



Advocacy and Agency Update

Dates To Remember:

The Food Bank will be closed on Monday, February 21, 2011 to observe President's Day. If your standing appointment falls on a Monday, please call 601-434-0875 to re-schedule.

The food bank will be closed Thursday and Friday February 24 & 25 for inventory. Please reschedule shopping appointments that you have booked for those days.

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1.1 News You Can Use

One time only, stackable chairs available at Second Harvest

Available (first come, first served): 30 stackable chairs. If you need chairs for a waiting area or around a table, then come and get them!

Who You Gonna Call?

We are here to support all of our member agencies. Please do not hesitate to contact us if you have questions and/or concerns. The following people can be reached at 610-434-0875.

- Call Lindsay Deemer if you have questions about "senior boxes."
- Call Erica or Evelyn if you are checking on the arrival of your order.
- Call Steve or Ann if you want to schedule a delivery.
- Call Erica if you want to schedule a shopping appointment or if your 'fax' didn't arrive as expected.
- Call Maria if you have a distribution issue, need training and/or advice.
- Call Sharon if you have a fundraising question.

Second Harvest also supports programs that educate community members about local hunger and advocates for legislation that will contribute to ending hunger.

- Call Elisa at 484-893-1106 if you have questions about pending legislation, poverty, or other advocacy issues.

As always, concerns, complaints, and compliments can be directed to Ann at 610-434-0875 x3308 or am-cmanus@caclv.org.

Coming In March

Annual head count. A form will be provided for you to report participation numbers. Please be prepared to report counts of all individuals (unduplicated) that you serve between March 1 and March 31. We use this information in our advocacy efforts on behalf of our member agencies. Like the U.S. Census Bureau, if we do not hear from you, we will call you! It is very important that everyone gets counted!

1.2 CACLV Launches New Blog, Poverty's Edge

Community Action Committee of the Lehigh Valley launched a blog entitled Poverty's Edge on January 17, 2011. The blog will feature information about the exciting projects taking place at CACLV, upcoming events, as well as information about poverty, hunger, homelessness, the economy, and current legislation.

Second Harvest's very own 2011 Hunger Study was featured on January 18th to celebrate the kick-off of this large-scale survey-research project.

Please join us on the blogosphere. Numerous CACLV employees and volunteers will contribute to the content of this blog, so it should be up-to-date and interesting to read.

Visit <http://caclv.wordpress.com/> to learn more about CACLV, its work in the community, and ways that you can join the fight against poverty.



2.1 Cooks' Corner

Black Bean Chicken

Ingredients:

- Four 4 oz boneless, skinless chicken breasts
- 1 cup cooked black beans
- ½ cup diced red onion
- ½ cup corn, roasted*
- Juice of 3 limes
- 1 tablespoon minced or sliced garlic
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 jalapeño pepper, finely chopped (seeds removed if you want to turn down the heat)
- 2 tablespoons chopped cilantro leaves



Instructions:

- To roast corn; pour kernels (thawed if from freezer) on a nonstick cookie pan. Bake at 425 degrees for 20 minutes or until browned, stirring occasionally.
- In a deep nonstick sauté pan, sear the chicken breasts on one side over medium-high heat until brown.
- Flip chicken over and add remaining ingredients, except cilantro.
- Cover and cook for about 5 minutes at low heat.
- Check for doneness (chicken's internal temperature should be 165 degrees F). Add the cilantro.
- Cook for 1 minute more.
- Serve hot.

Nutritional Info (per serving):

220 calories, 2g fat, less than 1g saturated fat, 66mg cholesterol, 31g protein, 5g fiber, 77mg sodium.

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2.2 Hours of Operation

It has come to our attention that some of the contact information and the hours of operations posted on our website for our member agencies are inaccurate. We are in the process of updating our records. You can help by reviewing the enclosed document in this Update and verifying whether or not your contact information and hours of operation are correct.

Please contact Erica at 610-424-0875 if any changes need to be made.

In the future, please let us know if you change your hours of operation, contact number, and/or address. We want to make sure that our records are always up-to-date so that we can best serve you and our participants.

Thank you for your cooperation.

We are updating our records at Second Harvest, please verify your contact information and let us know of any changes.

For more information, see section 2.2

3.1 Fighting Foodborne Illness

What is one of the most important thing you can do to fight food poisoning?
Here are a few hints:

- It takes only 20 seconds (if you do it the right way).
- It requires only 3 ingredients.
- Anyone can do it, even very young children.

The answer is **Wash Your Hands**. Over and over again, studies have shown that hand-washing is one of the most effective ways to prevent the spread of many types of infection and illness—including foodborne illness.

Wash Your Hands the Right Way

When you wash your hands the right way, it takes only 20 seconds and requires only three ingredients: running water, soap, and something to dry your hands (a clean towel or air).

Here's how to do it:

- Wet your hands with clean running water (warm or cold) and apply soap.
- Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.
- Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under running water.
- Dry your hands using a clean towel or air dry.

And here's when to do it:

- Before, during, and after preparing food
- Before eating food
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- Before and after caring for someone who is sick
- After blowing your nose, coughing, or sneezing
- After touching an animal or animal waste
- After touching garbage
- Before and after treating a cut or wound

What About Hand Sanitizers?

Washing hands with soap and water is the best way to reduce the number of germs on them. But, if soap and water are not available, use a hand sanitizer.

Important: Hand sanitizers are not effective if your hands are visibly dirty. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do **not** eliminate all types of germs.

Always use an alcohol-based hand sanitizer that contains at least 60% alcohol. Here's how to use hand sanitizer properly:

- Apply the product to the palm of one hand.
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.



section 3.1

The most effective way to prevent foodborne illness is to wash your hands often.

SECOND HARVEST Food Bank

of Lehigh Valley
& Northeast
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A Program of

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Community Action Committee
of the Lehigh Valley

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4.1 Save the Date

The Lehigh County Conference of Churchs' Justice and Advocacy Committee will hold its annual Spring Workshop on Food and Hunger on Saturday, April 9, 2011.

The program will include workshops on Bread for the World's 2011 *Offering of Letters* campaign as well as presentations on local food and hunger issues.

The 2011 *Offering of Letters campaign* will encourage both parties in Congress and the President to work together to improve the efficiency and effectiveness of U.S. foreign assistance to address hunger, health problems, and child malnutrition in developing countries.

The April 9th workshop will offer materials, information, and creative learning experiences to equip you to organize an *Offering of Letters* campaign in your church, campus, or group.

Stay tuned for more information about this event!