MONDAY AUGUST 5, 2013

Food Bank of Central New York

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FOLLOW US

THE SIDE DISH

CLIENT CHOICE MOCK PANTRY OPEN HOUSE

Please join us for a day of training. We will be going over how to use a Client Choice Pantry with the new pantry guidelines! It will be held on August 16, 2013 at the Food Bank. Since the training is located in the warehouse, please rememeber no open toed shoes, as well as food or drink are not allowed. Please call to register for a half hour time slot between 10am-4pm. Call or email Annie (315) 437-1899 x251 or **ackert@foodbankcny.org**

REMINDERS AND EDUCATIONS

Delivery: To ensure efficient delivery please make sure there is room for the delivery truck to be able to pull up and park outside your program. When possible please ask people to move or remove their personal vehicles from the delivery area so that Food Bank trucks can get as close as possible to your building. Please contact Bob x 234 with any questions.

Food Bank Agency Agreement Update: New agency agreement and release forms will be sent out this month please read and sign in blue ink then them return to Food Bank no later than September 30, 2013. Please note that it requires two different and original signatures.

The Annual Agency Conference will be held in the spring! Save the date: April 25, 2014. See you all there!

Orientation is held on the first Tuesday of every month from 10am to 1pm in the training room at Food Bank of CNY. Please call ahead to register by contacting Annie Ockert at (315) 437-1899 x251. The next dates are August 6 and September 3, 2013.

FOOD SAFETY TRAINING REQUIREMENTS
Basic Food Safety for Food Pantries and Soup Kitchens: This class will be offered on the first Tuesday of the month, from 2-3 p.m. for food pantries and 2-4 p.m. for soup kitchens and any meal site.

Soup Kitchens and any agency where food is prepared must complete the two hour training. Pantries and other programs that do not prepare food must complete the first hour. Agencies must have a staff member or volunteer who has completed this training on site when distributing food.

This class fulfills the HPNAP and agency membership food safety training requirement. All agency staff and volunteers are invited at no cost. Please contact Mary Lou Plante at (315) 437-1899 x261 to register.

STEPS TO SAFER FRUITS & VEGETABLES

Clean:

- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits or vegetables.
- Clean all surfaces and utensils with hot water and soap that will touch fresh fruits and vegetables before and after food preparation.
- Rub firm skinned fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing under running tap water.
- Dry fruits and vegetable with a paper towel or a clean cloth towel.
- Never use detergent or bleach to wash fresh fruits or vegetables. These products are not intended for consumption.

Separate:

- Keep fresh fruit and vegetables separate from raw meats, poultry or seafood in your refrigerator.
- Do not use the same cutting board without cleaning with hot water and soap before and after preparing fresh fruits and vegetables.

Cook:

- Cook or throw away fresh fruits or vegetables that have touched raw meat, poultry and seafood or their juices.

Chill:

- Refrigerate all cut, peeled or cooked fresh fruits or vegetables within two hours.

Throw Away:

- Throw away fresh fruits or vegetables that have not been refrigerated within two hours of peeling, cutting or cooking.
- Throw away any fresh fruit or vegetables that will not be cooked if it has touched raw meat, poultry or seafood.
- When on doubt, throw it out!

Partnership for Food Safety Education, www.fightbac.org

SNAP: DID YOU KNOW?

The Food Stamp Program is now called SNAP, which stands for Supplemental Nutrition Assistance Program.

- The SNAP Program is a nutrition assistance program that changes lives and helps communities.
- SNAP is an entitlement program, meaning that anyone whose income qualifies is guaranteed assistance.
- You can use SNAP benefits at many farmers markets, to purchase fresh food, seeds, and seedlings.
- You can use manufactures coupons with your SNAP benefits.

SNAP income guidelines Effective October 1st 2012-September 30th 2013. Household Size Monthly gross income is at or below:

Household of 1 $1,211
Household of 2 $1,640
Household of 3 $2,069
Household of 4 $2,498
Household of 5 $2,927
Each additional person $429

Guidelines for Seniors, disabled, or families paying child or adult care:

Household of 1 $1,862
Household of 2 $2,522
Household of 3 $3,182
Household of 4 $3,842
Household of 5 $4,502
Each additional person +$600

NOEP NEAR YOUR PROGRAM

Nutrition Outreach and Education Program (NOEP) coordinators help clients with applying for the SNAP program by assisting in filling out the actual application and guiding the gathering of documentation over the phone and in person; so recipients no longer have to go to the Department of Social Services Offices. This is done to try to make that process of applying for SNAP benefits as easy as possible. NOEP Coordinator can also assist in recertification of SNAP as well.

NOEP coordinators are advocates for their clients explaining benefits and helping to solve problems between clients and DSS. They also help educate the community by doing presentations and outreach events in their communities. This education helps to get the word out about SNAP and to try to help make people aware that they are eligible.

Below is the NOEP information for your county:
Cayuga (Food Bank of Central New York)
NOEP Coordinator: Kristie Rath
Phone: 1-866-839-7304 ext 270

Chenango (Catholic Charities of Chenango Counties)
NOEP Coordinator: Darlene Alexander
Phone: 607-336-7897 ext 228

Cortland (Food Bank of Central New York)
NOEP Coordinator: Pamela Cullip
Phone: 1-866-839-7304 ext 227

Herkimer (Catholic Charities of Herkimer County)
NOEP Coordinator: Ruth Hall
Phone: 315-894-9917 ext 235

Jefferson/Lewis (Community Action Planning Council of Jefferson County, Inc.)
NOEP Coordinator: Barbara Beach
Phone: 315-782-4900 ext 255

Madison Community (Action Partnership for Madison County, Inc.)
NOEP Coordinators: Jodee Osborne
Phone: 315-697-3588 ext 34
Mary Sollars
Phone: 315-697-3588

Oneida (Food Bank of Central New York)
NOEP Coordinator: Alice Webster
Phone: 1-866-839-7304 ext 249

Onondaga (Food Bank of Central New York)
NOEP Coordinator: Tracey Clark
Phone: 315-437-1899 ext 224

Oswego (Food Bank of Central New York)
NOEP Coordinator: Trisha Landers
Phone: 1-866-839-7304 ext 273

St. Lawrence (Community Action Planning Council of Jefferson County, Inc.)
NOEP Coordinator: Cortney Shatraw
Phone: 1-855-313-2272

JUST SAY YES TO FRUITS AND VEGETABLES

We would like to introduce Lauren Nickerson as our newest member of the Food Bank staff. She will be conducting JSY nutrition education workshops. Please email her at lnickerson@foodbankcny.org or call her at (315) 437-1899 x240 to schedule a session today!

You can also contact Robin Neal at rneal@foodbankcny.org or 315-437-1899 x222 – she will only be available through 8/16 when she begins maternity leave

Openings are available if you are interested in having a Food Bank dietitian visit to provide nutrition education to your program recipients!

QUICK TIPS FOR PEACHES

- Put peach slices on hot or cold breakfast cereals, waffles or pancakes.
- Chop canned or fresh peaches and add to plain or vanilla yogurt.
- Add peaches to fruit salads or tossed salads.
- Remember to rinse all fruits and vegetables before using.

JSY RECIPE: PEACH CRISP

Serves 6

INGREDIENTS

3 cups sliced peaches

1/2 cup flour

1/2 cup brown sugar

1/2 cup oats

1 teaspoon cinnamon

1/4 cup soft tub margarine

DIRECTIONS

Preheat oven to 350°F.

Cut peaches into bite sized pieces. If using canned peaches, drain and rinse peaches first.

Place peaches in a medium baking dish.

In a medium bowl combine flour, brown sugar, oats and cinnamon.

Using a fork, mix the margarine into the flour mixture until the mixture becomes crumbly.

Sprinkle flour mixture over peaches.

Bake for 20 minutes, until peaches are tender.

Serve warm and enjoy!

Refrigerate leftovers.

NUTRITIONAL INFORMATION

Nutrition Information per serving: 290 calories, 9g fat, 1.5g saturated fat, 0mg cholesterol, 120mg sodium, 49g carbohydrate, 3g dietary fiber, 3g protein.