

June 2010 Hearty Helpings

June 2010 - HHC Products Available			
Code	Pkg. Size	Item Description	Price
#1	3.75lb Pkg.	Turkey Breast Tenderloin (2 per package)	\$5.50
#2	2.5 lb Pkg.	Split Chicken Breasts (7+ per pkg.)	\$3.00
#3	1 lb Pkg.	Ground Beef (90/10)	\$2.10
#4	2 lb Box	All Beef Burgers (8- 1/4lb. Patties)	\$4.50
June 2010 - HHC Combo Special			
C1	Combo	2 lb Raw Shrimp (31/40 ct.), 2 lb Crab Claws & 2 lb Bay Scallops	\$20.00

Contact Toby Pidgeon or Pat Reino—923.1100

You must Pre-pay for your order before:

3pm Tues.—June 8, 2010

Host Sites:

Ossining CAP - Doris Goodson @ 923.6380

Union Baptist Church—New Rochelle—Minnie Manu or Jean Anderson—661-0419 or 629-9617

San Andreas Church - Yonkers - Beatrice Castrillon @ 963.9523

Tarrytown COC - Denise Edwards - @ 631.7340

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

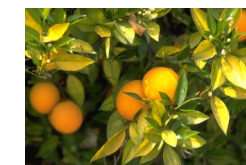
358 Saw Mill River Road
Millwood, New York 10546

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www.foodbankforwestchester.org

The Food Source



Serving Member Anti Hunger Programs and Agencies Throughout Westchester County

June 2010

www.foodbankforwestchester.org

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Nutrition Not Just Calories

Community Center Of Northern Westchester

Michal T. Winter

From its inception in 1991 The Community Center of Northern Westchester has been the result of volunteers and supporters pulling together to get the job done. It began in 1991 with a small nondenominational group who wanted to help local people in need with a food pantry they housed in a local church. Later their permanent home was found in a ramshackle building owned by New York City's Department of Environmental Protection, which was slated for demolition. But thanks to a local visionary and supporter of the organization, they were able to convince the DEP to lease the property for a nominal sum to the Community Center.

What followed was a huge volunteer effort to rebuild the building. This included local contractors donating time and materials; as well as almost everyone in Katonah coming together to donate their time and effort. The final project opened its doors in 1998.

Today the Community Center is sponsored by 28 religious, civic and educational organizations. Their mission is to improve the well-being of their neighbors in need by providing food, clothing, and access to other resources. The Community Center works directly with their clients to assist them in reaching out to other programs, including healthcare, education, and social services. They offer a wide variety of classes, taught by volunteers including English and computer skills, as well as job search and interview techniques.

Today the Community Center has 75 volunteers who run the facility each week. This is done with eight to nine volunteers working two to three hour shifts daily. There are also an additional 200 volunteers who teach classes, maintain the building and grounds, serve on



Noya Guerrero of client services, and Clare Murray of food pantry operations, stand with 2 of the community center's many volunteers: Maria Diaz, and Bea Kruchkow

the board, and raise funds.

The volunteers are recognized each year with a luncheon in their honor. As expressed by Executive Director, Sherry Wolf; "We take very seriously that without our volunteers we could not function. There would be no center."

The Food Pantry is set up "client choice" as a mini supermarket, complete with shopping carts. The clients shop for their food preferences, and then "check out" at a station where volunteers make sure they are receiving items which meet balanced meal requirements.

In 2009 the Community Center received donations of 151,000 pounds of clothing and 101,000 pounds of food, and they served 2020 households. "We acknowledge all donations, big and small", says Sherry Wolf, "because every donation no matter what the size counts to our clients, and we appreciate them."



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 Food Bank members:

As we near the end of our fiscal year and I look over the statistics, I am amazed at how much we accomplished. Looks like by the end of June we will have distributed almost if not over 6 million pounds of food...that is a 1 million pound jump over last year!

Six million pounds of food represent a lot of food orders, a lot of deliveries, a lot of loading, unloading and putting away and getting ready for distribution and then starting all over again.

The Food Bank and the emergency feeding network could not possibly accomplish as much as we do without each other and the volunteers who help us.

With the Hunger Heroes Awards Breakfast coming up on June 8th, I am reminded of the important role each of us has in the fight against hunger and how interdependent we are on each other. I am also reminded how grateful I am to each and everyone of you for being there, working and making a difference. Thank you just does not seem to be enough of recognition and thank you when considering the magnitude of the on going contributions each and every one of you makes. No matter what the job, from the smallest to the biggest ...it all helps in the fight against hunger. It all makes a huge difference in the life of each person we touch.

THANK YOU AND THANK YOU TO ALL THE PEOPLE WHO WORK WITH US TO MAKE THIS DIFFERENCE.

Best wishes to all
Christina

Agency News:

Congratulations to **Reverend Nagi Yousef of Yonkers Hungry People**, on receiving an Honorary Doctor of Divinity Degree from the Eastern Theological Consortium of the Christ Theological Seminary.

Free Cell Phone and Monthly Minutes

If your clients participate in government assistance programs or fall within income guidelines they could be eligible for a free Safe-Link wireless phone and free monthly minutes. The program is limited to 1 phone per household, no credit reports are necessary and no contracts are required.

Free Applications are available at the Food Bank—contact Michal with the quantity needed.

For additional information go to: <https://www.safelinkwireless.com/>



Did you know over 130 NY Farmers Markets Accept EBT/Food Stamp/SNAP cards?

Launched by the Farmers Market Federation of NY, the NYS Office of Temporary and Disability Assistance, and the NY Department of Agriculture and Markets, this program encourages benefits recipients to shop their local farmers market for wholesome, fresh food.

How the program works:

- 1) A benefits recipient visits one of the over 130 NY Farmers Markets that accept tokens.
- 2) At the market, the recipient heads to the table with a "Use Your Food Stamp (EBT) Card Here!" banner.
- 3) The recipient uses their card to purchase as many \$1 wooden tokens as they would like. These tokens act as cash within the market and can be used to purchase fresh produce, baked goods, meats, cheese, and much, much more!

Want more info, or want to locate the eligible farmer's markets in your area?

Check out:

<http://www.snaptomarket.com>

Green Thumb

June 1 - 4	Cauliflower/Broccoli/Tomatoes,, Green Peppers/Eggplant, Potatoes (white), Spinach/Swiss Chard, Radish, Peaches/Oranges, Kiwi/Cherries/Apples
June 7- 11	Cilantro, Broccoli/Peppers, Carrots/Potatoes, Cucumbers/Tomatoes, Onions/ Scallions, Mangos/Oranges/Avacados, Cantaloupe/Lime
June 14 - 18	Celery/Mushrooms, Red Leaf Lettuce/Fennel, Zucchini/Potatoes, Tomatoes/ Collards, Nectarines/Grapefruit, Honeydew Melon/Apples
June 21 - 25	Beets/Corn, Cucumbers/Cabbage, Lettuce (Romaine), Plum Tomatoes/ Green Beans, Peaches/Pineapples, Pears
June 28 - July 2	Cilantro/Scallions, Garlic, Tomatoes/Fennel, Corn, Spinach/Swiss Chard, Avocados/Plums, Oranges/Limes/Grapefruit

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

Fluid Milk
Dry Milk
Soup

Donated

Cereal
Assorted Chicken Parts
Salmon Burgers
Frozen Soup

Purchased

Fruit and Fruit
Cocktail packed in
natural juices.

Notice to all member agencies:

The Food Bank for Westchester is updating our agency contracts.

New contracts will be mailed to all agencies this month. These contracts will be effective for five years. Please sign and return the original contracts by mail to Michal Winter as soon as possible, Deadline date for receipt of contracts will be August 1st. Any agency not returning their contracts by that date will be unable to order food.

Any Questions, Please call 923.1100



Dates to Remember

Saturday, June 5	Repack 9am—1pm
Thursday, June 10	May Monthly Reports Due
Thursday, June 17	New Agency Orientation
Wed., June 30	INVENTORY -
	NO Deliveries or Pick-Ups
Saturday, July 10	Repack 9 am—1pm
Monday, July 12	June Monthly Reports Due
Thursday, July 15	New Agency Orientation
Friday, July 30	INVENTORY -
	NO Deliveries or Pick-Ups

All HPNAP Agencies

A Commercial Double Door Freezer must be relocated from its current agency.

If you could use this equipment and have means to transport it, please contact Michal As Soon As Possible.

923.1100