Hunger and health are deeply connected. We hope you find this issue of The SideDish helpful with insights and explanations to enhance the critical work you provide.

The impact of a healthy meal can mean so much: the comfort of a full belly, the ability to concentrate, the chance to learn new things, and the opportunity to stay healthy. Thank you for being our partner in this journey as well as being the ambassador of community hope and food security. Since July 2019, our network has provided 5.4 million meals.

I hope you know that you are a key partner to our success and we could not provide over 13 million meals annually without your contribution. Wishing you the best as we start 2020!

Warmest regards,

Kathleen

EXECUTIVE DIRECTOR'S MESSAGE

SADA CHARITY PREVIEW FUNDRAISING OPPORTUNITY

Join our joint fundraising opportunity at the Syracuse Auto Dealers Association (SADA) Charity Preview. This event takes place Wednesday, February 5, 2020. Tickets are currently on sale for $125.00 per person. If you or any of your supporters choose to attend, please indicate that you would like the funds to support Food Bank of Central New York. Please alert the Food Bank Development Department staff (see contact information below) that tickets have been purchased in support of your program. This full ticket amount will be forwarded to your Food Bank line of credit once the check is received by the Food Bank. Additionally, we have a beautiful Food Bank gift basket to award the partner agency that sells the most tickets!

For more information, please contact Lynn Hy, Chief Development Officer, at (315) 437-1899 ext. 247 at lhy@foodbankcny.org OR Heidi Soine, Development Coordinator, at (315) 437-1899 ext. 250 at hsoinse@foodbankcny.org.

We'd like to extend a big thank you to our partner agencies for serving our central and northern New York community! We are grateful for your continued efforts and helping us eliminate hunger throughout 2019.

Food Bank
of Central New York
Healthy bodies and minds require nutritious meals at every age but when people don’t have enough food or have to choose inexpensive foods with low-nutritional value, it can seriously impact their health. Once the cycle of poor diet and poor health begins, it can be hard to break. Put simply, hunger’s toll can be life altering. When someone is sick, having to choose between food and treatment can lead to serious complications. For example, for food-insecure adults living with diabetes, the choice between food and controlling the disease can even lead to complications like kidney disease, eye disease and nerve damage:

- Food insecurity can lead to Type 2 diabetes, high blood pressure, heart disease, and obesity.
- More than half the households the Feeding America network serves have at least one member living with high blood pressure and more than one-third have a member with diabetes.
- Children at risk of hunger are more likely to be in poor health and struggle in school.

Family members in food-insecure households are also more likely to struggle with psychological and behavioral health issues. Kids struggling to get enough to eat are more likely to have problems in school and other social situations. (*Feature from Feeding America*)

**WHAT ARE THE LEVELS OF FOOD SECURITY?**

While households are often described as either food secure or food insecure, there are four levels of food security that describe the range of households’ experiences in accessing enough food.

**HIGH FOOD SECURITY:** Households had no problems or anxiety about consistently accessing adequate food.

**MARGINAL FOOD SECURITY:** Households had problems at times or anxiety about accessing adequate food but the quality, variety, and quantity of their food intake were not substantially reduced.

**LOW FOOD SECURITY:** Households reduced the quality, variety, and desirability of their diets but the quantity of food intake and normal eating patterns were not substantially disrupted.

**VERY LOW FOOD SECURITY:** At times during the year, eating patterns of one or more household members were disrupted and food intake reduced because the household lacked money and other resources for food.

**WHAT IS THE DIFFERENCE BETWEEN FOOD INSECURITY AND HUNGER?**

The two concepts are closely related, but distinct. Hunger refers to a personal, physical sensation of discomfort while food insecurity refers to the lack of available financial resources for nutritionally adequate food at the household level.
HOLIDAY FOOD SAFETY TIPS

1. **IF BUYING A FRESH TURKEY**: Do not buy more than two days ahead of the big meal. Make sure that you have enough storage space in the refrigerator.

2. **IF BUYING A FROZEN TURKEY**: You can safely defrost it in the refrigerator, allowing 24 hours for every 5 pounds. **DO NOT THAW** in microwave or on kitchen counter. Check that the original bag is not broken, to keep raw juices from leaking onto other foods. Turkey can also be thawed in cold water. Be sure to change water every 30 minutes until thawed. Cook immediately.

3. **TO CHECK DONENESS**: The internal temperature of the turkey must reach 180°F in the thigh. Set oven to 325°F. Use a meat thermometer to be sure the correct internal temperature is reached and to keep from overcooking. Use a meat thermometer in turkey even if it has a “pop-up” temperature indicator to ensure correct temperature is reached.

4. **TO STUFF OR NOT TO STUFF**: The safest way to cook the stuffing is to separate from the turkey. If the turkey is stuffed, mix ingredients just prior to filling the bird. Stuff loosely to help safe and even cooking occur. Either way, the stuffing must reach an internal of 165°F and the turkey 180°F.

5. **LEFTOVERS**: Cut leftover turkey into small pieces or slices. Refrigerate stuffing and turkey separately in shallow containers within 2 hours of cooking. Use leftovers up within 3-4 days and gravy within 1 to 2 days. Gravy should be reheated to a boil and leftovers, if heated, should be thoroughly reheated to 165°F.

<table>
<thead>
<tr>
<th>Size of Turkey (Unstuffed)</th>
<th>Cooking Time</th>
<th>Size of Turkey (Stuffed)</th>
<th>Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 to 12 lbs.</td>
<td>2.75 to 3 hours</td>
<td>8 to 12 lbs.</td>
<td>3 to 3.5 hours</td>
</tr>
<tr>
<td>12 to 14 lbs.</td>
<td>3 to 3.75 hours</td>
<td>12 to 14 lbs.</td>
<td>3.5 to 4 hours</td>
</tr>
<tr>
<td>14 to 18 lbs.</td>
<td>3.75 to 4.25 hours</td>
<td>14 to 18 lbs.</td>
<td>4 to 4.25 hours</td>
</tr>
<tr>
<td>18 to 20 lbs.</td>
<td>4.25 to 4.5 hours</td>
<td>18 to 20 lbs.</td>
<td>4.25 to 4.75 hours</td>
</tr>
<tr>
<td>20 to 24 lbs.</td>
<td>4.5 to 5 hours</td>
<td>20 to 24 lbs.</td>
<td>4.75 to 5.25 hours</td>
</tr>
</tbody>
</table>

HOLIDAY FOOD DONATION TIPS

1. We can only accept perishable donations from qualified cold chain managers (vendors, retailers, food handlers, etc.).

2. We are forbidden from making exceptions to this policy by numerous food safety regulations.

Food Bank of Central New York is committed to the health and food safety of the communities we serve. We provide detailed guidelines that must be met and maintained by all partner agencies to ensure safe storage and handling of food at the agency level. To ensure the continued safety of our clients, we are thorough in what food product we accept.
Winter’s cold temperatures and unpredictable weather can present unexpected challenges when delivering or picking up orders. However, we try our best to notify agencies the day before with an anticipated time frame of when our drivers may arrive. Our Food Bank drivers have the authority to assess conditions and determine the readiness of a delivery. Please use this time to prepare your location for delivery:

- Make sure all outdoor entrances, sidewalks, and driveways are clear of snow and ice. Our pallet jacks cannot get through snow and ice.
- Make sure at least two parking spaces are open for trucks to unload. Also, cones or other indicators to mark designated delivery areas are very useful.
- Please keep indoor hallways clear and properly lit.
- See if extra volunteers or staff are available on your end to accept deliveries.

If we are closed or have a snow delay, announcements will be posted on the Food Bank website, social media platforms, and the local news. The safety of you, our staff, and equipment are of the upmost priority for us.
IMPORTANT DATES

Wednesday, December 25, 2019: The Food Bank is closed in observation of Christmas.

Wednesday, January 1, 2020: The Food Bank is closed in observance of New Year’s Day.

Tuesday, January 7, 2020: Food Bank 101 & Food Safety Training seminars at the Food Bank.

Monday, January 20, 2020: The Food Bank is closed in observation of Martin Luther King Jr. Day.

Please check the delivery schedule for your area before placing orders. Please remember if the Food Bank is closed, it does not count as a business day for order deadlines.

CHIEF PROGRAMS OFFICER: SARA HAAG M.S.W.

SARA HAAG, M.S.W. recently joined Food Bank of Central New York as the Chief Programs Officer. A major source of her inspiration to help the hungry is her aunt, who ran a local church food pantry. Her family’s example of a giving heart and compassion for others taught Sara that everyone is able to help make a positive difference. Sara experienced some struggle herself in the past and is grateful for the support she received to improve her life; this also made her the social worker and advocate for others that she is today.

A desire to give back led her to work for Food Bank of Central New York. A long time Central New York resident and proud graduate of Syracuse University, SUNY Oswego, and SUNY Morrisville, Sara comes to the Food Bank with over 15 years’ of work experience in the child, family, and human services professions where she led a variety of programs to help the vulnerable. Sara is excited to currently work with the Food Bank on a new journey!

FOOD DONATION COORDINATOR: ED HUGHES

ED HUGHES is one of the longest working employees at the Food Bank and our hunger action highlight. We’re grateful for Ed’s many talents, positive attitude, and dedication to our mission. Meet Ed and why he enjoys working at the Food Bank:

“My mother was elated when I started working at the Food Bank 29 years ago. She really inspired me to help our community. Growing up in a big family, we always had the neighborhood kids over visiting and she felt it was important to share meals with everyone who stopped by. She made the extra effort to make sure nobody left our home hungry.

That’s the same reason I love working at the Food Bank, especially in the warehouse; I’m able to work directly with our partner agencies helping to feed our neighbors in need and I know my work makes a difference in someone’s life.”

CONTRIBUTORS:
Amalia Swan, Chief Outreach Officer
Debra Mimaroglu, Community Nutrition Manager
Lynn Hy, Chief Development Officer
Michael Waltrous, Agency Relations Manager

DESIGN AND DEVELOPMENT:
Laura Jensen, Communications Manager

SPECIAL THANKS:
Kathleen Stress, Executive Director
Sara Haag, Chief Programs Officer