

February 2011 Hearty Helpings

Contact Toby Pidgeon or Pat Reino—923.1100

You must Pre-pay for your order before:

3pm Tues.— February 8, 2011

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

Westhab Community Resource Center—Myra Gonzalez,

Nychelle Walcott @ 968-7627 X102, X103

We Need more host sites!!!

If your Church, Synagogue, or Community Center is

interested in hosting the meat co-op contact the

Food Bank to be a host site in your area! 923.1100

Help us get these quality meats to your

clients at affordable prices!

February 2011 - HHC Products Available

Code	Pkg. Size	Item Description	Price
#1	2lb Pkg.	Tilapia—Large Filets	\$5.00
#2	1.25 lb Pkg.	Hormel Pork Tenderloin (Precooked)	\$2.00
#3	2lb Pkg.	Ground Turkey (85/15)	\$0.80
#4	1.5 lbs.	Tyson Chicken Breast (skinless tenderloins)	\$2.50

February 2011 - HHC Combo Special

C1	<u>Combo</u>	Tyson Breaded Chicken Tenders and Chicken Patties <i>2 lbs total—Great Deal!</i>	\$3.25
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LEADING THE CHARGE TO END HUNGER

358 Saw Mill River Road
Millwood, New York 10546

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Fax: 914.923.1198

www.foodbankforwestchester.org

The Food Source

Serving Member Anti Hunger Programs and Agencies Throughout Westchester County



February 2011

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Volume 20, Issue 2
Nutrition Not Just Calories

YMCA Yonkers Senior Program

Michal T. Winter

The Silver Sneakers Fitness Program at the YMCA in Yonkers has been in operation for five



years, but according to John Thompson, Program Director, adding a nutritional piece after class, two years ago, helped maintain participation.

Approximately 80 seniors are enrolled in the program, which meets on Monday, Wednesday, and Friday and consists of an exercise class focusing on muscle strengthening and range of motion. Leona Goins has been attending the program since the beginning, she is now 73 and looks fabulous! Leona enjoys coming out to the program even on a cold 20 degree morning like today. "It is great to have a place like this to exercise, especially when the weather is cold, and you don't even want to go out for a walk." Not only is the exercise welcome, but she values the friendships which have been formed by those who attend the class. A lot of that camaraderie takes place over the "brunch" which is served after the class.

The food is prepared by Diana Murad, who cooks for this program in the morning, as well as the YMCA's Kids Cafe in the afternoon. You can see Diana enjoys the friendship of the seniors. Today they are treated to grilled cheese sandwiches on whole wheat bread, as well as bran/cranberry muffins with coffee and tea. The exercise builds up an appetite, and the "brunch" is a chance to relax and socialize.

A family atmosphere is in the air, especially when Diana brings out a beautiful birthday cake she has

baked to celebrate the 91st birthday of one of the participants, Irene.

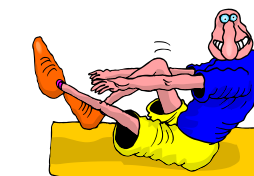


John Thompson is a big proponent of a healthy lifestyle for all members of the YMCA especially the seniors. Often times during the brunch session, the seniors will be treated to a "class" on Healthy Smart Behaviors which offers sound healthy lifestyle practices.

The YMCA of Yonkers also has an Adult and Family Feeding Program which serves a hot meal to area residents five nights a week. These nutritious meals make a big difference to those in the community. In one of the past snowstorms in January, over 100 people came to eat dinner.

The Y also helps improve the nutrition of children through the Kids Cafe and Backpack programs.

Through his studies of nutrition, John Thompson has learned how it can be effected by society and economics. He has a goal to be able to increase the level of nutrition in the Yonkers area by introducing healthy lifestyle and food programs to all those who attend the Y.



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:

A BIG THANK YOU to ALL for taking in stride the many service disruptions due to the bad weather.

We appreciate your cooperation and understanding.

It is our policy not to operate if the weather creates dangerous conditions ...we do not want anyone to get hurt. When the snow is piled high and the roads are slippery, conditions are dangerous. Often we cannot get close enough to your facility to drop off the food and really appreciate when you call us to let us know that you are closed that day or not accessible. We will do everything reasonable to get the food to you, but we will always err on the side of caution. Please keep up the open communicationsthat has helped a great deal to keep the food moving .

I am very pleased to announce that we have restructured the Food Bank staff by adding a new position, the Director of Operations, who will oversee all the Food Bank service programs. As of February 1, 2011 Toby Pidgeon will be the Food Bank for Westchester Director of Operations. Reporting directly to Toby will be Suzanne Johnson, Operations Manager and all the food distribute activities she is responsible for and Ferne Bordash , Manager, Direct Service Programs which includes, STEPS, Kids Cafe, BackPack and SNAP Outreach. Please join me in wishing Toby the best as we strive to improve services to the hungry people of Westchester.

Nomination forms are out for the HUNGER HEROES AWARDS BREAKFAST. **Nominate your Hunger Hero.** Give all of Westchester a chance to recognize the hard work your volunteers, donors and supporters do in your community to alleviate hunger. If you have questions or need help with the nominations, do not hesitate to call...we are glad to help!

Best

Christina

News:

Reginald Bush, the new Executive Director of White Plains CAP is extremely grateful for Mattel's toy donation which was made possible through the United Way. He recalled a mother who had recently lost her job, with few friends and family in the area she was at a loss of what to do for Christmas for her four year old son. With only enough money to cover basic expenses, food and rent, she could not afford presents. Reginald stated to the *Westchester County Press* in December. "With the help of Mattel and United Way's Gifts-in-Kind, I was able to supply her with some toys for young Gavin." The mother was relieved and grateful that Gavin would have presents under the tree this Christmas. "Thank you, Gifts-In-Kind, and Maryann Pero at United Way for making this Christmas a joy for many of our less fortunate", says Reginald Bush.

It is with great sadness that we report the passing of Ms. Elizabeth Ellis, long time dedicated cook and volunteer at the Salvation Army Food Pantry and Soup Kitchen in New Rochelle. She will be greatly missed.

Our thoughts and condolences are with Kathy Purdy of Hillside Food Outreach on the loss of her sister.

Best Wishes to John Nochese of the Master's Helping Hand on his upcoming knee surgery.

Many Happy Birthday wishes to Ms. Emma Stackhouse from the First Reformed Church Food Pantry, and Soup Kitchen in Mt. Vernon.



Search For Change Food Pantry recently moved into a new location in Valhalla. The food pantry has a wonderful new room for clients, as seen in this photo with Nyisha Hutton. Here they can sit with a councilor and choose their food items. Good luck in your new home!

Media News:

Many agencies are now enjoying the benefits of having a website to showcase the work they do

Here are just a sampling:

www.janpeekhouse.org - *Jan Peek House, Sunny Donut, and Fred's Pantry*

www.csasoupkitchen.cfsites.org— *Project Family, Our Daily Bread, A heavenly start.*

www.communitycenternw.org—*The Community Center of Northern Westchester*

These agencies also have a presence on *Facebook*. If your organization also has a web presence please let me know and I will post the link here.

Green Thumb

Feb. 7-11 Turnips/String Beans, Red Peppers/Brussel Sprouts, Potatoes, Scallions, Cherries/Grapes/Apples, Oranges/Plums

Feb. 14-18 Celery/Winter Squash, Carrots, Spinach, Onions (yellow) Potatoes, Bananas, Cantaloupe/Blueberries

Feb. 22—25 Broccoli, Cucumbers/Beets, Cherry Tomatoes/Eggplant, Romaine Lettuce, Avocados/Nectarines, Plantains/Bananas, Lemons/Kiwi Bananas, Cantaloupe/Blueberries

Feb. 28– Mar. 4 Garlic, Parsley, Red Potatoes, Turnips/Rutabagas, Carrots, Onions, Kiwi/ Peaches/Apples, Tangerines/Pineapples

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:

USDA:

Spinach
Applesauce
64 Oz. Cherry Apple Juice
64 Oz. Apple Juice
Corn
Cling Peaches
Apricot Halves
Peach Cups

November vs. December

Pounds distributed:

<u>November</u>	<u>December</u>
595,829	535,903

Orders:

499	380
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Number of people served:

	<u>November</u>	<u>December</u>
Adults:	93,148	88,408
Children:	67,121	58,427
Elderly:	10,222	8,949
Households:	35,371	28,629



Dates to Remember

Saturday, Feb. 5	Repack 9am—1pm
Thursday, Feb. 10	January Monthly Reports due New Agency Orientation
Monday, Feb. 21	President's Day Food Bank Closed
Monday, Feb. 28	INVENTORY - NO Deliveries or Pick-Ups
Saturday, Mar. 5	Repack 9am—1pm
Thursday, Feb. 10	February Monthly Reports due New Agency Orientation
Thursday, Mar. 31	INVENTORY - NO Deliveries or Pick-Ups

Hunger Hero Applications are out!

Don't miss this opportunity to let everyone know of the work you do, and the people who help you do it!

Complete the application and fax it back to the Food Bank Today!

923.1198