

The Food Source



Serving Member Anti Hunger Programs and Agencies Throughout Westchester County

September 2009

www.foodbankforwestchester.org

Volume 17, Issue 3-
Nutrition Not Just Calories

Agency of the Month: Lois Bronz Child Care Center

Michal T. Winter

The Union Child Daycare Center opened in the basement of the Union Baptist Church in 1966 to help the Fairview Community of White Plains meet the needs of their working mothers.

By 1969 the daycare had outgrown its facility, and remained temporarily housed in four trailers on Tarrytown road while the construction of their new facility which would include space and facilities for many different programs was completed.

In 1972 They welcomed their first child into their new home located in the multipurpose Greenburgh-North Elmsford Community Complex. Here they have the capacity to care for 250 children, and their dream of being able to meet the needs of working parents throughout the county was realized.

Today it is an exciting multi faceted program including infant nursery, Head Start Program, before and after school programs, and special education programs, as well as many other programs for staff, family and the community. The center has been renamed in honor of Lois Broz. The Honorable Ms. Bronz has been an ardent supporter of the day care center for over 30 years, so it is a fitting tribute.

The kitchen is headed by Jeffrey Vaden. Jeffrey, a graduate of the Culinary Institute of America, and is a professional chef and restaurateur. Jeffrey has been running the food service for almost 5 years. Last year, he spent three months on the Food



Robert Rhodes, Michael Hancock, and Jeffrey Vaden, the kitchen staff of Lois Bronz Children's Center

Network's; "Who Will be the Next Food Star". Jeffrey is happy to have had this experience because it opened him up to new people and opportunities.

Although the daycare runs all year round, there is definitely a "back to school" feeling in the air this time of year. Jeffrey uses this time to do kitchen maintenance, cleaning and sanitizing. He also spends time doing inventory control, keeping his product current, and ordering all the tools needed for efficient food service.

Jeffrey is also determined to introduce the kids to foods that they might never have had before. Recently, he introduced fresh beets, and the kids loved them! He also wants the menu to reflect the ethnic diversity of the center, so the kids can become familiar with the foods of the cultures of their classmates. Future goals include; a small garden where the children can see where their fruits and vegetables come from.

Although Jeffrey is a firm believer in fresh fruits and vegetables, he is very "old school" in practicing the teachings of his grandmother - everything in moderation! All foods can be enjoyed just remember to maintain a healthy balance!

The Importance of Breakfast

Toby Pidgeon

Remember all the times your mother said "Eat your breakfast; it's the most important meal of the day?" Guess what – she was right! If asked, most people would agree that eating something in the morning is a good idea. Yet, nearly one-fifth of adults don't eat at all in the morning and many of those who do need to improve on their choices. The number of people eating "dessert for breakfast" — which consists mainly of refined carbohydrates and sugar — is on the rise.

It's hard to believe, with all of the Medias breaking news about nutrition that health professionals are still trying to help the public master "the basics". Often overlooked, yet key to preventing many common health problems, are the commonsense strategies upon which a healthy and balanced diet rests. Breakfast is one of those basics and is so important because it provides you with the energy and nutrients to get going in the morning, thus enhancing creativity, alertness and short term memory.

Don't think that's important? Well look at it this way - When children eat breakfast regularly it's been proven to equal a letter grade higher (of course they also have to attend class). Basically, eating breakfast improves the ability to concentrate thus improves scores on standardized tests and gives increased ability to concentrate in class.

Your morning breakfast does this by replenishing blood glucose levels, which is important given that the brain itself has no reserves of glucose (fuel for the brain); therefore, glucose must constantly be replenished. Especially after a good nights sleep! By not eating

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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!

It is back to school and work time and back to the busy season ...although I must say summer did not seem to be very slow.

First and foremost thank you to the member agencies that came to the press conference kicking off the County Food Drive called for by the County Executive Andy Spano. I thought the drive was very successful bringing in over 10,000 pounds of food and an unexpected \$20,000 donation which will be available to member agencies through Adopt-a-PantryMichal will be announcing RFPs for those funds in late September. We are already planning with Westchester County next years county wide food drive , and as all good things with more planning time it will be better than ever.

I hope that this Food Drive experience was a good one and the first of many ...demonstrating how much we can achieve when we work together.

The more we do together the better we will be at it and the better the results...all focused on fulfilling our mission to alleviate hunger.

Having said thatthis is a perfect time to urge all of you to attend the annual conference. The annual conference is another way for all of us to learn more about where we are going and how we are getting there. This information will help us better execute our joint mission of fighting hunger in Westchester.

See you all on September 15, 2009!

Christina

Agency News:

Union Baptist Church in White Plains will be celebrating the opening of their new Worship Center in their exquisitely renovated building. Join them for an Open House on September 19th at 11 am

Lexington Center's new location in New Rochelle is in need of baby clothes and diapers - if you can help, please contact: **Ann Ward** @ 235.6633

Vernon Heights Daycare is always in need of children's books, if you would like to donate contact: **Barbara Bracey** 668.7988

Congrats to **Denise Maxwell of Open Arms** - On her Wedding!!!
Send us pictures Denise!

The Salvation Army in White Plains, is looking for volunteers for the after school program starting in mid September. The program will run Tues., Wed. and Thurs. from 3 to 6:15 pm, based on the White Plains School calendar. The \$100,000.00 grant to run this program, is no longer available. Although the money is gone, the need continues. Please consider donating your time for a day, week, month, or all year, **contact Mr. Felipe Concha at felipe.Concha@use.salvationarmy.org or call him at 949-2908.**

You can also call to donate supplies such as, copy paper, pens, pencils, note books, dictionaries, calculators, learning tools, etc.

Breakfast - (continued)

you may suffer from weakness and hunger, thus making concentration and learning more difficult.

Those who skip breakfast as a form of weight control are also doomed for failure. Skipping meals sets up extreme hunger patterns in the day resulting in excess caloric intake and also increases your chance for hypoglycemia. Actually, studies have found that eating high fiber; low fat breakfasts promote healthy weight control more so than skipping or not regularly eating breakfast.

The No. 1 reason people say they skimp on breakfast is time. Just remember that breakfast doesn't have to be fancy or traditional to meet your nutritional needs — you can start your day with simple, easy and healthful breakfasts. Here are some tips to sneak breakfast in:

- Build a breakfast around foods that are ready to eat or take little preparation time. There are plenty that qualify: fresh and canned fruits, milk, yogurt, cheese, cottage cheese, ready-to-eat cold cereals, instant breakfast mixes, a bowl of oatmeal made with low-fat milk, topped with two tablespoons of raisins.
- Take it to go...try celery stuffed with peanut butter or a meat or cheese spread, dried fruits, vegetable juices, apple or banana slices topped with peanut butter, or a sandwich to go. Prepare a day or two in advance!
- Perk up cereals...top cereals with fruit or stir chopped nuts such as peanuts, pecans, or walnuts into cooked cereal.
- Not hungry yet? Drink juice. Something is better than nothing. Have some bread or crackers later in the morning, then drink some milk and eat some cheese, and egg or peanut butter. Maybe try a fruit smoothie made with one cup of strawberries, half a banana and one cup vanilla yogurt blended together.

Green Thumb

- Sept. 8 - 11** Green Beans/Turnips, Tomatoes, Potatoes (White); Scallions/Cauliflower; Artichokes, Sugar Water Melon/Peaches, Oranges/Mangos/Pears
- Sept. 14 - 18** Collard Greens, Bell Peppers/Tomatillos, Broccoli/Cucumbers, Cauliflower/Radishes, Beets, Peaches/Papaya/Nectarines, Pears/Grapes
- Sept. 21 - 25** Eggplant/Squash/Carrots, Brussel Sprouts/Potatoes, Mushrooms/Onions, Acorn Squash/Cabbage, Apples/Pluots/Plums, Oranges/Watermelon
- Sept. 28 - Oct. 2** Beets, Romaine Lettuce/Acorn Squash, Potatoes (red)/Green Beans, Tomatoes, Okra/Radish. Nectarines, Kiwi

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:

Look for these items in September:

Purchased

Sesame Street Juice boxes
Hotdogs
Shredded Mozzarella
Minestrone Soup
Low sodium Vegetable Soup
Chicken Bologna

Donated

Chicken Parts (8/5#),
Salmon Patties
Frozen soups
Pie crusts,

USDA

Apricots	Corn	Mixed fruit
Spaghetti	peanut butter	Deli turkey
Tuna	Pinto beans	
OJ Singles	UHT MILK	
Applesauce	Canned pork	



Dates to Remember

Thurs. Sept 3 Orientation - call Michal Winter

Mon. Sept. 7 Labor Day Food Bank Closed

Thur. Sept. 10 August Monthly Reports Due

Sat. Sept. 12 Repack 9am - 1pm

Tues. Sept. 15th - ANNUAL AGENCY CONFERENCE -

NO DELIVERIES UNTIL AFTER NOON

Wed. Sept. 30 Inventory - NO ORDERS

Sat. Oct. 3 Repack 9am - 1pm

Tues. Oct. 6 Orientation - Contact Michal

Fri. Oct. 9 September Monthly Reports Due

Fri. Oct. 30 Inventory - NO ORDERS

Grants Available:

Scholarship Opportunity

The **QuestBridge National College Match program** helps outstanding low-income high school seniors to gain admission and full four-year scholarships to some of the nation's most selective colleges. Last year, QuestBridge's partner colleges offered admission and over \$100 million in financial aid to more than 1,000 students who applied to the National College Match. Schools include many of the nation's top-ranked universities and liberal arts colleges, such as: *Amherst College; MIT; Pomona College; Princeton University; and Stanford University.* The National College Match application will be available on line at www.questbridge.org Applications are due September 30th. The application is free of charge. QuestBridge works with selective colleges who are actively seeking high achieving students regardless of income.

The **Guidstar** organization for non profits offers webinars through out the year. In September they will be holding: **Strengthening Your Fundraising Appeals: Powerful Giving Season Communications During a Downturn.** In this program you will learn how your marketing can keep your organization strong and sustainable - even during a recession. Stand out from the competition for visibility and resources. You'll also learn the 4 key questions you must answer to win funding from donors and corporations. For more information visit : www.guidstar.org

Don't Miss the 11th Annual Member Agency Conference - Tuesday September 15th;

8:30 am - Women's Club, CV Rich Mansion White Plains. *Didn't Register Yet?*

Call Michal TODAY!!! 923.1100

SEPTEMBER HEARTY HELPINGS

September Hearty Helpings Combo

Box: \$25:

1 -- 3lb pkg Breaded Chicken Tenders

3 -- 1 lb pkgs Extra Lean Ground Beef

1 -- 2 lb pkg Pork Loin Roast

1-- 2.5 lb pkg Beef Pot Roast

SPECIALS:

#1 - 3lbs Tilapia Filets \$8.75

#2 - 2 lb pkg. Bay Scallops \$7.25
(40/60 ct)

Orders in by: Tuesday, Sept. 8

Pick up: Friday, Sept. 25,

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***



358 Saw Mill River Road
Millwood, New York 10546

Phone: 914.923.1100
Fax: 914.923.1198
www.foodbankforwestchester.org