

AGENCY AND ADVOCACY UPDATE



November, 2010

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



November, 2010



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DATES TO REMEMBER

Second Harvest will be closed on Thursday, November 25, 2010 and Friday, November 26, 2010 so that staff can enjoy the holiday with their families.

If your standing appointment falls on one of these days, please call the Food Bank at 610-434-0875 to reschedule.

News You Can Use

Inspections

As you are aware, Second Harvest conducts regular inspections of all member agencies. Until now, the focus of those inspections has been food storage and recordkeeping. At the request of several of our food-serving agencies, we are expanding our inspection process to cover some basics of food handling for agencies that provide on-site meals and/or snacks.

The implementation of this new inspection routine is currently undergoing review by staff and advisory board committees. We expect to implement it fully by January, 2011. Agencies preparing and serving food will receive a copy of the inspection form that they can file or post.

Self-Declaration of Need

Reminder: The Pennsylvania Department of Agriculture expects that all agencies distributing USDA commodities or product purchased with state funding will annually collect a Self-Declaration of Need form from each household served with these foods. The Self-Declaration form is updated each year in June for the July 1-June 30 fiscal year. Only the current year's form should be used during that year. A new form should be collected for each participant household beginning July 1 of the fiscal year. If you do not have the 2010-11 version, please call Maria. She will be happy to get you a copy.

Frequently Asked Questions about the Self-Declaration of Need Form:

Must we use the form the way it is or can we adjust it to meet our needs?

You must use the form the way that it is. You can have additional information printed on the back side of the form, but it must stipulate that the recipient cannot be denied food if they fail to complete the back page. You can use different colored paper to help identify the correct form to use for each year. However, the content of the form cannot be altered.

Does the recipient circle the number in the household or the entire line?

The recipient should circle the entire line so that they understand that they must be at that level or below. They should not write the amount that they actually receive, but they do need to understand what it represents.

Holiday Hours for Thanksgiving

Thanksgiving is a busy time for us all. The Food Bank has already received phone calls from people both looking for food on Thanksgiving as well as volunteers looking for places to donate their time on the holiday. If you have special hours for the week of Thanksgiving (either closures or extended hours), can you please call the Food Bank and let us know. That way we know where to refer people who are looking for food as well as people who want to volunteer at a soup kitchen or pantry. Thanks for your cooperation.

Cooks' Corner

Pumpkin Pancakes

Fun for the whole family

Ingredients:

- 2 cups baking mix, such as Bisquick
- 2 tablespoons packed brown sugar
- 1 tablespoon pumpkin pie spice
- 1 can (5 ounces) evaporated fat-free milk
- 1/2 cup canned solid pack pumpkin
- 2 large eggs, lightly beaten
- 2 tablespoons vegetable oil Maple syrup (optional)



Preparation:

- Combine the baking mix, brown sugar and pie spice in a large bowl; mix well. Stir in the milk, pumpkin, eggs and oil, mixing until the dry ingredients are completely moistened. Lightly grease the griddle or skillet with oil.
- Heat the griddle over medium heat until hot. For 4-inch pancakes, pour a scant 1/4 cup batter onto the hot griddle. Turn the pancakes when the tops are covered with bubbles and the edges look cooked. Cook the second sides until golden brown.
- Serve warm with maple syrup, if desired.
- **Tip:** Pancakes can be made into jack-o'-lanterns by using dried cranberries or raisins for the face. Immediately after pouring batter onto griddle, arrange fruit to make eyes, nose and crooked mouth before batter sets up. Proceed as directed.

Preparation Time: Approximately 15 minutes

Cook Time: Approximately 15 minutes



Nutritional Information Per Serving			
Servings: 6			
270 calories	70mg cholesterol	52g carbohydrate	7g protein
13g fat	560mg sodium	34g fiber	

Source: Canned Food Alliance http://www.mealtime.org/recipe_details.aspx?id=930

Sugerencias para ayudarlo a consumir verduras

En general:

- Compre verduras frescas de estación. Cuestan menos y probablemente tengan el mejor sabor.
- Guarde verduras congeladas para cocinar en forma rápida y práctica en el microondas.
- Compre verduras que sean fáciles de preparar. Elija bolsas de verduras verdes, zanahorias mini o tomates cherry pre-lavados para preparar una ensalada en minutos. Compre bolsas de esas zanahorias mini o ramas de apio para comer bocadillos rápidos.
- Utilice un horno a microondas para "cocinar" verduras rápidamente. Las papas blancas, batatas o camotes pueden hornearse rápidamente de esa forma.
- Varíe sus opciones de verduras para que las comidas sigan siendo interesantes.
- Pruebe las verduras crocantes, crudas o suavemente cocinadas al vapor.

Para un mejor valor nutricional:

- Elija verduras con mayor contenido de potasio con más frecuencia, como batatas o camotes, papas, guisantes blancos, productos derivados del tomate (pasta, salsa y jugo), hojas de remolacha, porotos de soja, porotos blancos, calabaza de invierno, espinacas, lentejas, porotos y guisantes.
- Las salsas o aderezos agregan calorías, grasas y sodio a las verduras. Utilice la etiqueta de Información Nutricional para comparar las calorías y el % de Valor Nutricional, y ver las grasas y el sodio en las verduras solas y condimentadas.
- Prepare más alimentos con ingredientes frescos para reducir la ingesta de sodio. La mayor cantidad de sodio de los alimentos se encuentra en los alimentos en paquete o procesados.
- Compre verduras en lata que indiquen "sin agregado de sal". Si desea agregar un poco de sal, seguramente será menos que la que el producto normalmente trae.

En las comidas:

- Planifique algunas comidas con un plato principal de verduras, como una sopa o fritura de verduras. Luego agregue otros alimentos que la complementen.
- Pruebe comer una ensalada como plato principal en el almuerzo. No agregue demasiados aderezos a la ensalada.
- Incluya una ensalada verde en la cena de todos los días.
- Corte zanahorias o zucchini en tiras para el pan de carne, los guisos, los panes rápidos y los molletes.
- Incluya vegetales trozados en la salsa de las pastas o en la lasaña.
- Pida una pizza vegetariana con ingredientes como hongos, ajíes verdes y cebolla, y pida verduras adicionales.
- Utilice verduras pisadas y cocidas, como las papas, para espesar los estofados, las sopas y las salsas. Agregan sabor, nutrientes y textura.
- Grille brochettes de verduras como parte de una barbacoa. Pruebe los tomates, los hongos, los ajíes verdes y las cebollas.

Haga que las verduras se vean más atractivas:

- Muchas verduras son muy ricas con un agregado o aderezo. Pruebe los aderezos para ensalada de bajo contenido graso con el brócoli, los ajíes verdes y rojos, el apio y la coliflor crudos.
- Agregue color a las ensaladas con zanahorias mini, repollo rojo rebanado u hojas de espinaca. Incluya verduras de estación para variar durante el año.
- Incluya guisantes o frijoles secos cocidos en platos mixtos con sabor, como sopa minestrón o chili.
- Decore los platos o sirva las comidas con trozos de verduras.
- Guarde un tazón de verduras cortadas en un contenedor transparente a la vista en el refrigerador. Las zanahorias y el apio son comunes, pero piense en flores de brócoli, pepino o tiras de ají verde o rojo.

Nutrition Tips for Your Busy Life

Paint Your Plate with Color

Mix blueberries or pineapple pieces in your yogurt. Garnish your salad with sliced beets or peach slices. Tuck spinach leaves into your sandwich. Use carrot coins, corn and sliced peppers as pizza toppers. Make a taco salad with tomato salsa. Fortify canned and homemade soup with green peas or beans. Switch to a sweet-potato salad. A rainbow of fruits and vegetables – canned, frozen, fresh - create a palette of nutrients and phytonutrients, or plant substances, on your plate. Many phytonutrients work as antioxidants that protect healthy body cells from damage – and may help protect against some cancers, macular degeneration, heart disease and other health problems. Check Mealtime.org regularly for hundreds of free, healthy recipes made with phytonutrient-rich canned fruits and vegetables.

Go Lean with Protein

Protein-rich foods take center plate in most meals. A good thing since we all need protein to build and repair body cells. And emerging research suggests that eating more protein as you get older may help you keep your muscle mass as lifestyles become less physically active. No matter what the source, smart choices are also lean, low-fat or fat-free! Among the quick-to-prepare, quick-to-serve options to have on hand: canned tuna, salmon, chicken or turkey for salads and stir-fries; skinless chicken breasts, fish filets or steaks to broil or grill; lean ground meat for burgers and pasta sauces; eggs to scramble; and a variety of canned beans for salads, stews, soups and more. An added bonus, salmon and tuna deliver heart-healthy omega-3s and beans provide fiber. Make Mealtime.org your source for delicious protein-rich meal ideas.

Fiber: Bundled with Nutrients and Phytonutrients

Fiber-rich foods – beans, whole-grain products, vegetables and some fruits - are loaded with health benefits. Fiber itself not only aids digestion, but also helps protect you from a host of health problems, from constipation and hemorrhoids, to some forms of cancer. Generally lower in calories, fiber-rich foods also help with weight management. There's more: eating "fiber-rich" foods may help people with diabetes maintain blood sugar levels. And it's heart-healthy. "Fiber up" your pantry: keep canned beans, vegetables and fruit on hand for quick and easy fiber-rich meals. Check Mealtime.org for more easy prep ideas.

You Say "Tomato"

Tomatoes contain lycopene, a phytonutrient in the carotenoid family, which may help protect against prostate cancer and heart disease. Research indicates that heat from cooking or canning makes the lycopene in tomatoes more available to your body. That said, use the variety of canned tomato products, such as diced and whole tomatoes, tomato sauce and paste, tomato soup, and salsas, as your best and most convenient food sources of lycopene.

"Soy" Good!

Whether canned black or yellow soybeans, soybeans in the pod, soy drinks, tofu or the many other soy products in today's marketplace, soy delivers on nutrition. It not only provides high-quality protein, but it's also a good source of B vitamins, potassium, unsaturated fats and isoflavones, which may help lower your risks for some health problems. Soy protein may be heart healthy, too! Quick meal ideas: add canned soybeans to your soups, pasta sauces, chili and salads.

Quick Recipes for Making Meals from Leftovers

With these creative and tasty ideas, no one will recognize these ingredients from last night's meal:

If You Have Leftover Bread, try:

- **Morning-After French Toast:** Use leftover cranberry, pumpkin or nut bread to make warm and wonderful French toast the next morning. Top it with a spoonful or more of canned berries, peaches or crushed pineapple.
- **Bread Pudding:** Cut leftover bread or rolls into one-inch cubes. Use them in your favorite recipe for bread pudding. You can also top it with maple syrup or caramel topping.

If You Have Leftover Turkey or Meat, try:

- **Wrap Sandwiches:** Slice leftover turkey or meat, add a little warm barbecue sauce and canned chili peppers, and wrap them up in soft tortillas. Or spread a wheat tortilla with leftover canned cranberry sauce and a layer of sliced turkey or ham, and then wrap it up.
- **Turkey-Mushroom Casserole:** Combine leftover chopped turkey, with condensed cream of mushroom soup, chopped onion, canned or leftover veggies, 1 small package of fast-cooking rice and 2 1/2 cups liquid (water, milk and/or broth). Bake at 350 degrees in a casserole dish until rice is tender and the liquid is absorbed.
- **Turkey Fajitas:** Combine sliced leftover turkey with fajita seasoning, stir-fry with onions and peppers and serve with warm tortillas. Toss a can of salsa in your holiday shopping cart to serve with your turkey fajitas.

If You Have Leftover Veggies, try:

- **Easy Quiche:** Fill an empty pie shell with minced leftover vegetables, canned seafood (crabmeat, shrimp and/or salmon), shredded cheese and an egg-milk mixture. Canned evaporated skim milk works great because it's as thick as cream.
- **Puréed Veggies:** Purée leftover potatoes or squash with other cooked or canned vegetables. Add a little canned evaporated skim milk and herbs; heat and serve as an elegant, colorful side dish. Or simply add puréed vegetables to canned broth for an easy, creamy soup.



Advocates' Corner

Update: Child Nutrition Reauthorization

Congress adjourned for the fall recess without voting on the Child Nutrition Reauthorization Act (CNR). Discussions on how to resolve ongoing concerns about the Senate's child nutrition bill (S. 3307) continued during the last week of September with no resolution. Since the House did not come to an agreement on CNR, the bill was placed on hold until Congress returns after the midterm elections.

The existing child nutrition legislation was set to expire on September 30, 2010; therefore, both chambers of Congress passed a Continuing Resolution (CR) that will allow the programs to continue operating. The CR will extend funding levels included in the 2004 Child Nutrition Act through December 3, 2010, buying Congress some additional time to pass a child nutrition bill this year.

While the next few weeks will provide additional opportunities for negotiations to continue, time is running out for Congress to pass a strong child nutrition bill before the end of the 111th Congress! When Congress returns for the "Lame Duck" session on November 15, they will have just a few weeks to complete several pieces of "must-pass" legislation, including FY2011 appropriations.

It is imperative that Congress complete child nutrition reauthorization this year. Please continue to seek opportunities to elevate the child nutrition bill while members of Congress are back in their home districts campaigning. We must all work together to make sure CNR is a "must-pass" item for the lame duck session.

When the time is right, we will once again need to mobilize, so stay tuned and be ready!

Call or write your Representative today!

United States House of Representatives

Monroe and Carbon Counties contact the **Honorable Paul. E. Kanjorski**

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Community Action Committee
of the Lehigh Valley

Bits and Pieces

9 Fun Facts About Squash

1. Squash is officially a fruit and the smaller the squash, the more flavorsome it will be.
2. There are both winter and summer varieties of squash so you can get “squashed” year round.
3. The winter varieties produce more beta carotene after storage than when the squash is fresh from the vine.
4. When spaghetti squash is cooked, it forms delicious strands that can be covered with your favorite spaghetti sauce or just butter and salt.
5. The sweet dumpling squash is so sweet that all you have to do remove the top and the seeds, bake whole and serve with butter and cinnamon as a dessert.
6. Many parts of the squash plant, besides its flesh, are edible including the seeds, leaves, tendrils, shoots and flowers.
7. The tradition of lighting candles inside a carved pumpkin at Halloween is originally from Ireland where lit vegetables were hung in the window to ward off Jack O’ Lantern, a wayward soul condemned by the devil to walk the earth for all eternity.
8. George Washington, the first U. S. president, loved to grow squash.
9. Any variety of squash will provide loads of fiber, beta carotene, Vitamin A, Vitamin C and protein.

<http://groovyvegetarian.com/2009/01/22/fun-facts-about-squash/>