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FOR IMMEDIATE RELEASE

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‘SENIOR EPICUREAN CHALLENGE’ TO RAISE AWARENESS OF FOOD ASSISTANCE PROGRAM FOR SENIORS

Second Harvest Food Bank of Lehigh Valley and Northeast Pennsylvania will partner with the Bethlehem Senior Center to host the first ever “Senior Epicurean Challenge” on Thursday, September 6, 2012 at 1:00 PM. The event, which will take place at the Senior Center at 720 Old York Road, will raise awareness of the Commodity Supplemental Food Program (CSFP) a federally-funded program designed to improve the health and nutrition of registered, low-income senior citizens, post-partum mothers, and children by providing a supply of staple foods once a month. The monthly boxes contain cereal, juice, canned vegetables and fruit, evaporated milk, pasta, peanut butter, protein (beef, chicken, or tuna) and cheese.

Staff members from Second Harvest will face off to see who can create a nutritious and tasty meal using the items provided in the CSFP boxes as well as a few other pantry staples. Bethlehem Senior Center clients will be on hand to judge the culinary creations. The event will be open to the public.

“It is always great to learn new and exciting ways to cook the items the seniors receive in their boxes from Second Harvest,” said Joan Schafer, Director of the Bethlehem Senior Center, one of the sites through which the Food Bank distributes CSFP boxes.

Second Harvest Food Bank currently administers the distribution of CSFP boxes to more than 1,900 people in six counties. Lindsay Deemer, Project Coordinator at Second Harvest, manages the enrollment in the program and the distributions. She hopes the event will spread the word about CSFP and its help in alleviating grocery bills on an already tight budget for seniors who are living on their social security income and pensions. Residents of Carbon, Lehigh, Monroe, Northampton,



Pike, or Wayne counties, 60 years of age or older, and living within the federal income guidelines (\$1,211/month for a one person household or \$1,640/month for a two person household) who would like to enroll to receive a monthly CSFP box, can contact Lindsay at 610-434-0875 or ldemer@caclv.org.

About Second Harvest Food Bank

Second Harvest Food Bank distributes food and grocery product to more than 66,000 people each month through a network of more than 200 member agencies in Carbon, Lehigh, Monroe, Northampton, Pike, and Wayne counties. These agencies include emergency food pantries, soup kitchens, shelters, and child care and rehabilitation centers. Last year, Second Harvest distributed over 5.7 million pounds of food to people in need through these organizations. The Food Bank also provides resources for education and advocacy to end hunger. Second Harvest Food Bank is a program of the Community Action Committee of the Lehigh Valley (CACLV) and a member of Feeding America, the nation's food bank network and largest hunger relief organization.

About Bethlehem Senior Center

The Bethlehem Senior Center serves area seniors 60 years of age and older at 720 Old York Road from 9:00 AM – 3:00 PM. For lunch and activity calendars, please contact them at 610-867-4233.

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