



Regional Food Bank

OF NORTHEASTERN NEW YORK



Feeding with Thought

PARTNER AGENCY NEWSLETTER

SPRING 2023

In This Edition:

IMPORTANT READS:

- [Policy Updates](#)
- [Important Changes to Food Bank Distribution Hours](#)
- [USDA Requirement for Programs Operating Out of Houses of Worship](#)
- [New Age Ranges for HPNAP Recipients](#)

General:

- [Agency Spotlight](#)
- [Mobile Pantries Ensure Equitable Access in Underserved Communities](#)
- [Invoice Reminder](#)
- [Sanitation Kits Now Available](#)
- [Resources to Help with SNAP Reduction](#)
- [HUD Announces Funding to Help People Experiencing Homelessness](#)
- [Introduction - New to the Food Bank!](#)

Workshops:

- [Workshops](#)

Food and Nutrition:

- [Culturally Responsive Preference Sheets](#)
- [USDA - New Resources to Support Kosher and Halal Communities](#)
- [Just Say Yes!](#)
- [Recipes](#)

Advocacy:

- [Hunger Solutions](#)

Ordering/Delivery Sites and Dates:

- [Ordering Information](#)

Agency Spotlight - Israel AME Food Pantry and Soup Kitchen

Greetings Food Bank partner agencies and thank you for joining us for this quarter's agency spotlight. Today, we have a very special spotlight for a very historic program.

This quarter's newsletter finds our agency spotlight shining in historic Albany, NY. Brightly illuminated by our spotlight is Israel AME Church and its two feeding programs. For the last 195 years, Israel AME has been a foundational piece of their Albany community. Before we highlight their feeding programs, we must first touch on Israel AME church's history. The church Israel AME served as

a station on the Underground Railroad throughout the Civil War, assisting enslaved people in their struggle for freedom. Notably, Harriet Tubman slept in the Church and Fredrick Douglass spoke in it. Furthermore, The Albany, NY Chapter of the NAACP was founded at Israel AME and is but one demonstration of the church’s community involvement which continues today through its ministries which include the Soup Kitchen and Food Pantry.

Since 1985, the dedicated volunteers at Israel AME church have been serving meals and giving out packages of food to hundreds of people each month. For every service, the volunteers focus on serving their neighbors with nutritious food with an emphasis on hospitality and fellowship. Prior to the pandemic, the program was operating out of the historical kitchen at the church. Recently, social causes which have caused a substantial increase in demand for their services prompted them to upgrade their facilities. Israel AME’s soup kitchen underwent a substantial renovation to completely modernize the facilities to adequately handle the increase in service in their area. For a program with this type of history and this type of dedication to helping those in need, it was never questioned that the program had to keep operating.

The Regional Food Bank of NENY would like to sincerely thank all the volunteers at Israel AME Food Pantry and Soup Kitchen for their many years of tireless dedication. Israel AME and its volunteers truly embody the spirit of the impactful individuals who have come before them and are continuing in the spirit of sacrifice to help those less fortunate than themselves.



[Regional Food Bank Policy Updates - PLEASE READ](#)

Agency Services has updated the Regional Food Bank Membership Policies. Many of these changes reflect current practices and have been edited for clarity. We will be providing new copies of these policies at our site visits but please make sure to review these policies with your staff and volunteers now. A copy of the new policies can be downloaded by clicking on the button below.

Here is a brief summary of changes:

- item 2) – Clarification on allowed storage locations of Food Bank product
- item 2) – Addition of Retail Store Donation Program product
- item 3) – Addition of gender expression and prior arrest or conviction record to non discrimination (per NYS protected classes)
- item 5) – Addition of repacking clarification to food safety
- item 10)– Addition of no refund statement to pick-up

- item 13)- Addition of allowance to keep invoices digitally
- item 14)- Addition of remodeling clarification and definition of executive director to change requests
- item 17)- Removal of balance due statement to yearly order requirement
- item 18)- Addition of probationary period statement

If you have any questions on these updates, please feel free to contact Kerry Leary at (518)786-3691 ext 260 or kerryl@regionalfoodbank.net.

[Click to Download New Policies](#)

Important Changes to Food Bank Distribution Hours - PLEASE READ

The Regional Food Bank of NENY (Latham) and Food Bank of the Hudson Valley (Cornwall-on-Hudson) will have special hours on Fridays during the summer season. Each Friday, beginning Friday June 2nd through Friday September 1st, both warehouses will close at 12pm. Please see important details below!

Seasonal Changes at Both Warehouses

- **ON FRIDAYS ONLY**, Order Distribution and Shopping Dock will close at 12pm
- The early Friday closure DOES NOT impact Friday deliveries
- Order Deadlines will remain the same (except for Holiday or Inventory closures)
- Normal Distribution and Shopping Dock hours resume after Labor Day

Permanent Change at RFB

- Effective immediately, Tuesday afternoons are open for order distribution from 12:30pm – 3pm

Mobile Pantries Ensure Equitable Access in Underserved Communities



Not every community we serve has a brick-and-mortar pantry, which makes it hard to provide equitable access to our neighbors in need in every ZIP code. To identify under-resourced neighborhoods, we partnered with the Siena College Research Institute to complete a gap analysis of our service area. Using this information and with a generous grant from the United States Department of Agriculture, we launched the Mobile Pantry Program.

Mobile Pantries provide food pantry distributions to residents in communities that lack brick-and-mortar food pantries and nearby grocery

stores. We deliver nutritious, well-rounded food to centralized locations in each community, working in partnership with town governments, fire houses, and community centers to host distributions. Participants select from a variety of healthy food to ensure what they receive meets their household’s needs. We currently operate Mobile Pantries in four rural, remote communities and will add 16 more sites this year. Our goal is to work with each community to establish its own brick-and-mortar location over time.

Moving forward, we plan to collaborate with other organizations to provide wrap-around services, such as SNAP application assistance, health care consultations, and connections to other essential programming.

IMPORTANT REMINDER

When picking up your order, make sure you review your order before signing the invoice. By signing the invoice, you are acknowledging that all product is accounted for. No credits/refunds will be issued for missing product after the invoice is signed. If you have any questions in regards to this policy, please contact Agency Services at (518) 786-3691 (RFB) / (845) 534-5344 (FBHV).

OS Documentation Reminder!!!!

For all those who were awarded OS Grant Funds for 2022-2023:

Please remember that **documentation is due by May 31st!** Documentation Summary Forms can be found at <https://regionalfoodbank.net/agency-resources/agency-resources-and-forms/> . These forms will explain the required documentation for the different types of funding. If you have any questions about your award and the documentation needed, please contact Cathryn Doraby at (518) 786-3691 ext 259 or email osgrant@regionalfoodbank.net.

Culturally Responsive Preference Sheets



In recent years the Food Bank has made great strides in making sure the food we provide is nutritious and wholesome. While we’ve worked on that we have also made efforts to prioritize the preferences of people from different cultural backgrounds as well. Last year, through a grant from CDPHP and with assistance from the Food Bank of the Rockies, we kicked off the Culturally Responsive Food Initiative as a commitment to working towards equitably serving all our community members.

As a result of research conducted through this initiative, we would like to introduce you to the Cultural Food Preference Sheets. We hope you find this tool useful as a guide to help serve the needs of your clients.

You can access these sheets by clicking on the button below.

For any questions feel free to contact:

Kristyn Bopp

Just Say Yes to Fruits and Vegetables Nutrition Educator

kristynb@regionalfoodbank.net

518-786-3691 x 225

Preference Sheets

**USDA Requirement for Programs Operating Out of Houses of
Worship - PLEASE READ!**



**Attention all
emergency
feeding programs
operating out of
houses of
worship:**

If you receive USDA TEFAP product and are **located** in a house of worship, you are required to post a Written Notice of Beneficiary Rights, which can be found by clicking the button below. You must fill out the information on the top of the fillable form (on page 5) and post it where your guests will be able see when they visit your establishment. This is a requirement in order to continue to receive USDA products and will be checked for during site visits conducted by the Regional Food Bank. If you have any questions, please contact Kerry Leary at 518-786-3691 x 260 or kerryl@regionalfoodbank.net .

Click for Posting

Feeding America Hunger Solutions



Action Needed: Oppose Cuts to SNAP in House Leadership Debt Ceiling Plan

House Speaker Kevin McCarthy (R-CA) pledged to schedule a vote on a bill to raise the country’s debt limit in exchange for steep spending cuts to domestic programs and harmful cuts to programs that support people and families with low incomes, including the Supplemental Nutrition Assistance Program (SNAP). Details are still emerging, but reports state that the current proposal includes rigid time limits for SNAP and Medicaid, in addition to harsh caps on federal domestic spending programs for fiscal year 2024, among other significant harmful provisions. The House could vote on this package as early as next week. **Advocates must take action now.**

Please call or email your House Member today and throughout next week before a

possible floor vote. Urge them to support and protect — not cut — SNAP in the debt ceiling negotiations. [Find your Representative here](#) and contact their office through the House switchboard at 202-225-3121.

Talking points:

- See Food Research and Action Center’s (FRAC) [talking points](#) about SNAP time limits.
- Raising the debt limit — a procedural vote that authorizes payment on already established obligations of the federal government — should be a “clean vote” and not tethered to proposals that slash funding and make changes to programs that help households with low incomes and arbitrarily throw people off SNAP and Medicaid.
- SNAP is our nation’s most effective anti-hunger tool. It reduces poverty and hunger for more than 40 million children, working parents, older Americans, veterans, and others. Chipping away at SNAP would cause tremendous harm and hardship for the people who rely on the program to put food on the table and make ends meet.
- As we approach reauthorization of the Farm Bill, Congress should work in a bipartisan manner to advance policies that help households struggling to get enough to eat, rather than pushing proposals that would take food assistance away from our poorest children, older Americans, veterans, and working parents.

Thank you for taking action now to protect SNAP for the millions of people in New York and nationwide who rely on the program to put food on the table.

USDA - New Resources to Support Kosher and Halal Communities

We are excited to share the [TEFAP Kosher Fact Sheet](#) and [TEFAP Halal Fact Sheet](#) [use the links to download]. The information in the fact sheets are similar to that on the USDA website for [Kosher Foods in TEFAP](#) and [Halal Foods in TEFAP](#), but in a convenient easy to share format. The factsheets were created in partnership with several Jewish and Muslim advocacy organizations.

We encourage you to explore these new resources and to use them as tools to communicate how TEFAP can support the kosher and halal observant communities you serve.

New Age Ranges for HPNAP Recipients

The HPNAP age ranges have changed to 0-17, 18-59, and 60+.

These changes will take effect on **July 1st** to kick off the new grant year.

Due to these age range changes, there has also been a change in TEFAP forms for Food Pantries. If you have been using the TEFAP form as your primary intake form, you will need to use an additional intake form to capture household size by age range for HPNAP reporting purposes. Please note that OGS, the NY state agency that oversees TEFAP, does **not** allow you to change anything on the TEFAP self-attestation forms other than writing a phone number on the back. Please be sure to update your intake form in July to reflect these updated age ranges.

If you do not have an intake form other than the TEFAP self-attestation, we have a suggested intake form on our website that can be used. It can be found at <https://regionalfoodbank.net/agency-resources/agency-resources-and-forms/>. The age ranges on that form will be updated in late June to reflect the change in age ranges. Regardless of if you use our intake form or yours, you must use an intake form to ensure accuracy in reporting. The updated TEFAP self-attestation forms have been posted to our website in both English and Spanish. Please begin using immediately. They can be found at the link above.

Also in TEFAP news, we will be getting the forms translated in additional languages! Please stay tuned for an announcement once they become available!

Please reach out to Kerry Leary at KerryL@regionalfoodbank.net with any questions.

Sanitation Kits NOW AVAILABLE for Eligible Programs

The Hunger Prevention Nutrition Assistance Program (HPNAP) has provided a limited quantity of food safety and sanitation supplies for soup kitchens and emergency shelters for the 2022-2023 HPNAP grant year. These supplies have been pre-packed into “kits”.

Each Sanitation Supplies Kit contains the following items:

- 1 case food service grade vinyl, powder free gloves, size medium
- 1 case food service grade vinyl, powder free gloves, size large
- 1 white cutting board, 12”x18”
- 1 green cutting board, 12”x18”
- 1 case hand soap
- 1 probe thermometer
- 1 chlorine test strip kit, 100 strips

1. To receive a free kit (item number #04) you must order it with your food bank order **no later than May 26, 2023**. Kits will be available next week at the Food Bank of the Hudson Valley for agencies that order and pick up in Cornwall. **If placing your order online using PWW, search for “sanitation”.**
2. If there are kits that have not been claimed by **May 26, 2023** any soup kitchen or emergency shelter may order another kit while the supply lasts.

Workshops

Orientation

Join us virtually 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! This workshop will be held online on May 24th from 12:30pm - 3pm and June 23rd 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. This training will be held online on May 24th from 9am - 12pm and June 23rd from 12:30pm - 3:30pm. Registration required.

Town Hall - In Person!

Come share your questions, concerns and suggestions such as best practices, ways to strengthen our partnership, and strategies to address food insecurity in our communities. We'd love your feedback so join us in person for this wonderful Q&A session. We would love to hear from you! This town hall will be held in person only at the Jayne Brooks Memorial Food Pantry at the Church of the Messiah in Rhinebeck. Please register at the link down below so we know to expect you!

What's in a Bag? Nutrition Workshop

Come join us for our 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 to ensure you’re providing the most balanced bags possible with your limited funds! This is a hand-on workshop and will be held in person, registration required. The first of these workshops will be held at the Regional Food Bank of Northeastern NY on May 16th from 12:30pm – 3:30pm. The second workshop will be held at the Newburgh Armory Larkin Center on June 13th from 12:30pm – 3:30pm. For more information on these workshops and to register, please follow the link below.

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 Fresh Food Connect!**

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!!**

[Resources to Help with SNAP Reduction](#)



The Affordable Connectivity Program is an FCC benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more.

The benefit provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price.

The Affordable Connectivity Program is limited to one monthly service discount and one device discount per household.

For more information on eligibility and how to apply, please visit:
<https://www.fcc.gov/acp>



The purpose of the New York State Farmers' Market Nutrition Programs (FMNP) is to promote local farmers by expanding their sales at farmers' markets and farm stands, and to foster healthy communities through the consumption of locally grown fresh fruits and vegetables.

FMNP does this through the promotion of fresh, unprocessed fruits and vegetables grown by local farmers so they may expand their sales through New York State farmers’ markets and farm stands. FMNP also promotes improving the nutrition of families enrolled in WIC and low-income seniors through eating more fresh, local fruits and vegetables. The program is also intended to encourage economic development in communities through the promotion and expansion of farmers' markets and farm stands in New York State. Consumers who are eligible for these programs are provided with coupons to use for fresh, local fruits and vegetables [at participating farmers' markets, farm stands, and mobile markets](#) in New York State.

For more information on eligibility and how to apply, please visit:
<https://agriculture.ny.gov/consumer-benefits-farmers-markets>



When you use your SNAP benefits, Double Up matches your fruit and vegetable purchases dollar for dollar (up to \$20 a day). That means you and your family get twice the fresh fruits and veggies.

Since 2014, thousands of New York families have used Double Up Food Bucks to buy more than 4.9 million pounds of healthy food.

For more information on eligibility and how to apply, please visit:
<https://doubleupnys.com/>

In recent news, Governor Hochul launched a new program to double up money spent at Farmers Markets. The FreshConnect Fresh2You initiative will now provide SNAP beneficiaries at participating farmers' markets with \$2 checks for every \$2 spent as part of the SNAP program, up from \$2 for every \$5 spent. For more information, please visit:
<https://tinyurl.com/n6p7dfrs>

Home Energy Assistance Program (HEAP)

The Home Energy Assistance Program (HEAP) can help eligible New Yorkers heat and cool their homes.

If you are eligible, you may receive one regular HEAP benefit per program year and could also be eligible for emergency HEAP benefits if you are in danger of running out of fuel or having your utility service shut off.

For more information on eligibility and how to apply, please visit:
<https://otda.ny.gov/programs/heap/>

[HUD Announces \\$2.8 Billion in Annual Funding to Help People Experiencing Homelessness](#)



WASHINGTON - To help individuals and families experiencing homelessness move into permanent housing, the U.S. Department of Housing and Urban Development (HUD) today announced \$2.8 billion in Continuum of Care (CoC) Competition Awards for thousands of local homeless service and housing programs across the United States. The awards, previewed by HUD Secretary Marcia L. Fudge at the National League of Cities, reflects the Biden-Harris Administration’s continued commitment to addressing the nation’s

homelessness crisis using equity and evidence-based solutions, as reflected in [All In: The Federal Strategic Plan to Prevent and End Homelessness](#). The Biden-Harris Administration plan sets a goal of reducing homelessness by 25% by 2025 and ultimately ending it.

To read more, please visit:
https://www.hud.gov/press/press_releases_media_advisories/hud_no_23_06
[2](#)

New to the Food Bank!

Meet Keady!

We would like to introduce you to the newest addition to the Regional Food Bank, Keady Van Zandt. Her name is pronounced as "KAY-dee". We are excited to bring her into a new role of Agency Technology Coordinator where she will be assisting with new technology systems! In her spare time, she enjoys being outside, painting, listening to music and traveling. She is excited to be working with the Food Bank to make an impact in communities!

She can be reached at 518-786-3691 ext. 274 or emailed at keadyv@regionalfoodbank.net.



JSY - Just Say Yes



The JSY Nutritionists will be sending a monthly newsletter to you. 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

Sarah Malone at 845-534-5344 x109 or SMalone@foodbankofhudsonvalley.org
Sarah covers Dutchess, Orange, Putnam, Rockland, Sullivan, and Ulster Counties

Recipes

Peas and Pasta

Servings: 4 (161 grams per serving)

Ingredients

- 3 cups uncooked pasta
- 2 cups peas - fresh, frozen, or canned
- 2 tablespoons oil
- 1/4 cup grated Parmesan cheese
- Salt and pepper to taste

Key Points for Fresh Peas

- For the best buy, choose fresh peas with crisp pods.
- To prepare peas, remove from the pods before cooking.
- To store fresh, refrigerate whole pea pods for up to 2 days in a plastic bag in the refrigerator.
- Peas contain fiber, which helps to keep you regular.

Directions

- In a large pot, bring 12 cups of water to a boil.
- Add pasta and cook for 8 minutes.
- Add peas to pot and cook for 2 more minutes.
- Drain peas and pasta and place in large bowl.
- Toss cooked pasta and peas with oil.
- Sprinkle with cheese and serve hot.
- Refrigerate leftovers.

Base Recipe provided by JSY

Just Say Yes
To Fruits & Vegetables



ASPARAGUS VINAIGRETTE

Servings: 6

Ingredients:

- 2 bunches asparagus (or 2 pounds)
- 3 tablespoons vinegar
- 2 tablespoons minced onion
- 1 tablespoon oil
- 1 garlic clove, minced
- 1/4 teaspoon pepper
- salt to taste

Directions:

1. Cook asparagus in a large pot of boiling water until tender, about 3 minutes. Drain and cool.
2. In a large bowl, mix together vinegar, onion, oil, garlic, pepper and salt.
3. Add asparagus and toss.
4. Serve and enjoy!
5. Refrigerate leftovers.

Recipe provided by JSY

Just Say Yes
To Fruits & Vegetables



Click Here to Download Recipes

Ordering Information

[Delivery Sites for 2023](#)

[Distribution and Delivery Calendar for 2023](#)

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

To Order from Our Latham Facility or a Delivery:

Appointments for Latham pick-ups are on Mondays, Tuesdays, Thursdays, and Fridays (Fridays in the AM only for summer).

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 fax at 518-786-3004
- By e-mail at fborders@regionalfoodbank.net

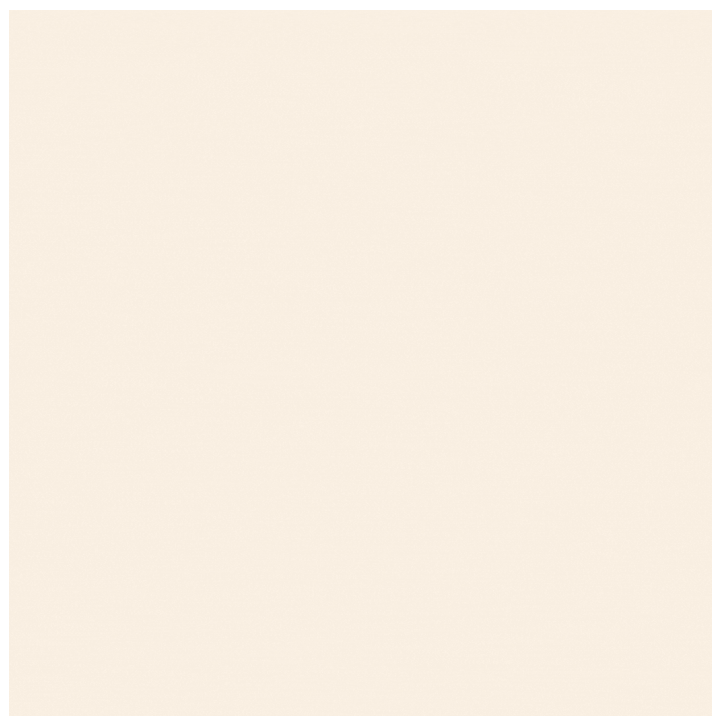
To Order from Our Cornwall-On-Hudson Facility:

Appointments for Cornwall-on-Hudson pick-ups are on Mondays, Wednesdays, and Fridays (Fridays in the AM only for summer).

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 fax at 845-534-5256
 - By e-mail at orders@foodbankofhudsonvalley.org
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