



VOLUNTEER VIEWS & NEWS FROM THE FOOD BANK SUMMER 2017

This newsletter is dedicated to the volunteers of the Regional Food Bank, Patroon Land Farm, and Food Bank of the Hudson Valley. You help us provide much-needed food and other supplies to people in need. Thank you!



Feeding Kids this Summer

Summer can be a season of hunger for many kids in America. Thirteen million children in the United States are food insecure, meaning they lack access, at times, to enough food for an active, healthy life. That's why we're proud to provide breakfasts and lunches through the Summer Food Service Program. Each weekday during the summer, drivers deliver meals to locations serving kids in four of the 23 counties we serve. (This institution is an equal opportunity provider.)



Hats Off to Our Frequent Fliers!

We love all our volunteers, but those who return again and again have a special place in our hearts. We recognize what we affectionately refer to as our 'frequent fliers' in our Annual Report because of all they do to help us fight hunger. Without the help of them and all our other volunteers, we could never sort and box for distribution all the donations that we do. So whether you are a one-time visitor or a regular, we say THANK YOU from the bottom of our hearts! And if you would like to be in NEXT year's Annual Report, volunteer six or more times this year!



Beautiful Hearts

In June our Food Bank of the Hudson Valley location was blessed to have assistance from the Beautiful Hearts Group. These wonderful volunteers helped sort and box 12,000 pounds of food in just one shift. Well done!

If YOU have a beautiful heart and want to volunteer, sign up through the volunteer sections of our websites:

- www.foodbankofhudsonvalley.org/volunteer
- www.regionalfoodbank.net/volunteer



Happenings in the Latham Area

Car Shows | Food & Fund Drive

If you're a fan of car shows, stop by Guptill's Arena anytime between 4pm-9pm the first Monday of the month. Donate a canned good or a dollar to gain entrance to the shows, which are held rain or shine.
July 11 | August 8 | September 12

Annual BBQ

Friday, August 18 | 11:30am-1:00pm
Regional Food Bank of Northeastern New York
Free food, music, & fun for volunteers, agencies and donors
RSVP to 518-786-3691



Have You Met ALICE?

WHO IS ALICE?

With the cost of living higher than what most people earn, ALICE families – an acronym for **Asset Limited, Income Constrained, Employed** – have income above the Federal Poverty Level, but not high enough to afford a basic household budget that includes housing, child care, food, transportation, and health care.

When ALICE households cannot make ends meet, they are forced to make difficult choices such as forgoing health care, accredited child care, healthy food, or car insurance. These “savings” threaten their health, safety, and future – and they reduce productivity and raise insurance premiums and taxes for everyone. The costs are high for both ALICE families and the wider community.

WHY ARE THERE SO MANY ALICE HOUSEHOLDS IN NEW YORK?

- Low wage jobs dominate the local economy
- The basic cost of living outpaces wages
- Economic conditions worsened for ALICE households from 2007 to 2014
- Public and private assistance helps, but doesn't provide financial stability

WHAT WOULD IMPROVE THE ECONOMIC SITUATION FOR ALICE HOUSEHOLDS?

While short-term strategies can make conditions less severe, only structural economic changes will significantly improve the prospects for ALICE and enable hardworking households to support themselves. The ALICE tools can help policymakers and community and business leaders better understand the number and variety of households facing financial hardship and create more effective and lasting change.

Access the full report at http://www.uwnys.org/images/16UW_ALICE_Report_NY_Lowres_11.11.16.pdf

Farm-Fresh Produce Available through our Community Supported Agriculture Program, or CSA

The Regional Food Bank has a limited number of CSA shares available for purchase. For \$420, shareholders will receive weekly supplies of vegetables (enough for a family of 4-5) from early July through October. Don't have a full family? Individual shares (for 1-2) are only \$260.

In 2016, the average Family Share weighed 21 pounds and individual shares 12 pounds, and both included a wide variety of vegetables - broccoli, tomatoes, cucumbers, peppers, cauliflower, greens, carrots, onions, potatoes, corn, cabbage, beets, melons, and much more! We are offering Fruit shares also this year.

For details visit www.regionalfoodbank.net. Click About | Our Farm | Community Supported Agriculture. Or contact Bob Baker directly at 518-786-3691, x296 or bobb@regionalfoodbank.net.

Our Volunteer Coordinators

Food Bank of the Hudson Valley
Carol Griffin and Troy Martin

Regional Food Bank

Liz Gifford, Rich Mattice, M.E. Mazur, and Ellie Zehnder

How to Reach Us to Volunteer

Regional Food Bank Volunteer Coordinators: 518-786-3691, x234 or volunteers@regionalfoodbank.net
Food Bank of the Hudson Valley: 845-534-5344, x116 or CGriffin@foodbankofhudsonvalley.org
Patron Land Farm: Laura Martin at lauram@regionalfoodbank.net; Mark Weinheimer at 518-339-5726



**The smallest act of kindness
is worth more than the
grandest intention.**

~Oscar Wilde

