

AGENCY AND ADVOCACY UPDATE



January, 2010

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



January, 2010

Your friends at Second Harvest Food Bank of Lehigh Valley and Northeast PA wish you and your loved ones. . .



. . . A happy and healthy 2010!

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DATES TO REMEMBER:

The Food Bank will be closed on the following days:

Monday, January 18th in remembrance of Dr. Martin Luther King Jr.;

Wednesday January 13th– Friday January 15th for inventory.

If your standing appointment falls on those days, please call the Food Bank (610-434-0875) to re-schedule.

News You Can Use

Venison?

Whether you call it deer meat, venison, or simply, “game,” this product is a high quality source of lean protein. Just like with any donation, Second Harvest has no control over the amount that will be donated, or when it will arrive.

Over the past few days, we have had several inquiries from agencies and program participants who are seeking this prime product. If venison is available, it will be offered to member agencies on a first-come, first-served basis. The food bank will, on occasion, direct hunter donors to our members if that is convenient for the donor.

If you get a call from a hunter donor, assure that the meat was properly butchered (ask) and that it is packaged in a way that you can use or distribute it. Our strong recommendation is that game meat for distribution be prepared by a butcher shop. When in doubt, call the food bank.

Other “Game”

Bear meat has recently been identified as the largest non-pig source of trichinosis, a food borne parasitic disease found most commonly in uncured raw pork products. If you receive bear meat, participants should be informed that it must be cooked thoroughly to prevent illness. Symptoms of trichinosis include nausea and vomiting and (later) serious muscle pain.

Reminder-Self Declaration of Need

All emergency pantries in Lehigh, Northampton, and Carbon counties are reminded that The PA Department of Agriculture (PDA) needs a count of completed Self Declaration of Need forms that you have on file for the current fiscal year (July 1, 2009– June 30, 2010). Please **count** the number of forms that were completed since July 1. Report that number with your December participation report **by January 5**. The PDA will use these reports to support requests for increased funding for food programs like the State Food Purchase Program and TEFAP.

Pantries in the rest of our distribution area should comply with the request of the lead agency in their county.

Special [Senior] Programs

Please remember that **CSFP** recertification forms are due at SHFB as soon as they are completed. All participants must be present for a distribution and sign and date the original application form on the “recertification” line. This is federal requirement for participation in this program.

CSFP sites that receive **DCED** boxes for participants on their wait lists are reminded to distribute the boxes as soon as feasible and to return the special yellow forms (signed and initialed by the participants) as soon as the last box is distributed. The deadline for both distribution and return of the forms is March 31, 2010. Forms will be accepted at any time before that date.

Another Reminder

The Food Bank will be closed for inventory January 13, 14, and 15. Please reschedule appointments for those days. We regret any inconvenience.

Cook's Corner

Southwest Spicy Meatloaf with Fiesta Rice

Ingredients for the Meatloaf:

- 1 pound ground sirloin beef
- 2 slices whole wheat bread, torn into small pieces or 1/2 cup bread crumbs
- 1/4 cup finely chopped onion
- 1 can (10 oz each) Ro*Tel® Original Diced Tomatoes & Green Chilies, drained [can substitute alternative brand if desired]
- 1/4 cup Egg Beaters® Original [can substitute alternative brand if desired]
- 1 teaspoon chili powder
- 1/4 cup chili sauce

Ingredients for the Rice:

- 1 cup cooked brown rice
- 1 cup frozen whole kernel corn
- 1 cup Rosarita® Black Beans, drained, rinsed [can substitute alternative brand if desired]
- 1/8 teaspoon ground cumin
- Finely chopped fresh cilantro, optional



Nutrition Information

Nutrient Name	Nutrient Value	Unit	Daily Value %
Calories	520		
Calories from Fat	220		
Total Fat	25	g	38%
Saturated Fat	9	g	45%
Trans Fat	1.5	g	
Cholesterol	80	mg	27%
Sodium	920	mg	38%
Carbohydrates	43	g	14%
Dietary Fiber	8	g	32%
Sugars	3	g	
Protein	30	g	
Vitamin A		IU	10%
Vitamin C		mg	20%
Calcium		mg	10%
Iron		mg	25%

Directions for the Meatloaf:

Preheat oven to 400°F.
 Combine ground beef, bread, onion, drained tomatoes, Egg Beaters and chili powder in medium bowl.
 Shape meat mixture into a 4x6-inch loaf.
 Place into an ungreased 8x8-inch baking dish.
 Bake 45 to 55 minutes or until done (160°F in center); drain excess drippings.
 Spoon chili sauce over meatloaf; bake an additional 10 minutes.

Directions for the Rice:

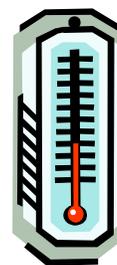
Combine rice, corn, beans and cumin in microwave-safe container.
 Microwave on HIGH 3 minutes or until hot, stirring after 2 minutes.
 Stir in cilantro, if desired.
 Serve rice mixture with meatloaf.

Top Health: Three Ways to Help in the War on Colds

Here are three simple strategies from *Women's Health* to kick your immune system into germ-annihilating overdrive and win the colds war.

1. LOWER THE TEMPERATURE:

Turning down the heat will not only reduce your electric bill, it could also help ward off the flu. Research shows the flu virus thrives in dry air, and hot air from your heater saps moisture. An arid environment also can dry out your mucous membranes, which need to be lubricated to block invading viruses and function properly. Avoid setting your thermostat above 70 degrees, and use a humidifier if the air still is too dry.



2. GET MORE D, NOT C:



Your OJ carton may imply otherwise, but there's little scientific evidence vitamin C helps prevent colds. But a recent study found people who have low levels of vitamin D are up to 40 percent more likely to get a respiratory infection. Vitamin D helps turn on the body's immune response. The primary source of D is sunlight, but that's scarce in the winter, so load up on D-rich fish such as tuna and salmon and vitamin D-fortified dairy products like cheese and milk. Or pop a daily supplement of 800 to 1,000 IU of D.

3. SNACK SMART:

Eating two cups of yogurt a day will lower your chances of catching a cold by triggering your body to produce four times as much of a key immune receptor, new research shows. Your intestines are a crucial part of your immune system because they're home to so many healthy bacteria. Yogurt with live cultures [the label will say live active cultures or LAC] will improve the health of your digestive tract.



President Obama Visits the Lehigh Valley



On Friday, December 4, 2009 President Obama made a historic visit to Allentown. President Obama spoke of the current state of America's economy and the next steps that his administration plans on taking to pull the U.S.A out of a severe Recession. An excerpt from his speech at Lehigh Carbon Community College in Schnecksville, Pennsylvania can be found below.

“. . . But here's the thing, Allentown. We've got to do more than manage our way through this crisis, because long before the recession hit, many of our communities, including communities right here in Pennsylvania, were struggling even when the economy was doing relatively well. Plants were closing. Jobs were leaving, especially in manufacturing. For too many families and communities, the recession wasn't a new challenge; it's a permanent one. It's been going on for a decade or more.

So in addition to dealing with the immediate crisis that we face today,

we've got to face up to the challenges necessary to strengthen our economy for the long term.

That's why I've taken on our broken health insurance system, so that families and businesses won't have to cope with double-digit premium increases year-after-year. (Applause.)

That's why my Secretary of Education, Arne Duncan, is taking on our education system -- (applause) -- so that our kids can compete in the 21st century economy. And that's why we are working to upgrade America's most under-appreciated asset -- community colleges just like this one. (Applause.)

That's why we're doing everything we can to spur new industries, like clean energy, to create good, new jobs that won't be sent offshore.

And that's why, when the current emergency passes, I'm committed to bringing down the deficits that loom as a threat to our future economic growth.

Now, here's why we have to do all this: because for decades, Washington avoided doing what was right in favor of doing what was easy. And the middle class took a beating for it. It got papered over because there was a lot of cheap credit out there so people were just able to keep up by getting more credit cards and taking out more home equity loans, but the long-term trends were not good. That's what was happening decade after decade. Well, I did not run for President to sweep our messes under the rug with the next election in mind. (Applause.) I ran for President to solve our problems -- once and for all -- with the next generation in mind. That's what we're doing right now. (Applause.)

So here's the bottom line. I know times are tough. Michelle and I were talking the other day -- there are members of our families that are out of work. We're not that far removed from struggling to pay the bills. Five, six years ago, we were still paying off student loans. Still trying to figure out if we pay this bill this month, what do we have to give up next month. We're not that far away from there. But I promise you this: I won't rest until things get better.

I know you may not agree with every decision I make, but I promise I will always tell you the truth about why I'm making these decisions. (Applause.) And I know that we can come together to forge a brighter future so that places like Allentown and Bethlehem and the Lehigh Valley don't just survive, but they thrive. (Applause.) That's why we're here. That's what we're fighting for. And as long as I've got the privilege of being your President, I will always be there right there with you in the thick of that fight. “

PA's State Food Purchase Program: Q and A

Q: What is the history of the program?

A: In response to the Recession of the early 1980's, advocates, pantry operators, soup kitchen workers, and food banks persuaded the Pennsylvania General Assembly to provide a statewide appropriation for the emergency food network. Initially called the "8 Million Program," the funding was not expected to be long-term. Pennsylvania was one of the first states in the nation to provide this addition to the volunteer efforts that were struggling to keep pace with the need. As the need for food continued and expanded over the years, the same corps group of advocates worked for, and received, an annual appropriation. Finally, in 1990, the legislature created a program establishing the State Food Purchase Program as a line item in the budget.

Q: How is the program administered?

A: The Pennsylvania Department of Agriculture (PDA) administers the program through the 67 counties of the Commonwealth. Each county designates a lead agency to implement the program. Some counties handle the programs themselves; many counties work with the local food bank. PDA looks at the poverty rate, unemployment rate, the number of individuals receiving medical assistance and food stamp/SNAP enrollment to determine each county's allocation.

Q: How is the money spent?

A: Funds are used for the purchase of nutritious food, which are obtained at wholesale or better prices. Some counties work with PDA who makes contracts with commercial vendors for wholesale pricing; in other counties, the lead agency does the purchasing.

Q: Who qualifies for food from the SFPP?

A: Eligibility is set at 150% of poverty (annual income of \$33,075 for a family of 4).

Q: How do you ensure that the food is going to those in need?

A: Each county submits a plan of operation and is then monitored for compliance by the PA Department of Agriculture.

Q: What amount of the SFPP goes to administration?

A: Up to 8% of each lead agency's grant is allowable for administrative expenses, which includes ordering, receiving, storing and distribution of food purchased with SFPP funds. This percentage has remained constant throughout the history of the program.

Q: Is there any waste, fraud or abuse in the SFPP?

A: If there is, it is negligible. The program is clearly defined and focused on providing specific nutritious food items to those in need. It is administered by professionals in state and county government and lead agencies. Participants are served through a food assistance network that, in many cases, also distributes federal food programs and private sector food donations. It is also regularly monitored by the state and county government for compliance.

Q: Is the program adequately funded?

A: Last year, hunger increased in Pennsylvania according to an annual study done by the U.S. Department of Agriculture. The SFPP complements the federal food programs and private sector efforts allowing for the purchase of foods that are needed but not supplied by the other two sources. Until the sources of income that people receive are adequate, and federal programs appropriately funded, there will be a need for the SFPP. Increases to the SFPP will help more people become food secure and reduce hunger in PA.

United States Census 2010

The 2010 Census

It's Easy. . .

Every resident will receive a short questionnaire that is simple and fast to complete and return.

It's Safe. . .

By law, the Census Bureau cannot share an individual's answers with anyone including federal, state, and local agencies.

It's Important!

Over \$400 billion in federal funding awarded to states and communities for new hospitals, schools, better transportation and social services.

CENSUS DAY IS COMING!

APRIL 1, 2010

SAVE THE DATE

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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

Bits and Pieces

Facts about the Census

The Census: A Snap Shot

- ◆ The U.S. Constitution requires a national census once every 10 years.
- ◆ The Census is a count of everyone residing in the United States.
This includes people of all ages, races, and ethnic groups.
- ◆ Completing the 2010 Census Questionnaire is simple and safe.

It's in Our Hands: Your Participation in the 2010 Census Matters

- ◆ Every year, more than \$400 billion in federal funds is awarded to states and communities based on Census data. That's more than \$3 trillion over a 10 year period.
- ◆ Census data affects your voice in Congress by determining how many seats each state will have in the U.S. House of Representatives.

The content of this page was provided by the United States Census Bureau. Please visit
www.census.gov/2010census for more information.