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WEDNESDAY APRIL 2, 2014



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NATIONAL VOLUNTEER WEEK

National Volunteer Week is April 6-13, 2014. Recognize your volunteers during this time of celebration. A hand-written note or phone call to thank those who choose to give their time and energy can show how much you appreciate their efforts. Consider contacting your local newspaper or TV station to highlight one or more of your volunteers or use this as a way to encourage others to get involved in supporting the fight against hunger in your community.

PRODUCT UPDATE PAGE

For current product updates remember to check the Product update section of the website under the Member Programs tab on the **website**.

On this page you will find information on new items, changes in product limits, and product details.

Look for more tomato recipes!

USDA FRESH TOMATOES

USDA tomatoes have arrived at Food Bank. This is a USDA product so it is free! The tomatoes will be in cases of approximately 20 lbs, and initially will not need to be refrigerated. We will be automatically **shipping tomatoes to every USDA eligible program receiving a delivery** to ensure that the product is distributed in its freshest possible state and none is wasted. We are asking all programs receiving this

product to make an extra effort to distribute the tomatoes in a timely fashion, allowing clients to take as many as they can use.

For programs not receiving a delivery, the USDA tomatoes (item code 28-29-0014) will also be available for menu ordering, if you wish to order them for pick up or to piggy back on another program's order.

There are no limits on the number of cases you can order, but please remember to only take what you can distribute quickly and safely! There is plenty to go around but this is a perishable product.

AVOCADO AND TOMATO SALAD

Makes 6 servings.

INGREDIENTS

- 4 peeled, pitted, chopped avocados
- 4 diced tomatoes
- 1 thinly sliced red onion

Black pepper to taste

Balsamic vinaigrette dressing (or your preference)

DIRECTIONS

Add avocados, tomatoes and onion to a large serving bowl.

Sprinkle mixture with pepper and add dressing to bowl. Mix well.

Cover bowl and place in refrigerator for at least 1 hour before serving.

NUTRITIONAL INFORMATION

Nutrition Facts Per Serving: 230 calories; 20 g fat; 3 g saturated fat; 0 mg cholesterol; 15 mg sodium; 16 g total carbohydrate; 10 g fiber; 3 g sugars; 3 g protein; 15% vitamin A; 60% vitamin C; 2% calcium; 8% iron

TOMATO CUCUMBER SALAD

Makes 6 servings

INGREDIENTS

- 1/4 cup olive oil
- 2 tablespoons lemon juice
- ½ teaspoon pepper
- 1/4 teaspoon salt
- ½ cup sliced onions
- 1 large sliced cucumber
- 1 large chopped tomato

DIRECTIONS

In a large serving bowl, stir together olive oil, lemon juice, pepper, and salt.

Add onions, cucumber, and tomato. Toss gently to coat. Store in refrigerator until serving.

Optional: $\frac{1}{2}$ teaspoon of basil, oregano or rosemary.

NUTRITIONAL INFORMATION

Nutrition Facts Per Serving: 150 calories; 14 g fat; 2 g saturated fat; 0 mg cholesterol; 150 mg sodium; 4 g total carbohydrate; 1 g fiber; 2 g sugars; 1 g protein; 4% vitamin A; 30% vitamin C; 2% calcium; 4% iron

VOLUNTEERS RECEIVING FOOD AT AN EMERGENCY FOOD PROGRAM

People whom volunteer in your emergency food programs are allowed to use the emergency food program to receive food if they are income eligible. We encourage program coordinators to distribute food in a fair and equitable manner that does not promote favoritism for people who volunteer. As per the Agreement/Release and Criteria for Food Bank Member Agencies "Volunteers or workers will not be "paid" with food. They may receive normal assistance if they meet the income guidelines."

Some programs use random numbers during distribution, have volunteers in need come on a different day than the day they volunteer and others have volunteers take turns during the distribution receiving food like all the other guests.

This reminder is not to discourage you from allowing past or present guests from volunteering. Often volunteers that have or do use emergency food programs can be some of the most empathetic and helpful volunteers.

Please call Sarah at x267 if you have any questions or concerns.

WHAT DOES "GLUTEN-FREE" REALLY MEAN?

Gluten-free eating has been on the rise in recent years. With all the buzz about gluten-free products, it's helpful to know what gluten is, and why some people avoid it.

Gluten is a protein found in certain grains, such as wheat, barley, and rye. And because gluten makes food taste good and improves texture, it can be found everywhere in our food supply.

People may need to avoid gluten-containing products if they have celiac disease or non-celiac gluten sensitivity. Celiac disease is an autoimmune disorder in which even a tiny amount of gluten can cause a person's antibodies to attack their own intestines. The intestinal walls can be damaged, which will impact the person's ability to absorb nutrients. Non-celiac gluten sensitivity does not destroy the intestines, but it may cause stomach upset or other similar symptoms.

If you have a client with one of these gluten disorders, it is important to communicate to them the ingredients of any meal and the methods of preparation. And if you are preparing a gluten-free item, you must always be aware of the potential for cross-contamination. Gluten can become airborne, so it can easily contaminate other foods in the same area. Gluten can also be transferred to other foods if gloves are not changed or equipment is not cleaned and sanitized. The safest way to serve anything without gluten is to look for the words "gluten-free" on the nutrition facts label.

For more information on gluten and gluten sensitivities, please visit: http://www.celiaccentral.org
For a list of foods and ingredients that contain gluten, go to: http://celiac-disease.com/gluten-ingredients/#z

25TH ANNUAL MEMBER PROGRAM CONFERENCE AND COMMUNITY AWARENESS DAY

25th Annual Member Program Conference and Community Awareness Day Sponsored by UnitedHealthcare Community Plan will be April 25, 8:30am-4pm at the Holiday Inn on Electronics Parkway. In the morning the Keynote speaker will be Matt Knott, President of Feeding America. Matt will share a national perspective on hunger, outline broad strategies that Feeding America is pursing in the fight to end hunger, and share Feeding America's perspective on the importance of local, regional and national collaboration. He will also discuss how partnerships strengthen the safety net and more effectively support our clients as they strive for self-sufficiency.

In our General session Lieutenant Jonathan Anderson from the Onondaga County Sheriffs Department will focus on the issue of Situational Awareness and will introduce law enforcement and first responders strategies for identifying and responding to threatening situations. These strategies serve to decrease injury and increase escapability in active threat situations. These practices are adaptable for the volunteer workplace and are intended to develop situational awareness.

In the afternoon there will be several breakout sessions focusing on member program best practices, SNAP updates, nutrition for older adults, advocacy, volunteerism, and a presentation by this year's sponsor UnitedHealthCare Community Plan.

Registration: for Food Bank Member Programs is \$10 per person; for non-Food Bank Members is \$30 per person. Please register prior to the conference, you may not pay at the door. Registration packets can be found in E-Agency and on our website under **events tab**.

April 25, 2014 8:30am to 4:00pm Holiday Inn 441 Electronics Parkway Liverpool, NY 13088

EDUCATIONAL OPPORTUNITIES

Orientation: Come learn who we are, what we do, and how to best utilize our services for your program. All new coordinators and volunteers of existing programs are encouraged to attend. Orientation is held on the first Tuesday of every month from 10am to 1pm in the training room at Food Bank of CNY. Please call ahead to register by contacting Annie Ockert at 315-437-1899 x251. Upcoming dates are May 6th and June 3rd.

Basic Food Safety for Food Pantries and Soup Kitchens: This class will be offered on the first Tuesday of the month, from 2-3pm for food pantries and 2-4pm for soup kitchens. Soup Kitchens and any agency where food is prepared, must complete the two hour training. Pantries and other programs that do not prepare food must complete the first hour. Agencies must have a staff member or volunteer who has completed this training on site when distributing food. This class fulfills the HPNAP and agency membership food safety training requirement. All agency staff and volunteers are invited at no cost. Please contact Kelly Wright x261 to register.

REMINDERS

HPNAP Equipment

If you have broken or non-repairable HPNAP equipment you would like to dispose of you must contact Food Bank for permission prior to disposal. Once you receive written permission you may then dispose of HPNAP equipment. If you are unsure if the piece of equipment is HPNAP property look for a black sticker with silver writing that states "Property of New York State HPNAP" or if it is very old it would say "Property of New York State S.N.A.P." Please contact Annie x251 for more information.

Web Ordering

If you are placing a pickup order through Agency Express/Web ordering please refrain from picking a 12pm appointment time. As you know we do not have appointments for pickups, you can come any time between 9am-3:30pm. There is a glitch in the web ordering system that if you choose a 12pm pickup time it can be mistaken for a delivery.

SPRING CLEANING

What's in your freezer?

Now may be the right time to plan some meals out of your freezer. Spring is coming and it's always nice to have some room to freeze some of those wonderful spring and early summer fruits and vegetables. If your freezer gets like mine sometimes does, grab your gloves and prepare for some mining. Think categories: what gets tossed, what's "ready to cook", what needs a day or two to thaw. Maybe you won't need to go to the store after all.

When planning some meals out of your freezer or just using up some leftovers, don't forget the escalloped method. This is a great casserole method that uses not only meats and vegetables, but also that frozen or day old bread or rolls you would rather not throw away. Basically, you mix an item like diced chicken or corn with onions, celery and a "custard consistency" blend using stock, milk and eggs. The result is a mash-up of stuffing and poultry or vegetable. Some of my favorite things to do escalloped are turkey, corn and oysters.

Enjoy!

JUST SAY YES TIPS: SPINACH

- For the best buy, choose spinach with crisp, dark green leaves.
- To prepare spinach, rinse leaves well to remove all the dirt.
- To store fresh, refrigerate for up to 3 days.
- Spinach contains vitamin A, which is good for healthy eyes and skin.
- Add spinach to homemade or canned soups.
- Cook spinach and add to rice and pasta dishes.
- Use spinach in tossed salads.
- Remember to rinse all fruits and vegetables before using.

SPINACH ORANGE SALAD

Makes 4 Servings

INGREDIENTS

- 4 cups fresh spinach, stems removed and torn
- 2 cups orange sections
- 1 onion, sliced thin
- 1 tablespoon vegetable oil
- 1 tablespoon vinegar
- 3 tablespoons orange juice

Salt and pepper to taste

DIRECTIONS

- 1. In a large bowl, combine spinach, orange sections and onion slices. Toss gently.
- 2. In a small bowl, combine oil, vinegar and orange juice to make dressing. Mix well.
- 3. Pour dressing on top of spinach mixture. Add salt and pepper to taste.
- 4. Toss well and serve.
- 5. Refrigerate leftovers.

NUTRITIONAL INFORMATION

Nutrition information per serving: 110 calories, 3.5g fat, 0g saturated fat, 0mg cholesterol, 30mg sodium, 19g carbohydrate, 4g dietary fiber, 2g protein, 60% vitamin A, 110% vitamin C

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