



**Regional
Food Bank**
OF NORTHEASTERN NEW YORK

Feeding with Thought

Member Agency Newsletter
April 2022

Agency Updates

Upcoming Workshops

All trainings will remain virtual for the time being. If you have any ideas for agency trainings, please contact anyone in our Member Services Department. We'd love to hear from you!

Upcoming workshops are listed below. Emails will be sent the month before. Registration is done through the Agency Education section of our website.

- Utilizing Social Media - May 19th
- Food Safety/ Orientation - June 8th
- Part 2: Cultural Series from Guest Perspective- June Date is TBD, email to come!
- Implicit Bias - July 14th

[Click to access webinar registration](#)

[Click to access our webinar recordings](#)

[Click to access our YouTube Channel](#)

Agency Spotlight: Hamilton County CAA FP



The Hamilton County Community Action, or HCCA Food Pantry is nestled in the Adirondack State Park. With a county population of about 4,800 locals, they are serving a primarily elderly population. These senior neighbors have expressed the need of delivery for their pantry package, a need that is widespread. Hamilton County, the third largest county in size in New York State, can have many miles between each client. These are not the only challenges the town faces. Extreme weather patterns and sometimes limited digital resource access have led the pantry to persevere in ways that are unique to other agencies. HCCA also offers clothing and emergency assistance as well as a community garden for neighbors in need. After a tough winter filled with selfless service, we are happy to name Hamilton County Community Action as our Agency Spotlight for this quarter!



Exciting News!.... CULTURALLY RESPONSIVE FOODS INITIATIVE



In recent years, the Regional Food Bank of Northeastern New York has made strides from getting “more food – any food – to more people” to making sure the food we provide is nutritious and wholesome. While we have focused on providing fresh produce, lean meats, dairy and whole grains for many years, we have not always prioritized the preferences of people from different cultural backgrounds.

As an organization, we are committed to serving all of our community members equitably. The Culturally Responsive Food Initiative acknowledges previous shortcomings in this capacity and pays special attention to the cultural food preferences of food recipients in all parts of our 23-county service area.

Food pantry guests from different cultural backgrounds may have different food preferences, experience language barriers, or feel uncomfortable going to food pantries that may not understand their cultural backgrounds. We want to change this so all pantry guests receive familiar, culturally appropriate food when they visit food pantries for assistance.

To help us with these efforts, CDPHP has generously provided us with funding to analyze the diverse food requirements of the neighbors in need in our service area. We will also use some portion of the funds to purchase new food items for this population.

Through this Initiative, we will:

- research the cultural and ethnic demographics of the people who access our services
- conduct interviews with pantry guests to identify culturally relevant foods missing from our inventory
- identify and purchase foods identified as culturally relevant by our neighbors in need
- create “culturally relevant food drive” materials to encourage donations of preferred foods
- educate our partner agencies about how to best meet the cultural needs of their guests

Agency Input

Minutes from Virtual Townhall

Did you miss our virtual Townhall? We have included the minutes from the event so you can stay involved in the conversations that the Regional Food Bank is having with agencies!

[Click to access Minutes](#)

Share your thoughts with us!

In an effort to continue to increase our communication with agencies we ask that you please join us as our CEO, Molly Nicol, shares the Food Bank's plans for the future and discusses current events in your county. The Food Bank values all feedback and correspondence from our agencies, so please attend and share your thoughts with the Food Bank in person. Snacks and drinks will be provided.

***Please note that you must be fully vaccinated for COVID and proof of full vaccination will be required for attendance.

Where – JCC Rockland- **450 W Nyack Rd, West Nyack, NY 10994**

When – Thursday, June 16th 1PM-3PM

Please RSVP and confirm full vaccine status with Member Services
at the email below.

mbarbera@foodbankofhudsonvalley.org



We want your Feedback!

To promote an inclusive inventory that is mindful of diet preferences, desired products and cultural needs, we have created a feedback feature on our website! This is listed under Agencies and titled "Member Agency Suggestions". A form will appear on your screen. Please fill out all questions and click "submit." Your screen will then say "thank you" as the form is submitted! People can also look for a link to this feedback form on the main page of our online ordering system. After submitting your order, fill out the form to share your thoughts!

Please note, the Regional Food Bank does not guarantee that all submitted requests will be fulfilled. Sourcing of items will be based on several factors, which may include demand, availability, and cost.

With your partnership, we can continue to move the needle on food insecurity.

[Click to fill out the Member Agency Suggestions Form](#)

Advocacy for Food Access

2022 NYS and Federal Priorities for Food Relief Efforts

Click on the links below to see the focus that both New York State and the Federal Government have placed on policy efforts.

[New York State Policy Priorities](#)

[Federal Policy Priorities](#)

A special thank you goes out to each of the 300+ partner agency representatives who joined with us and food banks statewide in asking for an increase to HPNAP funding. Thanks to your efforts in sending letters, making calls, and signing petitions, we were able to secure a \$22,000,000 increase to HPNAP statewide! This is a huge increase to the program, and the first increase in five years. We've yet to see how the money will be allocated, but it will most definitely help us all in our joint goal to get more healthy, nutritious foods to those who need it throughout New York State.

Thank you again for your efforts in making this happen.



Sign Up for Feeding America's Advocacy Emails

Consider signing up for Feeding America's emails regarding advocacy for legislative efforts surrounding food access. Topics such as appropriations, farming, and school feeding programs are all covered! Visit the link below to learn how you can become involved!

[Click to Sign-Up for Feeding America's Advocacy Emails](#)

General Resources

RFB: Based on Albany County's transmission rate which is currently listed as **HIGH**, masks are recommended by the CDC.

FBHV: Orange County's transmission rate is currently **LOW** so masking is optional based on the CDC.



ATTENTION PARTNER AGENCIES THAT RECEIVE USDA COMMODITIES

WE HAVE NOT YET RECEIVED THE UPDATED 2022 INCOME GUIDELINES OR CIVIL RIGHTS TRAINING.

WE WILL INFORM ALL OF YOU ONCE THIS BECOMES AVAILABLE.

Join Our Team!

Know someone in need of work? The Food Bank is hiring! If the referred candidate is hired and employed by the Food Bank for at least 90 days, your agency will receive a \$100 Adopt-a-Program Grant! Apply within or email completed application to info@regionalfoodbank.net

Latham Location:

Class B Driver
Warehouse Associate
Agency Services Coordinator

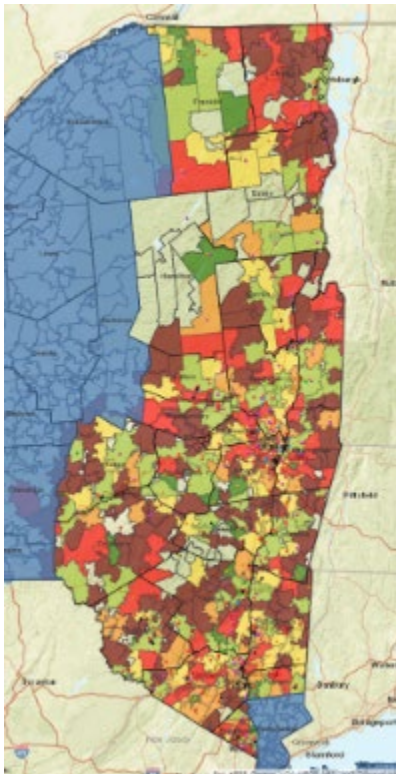
Cornwall-on-Hudson Location:

Class A Driver Supervisor
Warehouse Associate

Program Development on the Road

In the Fall of 2020, The Food Bank partnered with the Siena College Research Institute to analyze existing services in our 23-county region. Using data provided by Feeding America, we were able to map food insecurity rates in each community we serve, comparing it to the locations of our partner agencies and the amount of food distributed to each community.

The Gap Analysis provided us with a roadmap of opportunities and helped us identify priority communities where no pantries exist. We are now establishing partnerships within these communities to respond to these unmet needs.



[Learn More about the Project Here](#)

Just In Time is Expanding!

Ever wish you could offer more to your clients but lack space for transport or storage? Let us help!

Our Just in Time delivery program aims to overcome these obstacles by providing delivery of fresh, nutritious foods such as produce, dairy, and other items immediately before you open so that you may expand your ability to provide these high-quality foods directly to the clients you serve!

“This [Just In Time] is a game changer for our program. I can offer families to come in and shop, and

we're able to send home WAY more produce than usual. Actually, families are requesting less dry stuff and more fruits and vegetables!!” – School Food Pantry Coordinator

If this sounds like a fit for your agency or you would like a little more information, please contact Emerging Programs Manager, Denise Schultz, denises@regionalfoodbank.net



Persevering Through Continued Supply Chain Challenges

We've all seen waves of lack of availability of food, paper products, and other essentials in the two years since the start of the pandemic. The significantly reduced labor force in food processing and food transportation is a major contributing factor. Shortages of ingredients and consumer stockpiling can also be the cause. Additionally, there are many components needed to complete shipments. Scarcity of packaging items like boxes, or jars without the matching lids, all contribute to missing items on store shelves and subsequently, here at the Food Bank.

The Food Bank's donated and purchased food inventory, availability of truck drivers to pick up and deliver, and every operational cost you can think of have all been impacted. We appreciate the steadfast support of our industry donors and vendors who are doing all they can to ensure the Food Bank receives vital food and support to serve our neighbors in need.

COVID-19 Vaccine and General Information

For the most current information on COVID-19 protocols and the COVID-19 vaccine we ask that you refer to The New York state website. This resource will offer the most up to date information that can be provided. We will share updates when we receive them ourselves.

[Click to access Updates on COVID-19 Virus](#)

Apply for SNAP on the Regional Food Bank Website

You can now find information on how to apply for the Supplemental Nutrition Assistance Program, or SNAP, on our website! Located under our "Find Food" tab, you can check your availability for benefits, apply online, and find help in applying if you need further assistance. We are very excited to share this feature with you as we continue to move towards more sustainable feeding of our guests.

[Click to view our SNAP feature](#)



School Meal Application Toolkit

Hunger Solutions New York and No Kid Hungry New York have created this toolkit to help school districts communicate with families about the importance of completing free and reduced-price (F/RP) applications or alternative income forms.

Goals:

- Primarily, to encourage families to submit a F/RP school meal application.
- Communicate clearly to families the benefits of submitting their household income information through a F/RP school meal application.
- Improve the return rate of F/RP school meal applications.

F/RP Applications in NYS: Did You Know?

- Funding for education in New York State is tied to F/RP applications.
- All NY school districts collect income data via F/RP applications establish economic need for state and local funding.
- Schools using federal provisions – like CEP and Provision 2 – to offer free meals to all students are also required to collect household income data for state-based education funding and other benefits.
- NYS Education Department provides a sample prototype Household Income Form to CEP schools upon approval.

[School Meal Application Toolkit](#)

One Year Later: Food Scarcity in New York State During the COVID-19 Pandemic

Check out this article on the food trends that were found over the past year of the Pandemic! We have listed some of the "Key Findings" below.

- In December 2020, **14% of adult New Yorkers** reported that there was either sometimes or often not enough to eat in their household in the last 7 days (defined in this report as household food scarcity). This is an increase from May 2020, when 10% of adult New Yorkers reported household food scarcity.
- New York State's food scarcity rate was **higher than those reported in neighboring states** for nearly every month.
- In December 2020, **19% of adults with children in their household** reported that the children were often or sometimes not eating enough in the prior week, because the household could not afford enough food.
- There are stark disparities in food scarcity by race and ethnicity. In December 2020, **nearly 1 in 3 Hispanic New Yorkers (32%) and more than 1 in 5 Black New Yorkers (21%)** reported household food scarcity in the last 7 days. These percentages were 2 to 3.5 times higher than among white New Yorkers.
- More New Yorkers are slipping from food security into food scarcity. In May 2020, nearly one-quarter of adults in households with food scarcity reported being food sufficient prior to the pandemic, but by December 2020, that figure had risen to **more than one-third of respondents**.
- Mass losses in employment have likely contributed to increases in food scarcity. Throughout the survey period, more than half of New Yorkers reported that they or someone in their household had lost employment income since the start of the pandemic. The rate of food scarcity was **nearly four times higher** for those who reported lost household employment income during the pandemic, compared with those who did not (in December, 23% compared with 6%).
- Throughout the survey period, **nearly 1 in 10 New Yorkers** reported that their households were accessing free meals or groceries. In most months, school programs were the most-used access points.
- When asked which sources they were using to meet household-spending needs in the last week, food-scarce New Yorkers most frequently responded that **they borrowed from family and friends, used credit cards or loans, or spent their savings or sold assets**.

[Read Full Article Here](#)

Nutrition

Peanut Noodles



Ingredients

8 ounces spaghetti
2 Tablespoons sesame oil
1 bunch green onion, sliced (white parts only - save green parts for garnish)
1 teaspoon minced fresh ginger*
1/3 cup creamy peanut butter (use crunchy if you want nuts in it)
1/4 cup low-sodium soy sauce
1/4 cup hot water
1 Tablespoon cider vinegar
1 teaspoon sugar
1/4 teaspoon crushed red pepper flakes

Directions:

1. Cook spaghetti in a large pot of salted boiling water until al dente. Drain.
2. While noodles are cooking, prepare the sauce. In a small skillet, heat sesame oil over low heat. Add the onions (white parts only) and cook until tender. Add the ginger and cook for about 1 minute.
3. Increase the heat to medium and stir in the peanut butter, soy sauce, water, vinegar, sugar, and pepper. Stir until combined. Remove from heat.
4. Toss spaghetti with sauce and garnish with sliced green onions and peanuts if desired.

Recipe Notes

*Fresh ginger can be frozen until ready to use. Experiment with adding your favorite vegetables.

Serves 4

Adapted from Allrecipes

Garlic Scape Pesto



Ingredients

1 pound garlic scapes, cut into 2-inch pieces
1 ¼ cups grated Parmesan cheese
1 cup olive or vegetable oil
1 Tablespoon lemon juice
Ground black pepper to taste

Directions

1. Blend the garlic scapes, Parmesan cheese, oil, lemon juice, and pepper together in a food processor until smooth.

Garlic scapes, the curled flower from the top of a garlic plant, are abundant at farmers markets and CSAs (community supported agriculture shares) in spring and make an easy, fragrant pesto that can be spread on bread or crackers, put on pasta, used with fish, and as a substitute for garlic, onion, or scallions! Add to sandwiches, pasta, lamb, and fish dishes. Tastes great mixed with mayo.

Adapted from Allrecipes

Lemon Garlic Tilapia



Ingredients

- 4 each frozen tilapia fillets
- 3 Tablespoons fresh lemon juice
- 1 Tablespoon butter, melted (or oil)
- 1 clove garlic, finely chopped
- 1 teaspoon dried parsley flakes
- 1 dash pepper to taste

Serves 4

Directions

1. Preheat oven to 375 degrees F. Spray a baking dish with non-stick cooking spray.
2. Pat fish dry with paper towels
3. Place fillets in baking dish. Pour lemon juice over fillets, then drizzle butter on top. Sprinkle with garlic, parsley, and pepper.
4. Bake in preheated oven until the fish is white and flakes when pulled apart with a fork, about 30 minutes.

Adapted from Allrecipes

Just Say Yes

To Fruits & Vegetables

Free JSY Classes Available: In Person, Online, and Indirect

The Just Say Yes to Fruits and Vegetables program is thrilled to be returning to in-person education. Our JSY program helps SNAP eligible clients make healthier choices by teaching them simple and affordable ways to increase their fruit and vegetable intake. Classes are free and can run between 30-60 minutes based on what works best for your participants. Each class has 2 different components to it. The first part of the class is an interactive discussion based around 14 different topics. They range from Food Safety, Easy Meal Planning, Portion Control, Reading Nutrition Labels, Stretching Your Food Dollar, Healthy Meals Out, Physical Activity etc. The second part of the class is a recipe demonstration. Participants can learn a wide range of cooking skills and tips and trick for preparing different types of produce.

JSY will be continuing to offer online trainings as well. Using platforms such as Zoom and Facebook live, JSY nutritionists can partner with you to host an online nutrition education class! This is similar to the in-person classes and includes a conversation about one of several nutrition education topics along with a recipe demonstration or a pre-recorded recipe video.

We are also excited to offer our agencies FREE indirect education. The JSY Nutritionists can provide you with handouts complete with relevant recipes that you can add to your pre-packed pantry bag. This is a great way to get nutrition information out to your clients without having people gather for an in-person class. Recipes can even be customized to include ingredients that you're giving away that week in your pantry bag.

For more information, contact Kristyn Bopp at 518-786-3691 x225 or kristynb@regionalfoodbank.net.

Ordering Information

[Regional Food Bank Delivery Sites for 2022](#)

[Food Bank Delivery Dates for 2022](#)

[Distribution and Delivery Calendar for 2022](#)

[Current Drive-Thru Pantry Schedule](#)

To Order from 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)

