

January Calendar

🕒 All warehouse will be
closed 1/1, 1/2 & 1/19

🕒 1/6 at 1:00pm Waterbury

Food Resource Committee
meeting at Waterbury Baptist
Ministries- 222 West Main
Street

🕒 1/9 at 12:00pm Waterbury

Orientation

🕒 1/12 at 10:30am East Haven

Orientation

🕒 1/13 at 9:00am New Haven

Emergency Food Council
meeting at East Haven Stop
& Shop Conference Room-
370 Hemingway Avenue

🕒 1/13 at 1:30pm Bridgeport

Council of Churches meeting
at 1100 Boston Avenue,
Bridgeport

🕒 1/14 at 12:00pm Fairfield

Orientation



P.O. Box 8686
New Haven, CT 06531
203-469-5000
www.ctfoodbank.org

Membership Renewals

CT Food Bank will be sending out membership renewal invoices this month. Each year we review our programs before sending out these renewals. We look at each program's shopping habits, their consistency & accuracy of statistics, payment of statements and overall performance.

Some programs may receive a letter of inactivation instead of a renewal. If this occurs, you can contact the Programs Department 203-469-5000 to appeal the decision.

Program Considerations

As CFB reviews our programs and requirements, we are recommending programs do the same.

The new year is a good time to meet with your staff and volunteers to evaluate your program. You should look at your mission- your reason for operating- and determine if it is being met. Are you serving the people you want to be and are you doing a good job? Are you running a program with the purpose of truly helping? Can you do better? If you were in need of food, would you feel comfortable going to your program for assistance? Please contact your Programs Coordinator if you need assistance with this process.

Requirement Changes

As the new year starts, it is a time for us to also look at our program requirements to determine if anything needs to be changed. Following are some new requirements under consideration:

Emergency Pantries need to be open at least twice a month.

Emergency Pantries need to be client choice, if possible.

All meal programs need to have at least one person who is food safety certified.

All programs need to have their service dates and times listed on InfoLine (211) and on an answering machine so clients will know how to receive assistance.

CFB needs to have at least one programmatic email so we can inform programs of recalls or other important data in an efficient way.

CFB Annual Report

Our latest annual report is now available online. If you would like to see it you can go to our website: www.ctfoodbank.org, click on the Community Relations tab, click on Publications, scroll down to Annual Reports and click on the link.

A Message from Nancy Carrington, Executive Director: Greetings for the New Year! In a time of much economic gloom, I offer you a ray of light. During 2008, many of us worked on the federal Farm Bill to increase funding for The Emergency Food Assistance Program (TEFAP or USDA commodities). Thank you for your calls and letters to legislators. Due to our collective efforts great success was had. Funding for the commodities increased from \$140 million to \$250 million for 2009-2010, and food costs will be indexed for inflation each year going forward. The legislation was finalized in September and just a few weeks later more food reached Connecticut Food Bank. This means your programs will have access to more nutritious, desirable food for your recipients. This legislative success comes at a time of unprecedented need. Your challenges are extensive and we are working hard with you and on your behalf to combat hunger in Connecticut.

A theme for CFB this year will be Advocacy, Action and Accountability. It is a theme that we all can follow and must follow on behalf of the people we serve. It is an idea that we must pursue at the local, state and national levels. In the midst of these trying times, we are faced with a great opportunity: new leadership at the national level - an historic administration - that offers opportunities for new directions and renewed hope for change. In these times of adversity, new allegiances develop and new solutions are found.

In the new year, CFB will be working on Advocacy through End Hunger CT! (EHC!) The emergency program members of CFB are automatically members of EHC! because we pay your membership dues. Please keep yourself informed of EHC!'s activities and keep yourself engaged.

CFB will be advocating through the Food Research and Action Center (FRAC) at the national level and we will periodically notify you when we need you to call, e-mail or write your legislators. In these ways, we will all take Action.

Finally, Accountability is important in a variety of ways: our legislators to us; CFB to our member programs and vice versa; CFB with our national organization, Feeding America; and we need to be accountable to ourselves. But most importantly, we have to be accountable to the people we serve. In soul searching, in creativity, and with hard work, we will find new ways to feed even more people who come to us for help.

Through our Advocacy, Action and Accountability, tens of thousands of people will be fed. From the bottom of my heart, thanks to each of you for the part you play in our vital work.

FRAC Releases NEW State of the States Report on Hunger

Compiled annually by the Food Research and Action Center (FRAC), State of the States provides a comprehensive snapshot of hunger, poverty, and federal nutrition programs for the nation and each state. The report includes detailed state-by-state information on the extent of hunger and poverty, participation in eight federal nutrition programs (including food stamps, WIC, school meals), and economic data. The full report is available online at www.frac.org, click on publications & products. The report also includes new data from the U.S. Department of Agriculture that show the extent of hunger in each state. In CT, 122,000 people lived in households that struggled against hunger in the average year from 2005-2007.

Major CT findings from the report include:

62% of eligible individuals are participating in SNAP/Foods Stamps in CT. Of the working poor that are eligible for the program, only 45% are participating. This makes CT 28th in the nation for SNAP/Food Stamp participation

7.9% of CT residents live in poverty

Participation in the summer food program changed by 33.2% over the past ten



Recipes of the Month

*Indicates items often at CFB

Chicken Coconut Stew 24 servings

4 pounds chicken*, cut into bite-sized chunks
4 medium yellow onions*, chopped or sliced
4 cups peeled potatoes*, cut in 1-inch chunks
4 cups sliced carrots*
4 (9 oz) packages frozen lima beans or peas
1 (12 oz) can diced tomatoes*
4 cups canned coconut milk*
4 cups fat-free, reduced-sodium chicken broth*
1/4 cup cumin*
1/3 cup curry powder*
Salt* and pepper* to taste
1 teaspoon hot sauce,* or to taste
Parsley* or cilantro* for garnish



Put all ingredients in a large microwave-safe bowl and mix thoroughly. Cover tightly and microwave on high for 30-40 minutes.

OR combine all ingredients in a large stock pot and cook on the stove for 40-45 minutes, until potatoes are tender.

Sweet Potato Bread 12 servings

1 1/2 cups all-purpose flour*
2 teaspoons baking powder*
1/4 teaspoon salt*
1 teaspoon ground nutmeg*
1/2 teaspoon ground cinnamon*
1 cup white sugar*
2 eggs*, beaten
1/2 cup vegetable oil*
2 tablespoons milk*
1 cup mashed sweet potatoes*
1 cup chopped pecans
1/2 cup golden raisins



Preheat oven to 325°. Grease 8x4 loaf pan.

In a medium bowl, stir together the dry ingredients. Add the eggs, oil, and milk; mix until well blended. Finally, stir in the mashed sweet potatoes, pecans, and golden raisins. Pour the batter into the prepared pan.

Bake for 70 minutes, or until a toothpick inserted comes out clean. Allow bread to cool in the pan at least 15 minutes before removing. For best flavor, store overnight before serving.

Spanish Rice Bake 4 servings

1 pound lean ground beef
1/2 cup finely chopped onion
1/4 cup chopped green bell pepper
1 (14.5 ounce) can canned tomatoes
1 cup water
3/4 cup uncooked long grain rice
1/2 cup chili sauce
1 teaspoon salt
1 teaspoon brown sugar
1/2 teaspoon ground cumin
1/2 teaspoon Worcestershire sauce
1 pinch ground black pepper
1/2 cup shredded Cheddar cheese
2 tablespoons chopped fresh cilantro
Preheat oven to 375°.



Brown the ground beef in a large skillet over medium-high heat. Drain excess fat and transfer beef to a large pot over medium low heat. Stir in the onion, green bell pepper, tomatoes, water, rice, chili sauce, salt, brown sugar, cumin, Worcestershire sauce and ground black pepper.

Let this simmer for about 30 minutes, stirring occasionally, then transfer this to a 2-quart casserole dish. Press down firmly and sprinkle with the shredded Cheddar cheese. Bake for 10 to 15 minutes, or until cheese is melted and bubbly. Garnish with chopped fresh cilantro.

Pesto Tuna Salad 4 servings

2 (6 oz) cans tuna*
1/2 cup prepared basil pesto sauce*
12 oil-packed sun-dried tomatoes*, drained and diced
1/4 cup mayonnaise*
1/4 cup grated Parmesan cheese*

In a bowl, mix the tuna, pesto, sun-dried tomatoes, mayonnaise, and Parmesan cheese. Cover, and refrigerate until ready to serve.



Baby Formula Information

There was an incident recently in the news about a baby rushed to the hospital for malnutrition because the mother was adding extra water to his formula to make it last longer. In these hard times, many mothers are struggling to feed their children, infants included. There are government resources, such as the WIC Program and SNAP (formerly food stamps), but this is not always enough to last the month. Many pantries are stocking formula on their shelves either received through local donations or from shopping at CFB. We want to pass on some information about formula to be sure it is safely stored and distributed.



- Once a baby starts using one type of formula—soy, iron added, regular, etc.—they cannot switch to another kind. It is very important when a person is requesting formula that you first ask what type they need. It is a good idea to store all formula in a location a recipient cannot see, then ask what kind they need. You can then see if you have the proper type. If a mother is desperate, she may take any kind, thinking it will be okay and this can be dangerous for the baby.
- Most items received at CFB can be used past their expiration date, but that is NOT the case with infant formula. After the expiration date, some vitamin levels decrease and changes in physical properties, such as discoloration and separation of fat, may occur. It is then no longer safe for a baby to consume. Be very careful to check the dates of any baby food or formula that you receive from donations or from CFB. Dispose of anything that is expired or will expire within a few days to ensure it is consumed by the proper date.

Important usage & storage information to pass on to clients:

- An open can of liquid infant formula can be kept for up to 48 hours, if tightly covered and immediately placed in the refrigerator. Bottles of formula made from liquid should be refrigerated and used within 48 hours.
- Formula that is prepared from powder and placed in bottles for feeding should be refrigerated and used within 24 hours. The remaining powder should be tightly covered and stored in a cool, dry place and used within a month after opening.
- Baby formula that is removed from refrigeration should be used within two hours or discarded. Because of possible bacterial contamination, formula remaining in a bottle one hour after the start of feeding should also be discarded.



Comic Corner

What did one snowman say to another?

Do you smell carrots?

What did the duck say when he bought lipstick?

Put it on my bill.

Why did the parrot wear a raincoat?

So he could be polly-unsaturated



New SNAP Information Line 1-866-974-SNAP (7627)

As of December 1, 2008, people interested in learning about SNAP (formerly food stamps) can access basic information via a new toll-free telephone line. Callers can hear about income and asset requirements, get contact numbers of outreach workers and request an application be mailed to them.

The automated line is toll-free and provides information in both English and Spanish. Funded through an outreach grant from the CT Dept of Social Services and the USDA, the SNAP information line joins the End Hunger CT!'s on-line pre-screener in providing immediate access to food stamp information.

Persons interested in SNAP can call the number 24 hours a day or access the on-line pre-screener at www.ctfoodstamps.com