

# The Food Source

Serving Member Anti Hunger Programs and Agencies Throughout Westchester County



November 2009

www.foodbankforwestchester.org

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Nutrition Not Just Calories

## Agency of the Month: Union Baptist Church

Michal T. Winter

This is the season in which we express our gratitude. And gratitude can know many different forms. At Union Baptist Church the gratitude is not only from the clients who are served, but from those who do the serving as well.

When Union Baptist Church first began their soup kitchen it was a soup and sandwich program on Saturdays, where clients could also take home a bag of food. In 2004 the program was reborn as two separate programs, a food pantry on the second and 4th Monday of each month and a soup kitchen - or as the volunteers like to refer to it a "dinner" every Friday evening. And that means Every Friday evening, no matter what the weather.

In 2004 the dinner served 25 people and the food pantry distributed 50 bags. Today there are over 50 clients at the dinner and over 150 bags distributed every two weeks. The soup kitchen program has become so popular because of the warmth and comfort provided by the food, as well as the open hearts and ears which are available for any of the clients who feel the need to share their thoughts. It is also important that each client is treated with respect and integrity. Making this an environment where they often have to start closing up around the clients, because they are so comfortable, they don't want to leave!



The cooking teams at Union Baptist Church:  
George Garrison, Barbara Bolden, Betty Montgomery, Terralyn  
Montgomery, Jean Anderson, Minnie Logan-Manu

And the food! These volunteers love to cook and it shows! Tonight's meal was pork loin roast, rice, dill string beans, hot butter and bread and dessert. There are 4 teams of cooks, and while Jean Anderson does the food ordering from the Food Bank, the teams go through what is available and create their own meals using their varied culinary skills. George is known as "the chef" he will take the ingredients and create warm home cooked meals that warm the clients, body and soul! And everyone tells me there is an emphasis on fresh ingredients used to make "colorful healthy plates" So green thumb produce is often included in the meals.

Jean, the chair of the program, is also grateful that they are taking part in the rapid distribution program. So far they have been involved in three distributions. This last distribution was in conjunction with Shiloh Baptist church, They gave out over 200 vouchers for

potatoes, onions and carrots, and the line to receive the vegetables stretched down the block! That Friday, the soup kitchen served potatoes and onions - which were a tremendous hit!

The volunteers at Union Baptist Church have their own reasons to be grateful, Minnie is grateful for the companionship of the clients, Terry loves to see the recognition and appreciation on the faces of the clients even when she is outside of the church. Many agree that they are grateful to have to opportunity to help others who are not as fortunate as themselves. But all agree the gratefulness runs in both directions. The clients are grateful for the delicious, healthy food and the warm, friendly environment, The volunteers are grateful that their lives have been made richer by this experience.



## 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



Hello All !

Well we are finally in November the month of giving thanks. We all have so much to be thankful for. And I know we are all grateful.....but along with having much there is also much responsibility. So here are a few things I need you all to do to help us keep our good fortune in tact.

VOTE NOVEMBER 3, 2009. Do not take it for granted that your candidate has all the support she /she needs. Every vote counts! Encourage your clients to vote as well.

**Remember November 3, 2009 – Vote!**

Right now and after the elections please contact your county legislator and tell him/her that you support the Westchester County Department of Emergency Services warehouse construction and the partnership with the Food Bank for Westchester. The Westchester County DES / Food Bank partnership is smart and cost efficient and it will save the county money while increasing service to all Westchester residents.

In this newsletter is a listing of all food bank members and their County Legislator

Take a moment to contact and express your support. **This is CRITICAL!**

Finally I am grateful and thankful for all of you working so hard in your communities making sure your neighbors have something to eat.

Best wishes to you and yours!

Christina

## Agency News:

**New Beginnings** would welcome donations of sheets. Gently used, OK, and sets are not necessary - they can package them 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.**

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Children's Books are available for Daycare centers who are interested in coming to the Food Bank to pick them up - Contact Michal for details.

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This Holiday Season, EssentialMom.com will again be offering any interested non-profits a chance to make their year end holiday asks through their Westchester Wishes Section.

Promote your holiday gifting program, holiday need, or year end ask.. Whatever you need. This is the time of year families seek ways to give back, let them know if you need volunteers. Simply e-mail a logo and description of what you need, try to keep it under 100 words, so there is room for everyone. Send your info in by November 15th - check out the website Essentialmom.com for further details.



## **ATTENTION TO ALL AGENCIES:**

***Monthly reports are vital to the Food Bank,  
All agency statistics must be submitted by the 10th of the  
following month!***

*Those agencies who are delinquent in submitting their statistics  
will be put on temporary ordering suspension!*

**Don't let this happen to you!!**

Contact Michal to see if your monthly reports are up to date! And for those agencies who know that they are behind - send in your statistics as soon as possible.

In 2010 the food bank's goal is 100% compliance - Help us by submitting your reports on time every month!

# Green Thumb

- Nov. 2 - 6** Garlic, Green Beans, Plum Tomatoes/Cauliflower, Onions, Cabbage, Apples, Bananas/Avocados/Limes
- Nov. 9 - 13** Sweet Potatoes, Carrots, Butternut Squash, Leeks/Kale, Brussel Sprouts, Grapefruit, Kiwi/Bananas
- Nov. 16 - 20** Turnips/Tomatoes, Cabbage, Potatoes/Spinach, Carrots/Onions, Oranges/Pears/Apples, Bananas/Plantains
- Nov. 23 - 25** Broccoli/Leeks, Squash, Collard Greens/Celery, Beets/Sweet Potatoes, Tangerines/Oranges, Apples/Bananas
- Nov. 30 - Dec. 4** Swisschard/Spinach, Turnips/Onions, Fingerling Potatoes (red), /Carrots, Pineapples, Lemons/Tangerines

*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**

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

**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**

## Products Available November:

### Purchased

#### **Need Spaghetti sauce?**

Try 60355CS Tomatoes w/Basil  
Or 60900CS Tomatoes Sauce - It's healthier and recipes are available!

### Donated

Yellow Mustard  
Beets  
Frosted Mini Wheat Cereal

### USDA

Oats  
Great Northern Beans (Dry 2lbs) BAGS)  
Peanut Butter



## Dates to Remember

- Sat. Nov. 7** Repack 9am - 1pm
- Mon. Nov. 9** Orientation - Contact Michal
- Thurs. Nov. 26** and
- Fri. Nov. 27** **FOOD BANK CLOSED FOR THANKSGIVING HOLIDAY**
- Mon. Nov. 30** Inventory - **NO ORDERS**
- Sat. Dec. 5** Repack 9am - 1pm
- Mon. Dec. 6** Orientation - Contact Michal
- Fri. Dec. 25** **FOOD BANK CLOSED FOR CHRSTMAS HOLIDAY**
- Thurs. Dec. 31** Inventory - **NO ORDERS**

## FYI

### **Discount prescription card available:**

Familywize cards are available free of charge, nationwide by the FamilyWize Community Service Partnership in cooperation with the United Way

Simply go to [www.familywize.org](http://www.familywize.org) to print your prescription savings card. There is even a participating pharmacy locator available, plug in your zip code and you will see all of the participating pharmacies in your area. Present your card and prescription to a participating pharmacy to obtain the discounted price. You always receive the lower of the discounted price or pharmacy's retail price. This card can save you and your family an average of up to 30% or more on 8 out of 10 prescriptions. Discounted prices of popular prescriptions can also be viewed on the site. There are no restrictions. Use your card as often as you need, for any prescription, for everyone in your family. There is no income limit, age requirement, eligibility or registration required.

The goal of this community partnership is to reduce the cost of medicine for children, families and individuals with no prescription drug coverage by \$100. FamilyWize cards are being distributed free of charge nationwide by participating United Ways, community and faith-based organizations, county agencies, doctors, businesses, and some pharmacies. The discounts and savings are provided voluntarily by the more than 53,000 participating pharmacies that have agreed to accept this card. Please remember to thank your pharmacy for its participation and those helping to give out the cards for the difference they are making for you, your family and your community.



# DECEMBER HEARTY HELPINGS

## December Hearty Helpings Combo

**Box: \$25:**

**3 -- 1lb pkg Chicken Breasts (boneless)**

**1 -- 3 lb pkg Breaded Chicken Tenders**

**1-- 2.5 lb Beef Pot Roast**

**1-- 2.5 lb Pork Loin Roast**

## **SPECIALS:**

**#1 - 2lb pkg. Crab claws - scored** **\$8.00**

**#2 - 2 lb pkg. Bay Scallops** **\$7.00**  
(40/60 ct)

**Orders in by: Tuesday, November 17**

**Pick up: Friday, December. 4,**

## **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*

**New host site:** *Yonkers CAP -*

*Contact: Tarsha Arthur - 423.5905 ext. 10*

*This is a combined hearty helpings for November and  
December - Please note order and delivery dates!*



358 Saw Mill River Road  
Millwood, New York 10546

Phone: 914.923.1100

Fax: 914.923.1198

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