

The Food Source



Serving Member Anti Hunger Programs and Agencies Throughout Westchester County

August 2009

www.foodbankforwestchester.org

Volume 17, Issue 2-
Nutrition Not Just Calories

Agency of the Month: Cardinal McCloskey Haden House

Michal T. Winter

Cardinal McCloskey's Haden House is an emergency "safe house" shelter for abused children. It is dedicated to the intense diagnosis and care of children and adolescents, ranging in age from 8-18.

While at the Hayden House children receive comprehensive care including medical, therapeutic, counseling and education. The educational program is conducted at the Cardinal McCloskey School which is located on the lower level of Hayden House and is a NYS accredited school offering a full regents curriculum for grades 4-12, as well as an ASPIRE program offering remedial educational support for those who need it.

Phyllis Marshall has been providing the food service at Hayden House for 10 years. But Phyllis gives much more than food. She also provides a stable and loving environment for the kids. She treats them with respect, and is always there for them supplying security and reassurance which is so desperately needed, and appreciated by the children. Phyllis has seen many of the kids who have come to Hayden House under difficult circumstances complete school, and go on to college. They come back with wonderful success stories. It is the kids that keep her coming back every day. As Phyllis told me, "some days you wake up and you don't want to go to work, but then you think of one of the kids and you want to come in to see them."

It is evident in the warm smiles and hugs that the children give to her that "Miss Phyllis", as she is called, is well loved in this house.



Phyllis Marshall of Cardinal McCloskey Haden House

Along with working at Hayden House, Phyllis is also pursuing her bachelors degree in social work. She has been going to evening classes at Lehman college and enjoys the challenge. Phyllis knows that education is key in creating a better environment for yourself. As she says, "you can do everything else for your family, but the one thing you can do for yourself is get an education."

Attending the Food Bank for Westchester's annual conference is also a way to get an education. In one morning you will be educated about new programs and initiatives that the Food Bank is instituting. These new programs can help you serve your clients better and more efficiently. You will increase your knowledge of nutrition, food stamps, fresh produce, and other ways to get help your agency increase services, and empower your clients.

Phyllis loves to cook, but more than that, she loves the kids. "They are the reason she comes through the door." She wants to make sure they are eating home cooked meals, not reheated processed foods. She says she doesn't know if she is making a difference, but from the look on the kids faces, she most definitely is.

Tuesday, September 15th is the Food Bank's 11th annual conference of Member Agencies Fighting Hunger in Westchester County

Michal T. Winter

On September 15, 2009, the Food Bank for Westchester will be holding our 11th Annual Member Agency Conference. This year's theme is "Improving on Success - Working Better Together".

Some of the topics to be covered are:

- Rapid and alternative distribution of fresh produce
- Improvements in Green Thumb
- Hearty Helpings Meat Cooperative
- What you agency statistics do for you
- The benefits of forming local alliances with other agencies in your community
- On Line Ordering updates
- New Food Stamp initiative
- Nutrition
- And more.....

All of this will be done from 8:30 am - noon, and a wonderful breakfast will be served.

Remember - you agency contract notes that you will attend 1 business meeting per year...This is it!

So keep on the lookout for the registration form, and pencil it in your calendar today....

8:30 - Noon, Tuesday September 15th, at the Women's Club of White Plains. **The 11th Annual Conference of Member Agencies Fighting Hunger in Westchester.**



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 Members

It is August and time to mark your calendars with the date of the 10th Annual Conference of Member Agencies Fighting Hunger in Westchester, which is September 15, 2009 from 8:00am to noon.

The conference will be at the same wonderful place the Westchester Women's Club and of course a delicious breakfast will be served.

The theme of this year's conference is "Improving on Success, Working Better Together".

On the business side of the meeting you will learn how we performed last year and how we are addressing current challenges with innovative programming and streamlining processes. We know that as we get deeper and deeper into the recession our services will be needed by many more people and we have to be prepared to respond. We will also have a presentation on "Fighting Hunger + Undoing Racism, which is a very relevant topic for all.

Your participation in the Conference is essential...because we cannot work better together nor can we be effective and efficient in our services if we do not understand what each of us is doing and move forward in lock step.

Please mark your calendar for September 15, 2009, determine who from your organization will be attending (not limited, can be staff, board members, volunteers and your local elected officials) and plan on showing up for this very informative half day.

If you have specific issues you want addressed please contact Michal with your suggestions.

SEE YOU ON THE 15TH OF SEPTEMBER!

Christina

Agency News:

Ruth Ledger - long time volunteer, and manager of the Food Pantry at the VA in Castle Point, passed away in July. She was dedicated and passionate about making sure our veterans had enough to eat, and she will be greatly missed.

Congratulations to **Carol Cauley** of the **Larchmont Mamaroneck Food Pantry** on the birth of her first grandson Zachery! Carol is moving to Texas this month, and we will all miss her smile and passion for helping those in need. Lots of Luck Carol - Larchmont's loss is Texas' gain!



Food Bank for Westchester Tag Sale



Above left: Cindy Veazy of Happy Harbor Daycare chooses books donated by Borders - for her program.

Above right, and below: Agencies choose dishes, glassware and other kitchen items.



Green Thumb

- Aug. 3 - 7** Garlic/Parley/Basil, Corn/Swiss Chard, Summer Squash, Onions, Potatoes, Radishes, Nectarines/Peaches, Avocados/Pears/Cantaloupe
- Aug. 10 - 14** Broccoli/Cucumbers, Romaine Lettuce/Collards, Plum Tomatoes, Zucchini/Summer Squash, Lemons/Plums, Oranges/Apricots
- Aug. 17-21** Cilantro, Corn/Tomatoes, Celery/Carrots, Cabbage/Collard Greens, Cucumbers/Okra, Limes/Kiwi, Peaches/Cantaloupe
- Aug. 24-28** Garlic, Onions/Scallions, Eggplant/Summer Squash, Bell Peppers, Tomatillos/Green Beans, Cantaloupe/Melon, Plums/Apples
- Aug. 21 - Sept. 4** Garlic, Scallions, Kohlrabi, Okra/Celery, Leaf Lettuce/Spinach/Kale, Peaches/Apples, Nectarines/Blueberries

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 don't have to receive green thumb to get fresh produce!!!

Order fresh produce by the case

Every Wednesday between 8:30 am—3pm.

Ask for Michal, Pat or Cora

You will be notified of the items available and the prices by the case the day you order .

Get Fresh Produce for your clients

Call on Wednesday!

Products Available:

USDA Product in August:

Spaghetti
Tuna
Applesauce
Canned Orange Juice
Apricot halves
Sliced deli turkey

Purchased Product in August

Tuna
1 pound bags of macaroni
Assorted juice boxes



Dates to Remember

- Sat. Aug. 1** Repack 9am - 1pm
- Mon. Aug. 10** July Monthly Reports Due
- Tues. Aug. 11** Orientation - call Michal Winter
- Mon. Aug. 31** Inventory - NO ORDERS
- Mon. Sept. 7** Labor Day Food Bank Closed
- Tues. Sept 8** Orientation - call Michal Winter
- Thur. Sept. 10** August Monthly Reports Due
- Sat. Sept. 12** Repack 9am - 1pm
- Tues. Sept. 15th** - ANNUAL AGENCY CONFERENCE
- Wed. Sept. 30** Inventory - NO ORDERS

Grants Available:

The William T. Grant Foundation's Youth Service Improvement Grants (YSIG) are geared toward improving the lives of youth, focusing on small to medium-size organizations that have already had some success, but lack the funds to make needed improvements. It is open to community-based organizations in the New York metropolitan area that want to improve the quality of the services they offer to young people ages 8 to 25. The maximum award amount is \$25,000.

Applications are accepted in the spring and the fall. Applications for the fall 2009 cycle will be accepted from July through September, with grant decisions made in February 2010.

To be eligible for consideration, applicants must:

- Have 501(c)(3) tax-exemption.
- Provide services to youth located in the New York metropolitan area, defined as the following counties:
in New York: Bronx, Kings, Nassau, New York, Putnam, Queens, Richmond, Rockland, Suffolk, and Westchester counties
- Serve youth ages 8 to 25 years; and
- Have an operating budget between \$250,000 and \$5.0 million.

For further information visit:

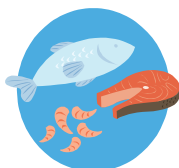
http://www.wtgrantfoundation.org/funding_opportunities/service_improvements/youth_service_improvement

AUGUST HEARTY HELPINGS

August Hearty Helpings Combo Box: Orders in by: Tuesday, August 11

\$25:

- 1 - 2lb pkg. Tilapia Filets
- 1 - 2lb pkg. Bay Scallops (40/60 ct)
- 2 - 1lb pkg. Ham Steaks
- 1 - 2lb pkg. Crab Claws



SPECIALS:

- #1 2 lbs Wild Salmon \$7.50**
- #2 3 lbs. Breaded Butterfly Shrimp (16/20 ct) \$13.00**

Pick up: Friday, August 28,

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

We Need more host sites!!!

Help us get these quality meats to your clients at affordable prices!

***Contact Michal to be a host site in your area!
923.1100***



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