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WEDNESDAY JULY 2, 2014



THE  
SIDE  
DISH



## FOOD AND OPERATION SUPPORT GRANTS

- Award letters for Food and Operation Support grants have been mailed
- If you have question or would like to learn more about your score please contact Sarah Miller-Locke ext 256.
- Please return the signed agreements by July 31st.

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## TEFAP AGREEMENTS

2014-2015 TEFAP agreement and income guidelines with updated intake forms are available on the Food Bank's website; located on the front page of E-Agency.

To access E-Agency please follow these steps:

- go to [www.foodbankcny.org](http://www.foodbankcny.org)
- click on Member Programs Tab
- click on E-Agency
- click on Launch E-Agency
- Username: (5 digit program number)
- Password: (5 digit program number)

**The signed TEFAP agreement is due at Food Bank by September 30, 2014.**

If you need these forms mailed to you please call Annie at 315-437-1899 or 1-800-444-1562 x 251.

### FOLLOW US



## SUMMER FOOD SERVICE PROGRAM

The Summer Food Service Program was created to ensure that children in lower income areas could

continue to receive nutritious meals during summer break, when they do not have access to school lunch or breakfast. Although millions of children depend on nutritious free and reduced-price meals and snacks at school for 9 months out of the year, just a fraction of them receive the free meals provided by the Summer Food Service Program during the summer months. For more information look to the Food Bank [Website](#)

To locate sites near you:

- Install Range App for free on your Android or Apple smartphone: enter your zip code and get nearby sites.
- Text FOOD to 877877 and a list of sites will be sent.
- Call the Summer Food Service Program hotline at (866) 3-HUNGRY.
- The New York State Education Department has an interactive map with information on all the summer meal sites in New York State that can be [accessed here](#).
- The New York State Department of Health's Growing Up Healthy Hotline, 1-800-522-5006, can also help locate a summer meal site in your community.

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## SHARED MAINTENANCE FEES

- Your program should have received a letter with your food grant agreement outlining the changes to Shared Maintenance Fees starting July 1, 2014.
  - Shared maintenance fees were created by our parent organization, Feeding America, to help Food Banks offset the high costs of acquisition, warehousing and distribution of product. When an agency requests to become a member of Food Bank, they agree to pay a share of these costs.
  - For 15 years Food Bank of Central New York has maintained its shared maintenance fees to member agencies at \$.14/lb. As noted above, these fees have not increased through the years and have been maintained at a minimal level and at times, decreased to help with product movement (produce and perishable items decreased to \$.07/lb. in 2006).
  - In preparing the budget for Fiscal Year 2014-2015, the costs associated with acquiring, warehousing and distributing the product were analyzed to ensure that the Food Bank was able to continue services at the same level as years past. The results of this analysis showed that there are significant costs associated with acquiring, warehousing and distributing donated products.
  - Therefore, for Fiscal Year 2014-2015 the shared maintenance fee will increase at the following levels: Bread \$.05/lb. Produce \$.09/lb. All other donated product \$.16/lb.
  - Unlike other food banks, Food Bank of CNY has never had a delivery fee and will continue to deliver directly to our programs without charge.
  - Food Bank annually seeks and requests funds from different sources to help fund our operations which in turn allows Food Bank to keep the fees lower than the national cap and we are committed to continue this research and attempt to procure additional funds when available.
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## WHAT IS A GLUTEN FREE DIET?

A gluten free diet is a diet free of the protein gluten. It's a protein found in wheat, rye, barley, and crossbreeds of these grains.

### Who requires a gluten free diet?

People who are diagnosed with Celiac disease by their physician are required to eat a gluten free diet.

### Common gluten sources:

•Wheat •Barley (Anything with malt) •Rye •Spelt •Semolina  
•Bulgur •Couscous •Durum Flour •Graham Flour •Triticale  
•Farina Flour •Seitan •Kamut

### Foods to avoid unless specified gluten free:

•Breading, coating or panko crumbs •Stuffing •Flour & Cereals  
•Thickeners •Baked goods •Processed lunch meats •Pastas  
•Imitation seafood & bacon •Sauces, gravies •Soy sauce  
•Broth & soup bases •Candy •Croutons •Marinades •Brown Rice Syrup  
•Salad Dressings

### Foods that are gluten free:

•Fruits & Vegetables •Meat •Beans •Nuts •Milk •Eggs  
•Most yogurts •Cheese

### Gluten Free Grains & Starches

•Quinoa •Sorghum •Amaranth •Millet •Rice •Arrowroot  
•Tapioca •Corn

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## 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. Next dates are August 5th, September 2nd, and October 7th.

**Basic Food Safety for Food Pantries and Soup Kitchens:** This class will be offered on the first Tuesday of the month, from 2-3 p.m. for food pantries and 2-4 p.m. 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.

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## JUST SAY YES TIPS FOR STRAWBERRIES

- For the best buy, choose strawberries that are bright red and firm.
- To prepare fresh strawberries, rinse and remove stems.
- To store fresh, refrigerate strawberries for up to 3 days.

- Strawberries contain vitamin C, which is good for fighting colds and healing cuts.
- Top hot or cold cereal with strawberries.
- Mix strawberries with yogurt or cottage cheese.
- Blend strawberries, yogurt, honey and orange juice for a fruit smoothie!
- Kids can help! Taking off the green “hats” on strawberries is an easy, fun way to enjoy cooking with your child!
- Remember to rinse all fruits and vegetables before using.

## STRAWBERRY PEPPER SALSA

Makes 6 Servings

### INGREDIENTS

2 cups chopped strawberries  
 ½ red onion, thinly sliced  
 1 jalapeno pepper, diced  
 ½ red bell pepper, chopped  
 ½ green bell pepper, chopped  
 ½ orange bell pepper, chopped  
 2 tablespoons lemon juice  
 1 tablespoon vegetable oil  
 Salt, pepper, and cilantro to taste

### DIRECTIONS

Combine all ingredients in a bowl and mix well.  
 Serve and enjoy!  
 Refrigerate leftovers.

### NUTRITIONAL INFORMATION

Nutrition information per serving: 50 calories, 3g fat, 0g saturated fat, 0mg cholesterol, 30mg sodium, 7g carbohydrate, 2g dietary fiber, 1g protein, 130% vitamin c

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#### Food Bank of Central New York The Side Dish

7066 Interstate Island Road  
 Syracuse, New York 13209  
 (315) 437-1899