celery/Carrots, Corn/Swiss chard, Red lettuce, Tomatoes, Cantaloupe/Blueberries, Plums/Peaches

***Order your fresh produce by the case  
Wednesdays between 8:30 am—3pm.***

*Ask for Michal, Pat or Suzanne*



*Remember: All Cancellations of your Green Thumb Order must be made 2 weeks in advance! all green thumb items are subject to availability and prices may vary. You will be notified of the case price the day you order .*

## Products Available:

### USDA products to watch for this month:

Peanut butter	12/18oz jars
Vegetarian beans	24 cans per case
Applesauce	24 cans per case
Cling Peaches	24 cans per case
24oz canned Pork	24 cans per case
Frozen Cherries	12/2.5 lb pkgs
Walnuts	24/1 lb bags
Apple juice	24/46 oz cans
Dry Instant Milk	12 25.6 oz pkgs
Fresh Tomatoes	
Orange Juice singles	70/40z pkgs
Small Deli Turkey	



## Dates to Remember

- Fri. July 3 Independence Day Holiday - Food Bank Closed
- Wed. July 8 FOOD BANK TAG SALE - 4-7PM
- Fri. July 10 June Monthly Reports Due
- Sat. July 11 Repack 9am - 1pm
- Fri. July 17 Food Bank Picnic - Food Bank closes at noon
- Fri. July 31 Inventory, NO ORDERS
- Sat. Aug. 1 Repack 9am - 1pm
- Mon. Aug. 10 July Monthly Reports Due
- Mon. Aug. 30 Inventory - NO ORDERS

**No one needs to tell you, the people who operate food pantries, how difficult it is to meet the needs of your community today.**

America's backyard gardeners often face a wholly different challenge. For many, it can feel like forever while they wait for their garden to start producing tomatoes, cucumbers, carrots, squash, etc. But once they start harvesting their crops, it comes with a vengeance. The typical backyard gardener will consume as much of their harvest as possible, share some with their friends and neighbors, can, preserve or pickle some, and yet have more to harvest.

Despite that fact that an estimated 36 million Americans (12% of the population) are hungry and rely on local food pantries, many gardeners end up leaving a significant portion of their crop unharvested in their garden. These gardeners would be happy to share some of their harvest with a nearby food pantry but usually don't because the neighborhood pantries are often hard to find - It does not have to be this way.

To address this problem, the **AmpleHarvest.org** campaign has been established with the goal of enabling Americas backyard gardeners to quickly find local food pantries in need of fresh produce. Registering your pantry is quick, simple and free. Just visit **www.AmpleHarvest.org** and click on the button to enter the name, address, phone and other optional information about your pantry. The site also accepts additional text you might want to include ("no more tomatoes this week please" or "we need tuna and soap"). You can even supply a digital photograph of your location. Once registered, backyard gardeners wishing to donate fresh produce will be able to quickly find your pantry, contact information and the days and hours donations will be accepted.

The **AmpleHarvest.org** campaign is a grass roots effort operating under a 501(3)(c)organization. Everyone involved has donated their time and talent. There are no fees When your pantry registers on the web site, nor when a gardener uses it.

An estimated 100 billion pounds of food – enough to totally eliminate hunger in this country, is thrown away annually.

It does not have to be this way.

# ***JULY HEARTY HELPINGS***

**July Hearty Helpings Combo Box: \$25:**

**3 lbs - Chicken Breast Boneless**

*(individually packaged)*

**1 - 3 lb pkg. Beef Cubes - lean** *(shish-ka-bobs!)*

**1 - 2lb. pkg. Hot Italian Sausage - Rope**

**2 - 1.5lb pkg. Ground Beef Patties (12/4oz)**

**SPECIALS:**

**#1 -- 2 lbs. Wild Salmon Fillets \$7.50**  
*(w/ lemon & pepper)*

**#2 -- 3 lbs. Breaded Butterfly Shrimp \$13.00**

**Orders in by: Tuesday, July 14th**

**Pick up: Friday, July 31st**

**Host Sites:**

St. Joseph of Arimathea (Elmsford) - Joan Cameron @ 347 8207

Ossining CAP Doris Goodson @ 923.6380

Peekskill CAP Mary Rainey @ 739.1451

Greater Centennial Church - Mt. Vernon - Virginia Douglas or  
Jean Kirkland @ 664-1838

San Andreas Church - Yonkers - Beatrice Castrillon @ 963.9523

Tarrytown COC - Denise Edwards - @ 631.7340

Port Chester Carver Center - Tarin - @ 939.4464

New Rochelle Housing - Charles Morgan @ 235-8193



358 Saw Mill River Road  
Millwood, New York 10546

Phone: 914.923.1100

Fax: 914.923.1198

[www.foodbankforwestchester.org](http://www.foodbankforwestchester.org)