

September 2011 Hearty Helpings

September 2011 - HHC Products Available

Code	Pkg. Size	Item Description	Price
#1	3 lb pkg	Jennie-O Turkey Burgers	\$5.25
#2	1 lb pkg	Ground Beef-Extra Lean	\$2.40
#3	1 lb pkg	Breaded Chicken Patties	\$2.00
#4	2 lb pkg	Pork Spare Ribs-boneless	\$5.00
September 2011 - HHC Combo Special			
C1	3 lb bag	Perdue Chicken Breasts - Boneless and Skinless <i>GREAT DEAL!</i>	\$6.00

Contact Toby Pidgeon or Pat Reino—923-1100

You must pre-pay for your order before:

3pm Tuesday, September 13, 2011

You must pick up your order on:

Friday, September 30, 2011 between 9am 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

Union Baptist Church, New Rochelle—Minnie Manu or Jean Anderson @ 661-0419 or 629-9617

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! 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 2011

www.foodbankforwestchester.org

"Nutrition Not Just Calories"
Volume 20, Issue

Food Storage and "Use-By" Dates

By Sara Cox

Ever wonder what 'use-by,' 'sell-by' and 'best if used by' dates really mean? They are simply a guide to the peak freshness of a particular product. They do not mean the food is unsafe to serve and consume after those dates. Milk, for example, can be consumed up to 7 days after the sell-by date.

The sell-by date indicates to the store the last day a product should be sold. The date takes into account time for the food to be stored and used at home.

Use-by or Best-if-used-by dates indicate the last date the product is likely to be at peak flavor and quality. One of these types of dates is often found on cereal, for example, which may decline in flavor and quality the longer it sits on the shelf. It does not mean that the food is unsafe after that date.

Expiration dates are rarely seen on food, with the exception of eggs. If bought before the expiration date, eggs should be safe to eat for the next 3 to 5 weeks.

The US government does not require dating on products other than poultry, infant formula and some baby food. More than 20 states do require dating on some foods, however.

Frozen Foods

In terms of frozen foods, if the product has been frozen by the use-by date and has been stored in the freezer at or below the correct temperature of 0° F consistently, it is good for use up to 3 years past the use-by date.

GUIDELINES FOR SAFELY STORING FROZEN FOODS:

- Wrap each item in aluminum foil, freezer paper or a freezer bag, or place it in an air-tight container
- Label and date foods before freezing
- Store at or below 0° F
- Don't overcrowd foods in the freezer
- Follow FIFO (First In, First Out)

Refrigerated Foods

Refrigerated foods should be kept consistently at temperatures between 35-40° F. To maintain the proper temperature, avoid leaving the refrigerator door open longer than necessary.

GUIDELINES FOR SAFELY STORING REFRIGERATED FOODS:

- Label and date all items
- Refrigerate at or below 40° F
- Don't overcrowd foods — this can cause temperature fluctuations
- Store raw meat on a tray below fruits and vegetables
- Follow FIFO (First In, First Out)

Shelf-Stable Foods

Shelf-stable foods include products that are canned, bottled and boxed. These products generally can be stored longer than refrigerated and even frozen foods. High-acid canned foods such as tomatoes or fruit can be stored on the shelf for 3 to 4 years after the Best-by date. Properly stored low-acid canned foods such as meat, fish and most vegetables will keep 4 to 6 years. Never use a can that is bulging! Do not open it — throw it away.

GUIDELINES FOR SAFELY STORING SHELF-STABLE FOODS:

- Throw away products in damaged cans, jars or boxes
- Store foods in a cool, dry place — 70° F is ideal
- Follow FIFO (First In, First Out)
- Observe packed or package dates and adhere to maximum storage

If you would like a copy of the Food Bank for Westchester's comprehensive **Food Dating Guide**, please contact Sara at (914) 923-1100 or sara.cox@foodbankforwestchester.org. It is also on the Food Bank website at www.foodbankforwestchester.org in the Programs and Services section under Nutrition.

If you need more information, have any questions or find a product that doesn't look or smell right, contact Sara or Toby at 923-1100 for follow-up.



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:

We all know that time flies when one is busy. We have had more than our share of busy these last few months...responding to planned and unplanned events.... moving the fight against hunger forward. It feels like summer never happened, although I do remember planning a beach outing (did it take place?...I don't even remember!). Now lo and behold...HERE IS SEPTEMBER, ushered in by a major storm—Hurricane Irene—adding more work to an already full agenda. Fortunately it looks like most of us came through this storm OK with only minor disruptions due to closed roads because of flooding or downed wires or trees.

This potentially devastating disaster brings up the question of how prepared are we as hunger relief providers to respond and continue to alleviate hunger in times such as this. As a network we have never discussed this matter nor developed any procedures to address same. Looking to the future, Disaster Preparedness is something we will address with the Agency Advisory Council and the Food Bank staff in order to make sure we all can be effective in a time of disruption, manmade or natural.

In the meantime, please review the information on page 1 of this newsletter about food storage and dating prepared by Sara Cox, our Nutrition Resource Manager. Please share this information with your staff and clients, since you may be bombarded with questions and concerns about food safety. If you get questions that you cannot answer, call Sara or Toby at 914-923-1100.

The next few months will be hectic ones, distributing food for everyday and holidays and also preparing the Food Bank to move into the larger warehouse in Elmsford.

Thank you for working so hard in your communities to alleviate hunger and thank you for being so supportive in this time of transition and growth. I can't wait to have you all to our larger new home!

Best to all, Christina

News

Congratulations to Nadine Burns Lyons, of the Sharing Community, whose daughter Brianna was recently married.

New in the Warehouse—Dried Figs!

Known for their fiber content, figs also contain more calcium, potassium and iron than many other common fruits, and they contain disease-fighting antioxidants. When dried, figs make satisfying snacks and sweet and flavorful recipe additions. The dense, sweet flesh coupled with the unique crunchy seeds go well in baked goods, with meat, poultry, fish, vegetables and other fruits. Figs can act as a sweetener in a variety of preparations. Fig puree (8 ounces of figs pureed in a blender with 1/4 to 1/3 cup water or fruit juice) can be used as both a sweetener and a fat substitute in many recipes. Here is a recipe with figs—perfect for any occasion!

Turkey Sliders With Dried Figs

Yield: 12 sliders

Ingredients:

- 1 package of lean ground turkey
- 1 cup dried figs, diced
- ½ bunch scallions, washed and sliced
- 2 tsp of dried herbs of your choice
- Salt and pepper to taste
- 2 tbl of vegetable oil
- 12 small whole wheat rolls

Directions:

- 1- Combine turkey, minced dried figs, scallions, herbs, salt and pepper in a bowl and mix to combine well. Divide and shape into 12 small, flat burgers.
- 2- Add oil in pan and place over medium high heat until pan is hot. Add burgers and cook for about 3-5 minutes on each side, or until thermometer is 165°F. Repeat for remaining burgers.
- 3- Arrange on rolls, and enjoy!

The Food Growing Program



Top: Swiss Chard harvest at Woodfield Cottage.

Bottom: The Leake & Watts garden produced acorn squash (left) and corn (right).

Green Thumb: September

September 6-9* Fennel/Swiss Chard, Tomatoes, Potatoes, Onions, Spinach/ Iceberg Lettuce, Apples/Peaches, Grapefruit/Peaches

September 12-16 Collard Greens/Corn, Bell Peppers, Broccoli, Beets, Cauliflower/ Radishes, Peaches, Pears (local)/Grapes

September 19-23 Eggplant, Radishes, Potatoes/Turnips, Acorn Squash/Celery, Apples, Oranges and Peaches

September 26-30 Beets/Carrots, Romaine Lettuce, Potatoes, Tomatoes/Squash, Nectarines/Apples

NOTE: All Green Thumb products are subject to availability.

*The Food Bank will be closed Monday, September 5 for the Labor Day holiday.
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. Get fresh produce for your clients!



New Products

USDA:

Dried Figs, Egg Noodles, Rice, Tomato Sauce, Green Beans

BULK BUYING:

Skinless & Boneless Chicken Breasts, Ground Beef, Fresh Medium-sized Eggs

DONATED:

Fresh Watermelon, Fresh Cabbage, Frozen Vegetables, Frozen Assorted Meats

July 2010 vs. July 2011

Pounds distributed:

	2010	2011
Orders:	441	432
Number of people served:	2010	2011
Adults	90,574	89,765
Children	88,137	88,972
Elderly	8,458	9,019
Total People	187,169	187,756
Households	24,441	27,443

Number of people served:



Dates To Remember

Monday, September 5 ♦ Labor Day—Food Bank closed

Friday, September 8 ♦ New Agency Orientation

Thursday, September 9 ♦ August monthly reports due

Thursday, September 30 ♦ Inventory-No deliveries/pick ups

Monday, October 10 ♦ Columbus Day—Food Bank closed

Tuesday, October 10 ♦ September monthly reports due

Monday, October 31 ♦ Inventory-No deliveries/pick ups

Annual Meeting Postponed!

The Food Bank for Westchester's **13th Annual Conference of Member Programs & Agencies Fighting Hunger in Westchester** that was scheduled for Tuesday, September 20th, 8:30 am-noon has been postponed.

It will be rescheduled for January or February of 2012, after we have settled into our new home in Elmsford.