

# October 2010 Hearty Helpings

October 2010 - HHC Products Available			
Code	Pkg. Size	Item Description	Price
#1	1lb Pkg.	Breakfast Sausage Links	\$3.00
#2	2lb Pkg.	Cod Fillets—Wild No Chemicals Added	\$10.00
#3	1lb Pkg.	Lean Ground Beef	\$2.25
#4	3.75 lb Pkg.	Turkey Breast Tenderloin (2 per pkg)	\$5.50
October 2010 - HHC Combo Special			
C1	Combo	3 lbs Breaded Shrimp, and 2 lbs scallops <i>Great Savings!</i>	\$13.00

Contact Toby Pidgeon or Pat Reino—923.1100

*You must Pre-pay for your order before:*

3pm Tues.—September 12, 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

Ossining CAP—Ossining—Doris Goodson 923-6380

Greater Centennial Church—Mt. Vernon— Virginia Douglas or

Jean Kirkland—664-1838

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

358 Saw Mill River Road  
Millwood, New York 10546

Phone: 914.923.1100

Fax: 914.923.1198

www.foodbankforwestchester.org

# The Food Source



Serving Member Anti Hunger Programs and Agencies Throughout Westchester County

October 2010

www.foodbankforwestchester.org

Volume 18, Issue 10  
Nutrition Not Just Calories

## 12th Annual Conference of Member Programs Fighting Hunger in Westchester

Michal T. Winter

September 14th was a great morning, the weather was beautiful, and there was a large turnout of people attending the Food Bank's 12th Annual Conference of Member Programs Fighting Hunger in Westchester.

Those in attendance were treated to a delicious breakfast and a morning packed with useful information about the Food Bank, the latest programs, as well as plans for 2011.

Beginning with how both you and the Food Bank have grown over the past year. Not only by 8 new agencies, but you have distributed over 6,000,000 pounds of food! That is over 1,000,000 pounds more than last year, and you served 30% more households! This was done at an average cost, after grants, of 14 cents per pound!

Toby Pidgeon reviewed the Food Bank's complementary ways of distributing product to your clients, including food recovery, alternative and rapid distribution, Hearty Helpings, produce by the case, and our food growing program.

Ferne Bordash discussed growth in the direct service programs, including Backpack Programs, Kids Cafes, and S.T.E.P.S. She gave everyone tips on how they can get involved.



The room filled with people enjoying breakfast while learning from the speakers.



Registration made easy by Food Bank dedicated volunteers, Lynn Kaplan and Helen Katz.

All of this information was put into perspective by the key note speaker, Mitzi Baum from Feeding America.

Mitzi illustrated how the Food Bank for Westchester fits into the Feeding America Network. She explained that Feeding America is committed to distributing 4 billion pounds of food nation wide, and how each program can do small things to increase their distribution.

These ideas include increasing your volunteer base, by engaging some of the trained unemployed in your area. This might enable your program to increase distribution hours, or establish or improve a website or Facebook page for your program. She also suggests working with Toby to become a rapid or alternative distribution site in your area, Toby is working hard to launch a location in Mt. Vernon, and White Plains.

Do you want to convert to a client choice pantry?—Contact Michal for more information, there even are videos you can access on "You Tube" which illustrate the many different types of Client Choice Pantries possible.

By working together you are enabling the Food Bank to get more quality foods out to more clients in need. It is a team effort, and it was great for the team to get together for a morning.

If you missed this event, and want information, contact Michal. Just make sure you pencil it in to your calendar for September 20, 2011 Hope to see you there.



### 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 Food Bank Members:

The annual meeting in September was, according to me, a huge success. It was a huge success because the Food Bank staff was able to share with you our collective accomplishments, which were pretty stunning.

I hope that you learned of the many different opportunities there are within this Food Bank system to feed the hungry people in our communities. Many of you advised Food Bank staff that you were not aware of all the programs that were available and how to access them. I hope that now you are and will.

I heard from many of you that the speaker from Feeding America was enlightening .....helping to put in place how we in Westchester fit into the national network.

So having all this great information what are we going to do with it?

Some of the things I would like all of you to consider is how can you enhance your services to the hungry? What comes immediately to mind is if you are a food pantry could you become a choice pantry? A choice pantry does not need to be a total revamp of how you do business, but an adjustment of a few degrees. Speak to Michal about the possibilities. Another thing you could do is adjust your distribution /service (this applies to all services) hours to better accommodate working people. A third and very important thing is how to help our ever growing senior population....can delivery of food be increased enhanced ...is that possible, should other services be done via home visit?

I look forward to having conversations with all of you about the issues just mentioned and the many more that I have not even thought of. ....our goal is to help as many people as possible by adjusting to their needs.

Thank you all for your work and commitment!

Christina

### Agency News:

Congratulations to Captains Antonio and Jennifer Rosamilio on their new baby daughter!

We are sorry to report the passing of long time and dedicated volunteer Judy Foster. A true friend of the Food Bank of Westchester who will be missed.

Our sincerest sympathies sent to Pastor Carmen Ortiz, of Summerfield Food Pantry, on the passing of her Brother



Westchester County Legislator

**Bill Burton**



hosts ...

### Serving Our Aging Community

Free FORUM

Wednesday, October 20, 2010  
9:30 – 12:00 pm

Ossining Public Library  
53 Croton Ave, Ossining



**Mae Carpenter**

"Building Senior-Friendly Villages"

**Michael Olender**

"The Scoop on Health Care Reform"

**Ann Darcy** MSRD CDN

"Senior-Healthy Lifestyles"

For more information, or to RSVP contact:

Daysi Briones: daysib@westchesterlegislators.com

Lisa Penberthy: lisap@westchesterlegislators.com

Tel: 995-2838

## Green Thumb

- Oct. 4-8** Garlic, Cilantro/Kale, Sweet Corn/Butternut Squash, Onions, Broccoli/Red Potatoes, Cantaloupe/Apples/Pears, Kiwi/Limes/Blue Prune Plums
- Oct. 11-15** Adrdk. Blue Potatoes/Sweet Corn, Carrots, Cauliflower/Turnips, Acorn Squash, Broccoli/Boston Lettuce, Apples/Oranges, Limes/Pears
- Oct. 18—22** Carrots, Cauliflower/Cabbage, Onions (yellow) Celery, Kale/Brussel Sprouts, Pears/Apples, Plums/Nectarines/Grapefruit
- Oct. 25—29** Broccoli/Sweet Corn, Kohlrabi, Leeks, Potatoes, Mushrooms/Romaine, Oranges/Pears, Peaches/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

Lima Beans	Lentils	Dried Figs
Apricots	Applesauce	Beef Roasts
Bran Flake Cereal	Rice	
Whole Chickens	Pork Patties	
Cranberry Sauce		
Whole Grain Rotini		

##### Purchased

Grits  
Pancake Mix  
Pancake Syrup  
Corn Muffin Mix  
Instant Potatoes  
Mandarin Oranges  
Whole Turkeys

##### Donated

Retail Packaged Frozen meats  
Chicken Broth Powder (2lbs)  
Oat Flour (2lbs)  
Grape Juice  
Tea

## August

### Pounds distributed:

**561,738**

**461 orders**

### Number of people served:

**81,662 Adults**

**65,246 Children**

**8,015 Elderly**

**24,560 Households**



### Dates to Remember

- |                            |  |
|----------------------------|--|
| <b>Saturday, Oct. 2</b>    | <b>Repack 9am—1pm</b>                        |
| <b>Monday, Oct. 11</b>     | <b>September Monthly Reports due</b>         |
| <b>Thursday, Oct. 21</b>   | <b>New Agency Orientation 10am</b>           |
| <b>Friday, Oct. 29</b>     | <b>INVENTORY - NO Deliveries or Pick-Ups</b> |
| <b>Saturday, Nov. 6</b>    | <b>Repack 9am—1pm</b>                        |
| <b>Wednesday, Nov. 10</b>  | <b>October Monthly Reports due</b>           |
| <b>Thursday, Nov. 18</b>   | <b>New Agency Orientation 10am</b>           |
| <b>Thursday and Friday</b> | <b>NO Deliveries or Pick-Ups</b>             |
| <b>Nov. 25 &amp; 26</b>    | <b>Thanksgiving Food Bank Closed</b>         |
| <b>Tuesday, Nov. 30</b>    | <b>INVENTORY - NO Deliveries or Pick-Ups</b> |

### Prescription Drug Savings Program

Use this FamilyWize card to start saving money on your prescriptions today.

Simply present your card and prescription to a participating pharmacy to obtain the discounted price. You can save 30% or more on 8 out of 10 prescriptions. Use the card as often as you need, there is no age requirement, eligibility, or registration required.

You can obtain the card from the United Way in White plains, or down load a copy at:

**WWW.FAMILYWIZE.ORG**

