

The Food Source

Serving Member Anti Hunger Programs and Agencies Throughout Westchester County



December 2009

www.foodbankforwestchester.org

Volume 17, Issue 6

Message from the Executive Director

Dear Food Bank Members:

Due to circumstances beyond our control the December newsletter is a bit different from what you are used to getting, but we have included all the information we thought is important for you to have.

If you have any questions or concerns or need more information please do not hesitate to call..... ask for Suzanne Johnson,

Carmen Harvey or me for general food bank information, food order information ask for Cora and of course food safety, sanitation and nutrition ask for Toby.

We appreciate your understanding and cooperation.

HAVE A GREAT HOLIDAY EACH AND EVERY ONE!

**BEST WISHES TO YOU AND YOURS; HEALTH, WEALTH
HAPPINESS AND ABOVE ALL PEACE!**

Food Bank for Westchester Staff



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

How to Make My Holiday Dinner Healthy?

- Try small amounts of every food, so you won't eat too much of a certain high fat dish.
- Serve fresh vegetables and cut fruit as appetizers. If you fill up on them, you'll be less likely to gorge yourself on higher-fat, higher-calorie foods at the table.
- Baste the bird or roast with low-fat chicken or beef stock. You can buy fat-free broth, or put regular canned broth in the refrigerator and scoop out the "clumped up" fat before using the broth. You can make your gravy with fat-free broth and milk, too, or just buy fat-free gravy off the store shelf and use it (if store-bought gravy is permissible at your table).
- Prepare sweet potatoes with little or no marshmallow cream, butter or brown sugar. Or, try a brand-new recipe, baking sweet potatoes in a casserole with some diced apples and raisins, with a little butter spray for flavor.
- Make your own cranberry relish or "salsa" instead of serving the high-sugar variety. You can find low-sugar recipes in your newspaper's food section, in home or food magazines, and on the Internet.
- At the table, enjoy the turkey without the turkey skin. The skin is where almost half the fat resides.
- Reduce calories in pumpkin pie by using non-fat evaporated milk instead of cream in your recipe.
- Cook with skim milk instead of whole or 2% milk. Your potatoes will be just as creamy, and you'll save up to 70 calories.
- Use whole-wheat flour instead of enriched white flour in your baked goods. You'll save 77 calories and prevent a spike of insulin from affecting the body. If you don't want to replace all of your flour, use just half whole wheat and half enriched
- Instead of using store-bought or your traditional homemade chip dip, try this out: Use regular mayonnaise for half of the recipe, and replace the other half with reduced fat sour cream. One cup of lower-fat sour cream will provide all the flavor and texture of mayonnaise for 1,300 calories and 150 grams of fat *less*.

Agency News:

Welcome to our newest member agency:

United Methodist Community Pancake Breakfast Program of Peekskill, New York. The program is open to the community on the 2nd and 4th Sunday of the month between 9:00 a.m. and 10:15 a.m. Guests are served a hearty breakfast of pancakes & syrup, eggs, sausage, grits, milk, juice and coffee.

If you are in the Peekskill area during their serving time, please stop in and welcome our new agency.

The **Westchester Consumer Empowerment Center** is looking for donations of winter coats for men and women. If you can help contact Dianne Caruso or Margaret DiSapio at (914) 576-7022.

New Beginnings needs donations of sheets. Gently used, OK, and sheets sets are not necessary—they can package creatively. All sizes welcome, although children's character sheets are greatly desired. If you would like to donate contact

Laura or Holly at: 923-4889.

ATTENTION ALL FOOD BANK MEMBER AGENCIES

EFFECTIVE IMMEDIATELY!

Food Bank members who fail to submit their "Agency Monthly Report" on time risk temporary food ordering suspension until report is current.

Any agency with more than one report missing will stay on suspension until all reports are in.

The Agency Monthly Report is vital to the work of the Food Bank and the emergency food distribution network.

The statistics collected are required by both fund and food donors as well as regulatory agencies.

Please advise staff responsible for collecting the statistics and sending to the Food Bank that the Agency Monthly Report must be submitted to the Food Bank by the 10th of the following month...no exceptions.

If you need more information about this matter please contact Suzanne Johnson at 923-1100.

Green Thumb

Dec. 7 - 11	Beets, Bell Peppers, Potatoes, Leeks, Grapefruit, Oranges
Dec. 14 - 18	Garlic, Savoy Cabbage, Broccoli/Cauliflower, Onions, Green Beans/Zucchini, Grapefruit/Pears, Apples/Red Grapes
Dec. 21 - 24	Celery, Carrots, Onions, Potatoes, Tangerines/Oranges/ Grapefruit, Bananas/Kiwi
Dec. 28 - 31	Celery, Carrots, Onions, Potatoes, Oranges/Kiwi/Pears, Apples/Grapefruit

*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.*

Order fresh produce by the case

Orders can now be taken Wednesday and Thursday. If you would like a weekly produce list sent to your e-mail contact:

Cora

List will include cost and details .

Get Fresh Produce for your clients



New Products:

Look for these products in December:

USDA

Quick Grits

Paramalat

Apple Sauce

Frozen Blueberries

Frozen Whole Chickens

Small Frozen Turkey

Powdered Milk

Purchased

Soups: 9 varieties

Breaded Fish Sticks

Chili Beans (seasoned)

Frozen Whole Chickens

Sliced Provolone Cheese

Donated

Propel Sports Drink

Stove Top Stuffing

Assorted Pasta

Beef Jerky

Beets in a Jar

Pancake Syrup

Sunflower Seeds

Asst. Snacks & Crackers by Lb.

Rapid Produce Distribution Sites

Mon. (12/7) - New Rochelle (4 - 6pm)

Union Baptist Church

438 Main Street

Wed. (12/9) - Ossining (1 - 3pm)

Star of Bethlehem

304 Spring Street

Thurs. (12/10) - Yonkers (1 - 3pm)

St. Peters Church

91 Ludlow Street

Thurs. (12/10) - Peekskill (3 - 5pm)

The Kiley Center

709 Main Street

Thurs. (12/10) - Port Chester (4 - 6pm)

Summerfield United Methodist

225 King Street

Phone: (914) 923-1100 **Fax:** (914) 923-1198

Sponsored by:



****If your agency would like more information or to participate in this free produce program please contact**

Toby Pidgeon at the Food Bank!



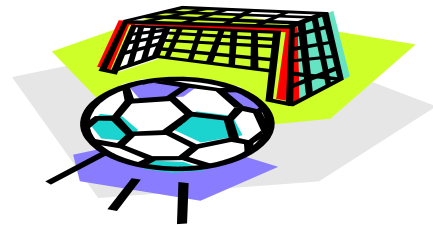
Dates to Remember

Sat. Dec. 5	Repack 9am - 1pm
Tues. Dec. 8	Orientation - Contact Suzanne
Fri. Dec. 11	November Monthly Reports Due
Fri. Dec 18	FOOD BANK WILL CLOSE @ 1PM
Thurs. Dec. 31	INVENTORY - NO Deliveries or Pick-Ups
Fri. Jan. 1	FOOD BANK CLOSED - NEW YEAR'S DAY
Sat. Jan. 9	Repack 9am - 1pm
Tues. Jan. 12	FOOD BANK CLOSED -MLK HOLIDAY
Fri. Jan. 29	INVENTORY - NO Deliveries or Pick-Ups

SPECIAL THANKS!

Did you notice the wonderful cereal that was in your mixed goods and featured prominently in the corner?

Amy Scher, a great friend and supporter of the Food Bank, had the idea of collecting cereal at weekend soccer games throughout the fall. She coordinated the collections with other towns and nearly 3,000 boxes of cereal were donated by teams playing in Somers, Larchmont, Armonk and Chappaqua. **Score for Westchester Teams!**



358 Saw Mill River Road
Millwood, New York 10546

Phone: 914.923.1100
Fax: 914.923.1198
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