

AGENCY AND ADVOCACY UPDATE



March, 2010

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



March, 2010



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DATES TO REMEMBER:

Cluster Meetings

Monday, March 8, 9:30 AM

Thursday, March 11, 9 AM

Tuesday, March 16, 9 AM

Thursday, March 25, 1 PM

Tuesday, March 30, 10 AM

Please refer to Page 2 in this Update for more information.

News You Can Use

Cluster Meetings

During March, SHFB will conduct training sessions for all member agencies. Topics to be covered include Civil Rights Compliance, safe food handling, grants, and making best use of the SHFB order sheet.

Please note that the PA Department of Agriculture which provides food and funding through TEFAP and State Food Purchase Program is **requiring** that all agencies receiving assistance through those programs receive Civil Rights Compliance information. A representative of each pantry, shelter and soup kitchen **must** attend. Other agencies are also welcome.

Dates and times for Cluster Meetings are as follows:

Monday, March 8, 9:30 AM at Trinity Church, 175 South 3rd Street, Lehighton

Thursday, March 11, 9 AM at the Easton Salvation Army, 1110 Northampton Street, Easton

Tuesday, March 16, 9 AM at Second Harvest, 2045 Harvest Way, Allentown

Thursday, March 25, 1 PM at Second Harvest, 2045 Harvest Way, Allentown

Tuesday, March 30, 10 AM at CACLV, 1337 E. Fifth Street, Bethlehem

Please confirm your attendance:

Agency _____

Represented by _____

Will attend the (date) _____ meeting.

Fax this form to 610-435-9540 or call Maria at 610-434-0875 or email Ann (amcmanus@caclv.org) to reserve your space.



Cook's Corner

Pasta With Turkey and Peas

Makes about 8 servings

Ingredients

- 3 cups macaroni, dry (Substitute spaghetti, if desired)
- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 cup turkey roast, chopped
- 1 can (about 15 ounces) peas, drained
- 2 tablespoons Parmesan cheese



Directions

1. Cook macaroni according to package directions.
2. In a medium-size skillet, cook onion in the oil until soft. Add turkey and peas and cook until hot, about 5 to 7 minutes.
3. Toss turkey and peas with cooked macaroni and sprinkle with Parmesan cheese.



Nutritional Information for 1 serving (about 1 1/2 cups of Pasta with Turkey and Peas)	
Calories	260
Calories from fat	40
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	13 mg
Sodium	320 mg
Total Carbohydrate	39 g
Dietary Fiber	4 g
Sugar	4 g
Protein	13 g
Vitamin A	16 RAE
Vitamin C	5mg
Calcium	50 mg
Iron	2mg

March Census

Background

Information about the people that are served by our agencies is a critical part of our advocacy efforts. To that end, once a year, we ask **every** member of our Second Harvest network to count every single person that receives food during the month. This year's head count will take place this month (March, 2010). Please use the form provided in this Update to provide information on the people you serve and the programs you administer. It is essential that you try to get the most accurate count possible because this data illustrates the need for food assistance programs in our service area and is helpful when we talk to legislators. Your participation gives us the information we need to educate law makers, volunteers, and the general public about food insecurity in the Lehigh Valley and the need for strong responses to hunger.

Directions

Pantries: Count each individual for whom you provided food between March 1 and March 31st. If you gave food to the same family more than once during March, please count that family and its members **only once**.

Soup Kitchens and drop-in programs: Give us your "best guess" of the number of individuals you fed during the month of March. If you serve 253 people each day and nearly all of them are the same people, report 253 or a few more for the ones who are "casual" consumers. We understand the difficulties that you face in acquiring an accurate count, so please try to give us your best estimate.

Shelters, day care centers, residential programs & other programs where an accurate count is possible: Count each different individual you serve in March and record him or her as one person, then report the total.

Seasonal Programs: Please report an estimate of the number of participants that would participate in a month's time when your program is operating.

Tips for Reporting

- ◆ If you operate more than one TYPE of program, please report the numbers separately for each program.
- ◆ If you operate more than one feeding SITE of the same type of program, please indicate that. For example, If you have three separate after school programs, with two serving 45 children each day and one serving 30 children daily, please use the following format to report the participation numbers:

After School Program: 120 served– 3 sites.

Important Reminders

- ◆ **Please Note:** It is not possible to complete this form until your last serving time for the month.
- ◆ This report is due by **April 15, 2010**. Do **not** file it before you complete serving for March.
- ◆ If you have any questions, please call Ann at the Food Bank at 610-434-0875.

Eating Well on a Food Budget 4: Stretch your dollar When You Cook

This article provides several tips on how to save many by using a few simple techniques.

Preparing large portions of food to use over multiple meals saves time and energy. When cooking, it's also important to think about how to incorporate leftovers into new meals. Finally, presentation has a big effect on the appeal of a meal, so a little effort, makes a huge difference.

Save money by cooking in bulk

It's ideal to pick one or two days a week to cook something that can be used for multiple days and meals. Here are some easy ideas for cooking in bulk:

- **Cook once & eat multiple times.** Cook a large meal at the beginning of the week. It is easy to double a recipe so that you have extra to use later in the week for quick lunches or dinners when you don't feel like cooking. You can also freeze some for another day. Add a green salad or other side dish and you have a delicious easy meal.
- **One-pot dishes**, such as soups, stews, or casseroles, are especially good because they generally save preparation time, money, and dishwashing. Plus, they make great leftovers. You can even cook one pot of oatmeal and heat up a serving size each morning. Rolled or steel cut oats are nutritious, very inexpensive and you can add anything you like such as seasonal fresh fruit and nuts or seeds to create a wonderful breakfast. This is also much cheaper and more nutritious than dry cereal or the flavored packets of instant oatmeal, which are usually packed with sugar.



Make new meals from previous ones

Another key to saving money on food is to make sure you are not wasting anything. All leftovers can be used for another meal. These meals can be some of the yummiest of the week! Some ideas:

- **Soups, stews or stir-fries:** These meals are ideal for using leftovers. Create a base with broth or a sauce, and add any leftovers you have - whole grains, veggies and meat. A small amount of meat is perfect to add flavor and substance. Be sure to cut it into small pieces. You can be very creative with herbs and spices to create unique flavors that will please your palate. Another way to add a lot of flavor is to sauté an onion at the beginning. Be sure to allow the food to come to a boil or cook at a high heat. This way you will be sure that the leftovers are sterilized.
- **Everything burritos:** Most leftovers make very tasty burritos! Simply put everything into a tortilla shell (try to get whole grain!) with a little low-fat cheese and enjoy. Example: Cut up leftover meat into small pieces and add to a can of beans. You can also add any leftover grains and veggies for a nutritious and filling meal.
- **Experiment with combinations:** Try something totally new! You may be surprised how many foods with different flavors go well together. For example, try making a large green salad and adding cooked whole grains and veggies on the top, as well as cut up pieces of any meat from another meal. Add your favorite healthy dressing and you have a wonderful new meal.

National School Breakfast Week is March 8-12

What is the School Breakfast Program?

The School Breakfast Program is a federally funded program that provides reimbursement to public and non-profit private schools that serve breakfast. The program is funded by the United States Department of Agriculture and administered by the Pennsylvania Department of Education. Participating schools must comply with federal nutrition standards and provide free and reduced-price breakfasts to eligible children.

The School Breakfast Program functions in the same way as the School Lunch Program. Depending on family income, a child may be eligible for a free or reduced-price meal. Those who do not qualify for subsidy may choose to pay for a morning meal. All students are welcome to eat breakfast at school. No advance sign-up is necessary.

Why Serve Breakfast at School?

Many kids in grades K-12 skip breakfast. Often children find that they and their parents are too rushed in the morning to prepare something to eat. Others are not hungry until they have been awake for several hours. Some students may not have enough food at home for a morning meal. No matter what the reason, students who do not eat breakfast are often hungry before lunchtime.

For those who do not have the time, appetite, or household income necessary to eat before arriving at school, the School Breakfast Program provides an excellent opportunity for students to start the day with a healthy morning meal. A good breakfast gives children the energy they need to succeed in school. Children who eat a good breakfast every day learn better, behave better and perform better than children who do not eat breakfast. Participating in the School Breakfast Program has been associated with increased math grades, decreased school absences and tardiness rates, and decreased emotional and behavioral problems.

What's New with School Food?

In the Summer of 2009, the PA Department of Education released an updated file with newly enrolled food stamp households organized by school districts. This information can be used by the school districts in a process called data matching. Data matching is a process in which school enrollment is compared against food stamp enrollment. When a positive match occurs, children are directly certified as eligible for free school meals without a paper application. This saves time and resources.

What's New with School Food in the Lehigh Valley?

Allentown: Allentown School District has been providing free breakfast for all students in the district for the past 6 years. In the Fall of 2010, Pam Gallagher, Director of Child Nutrition Services, introduced a new pilot program, the Child Nutrition Economic Recovery Plan (CNERP). Under this plan, all students regardless of eligibility will receive school lunch at no cost to the student.

Bethlehem: As of January, 2010 roughly 48% of students in the Bethlehem Area School District are eligible for Free or Reduced Breakfast and Lunch.

Easton: As of January 2010, 38% of students in the Easton Area School District are eligible for Free or Reduced Lunch and Lunch.

Call To Action

- ◆ Educate yourself on the benefits of school breakfast and school lunch.
- ◆ Encourage your children, friends, and neighbors to participate in the program.
- ◆ Call, email, or write your legislatures informing them of how the school breakfast program affects your family.

Advocates' Corner

Spring 2010 Letter Writing Campaign

This year, Second Harvest Food Bank of Lehigh Valley and Northeast Pennsylvania is working with our state association, the Pennsylvania Association of Regional Food Banks, in an effort to impress upon our State Senators and State Representatives the importance of Pennsylvania's most important anti-hunger program – THE STATE FOOD PURCHASE PROGRAM.

The goal is the allocation of adequate resources to meet the needs of Pennsylvanians struggling with hunger and food insecurity - 1.4 million at last count by the US Department of Agriculture.

You can play a key role in this effort by communicating your support for this program to your State Senator and your State Representative.

If you would like to help – here is what you do:

- ◆ **Rewrite** the enclosed letter either by hand or using a computer.
- ◆ **Address** one to your State Senator and one State Representative (if you need help identifying your officials, refer to the back of the Sample Letter in this Update, call Elisa Zaehring, Advocacy Coordinator at 484-893-1106 or go to <http://www.pasen.gov>).
- ◆ **Type or print your name and home address** at the bottom of each letter.
- ◆ **Sign the letters.**

Regardless of which letter you choose (House of Representative, Senate or Both), **mail the letters to me at the address below by WEDNESDAY, APRIL 16, 2010.**

(Do NOT mail it to your Senator or Representative)

In early May, your letters will be hand-delivered to your Senator and Representative along with those of others around the state who want Pennsylvania's budget to reflect our concern for children, seniors, and people with disabilities, the working poor, and other vulnerable Pennsylvanians.

Please be a part of this important effort.

You are also encouraged to share this message with others - make multiple copies of the letter to share with friends, family members, co-workers, volunteers, clients and others who might be willing to participate in this effort. Gather all the completed letters and send them to me.

Thank you for your consideration and all you do help end hunger.

Send completed letters to:

Elisa Zaehring
1337 E. 5th St.
Bethlehem PA 18015



2045 Harvest Way
Allentown, PA 18104

Phone: (610) 434-0875
Fax: (610) 435-9540
www.caclv.org



Community Action Committee
of the Lehigh Valley

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Bits and Pieces

The Census is important to Second Harvest because it shows the number of unduplicated individuals who use our services. Therefore, we can get an accurate count of our participants so that we can properly advocate for enough resources to serve as many people as possible throughout our service area.

Food Bank Census Results from 2008-2009		
	All Agencies	Emergency Food Providers (All Counties)
2002	42621	21645
2003	43654	24246
2004	49865	26501
2005	48951	32538
2006	42671	27057
2007	43744	30002
2008	49522	35388
2009	61307	45687

**This Table represents the unduplicated participants every March from 2002-2009.