

# September 2010 Hearty Helpings

September 2010 - HHC Products Available			
Code	Pkg. Size	Item Description	Price
#1	2lb Pkg.	Shrimp (31/40 ct) Peeled and Deveined	\$10.00
#2	1lb Pkg.	Breaded Chicken Patties	\$2.00
#3	2 lb Pkg.	Salmon Fillets w/Lemon	\$7.00
#4	2 lb Pkg.	Haddock Fillets—Wild, No chemicals added	\$10.00
September 2010 - HHC Combo Special			
C1	<u>Combo</u>	(1 lb each) Ham Steak, Chicken Breast, Ground Turkey <i>Great Savings!</i>	\$5.50

Contact Toby Pidgeon or Pat Reino—923.1100

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

3pm Tues.—September 7, 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

September 2010

www.foodbankforwestchester.org

Volume 18, Issue 9  
Nutrition Not Just Calories

## Queens Daughters Daycare

Michal T. Winter

In 1903 Queens Daughters Daycare Center was founded by 18 charitable ladies as the first day nursery in Yonkers for children of working mothers. Originally in a little red brick house on Nepperhan Avenue, it was later run by the Missionary Sisters and sponsored by the Auxiliary, who ran a thrift store in Yonkers with the proceeds going to the Day Care center. This enabled them to move to their current location in 1972.

Now in the 107th year, Queens Daughters works on the early childhood education concept of learning through play. All curriculum is taught through supervised, structured play within a challenging supportive positive environment.

As we all head towards 'back to school', Director, Barbara Berrios discusses the importance of good nutrition, and how they are tackling the challenge. In some homes the meals the children eat at Queens Daughters is often the most nutritionally sound meal of the day. Therefore they pay very close attention to making sure that each child is receiving the correct amounts of milk, grains, proteins, fruits and vegetables.

This is reinforced in the classroom curriculum where the children use all their senses to experience whole foods. Having the children help wash and cut the fruits and vegetables for snack; and talking with them about the vibrant colors of healthy foods gets them excited about trying healthy foods they might not be receiving at home.

Nutritional changes have also been made in the kitchen at Queens Daughters. In recent years they stopped serving orange juice at breakfast in favor of serving fresh fruit. They also switched from iceberg lettuce to Romaine, and have chopped vegetables such as red and green peppers are added to the rice at lunch. The staff will introduce new foods to the children 10—15 to get them accepted, having the teachers model the behavior of eating the vegetables. The teachers are also trained in nutrition for children, which in-



Chancena Lockhart and Barbara Berrios, display the fresh fruit which will be served with today's lunch.

cluded a class led by Toby Pidgeon, the Food Bank Nutritionist, on healthy snacks.

Queens Daughters receives produce from a local vendor. And they are introducing the children to seeing where their vegetables come from through a small garden in the back as well as participation in the Greyston Community Garden.

Barbara Berrios is very well aware of how tough times are these days, county budget cuts have made it more difficult to operate. Fortunately their enrollment has remained steady. They are proud that many of the children come from families of former students. She is thrilled to be part of the Food Bank for Westchester Food Rescue program with Levi, and looking forward to attending the Food Bank's Annual Conference on September 14th, saying, "it is a very nice morning, giving a great feeling of the hunger fighting community is coming together."

Barbara started as a parent before she became a teacher and now the director of Queens Daughters Daycare Center. She is aware of the challenges families are facing, and is committed to helping families. One way she is doing this is by helping the children meet the nutritional needs necessary to succeed in early childhood education.



### 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

Hello Everyone!

Welcome back....it was a great summer!

I hope all of you had a chance to enjoy the weather, relax and recoup from a very difficult year.

Last year you moved an additional one million pounds of food to help feed Westchester's hungry people. Congratulations! Based on the news reports and projections, I believe we will be facing the same needs and even more in the months to come. With back to school and the winter holidays not too far behind....our work is cut out for us.

To prepare for what is ahead...I hope all of you plan to join us at the **12 Annual Conference of Member Agencies Fighting Hunger in Westchester, on September 14<sup>th</sup>** to learn about what we accomplished and what new resources and tools will be available to us in 2010-2011. We also need to learn from you what worked, what didn't and how together we can move forward to help all Westchester residents who are hungry or at risk of hunger.

If you have not registered yet please do so. We look forward to hearing from you and working with you to achieve positive results for our hungry neighbors.

Christina

### Agency News:

*It is with great sadness that we mourn the passing of Amy Chase of Children's Village Sanctuary. She was warm and caring and will be missed by all.*

*We wish Cassandra Rojo, the best of everything, as she moves on from A Different Start. Good Luck, and keep in touch.*

*Oasis needs a new toaster—if you could help, contact Roslyn Koonse at 914.633.0101*

To All Agencies:

You are all very busy, there are more people to feed and less resources to do it with—that is why your monthly reports are so important!!!

Your reports help us get funding as well as donated product.

Help us help you. Submit your reports on time.

Remember if your reports are not in by the 10th of the following month you will not be allowed to order.

Thank you for everything you do, your work makes a difference.

### Agency Photo Album:



*The new Mary J. Blige center for A different start in Yonkers includes a new kitchen, classrooms, baby area and a garden which is a collaboration between The Greyston Foundation and Groundwork Hudson Valley. The young women worked with Greyston and Groundwork's AmeriCorps volunteers to clear the land, owned by Westhab, and build the boxes where they are now growing vegetables, herbs, and flowers.*

## Green Thumb

- Sept. 7-10** Fennel, Tomatoes, Potatoes (white), Onions, Leaf Lettuce/Spinach, Apples/Peaches, Oranges/Grapefruit/Pears
- Sept. 13-17** Collard Greens, Bell Peppers/Tomatillos, Broccoli/Cucumbers Beets, Cauliflower/Radishes, Peaches/Papaya/Nectarines, Pears/Grapes
- Sept. 20—24** Eggplant/Brussel Sprouts, Mushrooms/Radish, Potatoes/Turnips, Acorn Squash/Onions, Green beans/Celery, Apples (macs)/Watermelon, Oranges/Nectarines & Peaches
- Sept. 27—Oct. 1** Beets/Carrots, Romaine Lettuce, Potatoes/Green Beans, Tomatoes/Broccoli, Butternut Squash, Melon/Nectarines, Kiwi/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

Applesauce	Frozen Chicken Drumsticks & Thighs
Spaghetti	Dried Lentils
Tomato Sauce	Cherry Applesauce
Dried Plums	

#### Donated

**Assorted Frozen Meats:** retail packaging; ground beef, ground turkey, hamburgers, hot dogs, chicken, order by the pound.

Wheat Cereal  
Frozen Bread Dough

#### Purchased

Strawberry Preserves  
Ground Chicken  
Chicken Filets  
Breakfast Sausage  
Links

## July

### Pounds distributed:

**516,536**

**441 orders**

### Number of people served:

**90,219 Adults**

**85,576 Children**

**8,453 Elderly**

**23,279 Households**



### Dates to Remember

<b>Monday, Sept. 6</b>	<b>Food Bank Closed for Labor Day</b>
<b>Saturday, Sept. 11</b>	<b>Repack 9am—1pm</b>
<b>Tuesday, Sept. 14</b>	<b>Agency Conference 9am—noon</b>
<b>Thursday, Sept. 30</b>	<b>INVENTORY -</b>
	<b>NO Deliveries or Pick-Ups</b>
<b>Saturday, Oct. 2</b>	<b>Repack 9am—1pm</b>
<b>Thursday, Sept. 14</b>	<b>New Agency Orientation 10am</b>
<b>Friday, Oct. 29</b>	<b>INVENTORY -</b>
	<b>NO Deliveries or Pick-Ups</b>



## Have You RSVP'd Yet?!

**Tuesday, September 14th**

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

**Don't miss out—Important information will be given on Food Bank Programs!**