

AGENCY AND ADVOCACY UPDATE



May, 2010

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



May, 2010



Happy Memorial Day

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DATES TO REMEMBER:

May 8th– Letter Carriers' Food Drive

May 31st– Memorial Day, the Food Bank will be closed to observe the holiday. If your standing appointment falls on a Monday, please call the Food Bank at 610-434-0785 to reschedule.

News You Can Use

Commodity Supplemental Food Program (CSFP)

Do you know someone over 60 years of age? If that senior's gross monthly income is below \$1,174, then he or she qualifies for CSFP. Each month program participants receive a box of nutritious food including cereal, juice, canned fruits and vegetables, pasta, evaporated milk and sources of protein. Additionally, a 2-pound block of cheese is also included. For more information or to register for the program, please call Corrine at the food bank (610-434-0875). The CSFP is an equal opportunity provider.

Coming Soon

Fresh foods (dairy, and produce items) are coming to Second Harvest. The Food Bank hopes to begin distribution of healthy fresh foods this summer. Agencies that are interested in distributing fresh produce should notify Corrine (ckucirka@caciv.org). She is compiling an email list so that a "blast" can go out to all interested agencies when fresh foods are available in quantity. To participate, simply email her with "Fresh Foods" in the subject line and express your interest in distributing fresh produce.

Civil Rights Training

Effective July 1, 2010, the Pennsylvania Department of Agriculture requires all organizations receiving USDA or State Food Purchase Program product to have received Civil Rights Compliance training in order to continue receiving those foods.

Training sessions were conducted in March at cluster meetings. If you were unable to attend the cluster meeting in your area, you will receive a letter explaining how you can complete this mandatory training.

Introducing

Please welcome Second Harvest's new Projects Coordinator, Corinne Kucirka. Corinne oversees the packing and distribution of food packages for our Backpack Buddies program. She is also responsible for registering seniors for the Commodity Supplemental Food Program (CSFP) and oversees the packing and distribution of those boxes each month. The Fresh Foods project is her next big task.

Important Change in Reporting Hours of Operation

The PA Department of Agriculture requests that pantries changing their days or hours of operation notify Second Harvest when the change is made. We appreciate your cooperation.

More News You Can Use

New Resource for SHFB Member Agencies

Lutheran Congregational Services, Inc. (LCS) in partnership with Kathryn's Kloset (Diakon Lutheran social Ministry) is pleased to announce that starting in May, supplies of laundry detergent, softener and dish detergent will be available to low income residents served by Second Harvest Food Bank of the Lehigh Valley and Northeastern Pennsylvania's member agencies.

LCS has acquired two warehouse spaces in Easton and Allentown. Interested SHFB member agencies can contact LCS for product availability and arrange to pick up the desired items from LCS' warehouse. Please note that all product must be distributed free of charge to recipients. **In fact, money may not exchange hands for any reason.** If your pantry or organization would like to participate in this new ministry, please call LCS at 610-770-9205 or email Pr. Dennis Ritter at dennis@lutherancongregationalservices.org.

Additional information (hours and days of operation, product availability, etc.) will be mailed to food pantries within the Second Harvest network in the near future.

Second Harvest and Food Recalls

Luckily, there have been only 5 product recalls in the past 11 years at Second Harvest Food Bank of Lehigh Valley and Northeast PA (SHFB). Even though they are rare, we feel that it is important to mention the procedure that SHFB follows when food product is recalled and what you as individuals should do when items in your personal kitchens or pantries are recalled. For more information about how you should handle food recalls as an individual basis please see page 5 in this Agency Update.

When a product recall is received from USDA, FDA, or Feeding America, we at SHFB immediately sequester (isolate) the food in the warehouse and check our inventory software for agencies that have received the product. Those agencies are notified of the recall by phone to the EMERGENCY NUMBER listed on their applications. This is one reason that we insist on having emergency contact information. Without it, we cannot notify the agencies.

Depending on the product, the remaining stock is either destroyed or disposed of (in a locked dumpster), according to the guidelines issued with the recall. Those guidelines are passed along to the notified agencies.

If you have any further questions please call the food bank at 610-434-0875.

Cook's Corner



Baked Ziti Supreme

Prep Time: 25 Min

Cook Time: 30 Min

Ready in 55 Min

Ingredients

- 1 pound ground beef, **optional**
- 1 medium onion, chopped
- 1 (28 ounce) jar Prego® Fresh Mushroom Italian Sauce, **if desired, substitute another brand or homemade sauce**
- 1 1/2 cups shredded mozzarella cheese
- 5 cups hot cooked medium tube-shaped pasta (ziti), **if desired, substitute another type of pasta**
- 1/4 cup grated Parmesan cheese

Directions

1. In large saucepan over medium-high heat, cook beef and onion until beef is browned, stirring to separate meat. Pour off fat.
2. Stir in pasta sauce, 1 cup mozzarella cheese and cooked macaroni.
3. Spoon into 3-quart shallow baking dish.
4. Sprinkle with remaining mozzarella cheese and Parmesan cheese.
5. Bake at 350 degrees F for 30 minutes or until hot.

Nutritional Information

Servings Per Recipe: 6	Amount Per Serving
Calories	529
Total Fat:	21.4g
Cholesterol	67 mg
Total Carbohydrates	52.9g
Dietary Fiber	5.5g
Protein	29.6g

Thanks to allrecipes.com for this recipe and for providing the nutritional information. <http://allrecipes.com/Recipe/Baked-Ziti-Supreme/Detail.aspx>

What do you do if you have a recalled product?



In my role as chief medical officer in the Center for Food Safety and Applied Nutrition, I am responsible for providing oversight for medical issues relating to food safety that may arise, including product recalls. A food recall occurs when a company removes a food product from the market because of the possibility that the food may be contaminated or mislabeled.

You may have seen a number of food recalls in the news lately. The news alerts usually include information to help you identify whether you have the product in your pantry, refrigerator, or freezer. So, what should you do if you find a recalled food in your own home?

Step 1: Don't panic!

Most food recalls are not associated with a food illness outbreak, and many recalls are issued because there is a potential for the food to be contaminated. Often, food manufacturers issue a recall as a precautionary measure.

Step 2: Don't eat the food.

Even though the food product may be recalled as a precaution, **do not eat it!** It's always better to be safe than sorry. And please don't give the food to other people, do not donate it to a food bank, and/or feed it to your pets—remember, pets can get food poisoning, too.

Step 3: Don't open the food.

Resist the temptation to open the food and check it. You can't see, smell, or taste the bacteria or viruses that cause food illnesses. If you do open or handle the product, remember to wash your hands thoroughly with warm water and soap for 20 seconds after handling it.

Step 4: Check the recall notice to find out what to do with the food.

When a manufacturer recalls a food product, they provide instructions on what to do with the product. Typically, the instructions will indicate that you need to do one of the following:

- * Return the product to the store where you bought it for a refund.
- * Dispose of the product properly so that other people or animals cannot eat it. (This is particularly important if you opened the product.)

The easiest way to check a recall notice is to go to our Food Recalls and Alerts page. The latest recalls appear in the orange "widget" in the top right corner of the page. If you want to keep up with all new recalls, you can:

- **Subscribe to email updates:** You'll get a new email every time a food recall or allergy alert is issued. https://service.govdelivery.com/service/multi_subscribe.html?code=USHHS&custom_id=1504
- **Follow our news feed:** The feed contains the same information as the emails, but in a format that you can see in a news reader. <http://www2c.cdc.gov/podcasts/createrss.asp?c=146>
- **Visit:** The new www.recallbasics.org site sponsored by the Partnership for Food Safety Education.
- **Call:** Second Harvest Food Bank of Lehigh Valley and Northeast PA at 610-434-0875.

The Simplified Summer Food Program

Hunger Doesn't Take a Vacation

Program Overview

The Simplified Summer Food Program provides free meals and snacks to low-income children 18 and under when school is not in session.

Local governments, school districts and non-profits can sponsor summer food sites, which may be located at schools, parks, recreation centers, housing projects, migrant centers, Indian reservations, YMCAs, Boys and Girls Clubs, houses of worship, summer camps, and other places where children congregate when school is not in session.

To qualify, a site must be located in a low-income area, where 50 percent or more of the children in the area are eligible for free or reduced-price school meals, or must serve primarily low-income children (at least half the children enrolled in the program must be eligible for free or reduced-price school meals). Migrant sites and camps qualify under different rules.

Please note, reimbursable meals must meet federal nutrition standards.

Summer Food Plays an Important Role in Pennsylvania

When school lets out for summer vacation, over 150,000 students in Second Food Bank of Lehigh Valley and Northeast Pennsylvania's 6-county service area who are eligible for free or reduced-price school meals will lose access to the school food for which they are eligible during the regular school year.

The Simplified Summer Food Program fills this gap by providing free meals and snacks to children who might otherwise go hungry.

Currently, the program is underutilized. Nationally, only 1 out of 5 children who receive free and reduced-price meals during the school year continue to receive meals during the summer months. In Pennsylvania, only 25% of school-aged children continued to receive meals during the summer of 2008.

Summer Meals Benefit Low-Income Children and Families

The Simplified Summer Food Program contributes to the healthy growth and development of low-income children by providing them with nutritious snacks and meals when school is out so they are better able to continue learning when they return to school.

Many Summer Food sites provide not just meals, but educational enrichment and recreational activities that help children continue to learn and stay safe when school is not in session. The meals provided through the Simplified Summer Food Program act as a "magnet" to draw children to these activities.

Providing meals during the summer months also helps parents stretch their food dollars.

Special thanks to the Food Research and Action Center for preparing this informative document.

Advocates' Corner

Share Your Story

We want to hear about your personal experiences with hunger—your compelling story will help us advocate for food assistance programs with state legislators, members of congress, the administration, and to educate the public about hunger in our community.

The USDA, Feeding America, and The Food Research and Action Center, among other academic agencies, do an excellent job of researching food insecurity on a national and state level. But, we want to go beyond the data. In 2008-2009, Second Harvest served nearly 60,000 individuals a month through our network of close to 180 member agencies. Every program participant, and all of the volunteers and staff that work at the member agencies have a unique story about their experience with hunger. These stories are critical to bringing a human element into discussions surrounding local, state and federal responses to hunger.

Your voice will make a difference. For example, Senator Casey has specifically asked food banks across Pennsylvania to collect stories about individual experiences with hunger so that he can use this evidence to support his advocacy efforts for strong food assistance programs in the Senate. Make your voice heard and join the fight against hunger today!

Please collect as many individual stories on the forms provided in this Update as you can. You can either drop them off at Second Harvest or mail them to the address below. If you need additional forms please contact Elisa Zaehring, Advocacy Coordinator, at 484-893-1106 or at ezaehring@caclv.org.



Send stories 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

Bits and Pieces

Picnic Safety Tips

- ◆ As always, wash hands and work areas before preparing food.
- ◆ Cook foods in plenty of time to thoroughly chill them in shallow containers in the refrigerator.
- ◆ Have enough coolers with ice or frozen gel packs in which to store the perishable foods like meat, poultry, fish, eggs and salads. You want to keep the food at 40 degrees F. Pack foods right from the refrigerator into the coolers.
- ◆ Don't put the cooler in the car trunk; Carry it inside an air-conditioned car. At picnics, keep the cooler in the shade and keep the lid closed. Replenish the ice if it melts.
- ◆ Use a separate cooler for drinks so the one containing the food won't constantly be opened and closed.
- ◆ Two Hour Rule. Don't leave perishable food un-refrigerated for more than two hours. Put perishable foods back in the cooler or refrigerator as soon as you finish eating. Don't leave them out while you go for a swim or a hike, and don't leave them out all afternoon to nibble on.
- ◆ Chances are, picnic leftovers have been sitting out for more than an hour or two. Discard these leftovers. Cold foods that were kept in a cooler that still has ice may be safe. If the ice has melted, the food should be discarded.

<http://whatscookingamerica.net/picnic.htm>