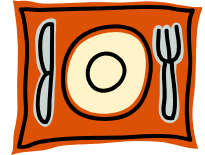
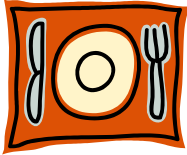


Bringing More to the Table

Greater Berks Food Bank

March 2017



Our Staff:

Peg Bianca,
Executive Director

Tim Becker,
Operations Manager

Deb Gehris,
Business Manager

Doug Long,
Marketing &
Development
Manager

Lori Lowery,
Agency and Volunteer
Services Coordinator

Deb Mest,
Agency and Volunteer
Services Manager

Brenda Miller,
Agency and Volunteer
Services Coordinator

Herb Schultz,
Operations Director

Jamie Sheriff
Data Entry Specialist

Jane Vitalo
Customer Service Rep.

David Bradbury,
Warehouse/Driver

Francis Delauretis
Warehouse/Driver

Phil Demeo
Warehouse/Driver

David D'Ginto
Warehouse

Tom Marsh
Warehouse/Driver

Ronny Perez
Warehouse/Driver

Alex Putt
Warehouse/Driver

Rob Wertman
Warehouse Supervisor

Agency Reminder!

When you send in your order form each week, you must remember to complete the entire top sheet of your order form in full (program name, program number, contact person, contact phone, delivery or pick up, time and day of order). The first time your order sheet does not contain the complete information we will make the changes and notify you of the information you missed. If there is a second time, we will return your form as not processed due to incomplete information. We have over 300 programs with many programs with similar names. We must have this filled in to process the order and eliminate the guesswork, to receive your correct order. We thank you in advance for your cooperation.

Our Produce Donations Keep Rolling In

GBFB has been fortunate this year!! The fresh produce donations continue to come through our doors. Here we are in March and we are still seeing grapes, melons, cucumbers, salad and so much more. Our biggest problem is moving it out of our doors to those in need. If you have a pantry distribution, are you interested in holding a 2nd distribution of perishables only or maybe double the amount of produce you give to your clients at distribution? If you hold a soup kitchen, have you considered ordering produce to send home with those who are having a meal at your soup kitchen? Do you have a CSFP program at your Senior High Rise Building? Although we try to send produce with your CSFP boxes once a month, you can certainly come out to GBFB and pick up items throughout the month. Fresh produce is among the most nutritious product you can give to your clients. Please consider loading your order with lots of produce. We know the clients are thrilled to receive fresh veggies and fruit. Produce is very expensive in the stores, what better way to save our clients' resources than to provide them with fresh, nutritious produce. Remember, our warehouse is open Monday through Friday 9-11am and 1-3pm for "Free, fresh and nutritious" – come out and pick up produce for your clients!!

RECIPE OF THE MONTH BEAN AND VEGGIE SOUP

- 2 medium carrots
- 1 small onion
- 2 medium cloves garlic
- 2 medium celery stalks
- 1 large tomato
- 1 medium yellow squash
- 1 (15½-ounce) can red kidney beans
- 1 Tablespoon canola oil
- 1 teaspoon dried basil or dried oregano
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 2 (14½-ounce) cans low-sodium chicken or beef broth
- ½ cup water
- 1 cup frozen green sweet peas
- 1 cup whole wheat pasta, such as wagon wheels, macaroni, or penne

Optional Ingredients

¼ cup fresh parsley

- Can opener
- Colander
- Cutting board
- Large pot
- Measuring cups
- Measuring spoons
- Mixing spoon
- Sharp knife
- Vegetable peeler

1. Peel carrots, onion, and garlic cloves. Rinse carrots, onion, celery, tomato, and squash.
2. Dice onion, celery, and tomato. Mince garlic.
3. Cut carrots and squash in half lengthwise. Place flat side down. Cut into thin, half-moon slices.
4. If using, rinse parsley. Pluck leaves from stems. Mince.
5. In a colander, drain and rinse beans.
6. In a large pot over medium heat, heat oil. Add carrots, onion, garlic, and celery. Cook until slightly soft.
7. Add dried herbs, salt, and pepper. Stir.
8. Add broth, water, tomatoes, squash, beans, and peas. Bring to a boil over high heat.
9. Add pasta. Reduce heat and simmer. Cook until pasta is tender, about 8–12 minutes.
10. If using parsley, stir into soup before serving.

**Enjoy and share with your consumers.
This recipe is easy to make and a healthy
option.**

SAVE THE DATE...

AGENCY ORIENTATION

Monday March 13, 2017, 9:00-10:00am

Held at GBFB, RSVP is required...

Please contact either Deb Mest ext. 205, Lori Lowery ext. 206 OR
Brenda Miller ext. 207.

VOLUNTEER ORIENTATION

- March 3rd—11:30am-12:15pm webinar
- March 7th— 1:00pm-2:00pm at GBFB
- March 9th— 9:00am-10:00am at GBFB
- March 16th— 11:30am-12:15pm webinar

**DON'T FORGET TO CHANGE YOUR
CLOCK ON MARCH 12TH—SPRING
AHEAD!**



Did you know at GBFB...



**PLEASE REMEMBER NO AGENCY MAY ASK FOR
PROOF OF INCOME OR ADDRESS TO GIVE
FOOD . THIS IS A STATE REGULATION. ALL
THAT IS REQUIRED IS COMPLETION OF SELF
DECLARATION FORM.**

St. Patrick's Day

St. Patrick's Day was first celebrated in America in 1737, organized by the Charitable Irish Society of Boston, including a feast and religious service. This first celebration of the holiday in the colonies was largely to honor and celebrate the Irish culture that so many colonists had been separated from. St. Patrick, or the "Apostle of Ireland," actually started out in the pagan religion. While not much is known about his early life, as many of his life's details were lost to folklore, letters from St. Patrick reveal that he was captured in Wales, Scotland, or another close area outside of Ireland and taken to Ireland as a slave. Years later, he escaped and returned to his family, who were Romans living in Britain, going back to Ireland for mission work after finding a place as a cleric and then Bishop within the Christian faith. He was born around 460, and by the 600s, he was already known as the Patron Saint of Ireland. There are many legends associated with St. Patrick. The symbol of the shamrock used for St. Patrick's Day comes from the story of St. Patrick using the shamrock to illustrate the Holy Trinity. The three-leafed plant coincided with the Pagan religion's sanctity of the number three and is the root of the green color theme. Another popular belief is that St. Patrick banished the snakes from Ireland. The story says that while St. Patrick was fasting, snakes attacked him, so he chased all snakes into the ocean. However, there have never been snakes in Ireland during the post-glacial period. The absence of snakes and symbolism involved with snakes is believed to explain the story, although it could have been referring to type of worm rather than snakes. One legend has St. Patrick sticking a walking stick into the ground while evangelizing, which turned into a tree. Early celebrations continued this modest tradition. In New York, the first celebration took place as a small gathering at the home of an Irish protestant. St. Patrick's Day parades started in New York in 1762 by a group of Irish soldiers in the British military who marched down Broadway. This began the tradition of a military theme in the parade, as they often feature marching military unites. The holiday eventually evolved from the modest religious dinner into the raucous holiday we know today. Excerpt from *Wilstar.com*.



Dietary Guidelines for Americans

Every 5 years since 1980, a new edition of the *Dietary Guidelines for Americans* has been published. Its goal is to make recommendations about the components of a healthy and nutritionally adequate diet to help promote health and prevent chronic disease for current and future generations. Although many of its recommendations have remained relatively consistent over time, the *Dietary Guidelines* has evolved as scientific knowledge has grown. These advancements have provided a greater understanding of, and focus on, the importance of healthy eating patterns as a whole, and how foods and beverages act synergistically to affect health. Therefore, healthy eating patterns is a focus of the *2015-2020 Dietary Guidelines*. **For example, Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level.**

A healthy eating pattern includes:

*A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other fruits, especially whole fruits.

*Grains, at least half of which are whole grains.

*Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages.

*A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products.

*Oils.

Healthy eating patterns support a healthy body weight and can help prevent and reduce the risk of chronic disease throughout periods of growth, development, and aging as well as during pregnancy.

The following principles apply to meeting the Key Recommendations:

An eating pattern represents the totality of all foods and beverages consumed.

All foods consumed as part of a healthy eating pattern fit together like a puzzle to meet nutritional needs without exceeding limits, such as those for saturated fats, added sugars, sodium, and total calories. All forms of foods, including fresh, canned, dried, and frozen, can be included in healthy eating patterns.

Nutritional needs should be met primarily from foods. Individuals should aim to meet their nutrient needs through healthy eating patterns that include nutrient-dense foods. Foods in nutrient-dense forms contain essential vitamins and minerals and also dietary fiber and other naturally occurring substances that may have positive health effects. In some cases, fortified foods and dietary supplements may be useful in providing one or more nutrients that otherwise may be consumed in less than recommended amounts.

Healthy eating patterns are adaptable. Individuals have more than one way to achieve a healthy eating pattern. Any eating pattern can be tailored to the individual's socio-cultural and personal preferences.

*About three-fourths of the population has an eating pattern that is low in vegetables, fruits, dairy, and oils.

*More than half of the population is meeting or exceeding total grain and total protein foods recommendations, but, as discussed later in the chapter, are not meeting the recommendations for the subgroups within each of these food groups.

*Most Americans exceed the recommendations for added sugars, saturated fats, and sodium.

In addition, the eating patterns of many are too high in calories. Calorie intake over time, in comparison to calorie needs, is best evaluated by measuring body weight status. The high percentage of the population that is overweight or obese suggests that many in the United States overconsume calories. Unfortunately it is documented that more than two-thirds of all adults and nearly one-third of all children and youth in the United States are either overweight or obese. Making changes to eating patterns can be overwhelming. That's why it's important to emphasize that every food choice is an opportunity to move toward a healthy eating pattern. Small shifts in food choices—over the course of a week, a day, or even a meal—can make a big difference. You could help to be that difference by offering your recipients the options of our healthier food choices of produce, low fat dairy, whole grain and leaner meats.

Read more at www.health.gov/dietaryguidelines/2015

Updates From the Inside

Greater Berks Food Bank has been working on our strategic plan and one of the goals of our plan is to write a Nutrition Policy and rate the products in our warehouse based on nutrition value. We have formed a “Foods to Encourage” Committee that is now in the process of writing a Nutrition Policy for GBFB. This Committee consists of not only staff and Board members, but representatives from the Health Community, Child Nutrition Community and Senior Nutrition Community. Over the next several months we plan to complete the Policy and rate the products in our warehouse. Our goal is to complete this process by October 31, 2017. What does this mean for our agencies? Our agencies may start to have the opportunity to add an education component to their distributions of our products. Recipes or ‘how to prepare’ instructions for products that are not popular or unknown to clients may soon be available to our agencies. It will be easier for our agencies to see which products hold the most nutrition value so they can make better selections for their clients. We look forward to completing this project and helping not only to bring more to the table, but to improve the health of our hungry neighbors.

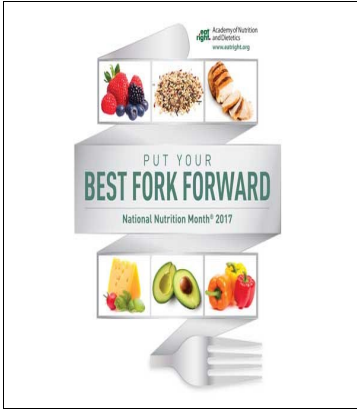


Coming Soon....

- 1) Please make a note that April is fast approaching and this is the time that Commodity Supplemental Food Program clients must complete a new Certification form and have their income verified. Look for those forms and updated income guidelines to come in the mail sometime in April.
- 2) GBFB is required by USDA and PA Dept. of Agriculture to do Civil Rights training once per year. In addition, every agency must conduct civil rights training with their volunteers once per year. While you may feel like this is a daunting, repetitive task, it's a requirement by these Government Agencies who provide us with thousands of pounds of food. This is something we will not jeopardize for any reason. That said, please keep in mind you will receive information about the training sometime in April. All agencies are required to complete this training with us and then with their volunteers no later than June 30, 2017 or your agency will be suspended for non-compliance.

Greater Berks Food Bank
117 Morgan Drive, Reading, PA 19608
610-926-5802

Bringing More to the Table
Greater Berks Food Bank



March

Bringing more to the table is brought to you through Greater Berks Food Bank Staff

We'd love your input

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March is National Nutrition month! Let's get moving and start choosing to "Bite into a Healthy Lifestyle". "A healthy lifestyle is about so much more than just choosing to eat more fruits and vegetables. While that is important, it's also essential to make informed food choices based on your individual health and nutrient needs," says Nutrition and Dietician Academy Spokesperson Marjorie Nolan Cohn, RND. "Knowing which nutrients your body needs, the foods that contain them, and how much fits into your healthy eating plan are all part of making smart choices." Each March, the Academy encourages Americans to return to the basics of healthy eating through National Nutrition Month®. Understanding what is in food is essential to making informed food choices while building an eating plan that meets your tastes. "This may sound simple, but knowing which foods contain the nutrients you need is the next step in biting into a healthy lifestyle," Cohn says. "For instance, most people know that oranges are a good source of vitamin C, but so are tomatoes and potatoes. Dairy foods like milk are a good source of calcium, but so is broccoli. Fruits and vegetables provide fiber, but so do whole grains and beans. A registered dietitian nutritionist can guide your food choices while keeping your tastes and preferences in mind." When food selections go beyond whole foods and into packaged foods, understanding what fits and what doesn't may not be as clear. "Front-of-package nutrition claims, ingredient lists and Nutrition Facts Panels can make any food choice dizzying, but with a few tips from an RDN, that task will be less daunting," Cohn says. "The higher an ingredient is on the list, the more of that ingredient is included compared to the others. This is a good way to determine if a particular food product is made with whole grains or has a lot of added sugar," Cohn says. "Often when an ingredient like salt or fat is reduced, more of another ingredient is added to help keep taste consistent," Cohn says. "So, no matter what the claim is on the front of the package, it's important to always read the Nutrition Facts Panel to determine how many calories and how much fat, sugar and salt are in the package."

Let's make sure we read labels and try to make smart choices - they will make us healthier in the long run!

