

AGENCY AND ADVOCACY UPDATE



February, 2010

SECOND HARVEST FOOD BANK OF LEHIGH VALLEY AND NORTHEAST PENNSYLVANIA IS A PROGRAM OF COMMUNITY ACTION COMMITTEE OF THE LEHIGH VALLEY



February, 2010



"As individuals, governments and a global community, we have a responsibility to solve hunger and its consequences. Working together, we have the opportunity to positively affect people's lives and our collective future." –Senator Arlen Specter

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DATES TO REMEMBER:

The Food Bank will be closed on Monday, February 15, 2010 so that our employees can observe President's Day with their loved ones. If your standing appointment falls on Monday, please call the Food Bank (610-434-0875) to reschedule.

News You Can Use

Grant \$ Available!

Emergency food providers (shelters, soup kitchens, pantries) are encouraged to make use of Second Harvest grants to cover the Shared Maintenance Fees on donated product. How? By ordering from LCL, SHY, SHB categories on the order sheet.

Agencies receiving grant monies from other sources will be expected to exhaust those funds before Second Harvest grants are applied. The Food Bank Advisory Board has stated that grant funds should not be applied to delivery fees. If this creates a hardship for your agency, please contact the food bank.

Bill White and His Readers Came Through Again!

Morning Call readers donated in excess of \$14,000 this year in the hopes of winning a guided tour of the Valley's Christmas decorations. These donations will be used to cover Shared Maintenance Fees for pantries, shelters, and soup kitchens in the Morning Call service area.

We are very grateful to Bill for his fundraising efforts on behalf of hungry Lehigh Valley residents. You can express your thanks to Bill for his work at bill.white@mcall.com.

In the Freezer

SHFB currently has an abundance of frozen poultry products packed in bulk and suitable for all on-site meal preparation. Choose from breaded strips, fritters, and chunks to heat and serve, or raw leg quarters or boneless thighs.

Emergency pantries can receive frozen meats that they ordered through the State Food Purchase Program. Ground beef and chicken leg quarters (in new, smaller packaging) are available for order through agency picking lists.

Frozen USDA commodities, including chicken, turkey breast, and ham are available to qualified agencies. See the order sheet.

Please report

Please report the total number of Self-declaration of Need forms that you have collected between July 1 and December 31, 2009, ASAP. From now on, please report the number of **new** Self-declaration of Need forms that you collect each month with your regular Monthly Participation Report. PA Department of Agriculture **needs** these numbers!

Cook's Corner

Cheesy Mini Meatloaves

Quick meatloaves seasoned with dry onion soup mix and cheddar cheese... a twist on an old favorite.



Hands on time: 15 minutes; total time 40 minutes.

This recipe makes 4 servings (1 mini loaf each)

Ingredients:

- 3/4 cup Hunt's® Ketchup, divided*
- 2 teaspoons firmly packed brown sugar
- 1 teaspoon Gulden's® Spicy Brown Mustard *
- PAM® Original No-Stick Cooking Spray *
- 1 pound ground chuck beef
- 1 egg, slightly beaten
- 2 tablespoons dry onion soup mix (half of a 1-oz pkg)
- 1/2 cup plain dry bread crumbs
- 1/2 cup shredded cheddar cheese

Directions:

Preheat oven to 375 °F.
 Combine 1/4 cup of the ketchup, brown sugar and mustard in small bowl; set aside. Lightly spray 13x9-inch baking pan with cooking spray; set aside.
 Mix beef, egg, soup mix, bread crumbs, cheese and the remaining ketchup in large bowl until well combined.
 Divide meat mixture into 4 portions (about 1 cup each) and form into 5 x 2 x 1-inch loaves. Arrange in prepared pan.
 Bake 20 to 25 minutes.
 Remove from oven and evenly top each loaf with ketchup mixture.
 Bake an additional 5 minutes or to an end temperature of 165 °F in the center.
 Cool 5 minutes before serving.

*Substitute another brand if desired.

Nutritional information (per serving):

Nutrient Name	Nutrient Value	Unit	Daily Value %
Calories	450		
Calories from Fat	200		
Total Fat	22	g	34%
Saturated Fat	9	g	45%
Trans Fat	1	g	
Cholesterol	120	mg	40%
Sodium	1100	mg	46%
Carbohydrates	26	g	9%
Dietary Fiber	< 1	g	4%
Sugars	14	g	
Protein	37	g	
Vitamin A		IU	10%
Vitamin C		mg	10%
Calcium		mg	20%
Iron		mg	25%



Funds Invested for Tomorrow

Start saving now and earn up to 100% match on every dollar you save, up to \$2,000!

What does the program offer?

Through Funds Invested for Tomorrow, you will be able to open a savings account, even if other banks have denied you in the past. Through a special agreement with Susquehanna Bank, you will have a savings account and staff support from Community Action Financial Services and Neighborhood Housing Services of the Lehigh Valley to learn very important money management skills.

You will get **FREE** advice from many different sources on how to save your money. By using Susquehanna Bank, you will establish good credit for yourself and learn better ways to save your money by avoiding commercial check cashing services. By completing the program successfully, you can earn up to \$2,000!

Learn where to get the support you need to buy a house, build your own business, or save for education.

What do I have to do?

Contact Community Action at 610-691-5620 to make an appointment to apply and choose your savings goal. Then you will be able to open your account at Susquehanna Bank.

You will be required to save a minimum of \$40 a month for at least 6 months. Most people will stay in the program for two years so that they have more time to save money.

You will receive a schedule of free seminars when you enroll. You will need to attend a minimum of four seminars before you apply for the matching funds.

Eligibility*	
Size of Family Unit	Earned Income Limit (Yearly)
1 person	\$21,660
2 people	\$29,140
3 people	\$36,620
4 people	\$44,100
5 people	\$51,580
6 people	\$59,060

*Note you must have earned income to be eligible for this program. Earned income is generally tied to employment. Examples of earned income are wages, salary, or income from self-employment.

List of Goals:

Home Ownership/ Home Repair: Closing costs, down payment, re-carpeting, purchasing a furnace, remodeling a room, and/or fixing a roof

- ◆ Attend our First Time Home Buyers Seminars held 7 times per year, several times in Spanish

Business Start-Up/ Business Assets: Buy equipment, pay for licenses and/or inspections

- ◆ Attend the Start Your Own Business Programs at Community Action Development Corporation of Bethlehem and Community Action Development Corporation of Allentown

Education for Self or Child

- ◆ Pay for tuition, books, supplies, and/or room and board



Family Savings Account Program

Start saving now and earn a 100% match on every dollar you save, up to \$2,000!

What does the program offer?

Through the Family Savings Account Program, you will be able to open a savings account, even if other banks have denied you in the past. Through a special agreement with three local banks, you will have a savings account and support from FSA staff to learn very important money management skills.

You will get **FREE** advice from many different sources on how to save your money for long-range goals. By using a bank, you will establish good credit for yourself and learn better ways to save your money by avoiding commercial check cashing services. By completing the program successfully, you can earn up to \$2,000!

Learn where to get the support you need to buy a car, buy a house, do repairs on a house you already own, build your own business, or save for education.

What do I have to do?

Contact Susan Zlotnick at 484-893-1064 to make an appointment to fill out an application and decide on your goal. Then you will be able to open your account at either Firsttrust Bank, KNBT, or Lafayette Ambassador Bank. Para hablar con alguien en español, llame Annette Santiago en 484-893-1037,

You will be required to save a minimum of \$40 a month during the time you are active in the program. You must be enrolled in the program for at least 13 months. Most people will stay in the program for two years so that they have more time to save their money.

You will receive a schedule of free seminars when you enroll. You will need to attend a minimum of four of those seminars before you apply for the matching funds.

Eligibility	
Size of Family Unit	Earned Income Limit (Yearly)
1 person	\$39,200
2 people	\$44,800
3 people	\$50,400
4 people	\$56,000
5 people	\$60,500
6 people	\$64,950
7 people	\$69,450
8 people	\$73,900

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Home Ownership/ Home Repair: Closing costs, down payment, re-carpeting, purchasing a furnace, remodeling a room, and/or fixing a roof

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Business Start-Up/ Business Assets: Buy equipment, pay for licenses and/ or inspections

- ◆ Enroll in the Start Your Own Business Programs at Community Action Development Corporation of Bethlehem and Community Action Development Corporation of Allentown

Education for Self or Child: Pay for tuition, books, supplies, and/or room and board

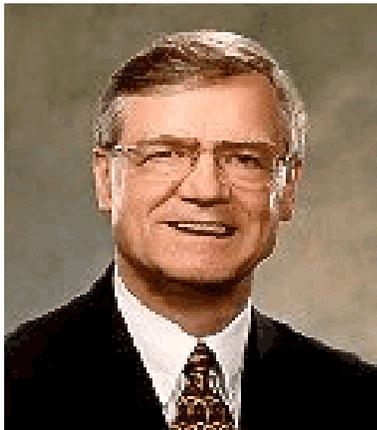
- ◆ Contact New Choices-New Options/Northampton Community College

Car purchase: Buy a car so you have transportation to work or school.



LCCC / Justice and Advocacy – Bread for the World Conference

Hunger at Home: Food for Our Neighbors



Saturday, March 27, 2010

8:30 am - 3:00 pm

First Presbyterian Church

3231 Tilghman Street

Allentown, PA 18104

610-395-3781

Keynote: “Hunger and Public Policy” with Rev. Dr. Robert Edgar

Bob Edgar is President and CEO of Common Cause. Previously, Edgar served seven years as General Secretary of the National Council of Churches of Christ in the USA, and before that as President of the Claremont School of Theology. From 1974-1986, Edgar served six terms in the U.S. House of Representatives from Pennsylvania's 7th Congressional District.

Program:

This annual gathering will include discussion of both local and national food and hunger issues and tools for advocacy with our elected members of Congress. This year's Offering of Letters campaign will urge Congress to make changes in the U.S. tax code that will benefit low-income families and help them lift themselves and their children out of hunger and poverty. The workshop will offer resource materials, key information, and creative learning experiences to equip you to organize an Offering of Letters in your church, campus, or group.

Workshop Topics:

- Soup Kitchens / Food Banks & Pantries / Other Food Programs
- Food Services and Nutrition in our Public Schools
- Community Gardens
- Economic Policy and Tax Codes: Moving Families from Poverty to Self-Sufficiency
- “How-To” workshops: Public Policy Advocacy 101

More information on the specific workshops will be posted online at <http://bread.ppj.org> as details are finalized.

Registration:

Please pre-register by **March 24** either by phone at 610-433-6421 or online at <http://bread.ppj.org>. A suggested donation of \$10 for adults and \$5 for students is requested of all participants. A continental breakfast and lunch will be provided.

Sponsored by the Lehigh County Conference of Churches (Justice and Advocacy
Committee), Bread for the World, and Second Harvest.

Advocate's Corner

There are currently several bills in the State Legislature and Congress that will help us fight against food insecurity in our community. Below please find a list of current bills to watch as they move through the legislative process as well as ways you can take action against hunger today.

State Legislature

State Food Purchase Program (SFPP)

What is it?

A program that provides grants to be used by county governments or their designated "lead agencies" to purchase, process, repackage, transport or store food products, and to distribute that food to soup kitchens, food pantries, and homeless shelters.

Where is it?

State Legislature– SFPP Will be discussed as a line item in the 2010-2011 state budget

HB2139 Pennsylvania Agricultural Surplus System (PASS)

What is it?

A program which would facilitate the donation of agricultural products to private charitable food assistance networks.

Where is it?

In the PA House of Representatives

U.S. Congress

Child Nutrition Reauthorization Act

What is it?

To amend the Child Nutrition Act of 1966 to improve the nutrition and health of schoolchildren and protect the Federal investment in the national school lunch and breakfast programs by updating the national school nutrition standards for foods and beverages sold outside of school meals to conform to current nutrition science.

Where is it?

Referred to the Subcommittee on Healthy Families and Communities

S.2805

What is it?

A bill to amend the Food and Nutrition Act of 2008 to increase the amount made available to purchase commodities for The Emergency Food Assistance Program (TEFAP) in fiscal year 2010.

Where is it?

In the Committee on Agriculture, Nutrition and Energy

Call to Action

- ◆ Educate yourself on the issues.
- ◆ Continue to support food assistance programs.
- ◆ Write, email, and/or call your Legislators, if you are unsure of who your representative is, call Elisa Zaehring, Advocacy Coordinator at 484-893-1106.
- ◆ Visit your Representatives' local offices.
- ◆ Participate in the Pennsylvania Association of Regional Food Banks' (PARF) 2010 Letter Writing Campaign, details to follow in a future Update.



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Allentown, PA 18104

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Fax: (610) 435-9540
www.caclv.org



Community Action Committee
of the Lehigh Valley

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Bits and Pieces

The Community Action Committee of the Lehigh Valley offers free income tax preparation services to the community through a partnership with the IRS VITA (Volunteer Income Tax Assistance) program each year. More information on the program may be found in the enclosed flyer. Below is a summary of the outcomes of the program from 2003-07.

IRS VITA (Volunteer Income Tax Assistance)				
Tax Year	Federal Returns Prepared	Federal Tax Re-fund	State Returns Prepared	State Tax Refund
2003	332	\$418,331.00	N/A	N/A
2004	620	\$813,046.00	601	\$52,092.00
2005	820	\$1,015,659.00	799	\$77,645.00
2006	956	\$1,201,414.00	947	\$82,215.00
2007	1170	\$1,467,160.00	1015	\$94,175.00

www.caclv.org