

# October 2011 Hearty Helpings

October 2011 - HHC Products Available			
Code	Pkg. Size	Item Description	Price
#1	1 lb pkg	Ground Turkey	\$0.80
#2	1 lb pkg	Breaded Fish Sticks	\$2.00
#3	2 8-oz pkgs	Ground Pork sausage	\$2.50
#4	2 lb pkg	Boneless Chicken Breast	\$2.75
October 2011 - HHC Combo Special			
C1	2 lb bag	Large Shrimp	\$11.50
<i>GREAT DEAL!</i>			

Contact Toby Pidgeon or Pat Reino—923-1100

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

3:00 pm Tuesday, October 11, 2011

*You must pick up your order on:*

Friday, October 28, 2011 between 9:00 am and 3:30 pm

### Host Sites:

Yonkers CAP—Tarsha Arthur @ 423-5905 X 10

Ossining CAP—Doris Goodson @ 923-6380

Greater Centennial Church, Mount Vernon—Marcella or Doris @ 664-1838

Bracey Building-New Rochelle Municipal Housing—Brigid Allyson @ 235-8193

St. Simon the Cyrenian Church, New Rochelle—Richard Francis @ 632-5911

**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! Call (914) 923-1100 to sign up.**

**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

A Feeding America member

# The Food Source



Serving Member Anti-Hunger Programs and Agencies Throughout Westchester County

October 2011

www.foodbankforwestchester.org

"Nutrition Not Just Calories"  
Volume 20, Issue 10

### Healthy Eating Made Easy With "Produce by the Case"

by Sara Cox

The Food Bank is dedicated to "Nutrition Not Just Calories" and member programs can easily bolster nutrition for clients by ordering "Produce by the Case." Some of the benefits:

- "Produce by the Case" is a cost-effective way for programs to get fresh fruits and vegetables to clients.
- "Produce by the Case" is ideal for soup kitchens — a guaranteed way to incorporate fresh fruits and vegetables into every meal that is prepared and served.
- "Produce by the Case" fruits and vegetables are grown locally in Orange County, NY. While all fruits and vegetables are nutritious, those that are grown locally are the most nutritious. As foods travel to market, they gradually lose some of their nutritional value; those that travel farthest lose the most nutrients during transit. Supporting local farmers also strengthens the economy of the surrounding community.
- Ordering "Produce By the Case" is a great way to encourage Food Pantry clients to serve and eat fresh fruits and vegetables at every meal. According to the new USDA image 'MyPlate,' half of every meal plate should be filled with fruits and vegetables.



The USDA MyPlate image shows that fruit (red) and vegetables (green) should fill half the plate at each meal

### Healthy Eating Includes Breakfast

Everyone should eat breakfast — it provides fuel for starting the day. The kids don't want to eat breakfast? What better way to encourage them to eat than to add fresh fruits or vegetables to their meal. Add bananas or berries to their cereal or oatmeal; add spinach and mushrooms to their omelet; put all their favorite fruits in a blender with some fat-free milk or yogurt, add ice and puree for a nice smoothie to start the day. Think out of the box: Try offering a savory option that is not a traditional breakfast food, such as a tomato-and-avocado sandwich on whole wheat bread, or carrots and cucumbers served with hummus.

Getting kids in the kitchen will also encourage them to eat what they make. Making a "Breakfast Pizza" together is not only easy but fun! Just take an English muffin, split it and toast it, add a tomato slice to each side, top with sliced hard boiled eggs (made ahead of time) and low-fat cheese. Place under the broiler until the cheese melts.

Why is it important to inspire children to eat a healthy breakfast? Breakfast fuels the body with nutrients that are needed to start the day. It aids children at school by helping them focus and concentrate on classwork. A healthy breakfast also helps build strong bones and teeth and keep a trim body weight. Starting the day with a nutritious meal will hopefully encourage children to follow through by eating healthy meals throughout the day.

The key to helping your clients eat a healthy diet and encourage their children to do so too is to offer them fresh fruit and vegetables that you can provide them through the "Produce by the Case" program.

Ordering "Produce By the Case" is easy! Just call the Food Bank at (914) 923-1100 and ask to be put on the weekly "Produce by the Case" email list. You will then get a weekly email message listing in-season, locally grown fruits and vegetables that are available to order with prices and other details. Orders are taken on Wednesdays and Thursdays. Sign up today!



### Hunger Heroes 2011



Service Provider Award winner—Yonkers Family YMCA, accepted by Shawn Patterson-Howard



Donor Award winner—Whole Foods Market, White Plains,



Volunteer Award winner—Steven Hunt, Sacred Heart Food for the Hungry, Dobbs Ferry



Corporate Service Award winner—MBIA Foundation accepted by Jean McGovern, Corporate Giving Manager

## Message from the Executive Director

Dear Food Bank Member,

As you prepare for the busy holiday season, be assured that we will have plenty of holiday foods available. Turkeys will be here by mid-October, and we will have whole chickens, too. We'll also have stuffing, corn bread mix, instant potatoes, yams, green beans, and other traditional holiday foods.

We continue an emphasis on "Nutrition Not Just Calories," and a good way to boost nutrition is to include fresh fruits and vegetables at every meal. The "Produce by the Case" program is an easy and cost-effective way to be sure your clients are getting plenty of fresh foods. Our Nutrition Resource Manager Sara Cox has made a great pitch for the program on the cover of this newsletter, citing all the reasons it is worth participating in. Also, because breakfast is the most important meal of the day, she has created a recipe using vegetables that can be made with children. The more children are involved in the preparation of a meal, the more likely they will eat what they cook.

Have a healthy, happy, and productive holiday season.  
Christina

## News



### Best Wishes to Cora Rose

—now Cora Rose Johnson—  
who tied the knot September 3.

**Congratulations to Sherry Wolf** who is the 2011 honoree of the **Community Center of Northern Westchester's** annual event October 15.

### A Healthy Recipe To Get the Kids Involved!

Here's a recipe to get the kids involved! Have them wash the vegetables. Older kids can also grate the vegetables!

#### Vegetable Pancakes

4 servings

#### Ingredients:

3 carrots, washed, peeled, grated  
3 zucchini, washed, grated  
3 ears of corn, husked, kernels removed  
1 onion, grated  
1 egg  
¼ cup oat flour  
Salt and pepper  
Vegetable oil (for pan)

#### Directions:

- 1- Grate all vegetables, squeezed dry (this may be done the night before; store in the refrigerator until ready to use).
- 2- In a large bowl, mix together vegetables, onion, egg, and flour (add more flour if the mixture isn't holding together).
- 3- Put a little oil in a large skillet over medium-high heat. When the oil is hot, drop spoonfuls of the batter, pressing down a bit to flatten. Work in batches to prevent overcrowding. Cook, turning once, until nicely browned on both sides, about 5 min.
- 4- Serve hot or at room temperature. Serve with a dollop of low-fat sour cream, if desired!

## The Food Growing Program



Top: Tomato harvest at Woodfield Cottage, Valhalla

Bottom left: Basil growing at Edenwald Center, Pleasantville

Right: Popcorn growing at Leake & Watts, Yonkers

## Green Thumb: October 2011

**October 3-7** Garlic/Romaine Lettuce, Cilantro/Kale, Sweet Corn/Butternut Squash, Onions, Broccoli/Red Potatoes, Cantaloupe/Apples/Pears, Kiwi/Limes/Blue Prune Plums

**October 11-14\*** Adirondack Blue Potatoes/Sweet Corn, Carrots, Cauliflower/Turnips/Leeks, Acorn Squash, Broccoli/Boston Lettuce, Apples/Oranges, Limes/Pears

**October 17-21** Carrots, Cabbage, Onions (yellow), Celery, Cauliflower/Beets, Pears/Apples, Plums/Nectarines/Grapefruit

**October 24-28** Carrots, Cabbage/Broccoli, Onions (yellow), Celery, Cauliflower/Beets/Turnips, Pears/Apples, Plums/Nectarines/Grapefruit

**October 31-Nov 4** Garlic/Parsley, Potatoes/Carrots/Turnips, Celery Root/Cauliflower, Onions/Leeks, Green Beans/Cabbage/Acorn Squash, Apples/Pears, Bananas/Limes

\*The Food Bank will be closed Monday, October 10 for Columbus Day.

PLEASE NOTE: All Green Thumb products are subject to availability.

REMEMBER: Cancellation of a Green Thumb order must be made 2 weeks in advance!



### Fresh "Produce by the Case"

Orders are taken on Wednesdays and Thursdays. If you want a weekly produce list sent to you by e-mail, contact Cora.

The list will include cost and details.

## New Products

### USDA

Green Beans-24/#300

Dried Fig Pieces-24/1-lb. bags

Egg Noodles-12/1-lb. bags

Canned Del Monte Tomato

Sauce-24/15 oz.

Whole Kernel Corn-6/#10

Applesauce (mid-October)-

24/#300

### DONATED

Frozen Zeppole Pasty Shells-30 ct.

Visine Dry-Eye Relief Drops-36/1 oz.

Ketchup-200/1 oz cups

Betty Crocker Spaghetti Sauce-6/#10 cans

Assorted Chips, Cookies & Crackers

### BULK BUYING

Quick Grits-12/18 oz.

Quick Oats-12/16 oz. (smaller package than current stock-2/5 lb bags)

Pancake Mix-12/16 oz.

Lite Syrup-12/24 oz.

Tuna, Chunk Light in Water-48/5 oz (arriving October 31)

### BULK-BUYING HOLIDAY ITEMS

Whole Turkeys (arriving October 10th) 10-12 lb.-4 per case-40 lbs.

Southern-Style Yams-24/15 oz (limited quantity)

Corn Muffin Mix-12/15 oz.

Chicken Stuffing-12/5 oz.

Instant Potatoes-12/13 oz

Green Beans-24/300

## August 2010 vs. August 2011

### Pounds distributed:

	2010	2011
	561,738	467,278

Orders: 461 460

### Number of people served:

	2010	2011
Adults	88,096	132,319
Children	66,757	72,213
Elderly	8,052	9,291
Total People	162,905	213,823
Households	24,541	30,708

## Dates To Remember



- Monday, October 10 ♦ Columbus Day-Food Bank CLOSED
- Tuesday, October 11 ♦ September monthly reports due
- Monday, October 31 ♦ Inventory-NO deliveries/pick ups
- Thursday, November 10 ♦ October monthly reports due
- Thurs & Fri, Nov 24-25 ♦ Thanksgiving-Food Bank CLOSED
- Wednesday, November 30 ♦ Inventory-NO deliveries/pick ups

## Reminder

Be sure someone is at your agency or program to receive your delivery!

