March 2011 Hearty Helpings

March 2011 - HHC Products Available

Code	Pkg. Size	Item Description	Price
#1	1lb Pkg.	Breaded Fish Sticks	$1.75
#2	1lb	Ground Beef—Lean (90/10)	$2.75
#3	1lb Pkg.	Salmon Filets	$4.00
#4	1.5 lbs.	Tyson Chicken Breast (Skinless Tenderloins)	$2.50

March 2011 - HHC Combo Special

C1	Combo	2lbs Large Shrimp (31/40ct) & 2lbs Large Tilapia Filets *4 lbs total—Great Deal!*	$15.00

Contact Toby Pidgeon or Pat Reino—923.1100

You must Pre-pay for your order before:

3pm Tues.— March 8, 2011

Pick up—Friday, March 25, 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

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!

FOOD BANK FOR WESTCHESTER

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

March 2011 www.foodbankforwestchester.org Volume 20, Issue 3 Nutrition Not Just Calories

BackPack Programs

Michal T. Winter

The Food Bank for Westchester BackPack Program is designed to provide food to hungry, at risk, school age children when they have no access to other feeding programs such as school breakfasts and lunches. In other words it's a food pantry for kids!

Our first BackPack program started in Mt. Vernon, in 2007,as a partnership with the Junior League of Bronxville. Today, The Food Bank of Westchester operates 26 programs, 4 of which are partnered with the Junior League of Bronxville and Northern Westchester. Currently the Food Bank for Westchester's BackPack program is feeding over 1400 children.

Volunteers from Ossining Life Skills, and Another Step, packing over 300 bags on a recent Thursday Morning.

Each week, groups of volunteers come to the Food Bank warehouse to pre-pack the bags with items the kids will enjoy during the weekend. This includes canned fruit, cereal, milk, and grains. A plastic bag is used rather than a back pack, because it creates an easier distribution process, with no need to collect bags from the kids at the end of the weekend.

The BackPack program which is licensed through Feeding America, includes agencies with school aged children that participate in free or reduced school meals, or are otherwise in need. These agencies include; community centers, Boys and Girls Clubs, Salvation Armies, churches, schools and childcare centers.

Ferne Bordash, Manager of Direct Service Programs, contacts school districts throughout Westchester and they in turn put her in contact with programs who would be helped by receiving BackPack services for their students. In 2010, seventeen new BackPack programs were formed. The goal for 2011 is to feed over 3000 children. If you know of an after school program, church or community center who works with children; or if you know a company who would like to donate food to be included in the back packs, contact Ferne at 923.1100

On Fridays, Ferne visits the programs to see the distributions. It is obvious by the children's faces that they are happy to receive the food. She has received great feedback from both parents and students:

"Thank you for the food you provide every Friday, we appreciate it greatly."
"Thank you for keeping our children healthy."
"I have my child help prepare the food."
"I love this program."

All words of gratitude and enjoyment for the products they receive.

FEEDING AMERICA

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:

This newsletter highlights the Backpack program. This is a program that specifically targets children. Each child participating in the program receives a grocery bag of food every other week to have for the week end. Our goal is to reach 3,000 children and more.

The Food Bank implements other programs that target a specific population or bypasses the traditional distribution system to get more food out to more people. We would really appreciate your help and participation in these programs so that we can continue to reach those who need food.

The Alternative Distribution Sites focus on seniors, but could be adapted to any population. This program delivers fresh food and dairy, once or twice a month for senior meals and also gives out a bag of fresh food and dairy to each senior to take home.

The Rapid Food Distribution program distributes two, three or sometimes more fresh items at specifically designated sites to anyone who shows up and presents a voucher. Those without a voucher are signed up on the spot and also informed about a food pantry near their home. In order to do this program we need a large space to set up and receive clients. This could be a parking lot or an empty lot. We need the cooperation of the emergency and non-emergency food programs in the "site" area to distribute the vouchers and assist in the distribution on the appointed day. Each distribution takes about 2 hours. Right now we are operating this program out of 5 sites and would love to see more sites operational.

If you are interested in any of these programs, but are not sure if your agency has the right qualifications to participate do not hesitate to contact Michal Winter and / or Toby Pidgeon. We will review the criteria for participation and if you do not quite fit, perhaps we can tweak the program a bit so that you do fit.

The goal is to get more food to more people. We are also especially interested in getting fresh food out…but need your help to make the distribution quick.

CALL US! So we can get more food out to more people.

Best to all,

Christina

News:

Congratulations to **Henry and Lourdes of Operation FightBack** on the birth of their beautiful granddaughter Kamira Hannah Amoy. Sending lots of good wishes for a happy and healthy life.

The dedicated cook, **Margaret DiSapio, at Westchester Consumer Empowerment,** is at home recuperating from a fall after recent surgery. Everyone at Dimensions as well as the Food bank wish her a speedy recovery.

The Food Bank has many **computer monitors** available. These are NOT flat screens, but work well. If you are interested, contact Michal.

Essentialmom.com– Non-Profit Listings Page

Essentialmom.com's website contains a full section for non-profits to list their organization, or fundraisers. Organizational descriptions includes a 100 word description and a logo.

We also offer a volunteer section where you can feature galas, volunteer needs, and more -- anything you might need in general or for a specific date.

View the website at www.essentialmomwestchester.com where you can e-mail your content to get it on line.

We are all very sorry to hear about the devastating fire at Union Baptist Church in New Rochelle. The damage has been tremendous, the wall of the former soup kitchen has been bulldozed and the sanctuary is no longer. Nevertheless, there is hope. Calls and donations have been coming into the church from all over the country. Sunday services will be held at Trinity St. Paul Church, located at 311 Huguenot Street, at 12:30 pm. And there are currently talks with the neighboring Monroe College, on hosting the soup kitchen. Our support is behind the Union Baptist Church community as they begin the process to rebuild.

Currently they are in need of donations of pots and pans and other cooking tools which will help them establish the soup kitchen once again. If you can help, please contact Michal.

The Food Bank currently has lottery applications for new students for the Charter School of Excellence in Yonkers, "A Public School with A Private School Setting.".

Any agency who would like to receive a copy, contact Michal at 923.1100.

An informational session will be held March 10th. At the Charter School located at 260 Warburton Avenue, Yonkers.

Contact Michal for further details.

Green Thumb

Mar. 7-11	Beets/Peppers Broccoli/Brussels Sprouts, Grape Tomatoes/Collards, On ions (yellow—med), Grapefruit/Oranges, Bananas/Apples/Green Pears
Mar. 14-18	Turnip Greens/Spinach, Cucumbers/Carrots, Green Peppers/Onions, Lettuce, Garlic, Pineapples/Cantaloupe/Oranges, Grapes/Tangerines/Pears
Mar. 21—25	Broccoli Rabe, Parley/Scallions, Garlic, Collards/Cabbage, Potatoes (red) Grape Tomatoes/Mushrooms, Bananas/Apples/Plums, Oranges/ Strawberries/Lemons
Mar. 28– Apr. 1	Sweet Potatoes, Spinach/Romaine Lettuce, Celery, Onions, Mushrooms, Bananas/Blueberries, Apples/Green Grapes

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:

64 oz. grapefruit juice
Cream Corn
64 Oz. Apple Juice
Applesauce

Look for assorted bottled and assorted canned sodas at 10 cents per pound.

Words from the Farm - February

Doug DeCandia—Food Growing Projects Coordinator

The first seeds of Spring have been sown in the Muscoot Farm greenhouse in Katonah. In the soil now are the seeds of onions, leeks, and scallions – soon parsley, tomatoes, lettuce and eggplant will join them. The seedlings will grow up in the greenhouse through mid-May, when they will be moved outside to the fields to finish their growth as plants and harvested this summer.

Seeds are planted in "seeding trays" with potting soil mixed with kelp meal. The seeds are cared for inside the greenhouse until they are moved outdoors into the fields.

January 2010 vs. January 2011

Pounds distributed:

	2010	2011
	513,313	674,372
Orders:	398	402

Number of people served:

	2010	2011
Adults:	86,408	78,860
Children:	56,427	50,972
Elderly:	9,490	7,259
Households:	26,288	17,836

Changes in numbers served due to weather related closings.

Dates to Remember

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**
Saturday, Apr. 2	**Repack 9am—1pm**
Thursday, Apr. 8	**New Agency Orientation**
Friday, Apr. 9	**March Monthly Reports due**
Friday, Apr. 29	**INVENTORY - NO Deliveries or Pick-Ups**