

WHAT YOU NEED TO KNOW

To Order for Our Latham Facility or a Delivery:

Appointments for Latham pick-ups are on Mondays, Tuesday Mornings, Thursdays, and Fridays.

Go to www.regionalfoodbank.net where our inventory is updated on Mondays, Tuesdays and Fridays. Order weekdays from 9am-2pm, 2-5 business days before your pick-up date as follows:

- By phone at 518-786-3691
- By fax at 518-786-3004
- By Email at fborders@regionalfoodbank.net
- Using our Online Ordering system (you must receive training)

To Order from Our Cornwall-On-Hudson Facility:

Appointments for Cornwall-on-Hudson pick-ups are on Mondays, Wednesdays, and Fridays.

Go to www.foodbankofhudsonvalley.org; our inventory is updated on Mondays, Tuesdays and Fridays. Order weekdays from 9am-2pm, 2-5 business days before your pick-up date as follows:

- By phone at 845-534-5344
- By Email at orders@foodbankofhudsonvalley.org
- By fax at 845-534-5256
- Using our Online Ordering system (you must receive training)

If you'd like to attend an online ordering training or participate in a webinar, please contact Cheyenne Bratton at cheyenneb@regionalfoodbank.net



**Regional
Food Bank**
OF NORTHEASTERN NEW YORK

965 Albany-Shaker Road · Latham, New York 12110
www.regionalfoodbank.net



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Feeding With Thought

The Food Bank's Member Agency Newsletter

February 2017

Just Say Yes to Fruits and Vegetables

BUILDING A HEALTHY SHELF: NUTRITIONAL NUDGES

Have you begun providing healthier foods at your program, but clients are sometimes reluctant to take them? If so, nutritional nudges may help clients make healthier choices.

A nudge is a strategy designed to use environmental cues to influence a decision. Think of it this way: when you are shopping in the grocery store, where are the sugary cereals that the store wants you to purchase placed? That's right, they are placed at children's eye level to help sell more. Nutritional nudges are low cost, easy environmental changes that help emergency feeding programs encourage clients to select healthier options. Getting people to eat more healthfully is so important as food insecurity is linked to poor nutrition, poor health, and increased risk of developing chronic diseases. In conjunction with Feeding America, the Regional Food Bank of NENY and Just Say Yes to Fruits and Vegetables (JSY) are encouraging programs to help their clients choose healthier foods. Feeding America has categorized Foods to Encourage (F2E). These are

foods that are consistent with the MyPlate model. Fruits and Vegetables should be fresh, frozen, dried, or 100% juice. Canned fruits should be packed in natural juice, and canned vegetables should be low sodium. Whole grains are encouraged such as rolled oats, wild or brown rice, barley, quinoa, whole grain pasta, and whole grain bread. Lean proteins such as beans, eggs, nuts, seeds, fish, chicken and lean meats are encouraged. Dairy should be unsweetened, low-fat, or fat-free. Cheeses should be low fat and low sodium when possible.

The Just Say Yes to Fruits and Vegetables program is working with currently piloting a new "Healthy Pantry" Initiative with six food pantries to implement nutritional nudges, whether it be promoting recipes, utilizing signage, product placement and/or food samples. Here are six tips you can use to encourage

- healthy food choices:
- Purposeful displays—make it look attractive and bountiful
 - Rearrange the shopping environment. Studies show that if the food item is offered at multiple spots, it is more likely to be chosen.
 - Good use of signage can make the product seem more desirable, or simply inform clients what it is, or the health benefits of that item!
 - Bundle items together to make them seem more appealing. Ground beef, kidney beans, and tomato sauce can certainly encourage people to make chili!
 - Product placement—think of that sugary cereal and use it to your benefit!
 - Utilize recipe cards for items to help demystify items and make them seem more appealing!

For more information on nudges or the Healthy Shelf Initiative, please contact one of our JSY Nutrition Educators!



Useful Kitchen Tips!

Try these helpful kitchen tips to help save you time and money!

Is that baking soda or baking powder still good to use?

To test baking powder, just mix a teaspoon into half a cup of hot water.

Does it bubble? Awesome, your baking powder is good to use! If not, replace it before you get started. And what about baking soda?

Mix a quarter of a teaspoon into 2 teaspoons of vinegar. Once again, you should immediately see bubbling. If you don't, the baking soda is no longer effective.



Are those eggs still fresh?

Eggs are good for 3 to 5 weeks past the date on the package. If you are in doubt, one easy way to check whether an egg is fresh or not is to put it in a large bowl of water. If it sinks and rests on its side at the bottom of the bowl, you can rest assured the egg is fresh and safe to eat. If it is on the bottom but upright, it is on its last legs. Eat it ASAP, and consider hard boiling it just to be on the safe side. If it floats, get rid of it, it's done.

To unscrew the lid off a jar.

If you don't have one of those nifty rubber things handy, but you have a bottle opener, you can get the lid off. Lift with the bottle opener at the edge of the jar lid until you hear a pop. Then you can easily unscrew the lid.

Another option is to place a rubber band around the band of the lid. This will give more grip, allowing you to open the jar.

Cut cherry tomatoes in half all at once!

Place the tomatoes between two lids. Gently slice horizontally through the tomatoes while gently pressing down on the top lid. Any kind of lid works, such as large yogurt lids, or Tupperware tops.

How do I keep my dried spices and herbs flavorful for as long as possible?

Store spices in a cool, dark place, not above your stove. Humidity, light and heat will cause herbs and spices to lose their flavor.

Would you like additional cooking tips, recipes, or do you have questions about what do with items you have received from the Food Bank?

Please contact Kerry Leary, our Nutrition Resource Manager, at 518-786-3691 x260 or KerryL@regionalfoodbank.net

HPNAP Food Grant and Operations Support Update:

The New York State Hunger Prevention and Nutrition Assistance Program (HPNAP) assists emergency feeding programs with providing healthy foods to individuals in need. The Food Grant provides lines of credit at the Food Bank to be used towards ordering healthy foods from our inventory and the Operations Support Grant (OSP) provides funds to offset costs associated with operating your program (in the areas of Capital Equipment, Transportation, Rent, Utilities, Staffing, and Food Service Paper Products and Other Supplies)

HPNAP Food Grant and Operations Support Grant Applications will be mailed during the last week of February. **Both grants are due back to Latham no later than Friday, April 14.** We'll have workshops in March to answer any associated questions and help with the application process (see page 3 for details).

If your agency receives HPNAP funding, you must attend the food safety class at least every 5 years to continue to receive funding. Please contact Kerry at KerryL@regionalfoodbank.net or at 518-786-3691 x260

FOOD BANK DELIVERY SCHEDULE FOR 2017

	Jan.	Feb.	March	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
Holiday Closings	2,16	20			29		4,28		4	9	23,24	25,26
Latham: Inventory Closure*	31	28	30	27	30	29	27	18	28	30		21,22,27,28,29
Cornwall: Inventory Closure*								30		30	29	21,22,27,28,29
Alternate Dist - RFB	4,18	1,22	1,29	26	24,31	28	5,19,26	16	6,27	11,25	22	20
Alternate Dist - FBHV	3,17	21			25		20		5	10	21	19
Amsterdam/Gloversville	13,27	10,24	10,24	14,28	12,26	9,23	7,21	11,25	8,22	13,27	3,17	1,15
Brewster	5	9	9	6	4	8	6	3	7	5	9	7
Coxsackie	13	10	10	14	12	9	7	11	8	13	3	1
Cobleskill	20	17	17	21	19	16	14	18	22	20	17	15
Cobleskill/Oneonta/Hamden	6	3	3	7	5	2	7	4	1	6	3	1
Fort Edward	6	3	3	7	5	2	14	4	1	6	10	8
Glens Falls	9,23	6,27	6,20	3,17	1,15	5,19	10,24	7,21	11,25	2,16	6,20	4,18
Goshen	12	2	2	13	11	1	13	10	14	12	2,30	
Highland	9,30	13,27	13,27	10,24	8,22	12,26	10,24	14,28	11,25	16,30	13,27	4,11
Hudson	27	24	31	28	26	30	21	25	29	27	10	8
Kingston	3,4,17,18	7,8,21,22	7,8,21,22	4,5,18,19	2,3,16,17	6,7,20,21	5,18,19	1,2,15,16	5,6,19,20	3,4,17,18	7,8,21,22	5,6,19,20
Monticello	3,4,24,25	7,8,21,22	7,8,21,22	4,5,18,19	2,3,23,24	6,7,20,21	5,18,19	1,2,22,23	5,6,19,20	3,4,24,25	7,8,21,22	5,6,19,20
Oneonta	19	16	16	20	18	15	13	17	21	19	16	14
Saranac Lake/Malone	5,12,26	2,9,23	2,9,23	6,13,27	4,11,25	1,8,22	6,20,27	3,10,24	7,14,28	5,12,26	2,9	7,14
Schroon Lake/Plattsburgh	19,30	16,28	6,20	3,17	1,15	5,19	17,31	7,21	15,26	20,30	6,20	18
Stony Point	10,11,25	14,15	1,14,15,29	11,12,26	9,10,24	13,14,28	11,12,26	8,9,23	12,13,27	10,11,25	14,15,29	12,13
West Nyack	10,11	14,15	14,15	11,12	9,10	13,14	11,12	8,9	12,13	10,11	14,15	12,13

* Please note that the warehouse will be closed for physical inventory on these days. However, the office will be open and we WILL continue to distribute bread, produce, and cooler salvage on these days, so stop on by!



Please remember to bring at least two people with you to each delivery!

UPDATED JANUARY, 2017



RFB = Regional Food Bank in Latham

FBHV = Food Bank of the Hudson Valley in Cornwall-on-Hudson

WHO TO CONTACT AT THE FOOD BANK

Regional Food Bank of NENY 965 Albany-Shaker Rd. Latham, NY 12110
 518-786-3691 Phone 518-786-3004 Fax

General Problems, Concerns and Questions

Sue Lintner.....x224 or susanl@regionalfoodbank.net

General Help Navigating the Food Bank

Colleen Bryar.....x237 or colleenb@regionalfoodbank.net
 Mary Rainey.....x236 or maryr@regionalfoodbank.net
 Cheyenne Bratton x259 or cheyenneb@regionalfoodbank.net
 Elizabeth Harris...845-534-5344 x107 or eharris@foodbankofhudsonvalley.org

Code dates, Nutritional Analysis or Nutrition Workshops

Kerry Leary.....x260 or kerryl@regionalfoodbank.net

Site Monitor Visits

Colleen Bryar.....x237 or colleenb@regionalfoodbank.net
 Mary Rainey.....x236 or maryr@regionalfoodbank.net
 Cheyenne Bratton...x259 or cheyenneb@regionalfoodbank.net
 Elizabeth Harris...845-534-5344 x107 or eharris@foodbankofhudsonvalley.org

On-Line Ordering or Website Questions

Cheyenne Bratton...x259 or cheyenneb@regionalfoodbank.net

Children's Programs

Betsy Dickson.....x233 or betsyd@regionalfoodbank.net

Billing Inquiries

Ellen Mayo.....x228 or ellenm@regionalfoodbank.net

FOR EMERGENCY FEEDING PROGRAMS ONLY (pantries, soup kitchens and emergency shelters)

USDA

Sue Lintner.....x224 or susanl@regionalfoodbank.net

HPNAP Food Grant

Sue Lintner.....x224 or susanl@regionalfoodbank.net

HPNAP Food Grant Monthly Reports

Mary Rainey.....x226 or maryr@regionalfoodbank.net

HPNAP Operations Support Project (OSP)

Kerry Leary.....x260 or kerryl@regionalfoodbank.net

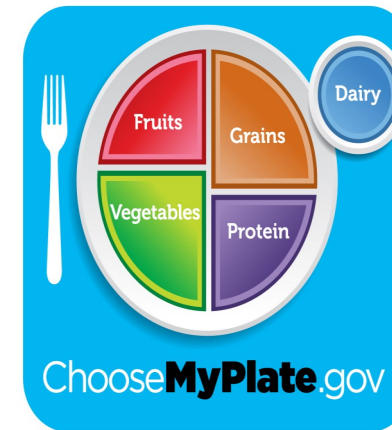
Just Say Yes to Fruits & Vegetables (JSY) (Nutrition classes)

Kristyn Bopp.....x225 or kristynb@regionalfoodbank.net
 Amy Robillard.....845-534-5344 x109 or arobillard@foodbankofhudsonvalley.org

UPCOMING AGENCY EDUCATION OPPORTUNITIES

HPNAP FOOD GRANT AND OPERATIONS SUPPORT GRANT & WHAT'S IN A BAG

March 8 (Albany County) and March 14 (Orange County)



HPNAP Food Grant and Operations Support Training

Learn about the grants and the application process. Understand Contractual requirements to make sure you are compliant and remain eligible for future funding.

What's in a Bag?

A guide to packing pantry bags or offering client choice the My Plate Way to ensure your clients have access to well rounded, nutritious meals!

Learn how to understand what's required and what's recommended in the HPNAP pantry package guide, how to offer the most nutritious foods for the least amount of money, and brainstorm with other agencies about ensuring that you are providing the most balanced bags possible!

ONLINE ORDERING WEBINAR

February 16, March 13, and April 11

Getting started ordering online is easier than ever! Attend a webinar in order to receive training on our online ordering system...no travel required!

FOOD BANK ORIENTATION AND FOOD SAFETY

April 3 (Albany County) and April 25 (Orange County)

Food Bank Orientation

Join us and learn how using the Food Bank can benefit your agency and clients. We'll cover policies and you'll leave with a clear understanding of the different parts of our inventory and how to put this knowledge to best use when placing orders.

Orientation will include online ordering training.



Food Safety

You will learn more about code dates, food recalls and the safest way to provide food to your clients.

Food safety is a requirement for all agencies wishing to receive HPNAP funding.

Agency Education Notes:

Keep an eye out for future opportunities! Our plan includes a roundtable discussion on serving populations such as veterans, seniors & immigrants, trainings on topics like customer service and diversity, and an interactive poverty simulation!

We value your feedback!

If you have ideas for future workshops and trainings, please let us know! Chances are likely that other agencies share your interests!

Save the Date:

Our North Country Conference has been booked for October 4, 2017!

Website Enhancements

As more agencies are looking to our websites for information and materials, the agency sections are being revamped to better meet your needs and the needs of prospective members.

We're hoping the website becomes a one-stop resource for all of you to answer questions and readily access materials that will help you utilize the food bank and serve those in need in your community.

The Regional Food Bank and Food Bank of the Hudson Valley websites will include options including becoming a Member Agency, Distribution Calendars and Schedules, Ordering Food, Agency Education (where agencies can now learn about and RSVP to upcoming workshops), News and Updates, Nutrition, Food Safety, Agency Resources and Forms, Advocacy Resources, and more! It's a work in progress and there are still sections "under construction", but more materials will be added in the coming months, so please keep an eye out for additional information!

To access our new Member Agency section of the website, please go to www.regionalfoodbank.net (for the Regional Food Bank of NENY) or www.foodbankofhudsonvalley.org (for the Food Bank of the Hudson Valley) and select "Agencies" at the top of the page. If you have any feedback on the website or if there's additional information you'd like to see, please contact Cheyenne at CheyenneB@regionalfoodbank.net

Agency Spotlight: Family of New Paltz

Family of Woodstock is a longstanding partner of the Food Bank, and its numerous local agencies are some of our oldest members! One such local branch, **Family of New Paltz**, has been a member of the Food Bank since 1986!

Located on North Chestnut Street in Ulster County's Village of New Paltz, Family offers clients a variety of services including (but not limited to!): crisis intervention, counseling, advocacy, service referrals, computer literacy programs, food pantry, free store, and assistance with obtaining health insurance.

Like many agencies in our service area, Family of New Paltz must limit clients' access to their food pantry to once every thirty days (with the exception of emergencies) due to increasing demand. However, something that sets Family apart is that clients may stop in to pick up **fresh produce and bread** as often as they need, in addition to their monthly food pantry package.

Family is fortunate enough to have great relationships with local farms in the area, including **Old Ford Farm, Taliaferro Farms, Huguenot Street Farm, Rondout Valley Growers, and Ulster Corps**, which are generous enough to donate fresh, local produce

on a regular basis and help supplement the produce they access from the Food Bank.

Clients may also stop in as often as needed to visit Family's free store, which often features gently used clothing, furniture, and household items ready for a loving home.

Bravo to the team at Family of New Paltz for such excellent work!

Family of New Paltz is located at 51 North Chestnut Street, New Paltz in Southern Ulster County.

Phone: 845-255-7957

Hours: Monday – Thursday 10am-5pm,
Friday 10am-4pm

Director: Ivan Echenique



Grant Sources

Many of our Members often contact us to see if we have information about grant opportunities beyond those that the Food Bank provides. The Food Bank's Associate Director, Tracey Martin, who is responsible for writing our grants, has put together this list of opportunities that may be useful to your program.

Community Foundations

Community Foundations can be a great place to seek grant funds. Get to know the Community Foundation that serves your area and the person who oversees the grant application process. Click on this link to see the list of Community Foundations in NYS: <https://www.tgci.com/funding-sources/NY/community>

Stewart's Holiday Match

The Stewart's Holiday Match is available, with applications due at the end of January each year. You can learn more about that and their other donation programs here: <http://www.stewartsshops.com/contributions/>

Walmart Community Grants

You can request up to \$2,500 through this program, based on the Walmart and/or Sam's Club that is closest to your area.

Learn more here: <http://giving.walmart.com/walmart-foundation/community-grant-program>

WGY Christmas Wish Campaign

If Clear Channel Communications covers your area, you can apply for funding through the Christmas Wish Campaign. Below is a link to last year's application. You can reach out to Jill Manti for more information (her contact info is on the form accessible via the link below) or just Google the fund raiser when the holidays arrive. Applications are usually due by the end of January each year. <http://wgy.iheart.com/features/wgy-christmas-wish-2016-2664/articles/15/500892/application-15300890/>

Company Websites

Many companies have foundations through which they make charitable donations. You can search

company websites to see if they have a charitable giving arm. Usually this is found under the 'About Us' or 'Community' sections on their websites.

Grant Writing Groups

The Mohawk-Hudson Chapter of the Grant Professionals Association (GPA). They offer workshops several times a year. To see what resources are available, refer to their website at www.grantprofessionals.org

Grant Seeking Software

The NYS Library in Albany subscribes to several grant seeking software programs (Foundation Center Online, Big Online, etc.). You can use them free at the library. They also offer occasional free tutorials on how to use the programs. Learn more here: <http://www.nysl.nysed.gov/programs/>.

Welcome to the Food Bank's Newest Members

- Albany Leadership Charter School Pantry
- SCAP Early Head Start-Child Care Partnership
- Jewish SA Coalition
- Project Renewal
- Livingston Manor United Methodist Church Pantry
- Living Resources, Inc.-Smart House
- Living Resources, Inc.-Lionheart Manor
- The Baby Institute
- White Sulphur Springs Food Pantry
- Liberty Soul Café
- Catholic Charities of Columbia/Greene –Catskill Food Pantry