

A Program of



Community Action Committee
of the Lehigh Valley

January, 2011

Advocacy and Agency Update

Dates To Remember:

The Food Bank will be closed on Monday, January 17, 2011, in observance of Martin Luther King Day. If your standing appointment falls on a Monday, please call the Food Bank at 610-434-0875 to reschedule.

1.1 News You Can Use

Governor Ed Rendell recently signed a new bill into law that would require the Pennsylvania Department of Agriculture to post all of the inspections on its website, so consumers can see which restaurants, cafeterias and other food establishments are meeting safety regulations and which ones are not. According to Tim Darragh with the Morning call, "For the first time, restaurant inspections in Pennsylvania will be the same from Allentown to Zionsville and everywhere else starting early next year." Darragh goes on to state that "This new law will make inspections more transparent, which improves accountability, Agriculture Secretary Russell C. Redding said in a statement."

The new law comes at a perfect time. For the past several months, Second Harvest has been developing new inspection forms for all member agencies. Starting in January, Second Harvest will be conducting a more formal inspection of prepared food handling and storage procedures, following ServSafe guidelines. Changes have been made to the monitoring form that is used to track safe food storage procedures for dry product as well. These changes were made at the request of several of our member agencies.

To help standardize the inspection process, Second Harvest is changing the rating protocol as well. Rather than the old subjective ratings of "excellent/good/fair/poor rating," each member agency will receive a rating of "compliant/needs improvement/non-compliant." The new rating protocol is in accordance with the ratings that are used by Feeding America for its affiliates, like Second Harvest. Agencies receiving other than "compliant" ratings will be offered guidance and an opportunity to work with the Agency Relations Coordinator to correct any issues that are uncovered during the inspection.

We hope that this new, less subjective monitoring and rating system will allow all of our agencies to serve their participants better. Second Harvest's mission is to feed people in need through our network of member agencies. We want to ensure that our network is as strong as possible. These new inspection procedures were developed to improve our participants' access to safe and healthy food.

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1.2 The Healthy, Hunger-Free Kids Act Becomes Law

The United States is one of the wealthiest nations in the world, yet one in four children across the country does not have enough to eat. Fortunately, there are a number of government feeding programs that help ensure that no child goes hungry.

As you may know The Child Nutrition Reauthorization Act is a federal law that encompasses all of the federal child nutrition programs which provide the funding to ensure that low-income children have access to healthy foods. Some examples of the programs covered by this bill are the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), the National School Lunch and Breakfast Programs, the Child and Adult Care Food Program, the Summer Food Service Program, the Farmers Market Nutrition Program, the Fresh Fruit and Vegetable Program, and the Special Milk Program.

President Barak Obama pledged to end childhood hunger in the United States by 2015. Congress, the Administration, and numerous anti-poverty, anti-hunger, nutrition, child care, education, and other groups heard the call and banded together to advocate for strongest possible legislation.

Continue in Section 2.2



After 2 years,
President Obama
signs the Healthy,
Hunger Free Kids
Act into Law!

Read full story in
sections 1.2 and 2.2.



2.1 Cooks' Corner

15-MINUTE ENCHILADAS

MAKES ABOUT 8 SERVINGS Ingredients

1. Nonstick cooking spray
2. 1 can (about 24 ounces) chili without beans
3. 1 ½ cups canned refried beans, low-fat
4. 2 cups low-fat cheddar or Monterey Jack cheese, shredded
5. 8 flour tortillas (large size)

Directions

1. Preheat oven to 350 degrees F.
2. Cover a cookie sheet with foil and spray with nonstick cooking spray.
3. In a medium-size saucepan, heat chili and refried beans until warm (do not boil).
4. Spoon about half of the chili mixture evenly onto the tortillas, sprinkle with cheese, and roll up. Place side by side on the cookie sheet with seam side down.
5. Top tortillas with remaining chili mixture. Sprinkle with remaining cheese.
6. Bake for 10 minutes until cheese is melted.

Nutrition Information for 1 serving (1 enchilada) of 15-Minute Enchiladas		
Calories 310	Sodium 500 mg	Vitamin A 270 RAE
Calories from Fat 150	Total Carbohydrate 23 g	Vitamin C 16 mg
Total Fat 17 g	Dietary Fiber 4 g	Calcium 55 mg
Saturated Fat 6 g	Sugar 7 g	Iron 4 mg
Cholesterol 55 mg	Protein 17 g	

Recipe adapted from Recipezaar.com.

2.2 The Healthy, Hunger-Free Kids Act Becomes Law Continued

After 2 years, the House passed the Healthy, Hunger-Free Kids Act on December 2, 2010. President Obama signed the bill into law on December 13, 2010. The Healthy, Hunger-Free Kids Act has many excellent provisions. Most notably, this important legislation provides \$4.5 billion in new funding over the next 10 years to improve children's access to healthy meals including fresh foods. It is the largest investment in federal child nutrition programs since their inception.

However, our work is not yet over. We will continue to work with Congressional leaders and the Administration to replace the SNAP (Formerly, Food Stamps) offset used to partially pay for the bill. The President has made a commitment to restoring the cut to future SNAP benefits scheduled to go into effect in 2013. We must maintain grassroots pressure to ensure these benefits are restored.

It's time to thank our Representatives for supporting this historic piece of legislation and to ask them to commit to fixing the SNAP funding cuts. Please contact Elisa, Advocacy Coordinator, at 484-893-1106 or ezaehring@caclv.org if you would like more information about writing to your congressman.

3.1 Volunteers Still Needed for the 2011 Hunger Study

Elisa Zaehring, Advocacy Coordinator, at the Food Bank, will soon be conducting interviews for the 2011 Hunger Study and we need your help! The Hunger Study is a large-scale survey of the Lehigh Valley's emergency food network's participants. We are seeking volunteers to help conduct face-to-face interviews of pantry and soup kitchen participants.

The face of hunger is often difficult to recognize. The Hunger Study reveals the plight of people struggling to make ends meet in our community and helps us and our supporters understand the challenges that low-income people face daily in a nation of extreme wealth.

Interviews will start January 18, 2011, and will be collected through March. Day, evening and weekend hours are available for volunteers and scheduling is flexible. Training will be provided prior to survey administration and constant support will be given to all volunteers during the survey period.

Please contact Elisa at ezaehring@caclv.org or 484-893-1106 between the hours of 8:30 a.m. and 4:30 p.m. to learn more about this exciting opportunity.



*Those who can,
do. Those who
can do more,
volunteer.*

~Author Unknown

*Learn about an exciting
new volunteer
opportunity in section 3.1*

3.2 Just Add One for . . .

Nutrition

Add canned tomatoes to your favorite dips and pastas for an extra boost of lycopene, an antioxidant naturally found in tomatoes that helps fight disease. Thanks to the canning process, canned tomatoes are actually a better source of lycopene than their fresh counterparts.

Add canned pumpkin to your favorite puddings or pancake batter. It is an excellent source of vitamin A, containing more than three times the Daily Value compared to an equal amount of fresh, cooked pumpkin. Don't have canned pumpkin? Try canned, puréed sweet potatoes!

Value

Make restaurant quality greens and beans at home by sautéing poached escarole with cannellini beans, garlic, and bacon and/or prosciutto. Who says gourmet dining has to be at an expensive restaurant?

Fresh fruits and veggies spoiling faster than you can eat them? Stock up on your favorite canned fruits and veggies to enjoy on your own time. Since canned foods are shelf-stable, you can buy them in bulk to keep on hand, which saves you money and time going to the store. By the time food is consumed, fresh, frozen and canned fruits and vegetables may be nutritionally similar.

Convenience

Use canned beans in your favorite recipes instead of soaking and cooking down fresh or dried. Canned food is already cooked and comes in many varieties, saving you precious prep time.

Prepare a quick potato salad with a can of potatoes. No peeling, boiling or chopping adds up to big time savings.

Taste

Spice up a traditional bean dip with canned tomatoes • with diced chilies, sharp Cheddar cheese and a can of corn. Serve with tortilla chips on the side to balance out the zing!

Top off a great meal with a refreshing homemade sorbet. • Freeze your favorite canned fruit in heavy syrup until firm and then purée in a food processor. Serve immediately for a deliciously simple and nutritious dessert.



SECOND HARVEST Food Bank

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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 Church's Justice and Advocacy Committee will hold it's 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!