

March Calendar

3/13 All warehouses will be closed for a CFB Board/ Staff Retreat.

3/3 at 1:00pm Waterbury

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

3/9 at 10:30am East Haven
Orientation

3/10 at 9:00am New Haven
Emergency Food Council meeting at East Haven Stop & Shop Conference Room- 370 Hemingway Avenue

3/10 at 1:30pm Bridgeport
Council of Churches meeting at 1100 Boston Avenue, Bridgeport

3/11 at 12:00pm Fairfield
Orientation

3/18 from 5:00-8:00pm
EH extended shopping

3/20



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



Get Your Team Together!

CFB will host the 4th Annual Walk Against Hunger in Waterbury at Library Park on Sunday, April 26 and the 33rd Annual Walk Against Hunger in New Haven at East Rock Park on Sunday, May 3. Registration for both Walks will begin at 1:00pm and the walk will start at 2:00pm.

There are brochures available at our warehouses to register your teams. For more info call 203-469-5000 or go to www.ctfoodbank.org/walkagainsthunger.

Though the walks take place in New Haven and Waterbury, the money raised supports all of CT Food Bank, not just the programs in those cities.

Plant a Row

We will once again be promoting the Plant a Row for the Hungry campaign this spring urging gardeners and farmers to plant an extra row of vegetables to donate to CFB and our member pantries. If you receive fresh produce donations from this program, please let us know how much you receive by contacting Laura Falanga at 203-469-5000 or lfalanga@ctfoodbank.org.



SSNAP Distribution

The first distribution of SSNAP will be available for pick up March 9-23. You can call starting March 4th to make your appointment.

Any orders not picked up by the 23rd may be given to another program.

All warehouses will be closed March 13th. Please be sure to reschedule if you have a standing appointment.

Upcoming TEFAP Items:

Canned Tomatoes
Frozen Chicken
Tuna



Current TEFAP:

Apple Sauce
Canned Carrots
Canned Green Beans
Canned Yams
Canned Sweet Peas
Canned Red Kidney Beans
Corn Flakes
Egg Noodles
Frozen Pork Patties



Other Items:

Fresh Potatoes
Pasta Sauce, Jarred & Frozen
Strawberry Tofu

Banana Boxes

We need more banana boxes at all of our warehouses. Please return any you have that are in good condition.

How to Store Food in the Refrigerator

Decay, mold and odors can spread among food in the refrigerator. Follow these tips to keep food- including leftovers- fresher longer and reduce the risk of contamination.



Meat, Fish and Poultry

♣ Keep all fresh meat, fish and poultry in its store wrapping. (Re-wrapping increases the risk of exposing the food to harmful bacteria.) If the item didn't come in a Styrofoam tray, slide a plate underneath it to catch any drippings

Dairy

♣ Leave cottage cheese, yogurt, sour cream, milk and cream in the containers they came in. But after transferring milk to a pitcher or sour cream to a serving bowl, don't return them to the original containers. Instead, tightly cover the pitcher or bowl with plastic wrap.

♣ Store hard cheeses in the store wrapping until you use them, then wrap them in wax paper, foil or loose plastic.

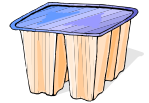


♣ Plastic milk bottles make more sense than cardboard cartons, since bacteria can grow near the cardboard spout and enter a glass of milk every time you pour. Nevertheless, as long as you use the milk within its shelf life, it should be safe to drink.

carrots. Fruits and vegetables give off different gases that can cause others to deteriorate.

♣ Store fruits and vegetables susceptible to drying out in perforated or unsealed plastic bags to maintain a moist environment yet still allow air to circulate.

♣ Don't wash produce before refrigerating it. The dampness can make it mold and rot more quickly.



Leftovers

♣ Store all leftovers in airtight, leak proof clear containers or wraps.

♣ Divide leftovers into small, flat containers so that they cool faster. (Some bacteria spores survive the cooking process and may germinate if the food is at room temperature long enough.)

♣ Refrigerate leftovers within two hours of cooking. And there's no need to wait for piping-hot foods to cool down before storing them - modern refrigerators can handle the heat.

♣ Don't refrigerate leftover food in cans. Once a can is opened, residual metal on the rim can leach into food and leave a metallic taste.



Program Spotlight: Blessed Sacrament

Rich Tirado, Programs Coordinator

Blessed Sacrament Food Pantry is a Client Choice food pantry located on the Bridgeport/Stratford town line at 275 Union Avenue in Bridgeport. The pantry is open every Thursday from 9:30am to 1:00pm. Sandra Mihalek is the pantry's coordinator and also the authorized shopper at our Fairfield warehouse.

Though the space at the pantry is limited, Sandra and her team make the most out of it. The food is displayed by type on shelves from which the clients can take the items they need. By adhering to the Client Choice method, they maximize efficiency while simultaneously reducing waste by allowing clients to choose food that they want instead of getting a pre-determined, pre-packed bag of food that they may not want, need or lack the facilities to prepare.

Sandra Mihalek says about Client Choice: "I can't imagine distributing food in any method other than Client Choice...it is the most efficient way." Sandra has also been instrumental in training and preparing new individuals in the art of food pantry operations.



Recipes of the Month

*Indicates items often at CFB

Easy Chicken Chili

40 servings

- 6 (15.5 oz) cans corn*
- 8 (15.5 oz) cans pinto beans*
- 8 (15.5 oz) cans kidney beans*
- 4 (12 oz) jars salsa*
- 1/2 cup chili powder
- 1/2 cup ground cumin
- 4 pounds shredded cooked chicken*
- 4 cups water



Stir together the corn and beans in a large stockpot over medium heat; bring to a boil. Stir in the remaining ingredients; return to a boil. Cook another 15 minutes.

Bar B Q Corn Flake Meatloaf

6 servings

- 1 egg*
- 2/3 cup milk*
- 1 tablespoon chopped onion*
- 1/2 teaspoon salt*
- 1/8 teaspoon pepper*
- 2 cups crushed Corn Flakes*
- 1 pound ground beef*
- 2/3 cup chili sauce*
- 2 tablespoons firmly packed brown sugar*
- 1 teaspoon dry mustard
- 1 tablespoon vinegar*

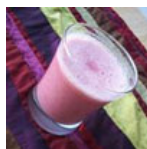


In large mixing bowl, combine egg, milk, onion, salt and pepper; beat well. Add corn flakes. Stir to combine. Let stand 1 to 2 minutes or until cereal is well softened; beat well. Add ground beef. Mix only until combined. Place in greased or foil-lined bread baking pan. In small bowl mix chili sauce, sugar, mustard and vinegar. Brush or spoon onto loaf. Bake at 350° F about 30 minutes for medium doneness or until done (160°).

Strawberry Smoothie

6 servings

- 1 pkg Strawberry Tofu*
- 2 cups fresh strawberries*
- 1 cup vanilla soymilk*
- 1/2 cup ice
- 4 tsp lemon juice



Blend all ingredients until smooth.

Tip: Add fresh blueberries or bananas

Strawberry Tofu Cheesecake

8 servings

- 1 lb strawberry tofu*
- 8 oz cream cheese*
- 2 eggs*
- 2/3 cup honey
- 2 tbsp vegetable oil*
- 1 tbsp vanilla
- 1 tbsp lemon juice
- Graham cracker crust*



Blend all ingredients until smooth. Pour into crust. Bake at 350° for 35 minutes.

Irish Colcannon

8 servings

- 2 1/2 pounds potatoes*, peeled and cubed
- 4 slices bacon*
- 1/2 small head cabbage*, chopped
- 1 large onion*, chopped
- 1/2 cup milk*
- 1/4 cup butter, melted
- salt* and pepper* to taste



Place potatoes in a saucepan with enough water to cover. Bring to a boil, and cook for 15 to 20 minutes, until tender.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, reserving drippings, crumble and set aside. In the reserved drippings, sauté the cabbage and onion until soft and translucent. Putting a lid on the pan helps the vegetables cook faster.

Drain the cooked potatoes, mash with milk and butter; season with salt and pepper. Fold in the bacon, cabbage, and onions, then transfer the mixture to a large serving bowl.

Surprise Tuna Salad

24 servings

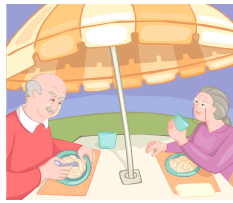
- 8 (6 oz) cans tuna*, drained and flaked
- 4 medium apple*, peeled and chopped
- 2 cups golden raisins*
- 2 cups mayonnaise* or salad dressing*
- 1 1/3 cup chopped pecans*
- 1/4 cup sweet pickle relish*



Combine all ingredients. Let chill one hour before serving.

Eating Well for Seniors

Many older people have trouble eating well. Following are some reasons why and ideas on what you can do about it.



Problem: Can't chew

Do you have trouble chewing? If so, you may have trouble eating foods such as meat, fresh fruits, and vegetables.

- Take part in group meal programs, offered through local senior citizen programs. Or have meals brought to your home.
- Get food stamps. Call the food stamp office listed under your town government in the blue pages of the phone book.

Problem: No appetite

Older people who live alone sometimes feel lonely at mealtimes. This feeling can make you lose your appetite. Or you may not feel like making meals for just yourself. Maybe your food has no flavor or tastes bad. This could be caused by medicines you are taking.

What to do:

- Eat with family and friends.
- Take part in group meal programs, offered through senior citizen programs.
- Ask your doctor if your medicines could be causing appetite or taste problems. If so, ask about changing medicines.
- Increase the flavor of food by adding spices and herbs.

Problem: Can't cook

You may have problems with cooking. It may be hard for you to hold cooking utensils and pots and pans. Or you may have trouble standing for a long time.

What to do:

- Use a microwave oven to cook TV dinners, other frozen foods and foods made up ahead of time by the store.
- Take part in group meal programs, offered through senior citizen programs. Or have meals brought to your home.
- Move to a place where someone else will cook, such as a family member's home or a home for senior citizens.



From an article on www.fda.gov

| Instead of: | Try: |
|----------------|----------------------------------------------------------------------------------------------------|
| fresh fruit | fruit juices and soft canned fruits, such as applesauce, peaches and pears |
| raw vegetables | vegetable juices and creamed and mashed cooked vegetables |
| meat | ground meat, eggs, milk, cheese, yogurt, and foods made with milk, such as pudding and cream soups |
| sliced bread | cooked cereals, rice, bread pudding, and soft cookies |

What to do: Try other foods

Problem: Short on money

Not having enough money to buy enough food can keep you from eating well.

What to do:

- Buy low-cost food, such as dried beans and peas, rice and pasta. Or buy food that contain these items, such as split pea soup, canned beans and rice. (If using dried beans or peas, remember to soak them overnight).
- Use coupons for money off on foods you like.
- Buy foods on sale. Also buy store-brand foods. They often cost less.
- Find out if your local church or synagogue offers free or low-cost meals.



What would you get if you crossed Quasimodo with an Irish football player?
The Halfback of Notre Dame!
 Why did St. Patrick drive all the snakes out of Ireland?
Because he couldn't afford plane fare.

What do you call an Irishman who can control his wife?

A bachelor

How did the Irish Jig get started?

Too much to drink and not enough restrooms!

