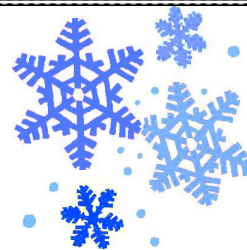


The Food Source

Serving Member Anti-Hunger Programs and Agencies Throughout Westchester County



January 2012

www.foodbankforwestchester.org

Nutrition Not Just Calories
Volume 21 Issue 1

Looking Back at 2011

We asked our member programs for comments about their programs in 2011 and looking ahead to 2012. Here are some highlights:

- **Operation Fight Back Yonkers:** "We were able to feed our clients more fresh fruits and vegetables via the Rapid Distribution System.... We provided several nutrition information classes as well. We saw our numbers increase incrementally throughout the year. (But) we were able to provide some for all...." — *Henry Rivera*
- **The Salvation Army, Tarrytown:** "(Our) food program will continue to be a great success with the collaboration (with) the Food Bank.... Throughout the year, and especially during the holiday season, we have had an enormous need for food.... Every day, members of our community come through the doors to see if we have anything to offer them. The turkey give-away was a huge success! The need is tremendous but with the resources at hand, (we) can make a difference in whether that little girl or elderly gentleman goes to bed hungry or not!" — *Janet Herrera*
- **Community Service Associates Soup Kitchen, Mount Vernon:** "We are celebrating 25 years of feeding the hungry and homeless... and we continue to do so 4 days per week with our breakfast, lunch and dinner programs. We have been fortunate to be able to continue to feed all those in need through the generous contributions of our donors and food suppliers, especially as our numbers have risen drastically in just the past year... It is increasingly difficult to feed everyone, but we have managed to do it." — *Jared Apuzzo*
- **Interfaith Food Pantry, Mt. Kisco:** "2011 marked our 20th year. On opening day in 1991, we distributed canned and dried goods to 8 clients. Today we are serving an average of 165 households a week, distributing 4,000 pounds of food weekly. We have stepped up our home deliveries to the homebound and we have partnered with the Food Bank to provide information about SNAP benefits." — *Kate Lombardi*
- "When the **Ossining Food Pantry** opened in August 1988, we served one client the first day. Today we pack and distribute groceries to approx. 200 households each week. By year-end 2011, we will have provided food for almost 6,000 family meals. The pantry distributes bags of groceries free of charge on Thursday and we have a home delivery program. Maryknoll's Pachamana Farm (supplies fresh produce) during the growing season and we team up with the Ossining Farmer's Market to Provide coupons to our clients. All run by volunteers!" — *Anita Halverson*
- "The **Yonkers SDA Food Pantry** (has) been serving the community for 10 years. In addition to usual items, we have been able to offer produce grown hydroponically on the Science Barge in the Hudson River at the Yonkers waterfront." — *Martha Covi*
- "**Yonkers Community Action Program** is going high-tech to make food pantry distribution more efficient. With over 100 households participating in each of four distributions every month, tracking participation was becoming unwieldy. The solution was found in the combination of a new data management system, family identification cards and a barcode scanner. The initial start-up involves some additional steps (but) once in place, the distribution is faster and surer." — *Susan Lenseth*
- **First Presbyterian Church of Yorktown Heights Food Pantry:** "We continued to see the need for our services increase in 2011. While some families regularly depend on us, and others come "when they can get a ride," most come when they really need it. We now have active participation from businesses, civic groups and the local Jewish center. We seem also to be the location of choice for young people in need of community service hours, and we also get lots of help from our clients themselves." — *Katharine Frase*
- **Family Resource Center of Peekskill—** "Staff at our Harvest Time Pantry Program have observed firsthand how emergency food (has) improved the lives of (those) in need...., reducing poverty, malnutrition and hopelessness in our local area." — *Elizabeth McCorvey*



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:

Wishing a happy, healthy, productive and safe 2012 to you and yours. May you and yours not want for anything, and may you have all the resources you need to continue the fight against hunger.

We had an exciting and difficult 2011 and again managed to distribute another 1 million pounds of food more than the previous year. It looks like in the New Year the need for our services will not diminish, in fact will continue to grow. We are confident that the Food Bank can be a greater resource to you than ever before...now that we will have a larger new space at 200 Clearbrook Rd., Elmsford to work from.

Right now, only the office staff is in the Clearbrook facility; the warehouse operations are still in Millwood and will move in on or before February 1. The holdup is the construction of the freezer, which requires a special floor that needs to cure for 30 days. Once the floor is complete, the racks can go up and WE WILL BE READY!

During this time of transition our goal was to disrupt service as little as possible and I believe we did just that. Thank you for your cooperation and flexibility.

Together we will be able to make a huge dent in hunger in Westchester. I look forward to seeing all of you at our official opening, probably in March. But please feel free to drop by anytime, just to take a look.... We would love to show off our new home!

Best wishes, Christina

News

Best Wishes to Michal Winter

who has left the Food Bank Agency Relations Coordinator position she held since February 2005. She will be missed.



Quick Oatmeal for a Winter Morning

Serves 4

Ingredients:

- 1 1/3 cups apple-cranberry juice
- 2 apples, washed, cored, diced
- 1 1/3 cups water
- 2 teaspoons cinnamon
- 1 1/3 cups quick-cooking oatmeal

Directions:

- 1- Combine apple-cranberry juice, apples, water and cinnamon in saucepan. Bring to a boil.
- 2- Stir in oatmeal and cook 1 minute.
- 3- Turn off heat. Cover saucepan and let stand several minutes.
- 4- Serve and enjoy!

See our inventory list for Quick-cooking Oats and Apple-Cranberry Juice under USDA!

Recipe prepared by Food Bank Nutrition Resource Manager Sara Cox.

JOB OPENINGS AT THE FOOD BANK

Agency Relations Coordinator

The Food Bank for Westchester is seeking an Agency Relations Coordinator to oversee & support the hunger relief activities of Food Bank member programs. The position requires some travel within the Food Bank service area (Westchester County); great analytical, organizational, and communication skills; and ability to work with a very diverse population. Computer literacy is a must. Applicant must be SafeServ certified or be able to become SafeSev certified. This is a full-time position with benefits, regular business hours, and occasional evening or weekend work. Able to start immediately, if possible. Send letter of interest and resume no later than Jan. 13 to ceroha@foodbankforwestchester.org.

Receptionist

The Food Bank for Westchester is seeking a full-time receptionist with some administrative functions. The receptionist will assist all callers and visitors in getting the information or reaching the person they are seeking; handle all incoming and outgoing mail; prepare deposits and reports; assist in some data entry and letter writing; and maintain various organization documents. Experience in dealing with the public a must, plus pleasant telephone manner. Applicant should be resourceful, computer literate, detail oriented and able to function error-free in a very busy facility. Position open – start immediately or ASAP. Please send cover letter and resume to Christina Rohatynskij ceroha@foodbankforwestchester.org. For more information contact Christina at 914-923-1100.

Green Thumb: January 2012

January 3*-6 Carrots, Cabbage, Onions, Spinach/Broccoli, Apples/Oranges, Pears/Kiwi/Grapefruit

January 9-13 Brussels Sprouts/Beets, Cabbage/Spinach, Green Peppers/Onions, Mushrooms/Acorn Squash, Carrots/Zucchini/Grapefruit, Clementines/Oranges/Apples, Pineapples/Plantains/Bananas

January 17*-20 Celery/Romaine Lettuce, Turnips/Butternut Squash, Asparagus/Collard Greens, Cherry/Grape Tomatoes, Cucumber/Eggplant, Kiwi/Grapes, Grapefruit

January 23-27 Green Leaf Lettuce, Beets/Squash, Carrots, Plum Tomatoes/Turnips, Bananas, Apples/Tangerines/Oranges

January 30-Feb 3 Spinach/Red-leaf Lettuce, Carrots/Turnips, Onions, Potatoes, Bananas/Oranges, Pineapples/Apples

*The Food Bank will be closed Monday, January 2 for New Year's Day observance and Monday, January 16 for Martin Luther King's Birthday

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

DONATED

Hunts Snack Pack Fat-Free Pudding (chocolate) 12/3 oz.
Assorted Chips/Crackers
Assorted Cereal

Andy Capp Hot Fries 8/8 oz.
Andy Capp Steak Fries 12/2 oz.
Pop Tart Crisps, Strawberry
Krispy Saltines 300/2 ct.
Flavored Popcorn: Butter
Toffee, Chocolate, Cheese
20 oz. and 7 oz. pkgs
GoLean Crunch Cereal 51 oz.
Assorted Cookies 4/26 oz.

USDA

Apple Cranberry Juice 8/64 oz.
Quick-Cooking Rolled Oats
12/3 lb.

BULK BUYING

Hunts Diced Tomatoes
12/14 oz
Creamy Peanut Butter 12/18 oz.
Hormel Extra Lean Pork Tenderloin Tips 8/2 lbs.
Chick Peas 12/29 oz.
Dark Red Kidney Beans 12/29oz

Food Bank for Westchester Moves to Elmsford

On December 9, 2011, the Food Bank administrative staff moved to new offices at **200 Clearbrook Road, Elmsford, NY 10523**. The phone and fax numbers remain the same: (914) 923-1100 & (914) 923-1198 respectively. The website also remains the same: www.foodbankforwestchester.org.

The warehouse staff and functions will remain in Millwood until renovations and equipping of the new warehouse are completed, on or about February 1, 2012.

Our goal is no service interruptions!

We will keep you posted on the date of the warehouse move to Elmsford.

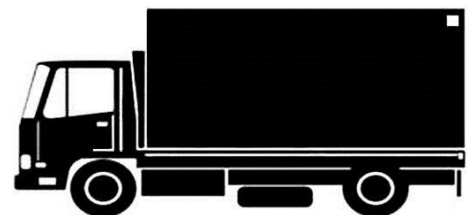
Dates To Remember



- Monday, January 2, 2012 ♦ New Year's Holiday Observed - Food Bank CLOSED
- Tuesday, January 10 ♦ Monthly Reports Due
- Monday, January 16 ♦ Dr. King Holiday— Food Bank CLOSED
- Tuesday, January 31 ♦ Inventory-NO deliveries/pick ups
- Wednesday, February 1 ♦ Food Bank Warehouse Moves to Elmsford
- Friday, February 10 ♦ Monthly Reports Due
- Monday, February 20 ♦ President's Day— Food Bank CLOSED
- Wednesday, February 29 ♦ Inventory-NO deliveries/pick ups

Reminder

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



January 2012 Hearty Helpings

January 2012 - HHC Products Available

| Code | Pkg. Size | Item Description | Price |
|------|-----------|-------------------------|--------|
| #1 | 1 lb | Ground Beef | \$2.75 |
| #2 | 1 lb | Breaded Chicken Patties | \$2.00 |
| #3 | 2 lb | Boneless Pork Chops | \$6.00 |
| #4 | 4 lb | Smoked Ham | \$6.50 |

NOTE: This HHC listing is available in English & Spanish on the Food Bank website — www.foodbankforwestchester.org — under Programs & Services.

TO ORDER: Contact Toby Pidgeon or Pat Reino—923-1100

You must pre-pay for your order before:

3:00 pm Tuesday, January 10, 2012

You must pick up your order on:

Friday, January 27, 2012 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 protein co-op, contact the Food Bank about becoming 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!

January 2012 - HHC Combo Special

| | | | |
|--------------------|------------|----------------------------|--------|
| C1 | 1 lb/1 doz | Salted Butter & Large Eggs | \$4.00 |
| <i>GREAT DEAL!</i> | | | |



LEADING THE CHARGE TO END HUNGER

ADMINISTRATION:

200 Clearbrook Road
Elmsford, NY 10523

WAREHOUSE:

358 Saw Mill River Road
Millwood, New York 10546

Phone: 914.923.1100

Fax: 914.923.1198

www.foodbankforwestchester.org