



**Dates To Remember:**

The Outreach Committee of the SHFB Advisory Board meets the first Tuesday of each month at 7:30 AM at SHFB.

This committee approves new agencies and oversees the Agency Relations and Advocacy departments of the food bank. Guests are welcome to participate.

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# Advocacy and Agency Update

## 1.1 News You Can Use

### Annual Head Count

Each March, we ask our member agencies to report the number of *unduplicated* individuals that they provided with food from March 1 to March 31. We do this so that we can have accurate information about the incidence of hunger in our service area. This information is important to our advocacy efforts on behalf of the State Food Purchase Program (see below), the Commodity Supplemental Food Program (CSFP—"senior boxes"), and all of the other anti-hunger efforts that are so vital to the work that you and Second Harvest do.

Please read the instructions carefully. Count each individual that you serve from March 1 to March 31. If the same person is served more than once, count him or her *only once!* It is not possible to file this form until after the last time you serve participants in March. If you have any questions, please call Ann at 610-434-0875 X3308.

### Referrals

This is a reminder that a recent Update included a list of emergency pantries and soup kitchens in the region. Please serve people from outside your distribution area the first time they request assistance; refer them to the nearest pantry to their residence for further help. If you need another copy of the list, please request one, or visit [www.shfbvlv.org](http://www.shfbvlv.org). The list is available online. Please call Erica at the Food Bank if you need to make corrections or changes to your listing.

## 1.2 State Food and the 2011 State Budget

Pennsylvania will most likely be facing another large deficit this year leading to another difficult budget cycle. Our Representatives, Senators and our newly-elected Governor will undoubtedly be faced with making difficult decisions regarding how they will balance the budget by July 1, 2011.

It is important for us to educate our leaders about the work that we do to help those struggling with food insecurity in our community. In addition we must also spread the word about the importance of the State Food Purchase Program (SFPP) to our work. The SFPP is one small part of the budget for the Department of Agriculture. We must bring it to the attention of our State Representatives and Senators in an effort to preserve funding for the program.

Stay tuned for ways that you can help either by writing letters, making phone calls, or accompanying our Advocacy Coordinator, Elisa Zaehring, to Harrisburg or our State Representatives' and Senators' district offices to lobby in support of this vital program. Please call Elisa at 484-353-541 or email her at [ezaehring@caclv.org](mailto:ezaehring@caclv.org) to learn about how you can be involved.



## 2.1 Cooks' Corner

### Pasta Fagioli

#### Ingredients

- 3 tablespoons olive oil
- 1 onion, quartered then halved
- 2 cloves garlic, minced
- 1 (29 ounce) can tomato sauce
- 5 1/2 cups water
- 1 tablespoon dried parsley
- 1 1/2 teaspoons dried basil
- 1 1/2 teaspoons dried oregano
- 1 teaspoon salt
- 1 (15 ounce) can cannellini beans
- 1 (15 ounce) can navy beans
- 1/3 cup grated Parmesan cheese
- 1 pound Pasta

#### Directions

- In a large pot over medium heat, cook onion in olive oil until translucent. Stir in garlic and cook until tender. Reduce heat, and stir in tomato sauce, water, parsley, basil, oregano, salt, cannellini beans, navy beans and Parmesan. Simmer 1 hour.
- Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Stir into soup.

#### Nutritional Information

Amount Per Serving: Calories: 388 | Total Fat: 6.6g | Cholesterol: 0mg

<http://allrecipes.com/Recipe/Andreas-Pasta-Fagioli/Detail.aspx>

## 2.2 Save Community Action

President Obama and the House of Representatives have proposed deep cuts to the Community Services Block Grant (CSBG), the core funding source for the Community Action Committee of the Lehigh Valley (CACLV). Second Harvest is a program of CACLV. A cut of this magnitude would have a devastating impact on CACLV's ability to solve tough community problems in the Lehigh Valley.

It is essential that our elected officials hear from our friends and neighbors about what CACLV means to our community. You can call, send letters, and/or email the President and your representatives in Congress. Tell them how Community Action has made a difference in your life, and encourage others to do the same!

Please visit [www.caclv.org](http://www.caclv.org) or call Elisa, Advocacy Coordinator, at 484-353-9541 to learn about how you can join the fight to Save Community Action.

Section 2.2  
Save Community  
Action visit  
[www.caclv.org](http://www.caclv.org) to  
learn more.

## 3.1 Volunteer Spotlight

The 2011 Hunger Study began on January 18, 2011 and is going very well despite the tough weather conditions we have experienced this winter. This is due, in no small part, to the dedication, patience, and perseverance of the 15 member agencies who are participants in the study, the 3 Muhlenberg College Interns, and the 9 volunteers who are working hard to complete a total of 500 interviews with our program participants. Thanks to their dedication, we are on schedule to complete the largest hunger study since it began in the late 1980s.

Stay tuned for a report to be released later this year. In the meantime, here is a journal entry written by one of our Muhlenberg College Interns explaining her first visit to New Bethany Ministries.

*"In late January, my two fellow Muhlenberg Interns and I went to New Bethany Ministries in Bethlehem Pennsylvania to conduct interviews for the 2011 Hunger Study. We were surprised by the number of people there and decided to split up so that we could interview the most people possible. It worked. We were able to talk with everyone there.*

*I completed several surveys that day, however one man's story stands out over the others. This man has been homeless for almost 20 years, yet he has managed to fight and survive by living in his car and obtaining a small income by collecting recyclable cans. He is a Caucasian man that refused to identify his ethnicity as anything but America. In fact, when asked his ethnic background during the demographics section of the survey, he stated that race is just a "made-up" thing. In his words, "skin color is just color and nothing else." Surveying this gentleman really made me understand that poverty does not discriminate, so why do humans?*

*As an incentive for participating in the study, we are giving out gift cards to local grocery stores to thank participants for their time and honesty in answering the questions. I was shocked that this man told me he would use his gift card to buy food not for himself, but for his dog. I was humbled by his selflessness and the love that he showed for his pet. One would think that a person who is experiencing such hardship would not have the time or the money to care for another being. Yet, this man showed compassion for others above himself despite this personal plight.*

*I learned a lot from talking to the participants at New Bethany Ministries and am interested to find out what else I learn as I continue to work on this project."*

-Anvi

Section 3.1

Volunteer Spotlight:

New Bethany

Ministries through the  
eyes of a Muhlenberg

College Student

# SECOND HARVEST Food Bank

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& Northeast  
Pennsylvania

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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 Churches' 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. Our very own, Elisa Zaehringer, will be giving a presentation about hunger in the Lehigh Valley and how Second Harvest helps those in need of food assistance.

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!