



Regional Food Bank

OF NORTHEASTERN NEW YORK



Feeding with Thought

PARTNER AGENCY NEWSLETTER
FALL 2023

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Greetings partner agencies! This quarter's edition of *Feeding with Thought* finds our spotlight shining in beautiful Granville, NY at Granville Area Food Pantry. This is an incredibly special spotlight, focusing on an example of innovation at our member agencies.

Granville Area Food Pantry is a fantastic example of an agency that recently implemented our new electronic neighbor intake system, Service Insights! Located in Washington County, Granville Area Food Pantry started 35+ years ago operating out of the home of its founders. Due to the increased need for food, the pantry was moved to a local church basement in the village where it remained for many years. In 2017, the Granville Lions Club generously donated a closed church to be the new home of the Granville Food Pantry! The pantry's move to the new

building was just in time to meet the ever-increasing need for food in the Granville School District, especially as the COVID pandemic hit.

The local churches and Granville area volunteers continue to support the area's fight against food insecurity. Today, the pantry serves about 150 families every month and operates its distribution outside. In an effort to improve its program, Granville Area Food Pantry has collaborated with the Food Bank to begin using Service Insights. Service Insights is a FREE network-wide initiative to assist our member agencies in collecting basic information about their community members and how they access services across our distribution network.

The coordinators of the pantry, Syndy and Jerry, are excited to use the new software. Conversely, they have overcome some obstacles in this new endeavor, such as using equipment outside and learning how to navigate the user-friendly website. Even in the face of those obstacles, Syndy and Jerry have been pleased with the initiative's results.

“We decided to continue to evolve and use the Service Insight program to try to keep up with the modern world and to make it easier to do neighbor intake. We were both confident and nervous as we began, but the Food Bank staff was there to support us in person! It has been fun to implement this new neighbor intake program and we are no longer flipping through paper applications; it is so easy to see if a neighbor is registered. We would recommend this new neighbor intake program for any pantry that wants to make this process so much easier! Go for it!”

Thank you, Syndy and Jerry for your encouragement and for your efforts in kicking off this new initiative with us. If you have a food pantry interested in using Service Insights, please [visit our webpage](#) for more information!



Veterans Day



HPNAP/OS Food Safety Requirement

Food Pantries, Soup Kitchens and Emergency Shelters are required to attend Food Safety training at least once every 5 years in order to be eligible for HPNAP and/or OS assistance. We are using PWW to track Food Safety completion. This allows you to view the most recent Food Safety attendees, along with the date of attendance (as other people attend, the new names and dates will replace the older ones, which will keep your certifications current).

To access this information, go to the “Contacts” tab in My Agency found in the upper right of PWW.

Alex Lamberton, Nutrition Resource Manager, will continue to maintain a list of all attendees, along with dates of participation, and can be contacted regarding any questions at AlexL@regionalfoodbank.net

Holiday Orders

**AGENCIES MAY PLACE ADVANCE
HOLIDAY ORDERS
BEGINNING MONDAY, OCTOBER 23RD**

Many agencies distribute holiday baskets in the months of November and December and need to order in advance so they can arrange volunteer help and all the other logistics involved in holiday distributions. We allow these agencies to place orders now for pick up in November and December.

Advance Holiday Orders for all locations **MUST BE EMAILED** to Fborders@regionalfoodbank.net
If you do not need an advance order, please place your order as normal (online, phone).

Agencies can order all items in advance **EXCEPT ASSORTED AND REFRIGERATED PRODUCT**. These items can be added to holiday orders 2-5 business days before pick up dates, based on availability.
Product limits for any product remain in place as usual.

The Mark Quandt Service Award

The Mark Quandt Service Award

During our annual Chefs and Vintners' Harvest Dinner, we had the honor of presenting the inaugural Mark Quandt Service Award to Maggie Johnson from Community Cupboard. Although it was challenging to keep this a surprise from Mark, we recognized his outstanding career of service and felt it was fitting to name an award in his honor. We are thrilled to highlight and acknowledge individuals who share the same spirit of generosity and giving back. Maggie has been a vital asset to Otsego County and we are fortunate to have worked alongside her. Congratulations to Maggie, and thank you for the significant contributions you continue to make.



New Fresh Food Hub

FRESH FOOD HUB

OTSEGO COUNTY

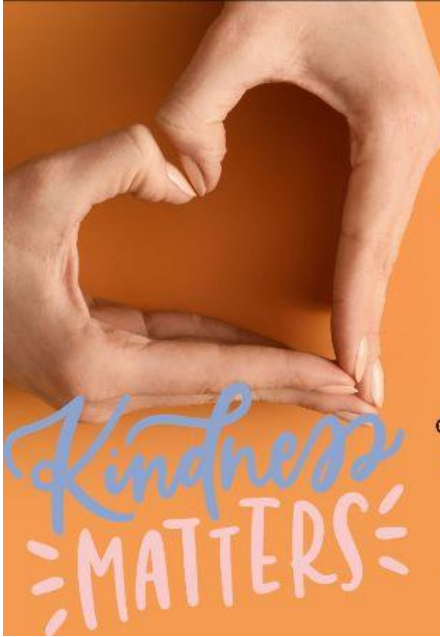


Thanks to funding from Feeding America and Feeding New York State, we are proud to announce the opening of a Fresh Food Hub in Otsego County!

The Food Bank will deliver produce and dairy to the Hub to keep it stocked regularly, allowing the twenty partner agencies served by the Regional Food Bank in Otsego County to access larger quantities of fresh food more often. The Fresh Food Hub is located in Edmeston and is managed by Community Cupboard Food Pantry.

We're excited to pilot the Hub concept with Community Cupboard as it will allow us to move more products to counties that don't have easy access to our warehouse. We anticipate expanding this model in the future to further support our outlying counties.

The Importance of Protecting Neighbor Confidentiality



The Importance of Protecting Neighbor Confidentiality


Rumor spreading and gossip can contaminate our neighbor's trust like the foodborne illnesses we all work to prevent. Those serving on the front lines of food insecurity hold a unique and empowered position to relieve the pain and anxiety that accompanies hunger. They can also be privy to distressed situations. How we carry ourselves before, during, and after these interactions can dictate if a neighbor continues seeking the help they need. Respect and trust are the least tangible ways we nourish our neighbors. Close the rumor mill by ensuring all program staff and volunteers understand the importance of protecting neighbor confidentiality.

The News Feed

The News Feed

OUR PROGRAMS IN THE NEWS THIS WEEK:

- Comfort Food Wins Award Through ARCC
- St. Mary's Catholic Church Mural
- Mercy House Reopening
- Cooperstown and Service Insights



Adirondack Regional Chamber of Commerce
3d · 🌐

What an amazing way to start the day! This morning the ARCC recognized and celebrated 38 nominees in 7 categories at our annual Business Awards. These businesses were nominated by their peers, and interviewed and scored by a group of volunteer ARCC members. We were very excited to announce the winners at this breakfast event in the beautifully renovated Adirondack Ballroom of [The Queensbury Hotel](#). Thank you to everyone who joined us!





Another very lovely mural graces a [#downtownglensfalls](#) building. This one is in the new space next to the rectory garage at [@St. Mary's Catholic Church](#) . They are open on Fridays, 9am-1pm and food can be donated anytime the church is open, just inside the church doors.

MERCY HOUSE REOPENING

ALBANY, N.Y. — County and city officials in Albany say the city is dealing with a homeless crisis. County Executive Dan McCoy called it an epidemic.

As they work to roll-out and expand programs to help solve the issue, Albany announced the Mercy House will reopen this fall.

Mercy House, which was previously run by Catholic Charities, operated as a women and children's center for years. It closed in June of 2022 due to financial struggles.

CBS 6 spoke to neighbors who live near the shelter. Click [HERE](#) to read the full article and see the video!



Coop Food Pantry Selected for New Client Intake Program

COOPERSTOWN—The Cooperstown Food Pantry has been chosen by the Regional Food Bank of Northeastern New York to implement Service Insights, a web-based platform for registering food pantry clients when they arrive for food distribution. This new method is free and designed to better meet the needs of those the Cooperstown Food Pantry serves and be more precise in learning what food products satisfy clients. Click [HERE](#) to read the full article!

Is your program in the limelight on TV or making waves on news? Give your fellow agencies a chance to see you shine in our upcoming newsletter!
Send your articles to cathrynd@regionalfoodbank.net and let's spread the word about your phenomenal achievements!

The News Feed

[New Distribution Cooler in Latham](#)

NEW DISTRIBUTION COOLER UPDATE

Thank you for your patience as we diligently work on the new project. We are eager to reveal the upcoming modifications to our Latham Distribution area. We are working on the new cooler in 3 phases.



Phase #1



We temporarily move our operations to the back of the warehouse so as to not interrupt distribution during this project. Our contractors have been working hard to assemble the new walk-in cooler.

Phase #2



When the exterior of the cooler is complete, we will resume operations back on the dock for pick ups and shopping purposes. We will still be working on the finishing touches inside the cooler to get it up and running. We anticipate moving into this phase in the next week. Stay tuned for updates!

Phase #3



The final phase! This is when the dock will be completely open with the new distribution cooler up and running. As you can see from the below picture, the walk-in cooler will be across from where the glass door cooler sits. This will create a "horseshoe" type walk through to help alleviate shopping traffic.



What are the benefits of these updates?

Were you aware that every hour that produce spends unrefrigerated, it loses a day of freshness? This is true even if the produce doesn't necessarily require refrigeration. As we're already operating within a timeframe with potentially older products, we're hopeful that the new cooler will aid in preserving the shelf life of certain items. We've also rearranged some items to maximize the space on the dock for a more convenient shopping experience. We're thrilled to present these changes to you and thank you again for your patience!



Each October 1, the Supplemental Nutrition Assistance Program (SNAP) adjusts the standards and deductions used to determine the amount of monthly benefits an eligible family will receive. This document provides tools and resources to help community organizations when working with SNAP applicants. Click the button below to download the desk guide!

Desk Guide Download

Town Hall Meeting Minutes

On October 23rd, we hosted a virtual Town Hall Meeting where our CEO, Tom Nardacci, provided updates and addressed queries regarding the Food Bank's ongoing operations. We invite you to review the meeting minutes by clicking below. We encourage you to attend our Town Hall meetings and hope to see you at our next one! Stay tuned for dates!

Town Hall Minutes

Workshops

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 a training of our ONLINE ORDERING SYSTEM and ONLINE HPNAP REPORTING! We will be holding an online workshop on November 9th from 9:30am – 12pm. Registration required.

Food Safety

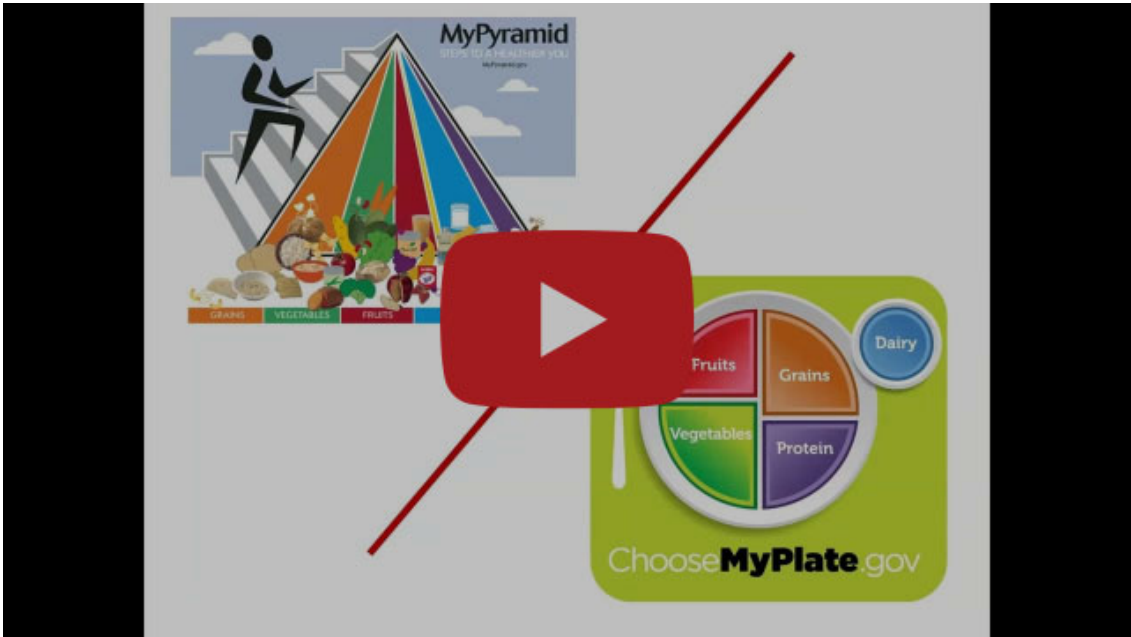
New programs are encouraged to attend & **FOOD SAFETY IS A REQUIREMENT FOR ALL HPNAP FUNDED AGENCIES**. You will learn more about code dates, food recalls and the safest way to provide food to your clients. Audio AND video is required, you must complete all attendance polls and remain engaged throughout the webinar to receive credit. No credit will be received if you do not have video. Only one person per email can receive credit for attendance. We will be holding an online workshop on November 9th from 12:30pm – 3:30pm. Registration required.

To register for these events and to get the most up to date schedule on our workshops, please visit
<https://regionalfoodbank.net/events/category/agency-education/>

Don't forget to check out some of our previous webinars on
<https://regionalfoodbank.net/agency-resources/webinar-recordings-2/>, which includes our recent webinar for What's In A Bag!

If you have any suggestions for workshops you would like to see, please email membersvcs@regionalfoodbank.net and let us know! We are always looking for ideas for new content that would benefit you!!

[What's In a Bag - Webinar Recording](#)



Please view our recent virtual What's in a Bag nutrition workshop where we show you how to pack a pantry bag or offer client choice the My Plate Way! You will learn how to understand what's required/recommended in the HPNAP pantry packing guide as well as how to offer the most nutritious foods for the least amount of money. Together, we will brainstorm with other agencies about ensuring you're providing the most balanced bags possible with your limited funds! Click [HERE](#) for a link to the PowerPoint, the HPNAP Minimum Food Guide for a 3 Day Pantry Package, a HPNAP self-assessment form, as well as some great websites with handouts.

[Bread Rack Reminder](#)



[Covid-19 Tests](#)

The US government will relaunch a program to provide [free Covid-19 home tests](#) to Americans as new variants continue to alarm health officials. US households can order four free tests from [Covidtests.gov](#). The relaunch of the program comes as Covid-19 hospitalizations have been on the rise in the US since July, with weekly admissions now more than triple what they were two months ago. [Recent CDC data](#) shows more than 20,000 people in the US were admitted to the hospital with Covid-19 during the week ending September 9 – about 8% higher than the week before.

[Freight Farm](#)

FREIGHT FARM HARVEST

AT THE REGIONAL FOOD BANK



In an effort to provide our agencies with more fresh produce, we invested in an on-site Freight Farm. The Latham facility received the Freight Farm on August 22nd. We then planted the first seedlings, collards, and arugula, on September 18th, in the nursery station. Afterward, we transferred the seedlings to the grow walls. A few weeks later, we successfully harvested **five pounds** of fresh arugula on October 19th, which was promptly distributed to the agencies. We anticipate a bountiful yield of collards soon and will continue growing fresh produce year-round. Keep an eye out for more of our fresh produce from the Freight Farm!



New to the Food Bank!

MEET CJ!

We would like to introduce you to our new order taker, CJ Fitzpatrick! CJ stands for Cristie-Jo, but the only people who call her that are her great aunt and people she does not know. In her free time, she is an End of Life pet photographer, part of the Schoharie Kennel Club and a Mom to a fantastic little four-year-old girl. She is excited to be in her new role and to continue to learn new things each day!

CJ can be reached via email at cjf@regionalfoodbank.net or by phone at (518)786-3691 x 238



MEET AMARA!

We would like to introduce you to our new administrative assistant/order taker, Amara Bittner! She is located at our Hudson Valley location.



In her spare time, she loves to ski in the winter time and is a fan of the Green Bay Packers!

Amara can be reached at (845)534-5344 x 120 or emailed at abittner@foodbankofhudsonvalley.org.

JSY - Just Say Yes



The JSY Nutritionists send a monthly newsletter to your inbox! The information and recipes are designed to be easily shared with your participants, so be on the lookout!

Free JSY Classes Available: 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 a number of different topics. They range from Easy Meal Planning, Portion Control, Reading Nutrition Labels, Stretching Your Food Dollars, and others. 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. 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 or put out for your participants. 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.

Kristyn covers Albany, Clinton, Columbia, Delaware, Essex, Franklin, Greene, Fulton, Hamilton, Montgomery, Otsego, Rensselaer, Saratoga, Schenectady, Schoharie, Warren, and Washington Counties

TO BE DETERMINED covers Dutchess, Orange, Putnam, Rockland, Sullivan, and Ulster Counties

[Click here for the most recent JSY Newsletter if you missed it!](#)

Recipes



Pumpkin Soup

Ingredients

- 3/4 cup water
- 1 small onion, chopped
- 1 can (15 ounces) pumpkin puree
- 2 cups vegetable broth
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 cup milk
- 1/8 teaspoon black pepper

Directions

- In a large saucepan, heat 1/4 cup water over medium heat. Add onion and cook until tender, about 3 minutes.
- Add remaining water, pumpkin, broth, cinnamon and nutmeg. Bring to a boil, reduce heat and simmer for 5 minutes. Stir in the milk and cook until hot. Don't boil.
- Ladle soup into warmed bowls and garnish with black pepper and green onion tops. Serve

ADAPTED FROM: <https://www.mayoclinic.org/healthy-lifestyle/recipes/pumpkin-soup/rcp-20049697>



APPLE PEANUT BUTTER MONSTER MOUTHS

ADAPTED BY:
<https://leaf.nutrisystem.com/recipes/apple-peanut-butter-monster-mouths/>

Boo!

DIRECTIONS

- Put about a ½ teaspoon or so of peanut butter on one side of each apple slice.
- Put a row of the nuts across one apple slice.
- Top with remaining apple slice, peanut butter side down, to make smiling mouth.
- Repeat with the other slices.

INGREDIENTS

- 1 medium apple sliced ¼ inch thick and set in pairs
- 2 Tablespoons peanut butter
- 4 Tbsp. almonds (or another nut, such as macadamia, cashew, etc.)

Click [HERE](#) to download copies of the recipes!

Ordering Information

[Delivery Sites for 2023](#)

[Distribution and Delivery Calendar for 2023](#)

[Regional Food Bank Delivery Dates for 2023](#)

NEW 2024 DATES AND CALENDAR ANNOUNCED!

CLICK BELOW

[Delivery Sites for 2024](#)

[Distribution and Delivery Calendar for 2024](#)

To Order from Our Latham Facility or a Delivery:

Appointments for Latham pick-ups are on Mondays, Tuesdays, 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:

- **Using our Online Ordering system** (We are happy to train you!)
- By phone at 518-786-3691
- By e-mail at fborders@regionalfoodbank.net

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 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:

- **Using our Online Ordering system** (We are happy to train you!)
- By phone at 845-534-5344
- By e-mail at orders@foodbankofhudsonvalley.org

