



# Regional Food Bank

OF NORTHEASTERN NEW YORK

## *Feeding with Thought* *Partner Agency Newsletter* *Winter 2023*

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## [A New Year, A Fresh Outlook!](#)

2022 has come and gone and 2023 is here to stay, at least for a little while! With the new year upon us, we like to reflect and look ahead to what the future has in store! The Regional Food Bank has been working hard to continue making some exciting changes to help close the meal gaps in our community. We cannot close those gaps without you, so we thought we would share some resolution suggestions that may help this year be a successful one!

- [Be better communicators!](#) Lots of communication gets bounced around whether it be from us to you, from you to your volunteers, or your agency to your executive director. We all could benefit from communicating better with our peers!
- [Consider creating or leading a coalition!](#) Coalitions within our network can be a HUGE help in times of need. You can help share resources, ideas, or even get help with additional volunteers! We all need friends and allies in the fight against hunger!

- **Be better fundraisers.** Even though the best things in life are free as they say, when you want to help others in need, money can help your program thrive! Consider new ways to fundraise or hold food drives to help get the specific products you need! If you ever need some assistance with ideas or execution, contact member services or better yet, ask your new coalition you just started! Social media can also be a great way to help your fundraising efforts!
- **Continue to practice kindness.** A lot of people are in rough situations and you never know what someone is going through. A simple smile can go a long way!
- **Apply for more grants!** There are plenty of grants out there and lots of resources online to help you learn better ways to apply! We even have a training video on grants that could be a huge help (Click [HERE](#) to access the video)
- **Consider using client choice model!** We understand with the pandemic, it has been easier to implement a pre-pack method for distributing food in food pantries but did you know that using a client choice model helps empower people and removes the stigma of asking for help? Whether it be a grocery store model or a paper order form, giving choice gives POWER!
- **Create a mission statement.** It's always good to have something to look back to when making decisions for your program. Finding out what principles drive your program is always a great conversation to have and is a great way make sure your goals stay on mission!
- **Create a succession plan.** Life happens...so what happens if you are unable to run your program? Is there someone who knows the ropes that could step up to the plate? We all have learned over the past couple of years that things can change in an instant, so please consider coming up with a succession plan so as to prevent your program from closing even temporarily! If you are looking for help on how to come up with a plan, please reach out to member services and we will be happy to help!
- **Lastly, don't forget to reflect.** We have all been through a crazy couple of years and new challenges come and go. We are so proud of how hard our agencies have worked and it's important to remember just how far we have come!



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### **Agency Spotlight - Sloatsburg Food Pantry**

Greetings Food Bank partners and welcome to this quarter's agency spotlight. This issue of *Feeding with Thought* finds our spotlight shining on Sloatsburg Food Pantry. Located in historic Suffern, New York, Sloatsburg Food Pantry has been serving the Western Ramapo community since the early 1990s.

Coming from humble beginnings, the original outreach served from a closet at Sloatsburg United Methodist Church where they served about 12 families a month. Since that time, SFP has grown into one of the prominent food pantries in Rockland county and they are now serving upward of 400 families a month.

SFP's ascent into its current model was made possible through the strong and generous support of the community. As the program started outgrowing its original space they began seeking a centralized, safe location where they could best serve the food insecurity needs in our community. It would take 3 years, 1 pandemic, and a \$200,000 renovation before SFP was able to permanently relocate to All Souls Community Church in 2022. The location has proven to be ideal as SFP is now in the heart of Suffern, giving them more exposure and ensuring residents without transportation can receive their services.

To fund the renovation, SFP started a campaign titled Breaking Ground for Hope. They raised \$150,000 (wow!) from local business sponsors and generous community members. They broke ground on the renovation in August of 2021 and proudly opened their doors in January 2022.

The renovation allowed SFP to build a new indoor client choice pantry including a workspace with walk-in refrigeration and a walk-in freezer. This greatly expanded the pantry's storage capacity. The relocation and renovation allow SFP to host



third-party support groups for the families during openings. Furthermore, the renovations have allowed SFP to collaborate with The Regional Food Bank of NENY, NY Project Hope, Rockland County Department of Health (vaccine clinics), Fidelis Health, Office of the Aging, Mental Health Association of Westchester and Catholic Charities (SNAP), all to the benefit of their guests.

We extend a very special thank you to Sloatsburg Food pantry and all of their dedicated volunteers for their commitment to excellence, their investment in their program, and for sharing this inspirational story with all our partner agencies.



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### **HPNAP Reminder!!!!**

**ATTENTION FOOD PANTRIES, SOUP KITCHENS AND EMERGENCY SHELTERS:  
HPNAP AND OPERATIONS SUPPORT (OS) GRANT APPLICATIONS WILL  
BE POSTED TO OUR WEBSITE BY MARCH 1**

As a cost savings initiative, the Regional Food Bank **will NOT** be mailing HPNAP and Operations Support applications directly to you this year.

Please mark your calendar, the applications will be available on our website **by March 1**, as a fillable form. Applications will be located at:

### Let's Keep the Records Straight!

Are your agency's **days and times of service, contacts, including Executive Director, and address** up-to-date?

Please check this information on PWW under the 'My Agency' tab in the upper right corner. If any updates need to be made let us know by emailing [ascontact@regionalfoodbank.net](mailto:ascontact@regionalfoodbank.net)!



#### WIC News and Resources

##### **WIC Flexibilities Update: Remote Services and Fruit & Veggie Boost**

WIC waivers, flexibilities and enhancements related to the COVID-19 pandemic—including remote services and the Cash Value Benefit (CVB) increase—reduced barriers to participation and increased access to healthy food. Recent federal action has addressed these two essential, but temporary WIC flexibilities.



**WIC remote services have been extended through at least mid-April 2023.** As a result, WIC agencies may continue to enroll and serve participants through virtual appointments. These flexibilities are tied to the federal public health emergency (PHE). Health and Human Services Secretary, Xavier Becerra, guaranteed 60-days' notice of the expiration of the PHE. Since WIC's waivers are in place for an additional 90 days after expiration of the PHE, WIC providers will have five-months' notice between the announcement that the PHE will expire and the end of COVID-related waiver authorities.

As Congress continues to negotiate a government spending bill for federal fiscal year 2023, we remain hopeful that WIC's temporary **CVB fruit and vegetable benefit bump** will be extended through September 30, 2023. Temporary CVB amounts are currently set at 50 percent of the recommended intake based on guidance from the National Academies of Sciences, Engineering, and Medicine (NASEM) Dietary Guidelines for Americans, resulting in monthly CVB benefits of \$25–49 per month each for eligible mothers and children. The benefit boost has provided WIC families with improved access to nutritious food, leading to increased fruit and vegetable consumption among children enrolled in WIC. We will continue to monitor action at the federal level and provide updates and policy details by email and on our [COVID-19 page](#).

### Get Our Latest Social Media Toolkit: Primary Caregivers

WIC is not just for moms. Primary caregivers such as grandparents, foster parents, relatives, and fathers can apply for children under 5 in their care. Our new social media toolkit aims to raise awareness of WIC among these groups. The toolkit also provides messaging about the relative ease and simplicity for primary caregivers to use the WIC2Go app, the eWIC card, and how WIC can serve families with busy schedules more conveniently with remote visits. Explore our [WIC Primary Caregivers Toolkit](#) to find social media content you can immediately put to use, including sample language in English and Spanish and a large assortment of high-resolution graphics like the images below.



### Looking for a Rewarding Career? We're Hiring!

Hunger Solutions New York is seeking an Outreach Specialist to conduct outreach and education to increase enrollment in WIC among eligible individuals in New York State. If you are interested in joining a team of dedicated professionals working to increase WIC participation in New York State, [learn more](#) about this exciting opportunity.

### WIC Action Corner

Throughout the pandemic, WIC providers quickly adapted to new challenges and changing circumstances, standing up remote services that resolved long-standing barriers to access and resulted in a 10 percent nationwide (13.9 percent for New York State!) increase in child participation.

These flexibilities are tied to the public health emergency declaration, and



Congress must act before the end of the year to make these options permanent. In order to [#ModernizeWIC](#), we need the Senate to pass a Child Nutrition Reauthorization that permanently makes WIC more accessible to today's and tomorrow's families:

- Extend postpartum WIC eligibility to two years
- Extend child WIC eligibility to age six or the beginning of kindergarten
- Modernize WIC services

Now is the time to strengthen WIC's critical services to improve the health of the next generation. Our Senators need to hear New Yorkers' voices to push this over the finish line! Take a two-minute WIC Action at [bit.ly/CNRHealth](https://bit.ly/CNRHealth).

### **State and National Research and Resources Round-Up**

Check out the latest research and resources from our partners around the state and nation.

#### **National WIC Association (NWA)**

In March 2022, ten online focus groups were conducted in North Carolina with WIC participants to elicit their thoughts and experiences about the WIC food package. Key themes from the resulting report, [\*Improving the WIC Experience: Recommendations for a More Valuable Experience\*](#), include:

- Many participants felt the current CVB amount for fruits and vegetables was not enough.
- Substitutions and benefit rollovers could help families better meet a child's shifting eating habits, reduce waste, and combat food shortages.
- COVID-19 flexibilities granted under the public health emergency made it easier for families to enroll and participate in WIC.

#### **Generations United**

We are proud to have our statewide targeted outreach work for WIC and partnership with the NYS Kinship Navigator featured in the Generations United report, [\*Together at the Table: Supporting the Nutrition, Health, and Well-Being of Grandfamilies, the 2022 State of Grandfamilies\*](#). With more than 2.4 million grandparents caring for their grandchildren, the report findings reinforce the need to improve access for grandfamilies to federal and state nutrition assistance programs. Some findings include:

- One-in-four grandparent-headed households experience food insecurity.
- More than five percent of WIC-eligible infants and children live in families without parents present; three percent live with a relative caregiver, and two percent with an unrelated caregiver.

#### **Food Research & Action Center (FRAC)**

[\*WIC During COVID-19: Participation and Benefit Redemption Since the Onset of the Pandemic\*](#), finds:



- From February 2020 through February 2022, NYS experienced a six percent increase in total WIC participation, and 13.9 percent increase in child WIC participation.
- From March 2020 through February 2022, WIC food package benefit redemptions infused \$7 billion into local economies nationwide.
- WIC waivers and enhancements during the pandemic simultaneously removed access barriers and increased the value of participating in WIC.
- Despite overall modest growth, WIC is still reaching only about 50 percent of eligible New Yorkers. Lessons learned from the pandemic should be considered for further strengthening of legislative advocacy efforts.

### **1,000 Days**

*Nutrition in the First 1,000 Days*, a new special series in the American Journal of Public Health, identifies the 1,000 day window between pregnancy and the baby's second birthday as untapped potential and focuses exclusively on this critical time for brain development and when good nutrition has the greatest influence on future health. The 70-page series with more than 15 authors outlines investments needed to achieve nutrition security, new opportunities for pediatricians to better support families in their care with nutrition advice and access, new analysis on the impact of COVID-19 for people who gave birth during the height of the pandemic, how to improve breastfeeding outcomes without leaving anyone behind, and the role of Early Childcare and Education (ECE) settings to strengthen overall support systems for low-income families and influence the healthy growth and development of children.

### **New York Health Foundation**

Based on their statewide *Survey of Food & Health*, New York Health Foundation's new brief, *Food Insecurity in Families with Children*, explores the impact of food insecurity on families in New York State and outlines recommendations to improve the well-being of food-insecure families with children. Key takeaways include:

- Three-in-four food-insecure households with children cannot afford to feed their children a balanced meal, and approximately half have children who have gone hungry in the last year.
  - Nearly 90 percent of WIC participants find the benefits easy to use, and 82 percent agree that their local stores carry enough WIC-approved items.
  - The report urges government officials to maximize participation in WIC and other federal nutrition programs through increased outreach and streamlined application and certification processes, and recommends that health care providers implement routine food insecurity screening and referral processes as part of their scope of practice.
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## **HPNAP/NNY Petition!**

Feeding New York State is fighting to fund Nourish NY at \$75M and HPNAP at \$63M. Please help spread the word with this poster to make sure our clients needs are heard! Have you signed the petition yet? It's not too late! Just go to <https://p2a.co/N5aFqx2> and fill out your information and the site will do the rest!



# Healthy food is a basic human right.

Tell the governor and your state  
reps to fully fund hunger relief.

**SIGN OUR PETITION!**



FOR DETAILS VISIT:  
[feedingnys.org/state-priorities/](https://feedingnys.org/state-priorities/)

[Click here to download the above poster!](#)





## 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 from March 8th 9:30am-12pm and April 27th from 12:30pm - 3pm. 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 March 8th from 12:30pm-3:30pm and April 27th from 9am - 12pm. Registration required.

### RFB Town Hall - Q&A/Information Session

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 online for this wonderful virtual Q&A session. We would love to hear from you. Webinar will be held on February 9th at 10am. Registration required.

## **Cultural Foods Lunch and Learn**

Join us for the conclusion to our Food and Culture series. We will take you on our journey over the past year with all the learning, collaborating, and growing we have done as a community to reduce the barrier between our different cultures.

Then, let us introduce you to all that is available to help your organization be culturally responsive to the guests you serve. Webinar will be held on February 28th from 12pm - 1pm. Registration required.

## **HPNAP/OS Workshop**

Join us for an overview of HPNAP and Operations Support (OS) grants. Learn what they cover, as well as the contractual requirements for each grant. This workshop will be held on March 13th from 1pm - 3pm. Registration required.

We will be hosting separate Q&A sessions to answer application questions later in the month. These meetings will be on March 24th from 9am - 10am and March 29th from 2:30pm - 3:30pm.

**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 [ascontact@regionalfoodbank.net](mailto:ascontact@regionalfoodbank.net) and let us know! We are always looking for ideas for new content that would benefit you!!**

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**[10 Reasons to LOVE Cans!](#)**

# 10+ Reasons to ♥ Cans

Canned food often provides nutrients at a lower cost than fresh, frozen and dried forms

Steel cans are infinitely recyclable

There are more than 1,500 canned food varieties including fruits, vegetables, beans, seafood, lean proteins, soup, stews, etc.

Steel cans are magnetic making them easy to separate for recycling

Food cans seal in freshness, flavor and nutrition and protects food from outside contaminants

Canned food helps prevent food waste

More than 160 million consumers across the U.S. have access to steel can recycling

Canned food provides convenient, affordable nutrition

The canning process preserves food naturally

Steel cans are the most recycled food package in the U.S.

Canned produce is nutritionally on par with fresh and frozen options, and in some cases, even better

More than 70% of steel cans are recycled annually

Food cans are traceable thanks to can codes

#### Sources:

Kapica, et. al., *Journal of Nutrition and Food Sciences*, 2012  
Steel Market Development Institute  
Can Manufacturers Institute  
Centers for Disease Control and Prevention  
*Journal of Consumer Affairs*

Michigan State University Study  
Oregon State University Study  
Steel Recycling Institute  
UC Davis Studies  
University of Chicago Study



[Click here to download the above poster!](#)

## Allergies - Here Comes Sesame!

Are you or your patrons living with food allergies? While you can be allergic to more than 150 foods, there are a handful of foods that are responsible for the majority of food allergy reactions in the United States. To protect those



with food allergies and other food hypersensitivities, the FDA enforces regulations requiring companies to list ingredients on packaged foods and beverages. For certain foods or substances that cause allergies or other hypersensitivity reactions, there are more specific labeling requirements.

Since 2004, manufacturers have been required to label foods for the 8 Common Food allergens, consisting of milk, eggs, soy, tree nuts, peanuts, wheat (not gluten), fish, and shellfish. Beginning January 1, 2023, sesame will be added to the list. Sesame is found not only on hamburger buns, rolls and bagels, but in Asian foods, sushi, as well as in hummus. Hummus is made with tahini, which is a sesame seed paste. For more information on

food allergies, visit <https://www.fda.gov/food/cfsan-constituent-updates/fda-reminds-manufacturers-effective-date-sesame-major-food-allergen>

# FOOD ALLERGENS: THE BIG 9

SAFETY TIPS FOR HANDLING ALLERGENS	SYMPTOMS OF ALLERGIC REACTIONS	READ LABELS CAREFULLY
<p><b>Avoid cross contact with allergens</b></p> <ul style="list-style-type: none"> <li>Wash and sanitize all food contact surfaces before starting to prepare a new item</li> <li>Do not use the same utensil or glove to serve foods with Big 9 allergens and other foods</li> <li>Observe handwashing procedures and change gloves following established policy</li> </ul> <p><b>Follow recipes and menus exactly</b></p> <ul style="list-style-type: none"> <li>Do not make substitutions without authorization</li> </ul> <p><b>Support guest requests, and be sure you're right.</b> Refer questions or requests about food ingredients to your supervisor.</p> <p>For more help with allergen-friendly menu planning for foodservice, visit <a href="http://www.cooksdelight.com">www.cooksdelight.com</a> <i>Cook's Delight® is an Integrative Flavors® Brand.</i></p>	<p><b>A food allergy is an immune system response to a particular food.</b> <b>Symptoms may include:</b></p> <ul style="list-style-type: none"> <li>Itching or swelling in the mouth</li> <li>Vomiting, diarrhea, or abdominal cramps and pain</li> <li>Hives or eczema</li> <li>Tightening of the throat and trouble breathing</li> <li>Drop in blood pressure</li> </ul>	<p>There is no room for error when working with allergens. Trace amounts of allergens can cause allergic reactions.</p> <p><b>Examples of foods that Big 9 Allergens can be found in:</b></p> <p>Milk: Butter, Cheese, Yogurt            Tree Nuts: Almonds, Pecans, Walnuts            Crustacean Shellfish: Crab, Lobster, Shrimp            Wheat: Bread, Cookies, Pancakes            Fish: Bass, Flounder, Cod            Soybeans: Soy Sauce, Shortening, Tofu            Peanuts: Peanut Butter, Peanut Oil            Eggs: Mayonnaise, Tartar Sauce, Fried Rice            Sesame: Sesame Oil, Bread Products, Granola</p>

**WHAT SAVORY SOLUTIONS FOR**  
Clean | Natural | Organic  
**LOOK LIKE TODAY**

©2021 Integrative Flavors®. Source: FDA 2013 Food Code, [www.fda.gov/food/coderegulation/fdafoodproducts/FoodCode/um07427.htm](http://www.fda.gov/food/coderegulation/fdafoodproducts/FoodCode/um07427.htm), [www.fda.gov/food/ingredientsandhealth/foodallergies/foodallergies.htm](http://www.fda.gov/food/ingredientsandhealth/foodallergies/foodallergies.htm), [www.fda.gov/food/ingredientsandhealth/foodallergies/foodallergies.htm](http://www.fda.gov/food/ingredientsandhealth/foodallergies/foodallergies.htm)

## Statements Available Online!

**You can now access your statements online!**

**Here's how you do it!**

1. Log into your online account, PWW
2. **Click on the “My Docs” tab (circled in red)**

### 3. Click on the “Statements” tab (circled in blue)

Click on the current statement. If an invoice is needed, click on the “Invoice” tab next to the statement tab



**PLEASE NOTE – Mailing statements will discontinue after the March 2023 statement is mailed out in April. Access to online accounts will be required to retrieve statements beginning early May for the April 2023 statement.**

Don't have access to your online account yet? No problem! Come and attend our orientation on March 8th OR watch our online video! Once you complete either training, we will issue you a log in for your agency! Click on the links below for more information!

Orientation – <https://regionalfoodbank.net/events/category/agency-education/>

Online PWW training video – <https://regionalfoodbank.net/order-food/>

For any other questions, please contact Cathryn Doraby at [cathrynd@regionalfoodbank.net](mailto:cathrynd@regionalfoodbank.net) or 518-786-3691 x259.

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## **The White House has restarted its free Covid test by mail program!**

<https://www.engadget.com/the-white-house-has-restarted-its-free-covid-test-by-mail-program-202054801.html?guccounter=1>

COVID cases reached their lowest in mid-October with just 261,268 reported nationwide. That number has doubled in the past two months, [per the CDC](#).



Amid what is suspected may be the latest wave of the pandemic, the White House has decided that the situation is dire enough to warrant dipping back into the national test stockpile as part of its [Winter Preparedness Plan](#). You can order yours through [the US Postal Service page here](#).

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**NY should fund free school lunches for all students (Guest Opinion by Rachael Ray)**



*Rachael Ray, of Lake Luzerne, is a Food Network star, author, cook and syndicated talk-show host.*

The holiday season is one of my favorite times of the year. Decorating the house, cozy pajamas, time with friends and family, and of course, great food!

Food is always central for me, especially around the holidays. Things like Thanksgiving turkey, latkes for Hanukkah and my sister's Christmas cookies are a big part of what makes this time of year so special.

Not much can put a damper on my holiday cheer, but this year, hundreds of thousands of New York students are going to school hungry because we no longer provide free school meals for all students.

Let me explain. Back in 2020, in response to the Covid-19 pandemic, the federal government started providing free school meals for all students in public schools.

The policy was a huge success. By ensuring all students have access to healthy meals, universal free school meals boosts test scores and improves classroom behavior, while reducing academic achievement gaps and health disparities.

Providing free school meals to all students was especially important for achieving these positive outcomes because it eliminated administrative burdens and social stigmas that hold many students back from participating in free and reduced-price meal programs.

In addition to the benefits for students, providing healthy meals for all kids also helps schools and families. By enabling schools to purchase ingredients in greater bulk, the per-student price of lunches will be brought down, and by providing free meals for all, families will be saved from going into debt to pay for school meals. At a time when we're all feeling the squeeze from inflation, this policy is a game-changer for families. After all, schools are the only level playing field we have to get nutritious food to all our kids.

Unfortunately, the federal policy ensuring free meals for all expired in June. That meant 726,000 students at 2,000 schools across New York lost access to free school meals this fall.

Students experiencing hunger struggle to focus, have lower attendance than their peers, and are at greater risk of physical and mental health problems. These challenges affect all students and they disproportionately impact Black and Latino kids.

That's the bad news. Here's the good news ... we can fix this! States across the country, including California, Maine, Colorado, Massachusetts, Vermont and Nevada, have all stepped up to provide state funding to ensure healthy meals for all their students. We can, and must, do that in New York, too!

Most people agree that providing free school meals for all students makes sense. Almost 90 percent of New Yorkers support free school meals for all, and more than 200 education, parent and teacher groups, labor unions, anti-hunger, nutrition, health, and equity advocates have signed on to a campaign calling on Gov. Kathy Hochul to fund universal free school meals.

Food brings us together and gives us the fuel we need to live a healthy and productive life. That's why meals are central to so many of the holidays that make this time of year so special.

This holiday season, let's give our kids a gift that they'll use every day: free, healthy meals that will ensure every student has the nutrition they need to achieve their full potential.

Article from <https://www.syracuse.com/opinion/2022/12/ny-should-provide-free-school-lunches-for-all-students-guest-opinion-by-rachael-ray.html?outputType=amp>

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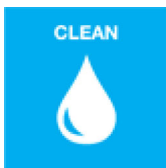
## Four Easy New Year's Resolutions to be Food Safe!

At the New Year many of us think about changes to make our lives happier and healthier and resolve to carry them out. Sometimes the changes are big and difficult, like losing 40 pounds or training for a marathon, and they turn out to be so difficult in the press of work, family responsibilities, etc., that we forget them. But resolving to take the small, simple steps to be food safe in the New Year is neither big nor difficult and can have a significant pay-off.

Maybe you don't take food poisoning, also called foodborne illness, very seriously but the Federal government estimates that there are about 48 million cases of foodborne illness annually – the equivalent of sickening 1 in 6 Americans each year. And each year these illnesses result in an estimated 128,000 hospitalizations and 3,000 deaths. And while foodborne illness can be severe, even life-threatening, for anyone, it's especially dangerous for those most at risk — older adults, infants and young children, pregnant women, and people with HIV/AIDS, cancer, diabetes, or any condition that weakens their immune systems.

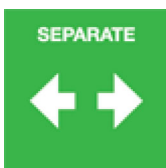
Threats to food safety constantly evolve. New disease-causing organisms emerge and known pathogens become more virulent. In addition, consumers increasingly want food that is less processed. Despite all that government and the food industry do to help protect us, it's clear that individuals need to take every practical step they can to prevent foodborne illness.

So, here are a few suggestions for resolutions to help:



**Clean:** Resolve to wash your hands before, during and after handling food.

According to the Centers for Disease Control and Prevention, handwashing has the potential to save more lives than any single vaccine or medical intervention. To do it effectively, wet your hands with clean running water and apply soap. Rub your hands together to make lather and scrub them well for at least 20 seconds before rinsing thoroughly. Air dry or use a clean paper towel.



**Separate:** If you only have one cutting board, resolve to get another to help avoid pathogens from one food migrating to another, called cross-contamination. Use one for foods that will be cooked, such as meat, poultry, and seafood, and the other for foods like fruits and vegetables that will be eaten raw. That way the raw foods won't be contaminated by the juices from the ones to be cooked. If you do get a



new cutting board, get one that's dishwasher-safe. The very hot water and strong detergent typically used in dishwashers can eliminate a lot of bacteria.



**Cook:** Only by using a food thermometer can you be sure that meat, poultry, fish and casseroles are cooked to a safe internal temperature—hot enough to kill any pathogens that may be present: 145°F for whole meats (allowing the meat to rest for 3 minutes before carving or eating), 158°F for ground meats, 165°F for all poultry, and 165°F for casseroles and leftovers.



**Chill:** Similarly, resolve to get an appliance thermometer to be sure your refrigerator is at or below 40°F. Between 40°F and 140°F is the Danger Zone where bacteria multiply rapidly. The more bacteria, the more likely someone will get sick. Most refrigerators have just a colder/warmer adjustment, so the only way to know the temperature is to put a thermometer inside. And it's a good idea to put one in the freezer to be sure the temperature is 0°F or below.

For more information, check out these resources:

- [Long-Term Effects of Food Poisoning](#)
- [Kitchen Thermometers](#)
- [Separate, Don't Cross-Contaminate](#)
- [Making Food Safer to Eat](#)

Adapted from [foodsafety.gov](https://www.foodsafety.gov) - Adjusted to format NYS requirements

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## **Emergency Feeding Programs!**

Do you have a website or facebook page for your program? Does it share useful information on how to access food, opening hours, etc? We would like to start adding URL's to our find food feature on our website! We feel this would help those in need get the information they need with ease! If you would like to share your website, please email Cathryn Doraby at [cathrynd@regionalfoodbank.net](mailto:cathrynd@regionalfoodbank.net) and we will get it added to your site page!

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## New to Agency Services!

# Meet Jessica<sup>★</sup>



We would like to introduce you to the newest addition to Agency Services, Jessica Welshans. Jessica started with Agency Services in October and is thrilled to be a part of the team. In her spare time, she likes to hike, garden, and spend time with her family. She looks forward to meeting with all of you and working hard to eradicate hunger with the foodbank.

She can be reached at  
518-786-3691 ext 253 or emailed at  
[jessicaw@regionalfoodbank.net](mailto:jessicaw@regionalfoodbank.net)

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## New to Just Say Yes to Fruits and Vegetables!

## NEW TO JUST SAY YES!

Sarah Malone is our new JSY Nutrition Educator at the Foodbank of the Hudson Valley! She fell in love with nutrition a few years ago when she wanted to improve her health. From there, she decided to go back to school to pursue her degree in nutrition. She graduated from Lehman College in May 2022 and was granted a bachelor's degree with high honors in Health Education and Promotion with a specialization in Nutrition Education. When she was offered the position as a JSY Nutrition Educator, she knew it was the perfect fit due to her love for nutrition, preparing healthy meal alternatives, and helping local community members on improving their diets. In her free time, she enjoys going on walks with her dog Daya, watching movies, and cooking. Sarah is excited to be part of the Food Bank of Hudson Valley because she can make a positive difference in someone's life. Sarah can be reached at 845-534-5344 ext 109 or emailed at [smalone@foodbankofhudsonvalley.org](mailto:smalone@foodbankofhudsonvalley.org).



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### Just Say Yes!

*Just Say Yes*  
*To Fruits & Vegetables*

**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.

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!

For more information, contact:

Kristyn Bopp at 518-786-3691 x225, or [KristynB@regionalfoodbank.net](mailto: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](mailto:SMalone@foodbankofhudsonvalley.org)

Sarah covers Dutchess, Orange, Putnam, Rockland, Sullivan, and Ulster Counties

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## Recipes!



# Kidney Beans!

## Key Points

- Before preparing dried beans, sort through for tiny pebbles or shriveled beans.
- Dried beans need to be soaked before they are cooked.
- The best way to soak dried beans is to cover them in cold water and bring to a gentle boil, turn off heat and allow beans to soak in the water for 1-2 hours. \*Do not add salt to the soaking water. Drain water and rinse with fresh water.
- To cook beans, cover with fresh water and simmer for 1-2 hours. Do not let the beans dry out, beans should always be covered with water.



### Rancher's Beans

#### Ingredients:

- 1 teaspoon vegetable oil
- 1/4 cup chopped bell pepper
- 1/4 cup chopped onion
- 2 cups cooked kidney beans
- 2 cups cooked pink beans
- 1/2 cup tomato sauce
- 2 tablespoons brown sugar
- 1 tablespoon mustard
- Salt and pepper, to taste

#### Directions:

1. Heat oil in a large pot over medium heat.
2. Add peppers and onions and cook over medium heat until soft, about 3 minutes.
3. Add beans, tomato sauce, brown sugar and mustard.
4. Cook uncovered for 10 minutes until thoroughly heated.
5. Add salt and pepper to taste. Enjoy!
6. Refrigerate leftovers.

Makes 10 servings.

### Kidney Bean and Pasta Salad

#### Ingredients:

- 1 bell pepper, chopped
- 1 teaspoon onion powder
- 2 teaspoons Italian seasoning or oregano
- 1/3 cup white or red vinegar
- 2 garlic cloves, minced
- 1/4 cup vegetable oil
- 2 tomatoes, diced
- 2 cups cooked kidney beans
- 5 cups cooked pasta, cooled
- 1/2 cup shredded low fat cheddar cheese (optional)
- Salt and pepper, to taste

#### Directions:

1. In a large bowl, mix together pepper, onion powder, Italian seasoning, vinegar and garlic. Stir in oil.
2. Add remaining ingredients and toss together.
3. Add salt and pepper to taste.
4. Chill and serve. Enjoy!
5. Refrigerate leftovers.

Makes 8 servings.

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### Quick Tips!

- One Pound dried beans (2 cups) equals 5 to 6 cups cooked beans
- Beans are an inexpensive source of protein and fiber.
- Dried beans can be kept in an air tight container for a year.
- Remember to rinse all fruits and vegetables before using.

*Just Say Yes*  
To Fruits & Vegetables

This institution is an equal opportunity provider and employer. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.

To find out more, contact 1-800-221-5689.

Visit our website at [www.jsyfruitveggies.org](http://www.jsyfruitveggies.org) for more great recipes!

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### IMPORTANT UPDATE

#### **SCHROON LAKE DELIVERY SITE!**

**If your agency or program picks up at our Schroon Lake delivery site, please note that we are moving to a new location!**

**BEGINNING IN FEBRUARY 2023,  
THE SCHROON LAKE DELIVERY SITE WILL BE:  
2640 HOFFMAN ROAD  
SCHROON LAKE NY 12870**

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**Ordering Information**

## Regional Food Bank Delivery Dates for 2023

### Delivery Sites for 2023

### Distribution and Delivery Calendar for 2023

#### **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](http://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](mailto: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](http://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](mailto:orders@foodbankofhudsonvalley.org)





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