

# June 2011 Hearty Helpings

June 2011 - HHC Products Available			
Code	Pkg. Size	Item Description	Price
#1	2lb Bag	Salmon Burgers (8oz. Burgers)	\$3.25
#2	1lb Pkg	Breaded Chicken Patties (4 patties)	\$2.00
#3	1lb Pkg.	Ground Turkey	\$0.80
#4	2lb Bag	Large Shrimp—Peeled and deveined (31/40 ct)	\$10.00
June 2011 - HHC Combo Special			
C1	Combo	Precooked Pork Tenderloin (1.25 lbs) and Cod Fillets (2lbs) <i>Great Deal!</i>	\$12.00

Contact Toby Pidgeon or Pat Reino—923.1100

You must Pre-pay for your order before:

3pm Tues.— June 7, 2011

Pick up—Friday, June 24, 2011

### Host Sites:

Yonkers CAP - Tarsha Arthur @ 423.5905 X 10

Ossining CAP—Ossining— Doris Goodson 923-6380

Greater Centennial Church—Mt. Vernon— Virginia Douglas or Jean Kirkland—664-1838

New Rochelle Housing - Charles Morgan @ 235-8193

Westhab Community Resource Center—Myra Gonzalez @ 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 Toby at 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!**



LEADING THE CHARGE TO END HUNGER

358 Saw Mill River Road

Phone: 914.923.1100

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www.foodbankforwestchester.org

# The Food Source



Serving Member Anti Hunger Programs and Agencies Throughout Westchester County

June 2011

www.foodbankforwestchester.org

Volume 20, Issue 5  
Nutrition Not Just Calories

## Rapid Distribution

Michal T. Winter

The Food Bank's Rapid Distribution program started in 2007 in Port Chester with the goal of quickly giving out fresh and frozen foods to the community. Today it has grown to include Yonkers, Ossining, Peekskill, New Rochelle, and Mt. Kisco.

The Rapid Distribution program starts by sending vouchers to member agencies in a distribution area. In Yonkers they include Yonkers CAP, San Andres, Operation FightBack, Yonkers Hungry People, St. Joseph Soup Kitchen, and the host site; St. Peter's Church. The agencies disperse the vouchers to the community. On each voucher, in English and Spanish, is printed the date, time and location of the distribution. It is as simple as that. The people arrive at the assigned location, they hand in their voucher and receive a bag of food. If the families are extremely large, they receive extra vouchers, with a maximum of three allowed. People who arrive without a voucher? No problem, they can sign up at the distribution on the spot and receive a bag of food.

Barbara Giriat, of St. Peter's Church in Yonkers, loves the program. [The Rapid Distribution] "gives so many more people the opportunity to get the

experience of getting fresh fruits". An added benefit, is when people on the street see the crowd receiving food, and realize that they can also receive a bag and sign up for the food pantry at the location. At the pantry at St. Peter's the week after the rapid distribution, Barbara saw a number of new households sign up for services.

Deacon Bill Vaccaro of Holy Rosary, in Port Chester, also loves the program. "It is a great way to get food to lots of people quickly", he says. Currently the program is done once a month, but for Deacon Bill it would be great if it could be increased to twice a month. The response of the people in the community is huge. They line up early, eager to receive the items, and often bring family members to help them carry the bags home.

Both Barbara and Deacon Bill agree that the program's success is reliant on the tremendous commitment of the participating agency's volunteers. They are the people who arrive early to pack the bags with the items when the truck arrives. They also collect the vouchers and help distribute the bags to the people. Volunteers help man the table to check in those with no vouchers, as well as help keep the distribution safe and orderly. The program operates 10 months out of the year, and is equally as well attended when people are huddled in coats and scarves or

when the weather is great as this past May

The past distribution included grapefruit, cottage cheese and yogurt. Barbara reports almost 700 people received bags at St. Peter's on May 12<sup>th</sup>. "We could never give this much food to the people without this program. With the loss of some of my funding sources, I am watching my pennies to make sure they last."

The Rapid Distribution is a great benefit to all involved. If you are interested in becoming involved with this program, please contact Toby Pidgeon.



Rapid Distribution at St. Peter's in Yonkers



## 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 Partners:

All of us are committed to distributing to our hungry neighbors "**NUTRITION NOT JUST CALORIES**"

We seek and purchase the most nutritious shelf stable foods; many are whole grain and low sugar. We also have made a huge commitment to fresh fruits and vegetables. Over 7 years ago with assistance from the New York State Department of Health, HPNAP, we were able to pilot Project Green Thumb. The recipient response was so great that the program has been on going ever since. Along the way we were able to increase the number of bags with special onetime grant money. And two or so years ago thanks to the ingenuity of our Director of Operations Toby Pidgeon, we have been distributing fresh food through the Rapid Distribution Program and Alternative Distribution Sites.

We wanted to take advantage of the many Feeding America truck load fresh food donations, but knew that we could not distribute a truck load quantity in the traditional way. And many of you do not have the cold storage to be able to store fresh food over a longer distribution period. The only solution was to go directly to the recipient, but we could not do that alone. We needed your help, and you all stepped up to the plate.

The Rapid Distribution Program works so well because so many members participate in the distribution of vouchers and physically distributing on the day of. Right now we have five distribution sites, but there are other Westchester areas that would benefit from such a distribution ...and we know that the recipients love the fresh foods and other healthy products that are given out. We also know that these products are good for maintaining good health and our hungry neighbors need all the help they can get to stay healthy.

If you are not participating in a Rapid Distribution, you should. Join one that already exists, if there is not one in your neighborhood, then call up Michal and find out how to get one started.

Lets all get on the fresh food bandwagon and distribute more NUTRITION NOT JUST CALORIES.

Best to all, Christina

## News:

### Welcome to our new programs:

**Salvation Army New Rochelle Breakfast Program,**  
Serving Breakfast Tuesdays and Thursdays 9-11am

**Church of God of Prophecy Project Hope in New Rochelle.** Food Pantry distribution on the 2nd and 4th Saturday of each month from 9:30am—noon

**Congratulations to Nadine Burns-Lyons of Sharing Community on the wedding of her daughter.**



Harvested lettuce and mustard greens from the farms

## Notes from the Farm



*Progress at Leaks and Watts:  
About 600 lettuce plants the first generation*



## Green Thumb

- June 6—10** Cauliflower/Broccoli/Tomatoes, Green Beans/Eggplant, Potatoes (white) Spinach/Swiss Chard, Radish, Peaches/Oranges, Kiwi/Cherries/Apples
- June 13—17** Cilantro, Broccoli/Peppers Carrots/Potatoes Cucumbers/Tomatoes, Onions/ Scallions, Mangos/Oranges/Avocados, Cantaloupe/Lime
- June 20-24** Celler/Mushrooms, Red Leaf Lettuce/Fennel, Zucchini/Potatoes, Tomatoes/Collards Scallions, Nectarines/Grapefruit, Honey Dew Melon/Apples/ Peaches
- June 27—30** Beets/Sweet Corn, Cucumbers/Cabbage, Lettuce (Romaine), Plum Tomatoes/Green Beans, Cilantro/Parsley Peaches/Pineapples, Pears/Baby Water melon

*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:

Applesauce  
Orange Juice  
Kernel Corn  
Cream Corn



### April 2010 vs. April 2011

#### Pounds distributed:

	<u>2010</u>	<u>2011</u>
	500,974	632,997
<u>Orders:</u>	440	478
<u>Number of people served:</u>		
	<u>2010</u>	<u>2011</u>
<u>Adults:</u>	87,321	87,901
<u>Children:</u>	68,276	68,327
<u>Elderly:</u>	8,970	9,004
<u>Households:</u>	29,918	31,529

## CONGRATULATIONS TO OUR HUNGER HEROES 2011:

Volunteer: Steven Hunt, Sacred Heart Food  
For the Hungry, Dobbs Ferry

Service provider: Yonkers Family YMCA

Donor: Whole Foods Market,  
White Plains

Corporate: Stop and Shop, Winner of the Corporate Olympics, 2 years running!

### Dates to Remember



Saturday, June 4 Repack 9am—1pm  
Thursday, June 9 New Agency Orientation  
Friday, June 10 May Monthly Reports due  
Thursday, June 30 Inventory—No Deliveries or Pick ups  
Monday, July 5 Independence Day Holiday, Food Bank Closed  
Saturday, July 9 Repack 9am—1pm  
Monday, July 11 June Monthly Reports due  
Thursday, July 14 New Agency Orientation  
Friday, July 29 Inventory—No Deliveries or Pick ups