

May 2011 Hearty Helpings

May 2011 - HHC Products Available			
Code	Pkg. Size	Item Description	Price
#1	2lb Tray	(2) Split Chicken Breasts Skinless	\$2.00
#2	1lb Pkg	Breaded Fish Sticks	\$1.75
#3	1lb Pkg.	Cod Fillets—Wild Caught	\$10.00
#4	3lb Box	Jennie O Turkey Burgers	\$5.25
May 2011 - HHC Combo Special			
C1	Combo	2 lbs of each—Larvg Shrimp (31/40 ct.) & Tilapia Filets <i>Great Deal!</i>	\$15.00

Contact Toby Pidgeon or Pat Reino—923.1100

You must Pre-pay for your order before:

3pm Tues.— May 10,, 2011

Pick up—Friday, May 27, 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, 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!



LEADING THE CHARGE TO END HUNGER

358 Saw Mill River Road

Phone: 914.923.1100

Fax: 914.923.1198

www.foodbankforwestchester.org

The Food Source



Serving Member Anti Hunger Programs and Agencies Throughout Westchester County

May 2011

www.foodbankforwestchester.org

Volume 20, Issue 5
Nutrition Not Just Calories

Everything you need to know about grants

Michal T. Winter

It's grant time again. Many of you have received your New York State Hunger Prevention Nutrition Assistance grants, and are starting the process.

But we all know that in this difficult economic time, every grant is a chance to improve our services to the community, and therefore, they deserve attention.

So how do you write a winning grant?

Here are some tips which are easy to follow when writing any grant and can be used as a general rule of thumb.

The following are some questions you want to answer in your grant proposal.

- **What problem are you addressing with the grant funds?** Remember when answering this question, you are addressing a community problem, not a problem of your program.
- **How are you proposing to address this problem?** Here you need to paint a clear picture of your plan, and allow the reader to see how your proposed solution would work in action.
- **How will things be different once your plan is in place?** Tell how you will measure the success of your plan ie: How many more people will you be feeding?
- **What do you already have?** This is where you list the great volunteers and donations which you have received and have made you accomplish what you have up until today.
- **What do you need to help you succeed.** Now you can tell the grantor what you want.

It is important to remember that those who read and decide on these grants, don't really know much about your program. The following recommendations can help with that.

- **A history:** Introduce the reader to your program. Share the purpose and goals. Don't forget to include statistics, the number of people you help, and how this number has changed since the inception. Also give information regarding your service area, and any changes you have seen here as well. Don't forget to include any accomplishments and awards your agency and program has received.
- **Good writing is important.** Make sure your grant is easy to read and understand. You will not be impressing anyone with wordy abstract descriptions. Simpler is better. Remember the readers are reviewing many grants and proposals. It is to your benefit to get to the point of your request quickly and leave the reader with a good impression of what you want to accomplish.

Finally, remember the following rules of thumb when filing grants:

- **Read all the guidelines first.** Make sure you are answering all the required questions, and including all the requested documentation. You do not want to lose a grant because you left something out.
- **KNOW THE DEADLINE!** Late grants are often not approved. Check the deadline first, mark it on your calendar and don't wait till the last minute to begin the proposal. Starting late could lead you to submitting an incomplete grant.

HPNAP Grant applications are due
Friday, May13th by 4pm - NO LATER
Any questions, Call Michal



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 Members:

Writing a good grant application does not mean it has to be a literary masterpiece. It does mean however that when a stranger reads your application s/he will have all the information needed about your organization and your request to make an informed decision.

The key word here is "STRANGER".

Someone who does not know you, your work or your community will be reviewing your application. If that someone has a hard time reading your application because it is scribbled, or because what you have written makes no sense, has spelling or grammar errors, or worst of all because you are not answering the questions asked, you can be sure you will not be granted an award. Based on the short experience the "STANGER" has with you through your poor grant application s/he will decide that you are not serious about your work or your request to take the time to do it right, let alone manage properly the resource you are asking for. Doing it right means easy to read and understand and neat.

This applies to a HPNAP application which may have several pages to fill out or something as simple as a request by the Food Bank for a short paragraph stating your need for funds from Adopt – A-Pantry or some other source.

HPNAP applications are due mid-month. If you have not yet turned in your application or have not even started it ...do it now. If you need assistance ...call, many of us are more than willing to help. We want you to turn in a winning application – we need so much to fight hunger in Westchester!

Remember a stranger is looking at your request. That stranger will make a decision based on the content and appearance of your application. Make it easy for them to support your work.

Christina

News:

Welcome to our new programs:

Our Lady of Mt. Carmel Elmsford Community Food Pantry. This program is meeting a need in a largely underserved community with a distribution on the 3rd Saturday of every month from 10am to noon.

Shiloh Baptist Church Soup Kitchen. Serving dinner every Wednesday from 5:30—6:45pm. This is Shiloh's third program, it joins their food pantry on Saturdays, and the breakfast program on Sunday mornings.

Hillside Food Outreach has a new home. They are now located in Pleasantville, and are adjusting to their new surroundings well. Lots of luck in your new home, Kathy Purdy.

Congratulations to Jared Apuzzo of Community Service Associates of Mt. Vernon. Jared will be getting married early this month we wish him and his bride a lifetime of happiness.

Notes from the Farm

Early spring is bringing some bright green to our growing locations:



Onions and scallions at the Department of Corrections.



Mustard Greens at Woodfield Cottage



A full greenhouse waiting to be planted in the ground.

Please note: The warehouse will be closed on Friday, May 20th for our annual corporate repack challenge. No deliveries or pick ups. Green thumb only. Please plan accordingly.

Green Thumb

- May. 2-6** Cilantro, Garlic, Tomatoes, Zucchini/Green Beans, Onions, Mushrooms, Limes, Avocados/Mango
 - May. 9-13** **Scallions**, Greens Peppers/Grape Tomatoes, Red Onions/Carrots, Sweet Potatoes/Squash, Spring/Boston Lettuce, Green Grapes/Mangos, Strawberries/Grapefruit
 - May. 16—20** Carrots, Zucchini/Yellow Squash Collard Greens/Spinach, Romaine Lettuce, Cucumbers, Pineapples/Kiwi, Rhubarb/Oranges
 - May. 23– 27** Parsley, Potatoes, Scallions/Leeks, Broccoli Rabe/Spinach (celo) Carrots/Radishes, Apples/Grapefruit, Lemons/Honey Dew Melon
 - May. 31– June 3** Corn, Asparagus/Broccoli Rabe Dill/Basil, Grapefruit/Fennel, Pineapple, Blueberries, Cauliflower
- 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:**
- Rice - 30/2lb bags
 - Canned Kernel Corn
- Donated:**
- Delish Seltzer Water Assorted Flavors 12/33.8 Oz btls/case
 - Assorted frozen desserts and breads /on site feeding programs
- Bulk Buying**
- Quaker Oatmeal—2/5lb bags per case

March 2010 vs. March 2011

Pounds distributed:

	2010	2011
Orders:	483	486

Number of people served:

	2010	2011
Adults:	94,421	95,438
Children:	68,876	88,497
Elderly:	9,310	9,556
Households:	24,729	30,220

SAVE THE DATE:

For the Food Bank for Westchester's 6th Annual Hunger Heroes Award Breakfast

TUESDAY, JUNE 7TH, 2011

ABIGAIL KIRSCH AT TAPPAN HILL

8:30—10:30 AM

Don't miss this exciting and motivational event.

Call and order your tickets today

Dates to Remember

Thursday, May 5	New Agency Orientation
Saturday, May 7	Repack 9am—1pm
Tuesday, May 10	April Monthly Reports due
Friday, May 13	HPNAP APPLICATIONS DUE
Friday, May 20th	Warehouse closed. Corporate repack
Monday, May 30	Memorial Day—Food bank closed
Tuesday, May 31	Inventory—No Deliveries or Pick ups
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