



COMMUNITY FOOD NEWS

A newsletter for Rhode Island Community Food Bank Member Agencies.

Fall 2011

Agency Advisory Committee

Board of Directors Liaisons

Bob McDonough
Susan Santos

Agency Advisory Members

The following attended meetings
Spring & Summer 2011:

Lorraine Burns
ST. TERESA OF AVILA

Liz O'Dea
POVERELLO CENTER

Bob MacDonald
EAST BAY CAP

Susan Gustaitis
PEACE DALE JONNYCAKE CENTER

Michele Baker
BRIDGES, INC.

Diana Litterick
SO. PROVIDENCE MINISTRIES

Diana Burdett
PICA

FALL NEWSLETTER STAFF

NEWSLETTER MANAGER: ERICA HANSON

CONTRIBUTORS:

KELLY LEBEAU, KRISTEN ALLEN, JAMIE ST. LAURENT, LONI MCGRATH

SAVE THE DATE

ANNUAL MEETING

OCTOBER 25TH, 4:30-6PM

AT THE FOOD BANK



The Food Bank will be closed
on the following holidays:

October 10

November 11, 25, 26



Kids Count "Data in Your Backyard" Presentations Reveal New Information

In September and October, Rhode Island Kids Count hosted their "Data in Your Backyard" events in the Woonsocket and Newport communities. At these events, community leaders, policy makers, social workers, advocates and parents learned about the well-being of children and families who resided in these communities. Stephanie Geller, Policy Analyst for Rhode Island Kids Count, presented data from the *2011 Rhode Island Kids Count Factbook*. The *Data in Your Backyard* presentations included highlights of improvements and declines in the well-being of children and youth in these communities.

According to the Rhode Island Kids Count data:

SNAP Participation Increased!

- In October 2010, 1,386 children in Newport were receiving SNAP benefits, a **57%** increase in participation from 2005.
- In October 2011, 4,847 children in Woonsocket were receiving SNAP benefits, a **71%** increase in participation from 2005.

Poverty Levels vs. Standard of Need Discrepancy

- The poverty level in 2010 was \$17,568 for a family of three with two children and \$22,113 for a family of four with two children.
- The extreme poverty level in 2010 was \$8,784 for a family of three with two children and \$11,057 for a family of four with two children.
- The Poverty Institute's 2010 Rhode Island Standard of Need states that a single parent with two young children would need \$48,576 a year to pay basic living expenses, including housing, food, clothing, health care, child care and transportation.

For more information about data in your community, visit the Kids Count website at www.rikidscount.org, and click on "Data".

New Food Bank Members and Agency Announcements!

- Cornerstone Church Food Pantry, located at 1990 Elmwood Avenue in Warwick, has been a member of the Food Bank since July. The pantry is open the 1st and 3rd Saturdays from 9-11:00 am and the 2nd and 4th Mondays from 6-8:00 pm. We are pleased to have a new member in the Warwick area! Welcome!
- Gospel Tabernacle Outreach Meal site, located at 145 Oakland Ave. in Providence would like us to share that they serve meals the 2nd and 4th Saturday of the month from 3-4 PM. If you have clients in the area, please be sure to let them know about this program.

Customer Service Announcements

- 1) For agencies qualified to receive USDA products from the Food Bank, the Food Bank places **bright orange circle stickers** on each of our USDA cases. This will help us, and you, differentiate between USDA products and the shared maintenance and COOP products.
- 2) The Food Bank can always use **banana boxes**. Please return banana boxes that you are not using to the Food Bank.
- 3) The Food Bank will be embarking on some **construction work in our offices and we are redesigning our Customer Service area in November**. Please take notice of our construction and follow safety notices where applicable. We anticipate a low-interruption of services during this time. More information will be announced about this project soon.



Prevent the Pests!



As the weather turns cooler, the presence of unwanted guests at Member Agencies may become an issue...MICE. These creatures are on the hunt for three main comforts; shelter, food, and water. If your location is rich with these resources, you may be their next stop! There are some key food safety concerns regarding pests that we would like to make you aware of:

- ❖ **To Prevent a Chemical Contamination** - Monitor procedures used by pest control operators to be sure pesticides do not contaminate food. Before the pest control company's next visit, ask the exterminator where they will be working and what you should do to prepare for their visit.
- ❖ **To Prevent a Physical Contamination**- Have routine pest control maintenance administered by licensed personnel. Taking on this role on your own could be hazardous. A food borne illness can result from a harmful chemical getting into a food that is then eaten by a person. Examples of dangerous chemicals include those used to clean and sanitize and chemicals used for pest control.
- ❖ **To Prevent a Biological Contamination** - Have a regular cleaning schedule in place. Disease-spreading pests, such as cockroaches, flies, or mice, which are attracted to food preparation areas, may contaminate food, equipment, or service areas. If you remove one of their comforts, food, you help to remove them from your facility.

Take Action to Prevent an Infestation Before it Occurs!

- ❖ Always store food at least 6" off of the floor and 4" away from the wall to deter insects and rodents from gaining access to food packages.
- ❖ Have a pest control company in place and scheduled to come in on a regular basis.
- ❖ Be sure to keep all areas clean and take care of any messes as soon as they are discovered.

To learn more about Chemical, Physical, and Biological Contamination visit:
http://www.fns.usda.gov/tn/Resources/servingsafe_chapter1.pdf



Meet Sesame Street's Newest Muppet, Lily!

Lily will star in a one-hour Sesame Street special that airs Oct. 9th on PBS dealing with hunger. *Growing Hope Against Hunger* presents families' personal stories to raise awareness of the widespread issue of hunger in the United States, as well as strategies that have helped these families find resources and grow stronger together.

Feeding America worked closely with the Sesame Street Workshop to make sure that the special struck the appropriate tone and was accurate. Three of the families highlighted in the special are Feeding America clients.

The special highlights several strategies of empowerment, told through the eyes of children; viewers will meet a 7-year-old child who organizes a food drive for the pantry that helped her family; a community that arranges for struggling families to get unlimited access to healthy, fresh organic produce; a 10-year-old girl who collects food from high-end restaurants for an urban "food desert"; and a family that uses food assistance (WIC and SNAP) as the mother received culinary job training program -- a program that ultimately changes their lives. These stories mirror some of the things shown happening on *Sesame Street*: food drives, a community garden, and neighbours who help neighbours.

The Primetime Television Special Sponsored by Wal-Mart will Premier on October 9 at 7 pm ET/ PT on PBS Featuring New Muppet, Lily, Whose Family Faces Hunger.

In addition, a Spanish version of the special will air **on October 22nd at 1 PM ET/PT on Univision and on October 23rd at 1 PM ET/PT on Telefutara.**

All materials will also be available online at sesamestreet.org/food.

What's Being Done at Our Food Bank?

The Rhode Island Community Food Bank received 500 of the *Food for Thought: Eating Well on a Budget* kits courtesy of Feeding America, and over the past year we have trained our Member Agencies that work directly with families and children, on the many activities that the kits contain, and we have had the ability to place Nutrition Education Volunteers at food pantries to host viewing parties and we are hoping to place more students in the very near future. Additionally, kits were provided to our Kids Cafe sites to use for nutrition education activities.

Want to Host Your Own Viewing Party?

If you are interested in viewing the show with a group, attached to this email is a listing of some talking points to facilitate a conversation with the group. Call Kelly LeBeau at (401)942-6325 ext.241 to request a DVD or volunteer services for hosting your own screening! Please share with us your stories about how the group sessions go!

SNAP Outreach

Provided by SNAP Outreach Coordinator, Jamie St. Laurent

School is back in session and the holidays are just around the corner. For many people the holidays signify spending time with family and friends but also EATING! Unfortunately for many Rhode Islanders, it is difficult to put together a healthy holiday meal for their families. But, SNAP (Supplemental Nutrition Assistance Program) is already helping thousands of families meet their needs and is helping them provide healthy meals every day.

SNAP is a great way to purchase some extra food, especially around the holidays. Remember, participants can save SNAP benefits for up to 12 months, so if families can start saving some benefits now, they can buy something extra special in a few months.

Now that school is back in session, it would be helpful to assist families in filling out forms for free or reduced lunch. For SNAP recipients, children are automatically eligible. Using all these different resources can help save money and ensure that families have a healthy meal to share during the holiday season.

Grandma's Stuffing

Serving Size: 1/8 of recipe
Yield: 8 servings

Ingredients:

10 cups whole wheat bread cubes or white bread or buns, dry
1/3 cup water
1/2 cup chopped onion
1/2 cup chopped celery
1 teaspoon parsley, dried or 1 Tbsp fresh parsley chopped
1/4 teaspoon salt
1/4 teaspoon black pepper
1 1/2 cups milk
1 lightly beaten egg
2 medium pared, cored and chopped apples or 1/4 cup raisins (optional)

Instructions:

1. Preheat oven to 350 degrees.
2. Put cubes in a large bowl. Set aside.
3. Put water in medium saucepan. Add onion, celery, parsley, salt and pepper. Cook for 5 minutes. Do not drain. Pour over bread cubes.
4. Stir in milk and egg. Gently stir in apples, and raisins, if desired.
5. Spoon into a greased 2-quart baking dish. Bake at 350 degrees for 1 hour.

Cost:

Per Recipe: \$ 3.13
Per Serving: \$ 0.39

Nutrition Facts	
Serving Size 1/8 of recipe (124g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 410mg	17%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 6g	
Vitamin A 4%	• Vitamin C 2%
Calcium 15%	• Iron 10%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories 2,000 2,500</small>
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

Agency Orientations

Orientations are required for any new staff or volunteers who will be ordering, shopping, or picking up food from the Food Bank. Orientations are also a good reference for anyone who would like to brush up on their Food Bank knowledge.

SCHEDULE:

Tuesday, October 18 from 3 – 5:30 PM
Friday, October 28 from 9:30 AM – 12 noon
Wednesday, November 9 from 9:30 AM – 12 noon

To register, or to find out when more Orientations are being held, call Agency Services at 942-6325.

Regional Meetings for Agencies

Newport County Agency Forum: The meeting is slated to be held in Middletown. Please call Loni McGrath at 942-6325 ext. 253 or email lmcgrath@rifoodbank.org for information.

Woonsocket Agency Forum: Monday, October 24, 12:30 - 2:00, SVDP Bryan's Pantry, 190 North Main Street. Please call Kelly LeBeau at 942-6325 ext. 241 or email klebeau@rifoodbank.org.

Mission Statement

The Rhode Island Community Food Bank provides food to people in need and promotes long-term solutions to the problem of hunger.