

AGENCY AND ADVOCACY UPDATE



September, 2010

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



September, 2010



HUNGER ACTION MONTH™

GIVE A LITTLE FEED A LOT

Hunger Action Month

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DATES TO REMEMBER:

September 6th– The Food Bank will be closed for Labor Day.
September 15th– Website Launch
September 24th– The Food Bank will be closed for company picnic.
If your standing appointment falls during a time that the Food Bank is closed, please contact the Food Bank (610-434-0875) to reschedule.

News You Can Use

State Food Purchase Program Equipment

The PA Department of Agriculture (PDA), through the State Food Purchase Program, has provided for the equipment needs of emergency food providers across the Commonwealth for more than 10 years. There are specific regulations that receiving agencies must follow. The equipment (refrigerators, freezers, shelving, for example) is provided for the use of the agency in distributing government-supported foods. It should be located in your pantry area. In order to insure that receiving agencies are in compliance, the equipment is tagged with a sticker identifying it as the property of PDA.

Recently, during routine inspections, PDA field representative, Georgiann Hunsicker, discovered that several agencies are using the equipment (especially refrigerators) for non-approved storage. If you are currently storing employee lunches and snacks, coffee service supplies, or anything else not directly related to your pantry distribution, please remove those items at once.

2010-11 Self-Declaration of Need

PDA requires that each family receiving government-supported food complete a new Self-Declaration of Need form each fiscal year (July 1-June 30). SHFB had sent the form in both English and Spanish with the last two updates. You can download additional copies at <http://www.agriculture.state.pa.us/> (click on forms on the left side bar). Even though income guidelines have not changed from 2009-10, PDA expects that new forms (with the current year) be completed.

Please make sure that each head of household fills out the form, circling the entire row of the number representing the number of people in the household. Keep these forms handy for the current year and archived for the three years prior.

Signing for Food

Each time you distribute food to anyone, you should ask that he or she sign and date whatever instrument you are using to collect that information. You can use index cards, a log book, or any other method that works for your agency. These sign-in sheets must be kept for the current year and three years prior.

Shop for a Cause at Macy*s!

Second Harvest is currently selling Macy*s Shop for a Cause passes to benefit the Food Bank. Passes can be used at Macy*s on October 16, 2010 and entitle holders to 20% (or 10%) savings on almost all of their purchases, including regular, sale, and clearance merchandise (exclusions and restrictions apply), and 25% off a single purchase. Customers will also be eligible to win a \$500 gift card, no purchase necessary.

Macy*s is offering Second Harvest this chance to commemorate Hunger Action Month which takes place in September. Passes are \$5 each which will be donated to Second Harvest. If you or someone at your organization is interested in purchasing any Shop for a Cause passes, please contact Sharon Hall at 610-434-0875.

Cooks' Corner

Peppered Pork Pitas with Garlic Spread

Ingredients

- 1/3 cup fat-free mayonnaise or salad dressing
- 2 tablespoons fat-free (skim) milk
- 2 cloves garlic, finely chopped
- 1/2 lb boneless pork loin chops, cut into thin bite-size strips
- 1 tablespoon olive or canola oil
- 1 teaspoon coarsely ground pepper
- 1 jar (7.25 oz) roasted red bell peppers, drained, sliced
- 4 pita fold breads (7 inch)



Directions

1. In small bowl, mix mayonnaise, milk and garlic; set aside.
2. In medium bowl, mix pork, oil and pepper. Heat 10-inch skillet over medium-high heat. Add pork; cook 5 to 6 minutes, stirring occasionally, until pork is lightly browned and no longer pink in center. Stir in bell peppers; heat until warm.
3. Heat pita folds as directed on package. Lightly spread one side of each pita fold with garlic mixture. Spoon pork mixture over each; fold up.

Nutrition Information			
Amount per serving			
Calories: 340	Total Fat: 9g	Sodium: 560mg	Dietary Fiber: 2g
	Cholesterol: 35mg	Total Carbohydrates: 45g	Protein: 19g

Special thanks to [eatbetteramerica.com](http://www.eatbetteramerica.com) for providing this recipe and nutrition information. <http://www.eatbetteramerica.com/recipes/30-minutes-or-less/peppered-pork-pitas-with-garlic-spread.aspx>. This recipe was recommended by one of the participants in the Food For Thought: Healthy Meals for Families Pilot Program.

Have You Heard?



Second Harvest Food Bank to launch new website on

September 15, 2010.

Please visit www.shfblv.org to learn more about Second Harvest.

What's new?

- Online food pantry and soup kitchen locator
- Direct online donations
- Information for corporate giving
- Current events calendar
- Information for prospective and current member agencies
- Up-to-date hunger and poverty information and statistics



Hunger Action Month

September is Hunger Action Month, and we're asking you to take action to fight hunger in your neighborhood! This month, you can join a movement that will have a real and lasting impact on our effort to reduce hunger in our community.

To commemorate Hunger Action Month 2010, Second Harvest has partnered with Feeding America to find "30 Ways in 30 Days" for you to fight hunger locally this September. Take the first step by viewing our 30 Ways in 30 Days Calendar and by taking the "My Way" pledge.

We have created a campaign with 30 simple daily actions that will contribute to the national movement to end hunger in America. The 30 Ways in 30 Days calendar can be found on page 6 of this update. You can also visit Feeding America's Hunger Action Month microsite at www.hungeractionmonth.org. Or Second Harvest's new website at www.shfbv.org for the latest, stats about hunger, upcoming events, and ways you can become directly involved with Second Harvest. Please note, that Second Harvest's new website will be available online after September 15, 2010.

In addition to the 30 ways anti-hunger activists can work to end hunger, supporters are also asked to take a "My Way" Pledge, designating their primary way to help during Hunger Action Month. There are five broad categories: *Advocate, Organize, Experience, Donate, and Volunteer*. Examples of ways within each category are posted online, giving individuals - based on their own strengths, interests and personality - a framework to designate their "way" of making a difference.

Once again Feeding America is hosting a competition among its member food banks during Hunger action Month. The food bank that collects the most pledges from August 1, 2010 through September 30, 2010 will win a free truckload of food. You can pledge now by filling out the enclosed form. Please distribute to all volunteers, participants, friends, family members, and co-workers who are committed to ending hunger in our community.

Mail completed pledges to the address below by October 3, 2010.

Elisa Zaehring
1337 East 5th Street
Bethlehem, PA 18018

Together, we can end hunger in our community.

Hunger Action Month: 30 Ways in 30 Days

	30	31	<p>1 Take the Hunger Action Month Pledge!</p> <p>Take your pledge at www.hungeractionmonth.org. You can also pledge at our new website launching on the 15th: www.shfbvlv.org.</p>	<p>2 Share 30 Ways</p> <p>Send a copy of this calendar to a friend or post it on the office fridge.</p>	<p>3 Find us on Facebook</p> <p>Be sure to suggest us to your friends to help spread awareness about hunger in our community.</p>	<p>4 Fight Hunger at Weis Markets</p> <p>Purchase a pre-packaged bag of grocery products and it will be donated to a local food pantry.</p>
<p>5 Locate your community food pantries & shelters</p> <p>See what their current needs are. For a pantry near you, call Second Harvest at 610-434-0875.</p>	<p>6 Organize a local food drive</p> <p>Have a competition between coworkers, teammates, family, or friends to see who can gather the most donations.</p>	<p>7 Join the Huddle to Fight Hunger</p> <p>Visit www.HuddletoFightHunger.com and Kraft will donate one meal locally for each person who joins.</p>	<p>8 Read a book about hunger to your children</p> <p>Try reading <i>Uncle Willie and the Soup Kitchen</i> or <i>Stone Soup</i>.</p>	<p>9 Spread the word about Hunger Action Month</p> <p>Use the social media platform of your choice (Facebook, twitter, etc).</p>	<p>10 Time Magazine</p> <p>Check out the Sept. 1 2010 issue of <i>Time</i>, on newsstands now, which highlights the work of Feeding America!</p>	<p>11 Help the homeless</p> <p>Gather personal care items for a local shelter. Contact them ahead of time to see which items would be most useful.</p>
<p>12 Set an empty plate at your dinner table</p> <p>Let this be a reminder to you (& your family or roommates) of those who are at risk for hunger.</p>	<p>13 Give a latte</p> <p>Instead of buying coffee, make it at home. Consider donating what you would have spent each day to Second Harvest.</p>	<p>14 Donate extra produce from your garden</p> <p>Or volunteer to be a field gleaner. Email fieldgleaning@gmail.com for more info.</p>	<p>15 Visit Second Harvest Food Bank's newly launched website!</p> <p>www.shfbvlv.org Join our email list to receive updates on what's happening at the Food Bank.</p>	<p>16 Make a donation and spread the word!</p> <p>Donate online at www.shfbvlv.org.</p>	<p>17 Write an article or Op-Ed piece about domestic hunger</p> <p>Find resources, facts, & more info on the Hunger Action Month section at www.shfbvlv.org.</p>	<p>18 Cook a meal with your children or friends</p> <p>While cooking & eating, discuss the importance of fighting hunger.</p>
<p>19 Write an article for your congregation or club's Newsletter</p> <p>Find newsletter & e-blast templates on the Hunger Action Month section at www.shfbvlv.org.</p>	<p>20 Send an email to your friends about Hunger Action Month</p> <p>You can find an email template in the Hunger Action Month section at www.shfbvlv.org.</p>	<p>21 Fight hunger at your business</p> <p>Designate a day to donate a portion of your proceeds to hunger relief.</p>	<p>22 Facebook for hunger</p> <p>Change your Facebook status to "YOUR NAME is fighting domestic hunger during Hunger Action Month."</p>	<p>23 Write to elected officials about Hunger</p> <p>For contact info, visit www.congress.org, & for an advocacy letter template, visit the Hunger Action Month section at www.shfbvlv.org</p>	<p>24 Host a pot-luck party</p> <p>Over dinner, discuss hunger & how guests can make a difference. They can even bring donations to the dinner party.</p>	<p>25 Shop for a Cause</p> <p>For every "Shop for a Cause" pass purchased at Macy's today & tomorrow, \$5 goes to support Second Harvest.</p>
<p>26 Kraft Coupons</p> <p>Look for valuable Kraft Foods coupons supporting Feeding America in today's paper.</p>	<p>27 Take up a food collection</p> <p>Try your office, congregation, or anywhere leadership is comfortable with setting out a box to collect donations.</p>	<p>28 Live a day on a food stamp budget</p> <p>Share your experience with others. For food stamp info, contact Second Harvest at 610-434-0875.</p>	<p>29 Volunteer at a local pantry or soup kitchen</p> <p>For opportunities in your area, contact Second Harvest at 610-434-0875.</p>	<p>30 Share your Stories</p> <p>We want to hear your Hunger Action Month stories. Submit your photos & stories on our Facebook page or email them to shfb-info@caclv.org.</p>	1	2

Advocates' Corner

Child Nutrition Reauthorization

The Senate passed their version of the 2010 child nutrition bill, the Healthy, Hunger-Free Kids Act (S. 3307), by unanimous consent. Unfortunately, to pay for the new investments in child nutrition programs, the Senate cut future SNAP (formerly Food Stamps) benefits by \$2.2 billion.

Therefore, it is more important than ever to encourage the House to pass a child nutrition bill that makes greater investments in reducing child hunger and does not cut SNAP benefits to pay for it. The House bill (H.R. 5504) was approved by committee in June and would make significantly more investments in improving access to child nutrition programs. However, the House has not yet identified funding sources to pay for their bill.

With both the House and Senate on recess, there is still much you can do to keep the pressure on your Members of Congress. Here's what you can do while you're Members of Congress are home in the district.

- **Call, email, or write** your representative and encourage him or her to advocate for a robust reauthorization bill that increases children's access to programs and improves nutrition without cutting SNAP/Food Stamps benefits;
- **Set up** a meeting or site visit with your Member of Congress;
- **Submit** an op-ed or letter-to-the editor to your local newspaper;
- **Join** Second Harvest's "30 Ways in 30 Day's" Campaign to end hunger during Hunger Action Month (September).

If you would like more information please contact Elisa Zaehring, Advocacy Coordinator, at ezaehring@caclv.org or 484-893-1106.

With only a few weeks left before child nutrition programs are set to expire on September 30, 2010, now is the time to focus local attention on the issue. Feeding America, in partnership with its network of over 200 food banks will be organizing a big, final push in September, so be ready!



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Community Action Committee
of the Lehigh Valley

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Bits and Pieces

What is Hunger Action Month?

September is Hunger Action Month, when we ask everyone in America to take action to fight hunger in their community, all month long. Hunger Action Month is your opportunity to join a movement that has a real and lasting impact on our effort to feed more Americans than ever before. Whether it's by advocating and raising awareness, making donations, or volunteering, individuals can find the way that's right for them to make a difference during Hunger Action Month. To get involved please visit: www.hungeractionmonth.org or Second Harvest's newly launched website www.shfbvlv.org.

Note: Second Harvest's new website will go live on Wednesday, September 15, 2010.