

January 2011 Hearty Helpings

Contact Toby Pidgeon or Pat Reino—923.1100

You must Pre-pay for your order before:

3pm Tues.— January 11, 2011

Host Sites:

Yonkers CAP - Tarsha Arthur @ 423.5905 X 10

Union Baptist Church—New Rochelle—

Minnie Manu or Jean Anderson—
661-0419 or 629-9617

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 Toby to be a host site in your area! 923.1100

Help us get these quality meats to your clients at affordable prices!

January 2011 - HHC Products Available

Code	Pkg. Size	Item Description	Price
#1	2lb Pkg.	Pork Chops-Thick Cut and Boneless	\$5.00
#2	1lb Pkg.	Lean Ground Beef (90/10)	\$2.25
#3	2lb Pkg.	Cod Fillets—Wild	\$10.00
#4	4.5 lbs.	Whole Chickens	\$3.85

January 2011 - HHC Combo Special

C1	Combo	2 lbs of each: hrimp (31/40 ct), Tilapia Fillets & Bay Scallops <i>Great Deal!</i>	\$20.00
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LEADING THE CHARGE TO END HUNGER

358 Saw Mill River Road
Millwood, New York 10546

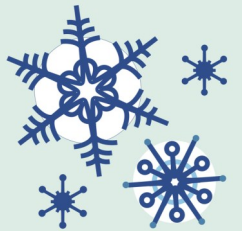
Phone: 914.923.1100

Fax: 914.923.1198

www.foodbankforwestchester.org

The Food Source

Serving Member Anti Hunger Programs and Agencies Throughout Westchester County



January 2011

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Volume 20, Issue 1
Nutrition Not Just Calories

San Andres Food Pantry

Michal T. Winter

It was a bitter cold December afternoon in Yonkers, and the line of people bundled up in hats and scarves was long. They huddled against the wall of the building, a sea of winter coats on people ranging in age from babies to seniors.

As numbers were called the people walked into the warmth of the church and were greeted by Beatrice Castrillon, manager of the San Andres Food Pantry. They brought shopping carts and tote bags to fill with food.

San Andres is a client choice pantry, which allows everyone to walk along the U shaped table lined



with the weeks offerings. Grits, rice, pasta, sauce, peanut butter, venison, eggs, and

bananas are just a few of the items. The clients can take the allocated amount in each food category, or just choose the items they prefer to eat. All items were welcomed, on this cold afternoon.

The San Andres Food Pantry has been operating since 1996. They distribute twice monthly and give 100 numbers out at 10am. Those clients return at 1pm for the distribution, the remaining food is given to those who were unable to receive a number in the morning. When the food pantry is finished there is nothing left.

Pastor Yamily Bass-Choat has been at San Andres Church for five years. In that time she has seen the pantry grow and heard countless stories of those who need her services. She sees what a difference the pantry makes to the people of her community, especially those who are ill, and can no longer work.

"The Green Thumb is great", says Mother Yamily, it enables those who are sick the fresh fruits and vegetables needed for improved nutrition to help them fight their illnesses. It is also very important to the children who require these foods to grow.

San Andres also runs an afterschool program for the children in the area. This program provides

snacks for the kids and they have recently signed up as a backpack program.



Beatrice Castrillon and Mother Yamily greeting the clients at the San Andres Food Pantry

Mother Yamily has applied for additional grants to be able to provide services to more people in 2011. Even with these challenges, she is proud of the difference her services have made to the community. Her goal for 2011 is to have a better system for distributing turkeys at Thanksgiving throughout Yonkers. "Right now, some people receive more than one, while others miss out. I would also like to create a better system of serving the seniors, so they don't have to stand and wait out in the cold, like today."

Meet Doug DeCandia, Food Growing Program Coordinator



Doug grew up in Katonah, and gained an interest in growing nutritious food in college

when he started to think about what he was eating in the dining halls. He became more involved and learned more about where the food was coming from. Eventually growing food for himself and others.

Doug will oversee growing sites which are partnering with the Food Bank to increase the amount of produce distributed through our agencies.

Continue to watch the newsletter to see how Doug's Garden Grows.



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

Health, Wealth and Happiness in the New Year and beyond to All!

A challenging year is behind us and another very challenging year is in front of us. I know that all of you are working on plans and strategies so that you can rise to the challenges ahead.

The best news from the Food Bank is that in the next 12 months we should be in a larger warehouse. A larger warehouse will make all the difference in the world. It will allow us to bring in more food, more varieties and some or all of the special foods and non – food items you have been asking for. We anticipate that our Food Recovery program will continue to grow in leaps and bounds which may require adding another truck and driver for pick –up and distribution. Our other programs will be able to expand as well in a larger space.

Even before we move into a larger warehouse Green Thumb distribution will increase by an additional 700 bags a week. We will also have available for distribution Snuggies (those blankets with sleeves)..... and many more such good things are in the pipeline.

We are preparing to meet new regulations governing food safety and handling specifically for the food distribution network and will be looking at how to achieve better information coordination between service providers. You will be hearing more about this in the months to come.

All these plans strategies and changes are designed to better meet the need for food that is growing, growing and growing.

I look forward, with your help to a very interesting and productive year!

Best
Christina

News:

The YWCA Residence of White Plains has renovated their building and has many openings for new residents in their 193 unit affordable residence for single women, 18 and older. Single, cluster and efficiency units are available. If you know anyone who is interested Call 428.1130 or check out www.ywcawhiteplains.com

Congratulations to Elizabeth Mascia, who had a 90th Birthday Celebration on December 15th!

In 1968 Elizabeth was the founding mother of the childcare center and is still very much involved today!

Nonprofit Coordinating Committee of New York's Outsourcing Clearinghouse Program

NPCC has launched the Nonprofit Outsourcing Clearinghouse program to help nonprofits reduce administrative costs, increase productivity and improve operational quality through the use of outsourced services. We'll work with 50 nonprofits to facilitate a successful match with an outsourced vendor in one of nine areas: bookkeeping and financial management, human resources, purchasing, risk management, legal services, information technology, marketing, fundraising, and real estate management. If interested in being one of the 50 groups evaluating their potential for outsourcing and, if appropriate, choosing an outsourcing provider, the organization can complete an application at www.surveymonkey.com/s/V5FC6JK. The deadline is January 12, 2011. For more information please contact Marcia Brown at 212-502-4191 x27 or mbrown@npccny.org



The Harrison Food Pantry recently received some unexpected help when a local woman contacted food Pantry Director, Nina Mar-raccini for an article for the *HarrisonPatch*, a community on line newspaper. The journalist was so surprised to hear about how many families in her neighborhood were going without, she decided to take matters into

her own hands. She organized some of her friends and contacts and raised donations from non-profits, local merchants and civic organizations. With these bags of gifts, and gift certificates they were able to distribute to all the families on the food pantry list, including seniors, as opposed to past years when they have only been able to distribute toys to the children.

Just an example of what can happen when you get the word out about what your program is doing.

Read more at: <http://harrison.patch.com>

Green Thumb

- Jan. 3-7** Spinach/Broccoli Carrots, Onions, Cabbage, Apples/Grapefruit, Pears/Kiwi/Oranges
- Jan. 10-14** Brussels Sprouts. Cabbage/Spinach Green Peppers/Onions, Mush rooms/Zucchini, Carrots, Pineapples/Oranges/Apples, Plantains/Bananas
- Jan. 18—21** Celery/Romaine Lettuce, Turnips, Cucumber/Eggplant, Grape/Cherry Tomatoes, Asparagus/Collard Greens, Kiwi/Grapes, Pineapple/Oranges/Apples
- Jan. 24-28** Green Leaf Lettuce, Beets/Squash, Carrots, Plum Tomatoes/Turnips, Bananas, Apples/Tangerines
- Jan. 31-Feb.4** Spinach, Carrots, Onions, Potatoes, Pineapples/Oranges/Apples Bananas

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:

- 24 oz. Canned Pork
- 2lb pkg. Kidney Beans
- 2 lb. pkg. Rice
- 32 oz 1% fluid Milk
- Dried Instant Milk
- Mixed fruit

SNUGGIES ARE COMING.....

Watch for more details

November compared to October

Pounds distributed:

<u>October</u>	<u>November</u>
604,646	595,829

Orders:

512	499
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Number of people served:

	<u>October</u>	<u>November</u>
Adults:	90,477	85,638
Children:	65,733	61,224
Elderly:	10,369	9,649
Households:	30,125	25,066



Dates to Remember

- Saturday, Jan. 8** Repack 9am—1pm
- Monday, Jan. 10** December Monthly Reports due
- Thursday, Jan 13** New Agency Orientation 10am
- Monday, Jan. 17** Martin Luther King Day
Food Bank Closed
- Monday, Jan. 31** INVENTORY - NO Deliveries or Pick-Ups
- Saturday, Feb. 5** Repack 9am—1pm
- Thursday, Feb. 10** January Monthly Reports due
New Agency Orientation
- Monday, Feb. 21** President's Day Food Bank Closed
- Monday, Feb. 28** INVENTORY - NO Deliveries or Pick-Ups

The Wilson Center for Social Entrepreneurship at Pace University and Hitachi America, Ltd. present Social Enterprise and How it Can Work for the Non-profit Sector: A Panel Discussion

Join experts in Social Enterprise for a discussion of how we can join social and financial objectives to get more impact in the non-profit sector. Hear about best practices first-hand from the leaders of top national organizations and academics.

Wednesday, February 16, 2011

Registration: 9:00 AM*

Breakfast and coffee will be served.

Panel Discussion: 9:30 AM - 11:30 AM

**Pace University's White Plains Graduate Center
One Martine Avenue White Plains, New York 10606**

**Seating is limited, register now for this FREE event!*

For more information, visit www.pace.edu/wilsoncenter or contact us at wilsoncenter@pace.edu or 212-346-1028