

August 2010 Hearty Helpings

August 2010 - HHC Products Available			
Code	Pkg. Size	Item Description	Price
#1	1lb Pkg.	Cabot Brand Hot Dogs	\$1.00
#2	1lb Pkg.	Lean Ground Beef (90/10)	\$2.20
#3	1 lb Pkg.	Lean Ground Turkey	\$1.00
#4	2 lb Pkg.	Cod Fillets—Wild, No chemicals added	\$10.00
July 2010 - HHC Combo Special			
C1	<u>Combo</u>	3 lbs. Breaded Shrimp, 2 lbs. Tilapia & 2 lbs. Bay Scallops <i>Great Savings!</i>	\$20.00

Contact Toby Pidgeon or Pat Reino—923.1100

You must Pre-pay for your order before:
3pm Tues.—August 10, 2010

Host Sites:

Yonkers CAP - Tarsha Arthur @ 423.5905 X 10

Union Baptist Church—New Rochelle—

Minnie Manu or Jean Anderson—661-0419
or 629-9617

San Andreas Church - Yonkers - Beatrice Castrillon @ 963.9523

Port Chester Carver Center - Tarin Gonzales - @ 939.4464

New Rochelle Housing - Charles Morgan @ 235-8193

We Need more host sites!!!

If your Church, Synagogue, or Community Center is interested in hosting the meat co-op contact Toby to be a host site in your area! 923.1100

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



LEADING THE CHARGE TO END HUNGER

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Millwood, New York 10546

Phone: 914.923.1100

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www.foodbankforwestchester.org

The Food Source

Serving Member Anti Hunger Programs and Agencies Throughout Westchester County



August 2010

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Volume 18, Issue 7
Nutrition Not Just Calories

Vaughn Glanton Residence

Michal T. Winter

Under the auspices of Westhab, Inc. the Vaughn Glanton residence (formally the Westhab employment residence) has been in existence since 1992. Named after the first director of the facility after his sudden death, the shelter offers housing and supportive services to homeless men who are able to work. Residents are either employed outside of the shelter or take part in the Pride for Work program through DSS.

One such resident is Mr. Willis. Pictured in the kitchen at Vaughn Glanton, Mr. Willis is the caretaker of the kitchen from Friday through Monday. The kitchen and dining area are a spotless reflection his initiative. He is part of the crew which helps maintain the Vaughn Glanton Residence. Other Pride in Work programs include a crew at Westchester County, aiding in the maintenance of the grounds at the Valhalla Campus, as well as a crew who work for the County Park and Recreation Department on road maintenance.



At Vaughn Glanton the residents share the kitchen and cook for themselves. The men get food items which are available at the shelter's "food pantry". This "food pantry" has put a strong focus on gearing the men towards eating a healthy diet. This year they have increased this initiative by taking part in the

HPNAP Green Thumb program giving the men access to fresh fruits and vegetables. The first distribution, this past July, included carrots, lettuce, Bok Choy, and grapefruit. All of the items were well received and salads were created by many residents.

For the past 5 years, Vaughn Glanton has also maintained a small vegetable garden which yields zucchini, cucumber, lettuce, and tomatoes. All items harvested from this garden are available to the residents for their meals. Mr. Willis is also responsible for watering the garden on the weekends, which is a very important job this summer due to the excessive heat.



The men at Vaughn Glanton consist of a broad range in age from teens to seniors. It is hard to get many of them to change their mindset to embrace healthy food options. This is being addressed by Robert McConaghy, Service Coordinator, as he offers healthier choices to the men. Robert has introduced fresh fruits and vegetables, as well as the recipes which are available with the green thumb. Mr. McConaghy is hoping that by having these options continually available the men will eventually make eating healthier and fresh food a way of life.



Hunger Heroes Award Winners 2010



Service Provider Award winner—Holy Rosary Food Pantry and Soup Kitchen, accepted by Deacon William Vaccaro



Donor Award winner—The Junior League of Bronxville, accepted by Raquelle Frenchman



Volunteer Award winner—David H. Bowman, of Trinity Church Food Pantry, Mt. Vernon



Corporate Service Award winner—PepsiCo Foundation and Pepsi Beverage Company

Message from the Executive Director

Dear Members:

The other day a call came in from a very upset Food Bank member. The reason for the upset was a written notification placing the agency on suspension for not sending in the "Local Agency Monthly Report" which was to be in our office by the 10th of the month.

The caller wanted to know why we did not notify the agency about the pending suspensionwhich we did, but not having received the statistical report a few days after the reminder call ... staff had no choice but to suspend.

The reason I say staff had no choice is because that is our policy, which has been in effect for several months...and all have been notified of same. I want you to know that we thought long and hard before putting together such a policy and before I approved it.

I feel we had no recourse. **Your Local Agency Monthly Report Statistics are very important.**

Your information pooled with others tells a very important story about the people who are hungry in Westchester. It helps us determine the growth of the problem, month to month and year to year. I and other food bank staff use these statistics constantly to tell the story of hunger in Westchester...to inform the community and to generate more support to fight hunger.

We also need your statistics to comply with funding requirements, both private and public. If we do not comply with reporting requirements the funding could be delayed and worst case, cut. Certainly in a new grant application year our non-compliance would be taken into account and funding reduced or not offered at all.

I have to have 100% of our network reporting so I can with confidence support the pictures I paint to the public with your numbers behind the story.

There is no reason on earth for your organization to use this information as well, when you are seeking to generate your own funding and other support.

I hope this clarifies how important it is for us to get your monthly statistics. Please contact me if you wish to discuss this further.

Thank you for your hard work and thank you for supporting each other. Together we do make a difference.

Christina

Agency News:

Recovery Wishes for:

John Nochese of the Master's Helping Hand, as he recovers from heart surgery.

Dianne Carusso, Westchester Consumer Empowerment as she undergoes knee surgery.

Mary Jean Vaccaro of Holy Rosary, Port Chester

Osrick Wright of Church of God Of Prophecy, Mt. Vernon

A Different Start needs donations of Metro Cards to enable the girls to come to the program. If you can help contact Cassandra or Emily at 965.9140



Agency Photo Album:



Mt. Kisco Interfaith Food Pantry conducts its first Rapid Distribution program.

Heather Baker Sullivan accepts a donation check from the Mt. Kisco Rotary Club.

Green Thumb

- Aug. 2-6** Garlic/Parsley/Basil, Onions/Collards, Summer Squash/Potatoes, Radish/Peppers, Nectarines/Peaches, Apples/Pears/Cantaloupe
- Aug. 9- 13** Zucchini/Scallions, Romaine/Red leaf Lettuce, Kohlrabi, Broccoli/Cucumbers/Collards, Plum Tomatoes/Potatoes, Lemons/Plums/Peaches, Oranges/Apricots
- Aug. 16 - 20** Cilantro/Celery, Corn/Tomatoes, Carrots, Cabbage/Collard Greens, Cucumbers, Okra, Limes/Peaches, Kiwi/Cantaloupe
- Aug. 23 - 27** Garlic, Cilantro, Onions/Scallions, Tomatillos/Bell Peppers, Squash/Tomatoes/Spinach, Cantaloupe/Melon/Lime, Plums/Apples
- Aug. 30—Sept. 3** Garlic, Scallions/Zucchini, Green Beans/Eggplant/Kohlrabi, Okra/Celery, Red Leaf Lettuce/Spinach/Kale, Peaches, Nectarines/Blueberries/Apples

Remember: All Cancellations of your Green Thumb Order must be made 2 weeks in advance! all green thumb items are subject to availability.

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:

USDA

- Fresh Tomatoes—40 lb. box
- 1% Milk—12/32 oz
- Frozen Pork Patties 10 lb. box
- Canned Mixed Fruit 24/15 oz

Donated

Sobe Life Water 12/20 oz

Purchased

- Breaded Fish Sticks 12/1 lb.
- Elbow Macaroni & Spaghetti 20/ 1 lb. box

Minority Scholarships Available

Many scholarships are being under utilized—keep this information handy:

American Political Science Association Minority Scholarship Resources <http://www.apsanet.org/PS/grants/aspen3.cfm>

National Assoc. of Black Journalists Scholarships (NABJ) <http://nabj.org/index2.php>

Thurgood Marshall Scholarship Fund American <http://www.thurgoodmarshallfund.net/v1/index.php>



Dates to Remember

- Saturday, Aug. 7** Repack 9 am—1pm
- Tuesday, Aug. 10** July Monthly Reports Due
- Thursday, Aug 12** New Agency Orientation
- Tuesday, Aug. 31** INVENTORY - NO Deliveries or Pick-Ups
- Monday, Sept. 6** Food Bank Closed for Labor Day
- Saturday, Sept. 11** Repack 9am—1pm
- Tuesday, Sept. 14** Agency Conference 9am—noon
- Thursday, Sept. 30** INVENTORY - NO Deliveries or Pick-Ups



Save the Date:

Tuesday, September 14th

The Food Bank for Westchester's 12th Annual Conference of Member Agencies Fighting Hunger in Westchester

RSVP with the enclosed sign up sheet today!