

Sharing The Harvest

CFB's Monthly Program Newsletter

May 2009

May Calendar

- ☆ 5/5 at 1:00pm Waterbury Food Resource Committee meeting at Waterbury Baptist Ministries- 222 West Main Street
- ☆ 5/8 at 12:00pm Waterbury Orientation
- ☆ 5/11 at 10:30am East Haven Orientation
- ☆ 5/12 at 9:00am New Haven Emergency Food Council meeting at East Haven Stop & Shop Conference Room- 370 Hemingway Avenue
- ☆ 5/12 at 1:30pm Bridgeport Council of Churches meeting at 1100 Boston Avenue, Bridgeport.
- ☆ 5/13 at 12:00pm Fairfield Orientation
- ☆ 5/16 from 9:30am-12:00pm EH extended shopping
- ☆ 5/19 at 9:30am Litchfield Food Council- 16 Bird



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 203-469-5000
www.ctfoodbank.org

Shopping Etiquette

Please keep the following in mind while shopping at our warehouses:

- Be courteous to other shoppers on the floor.
- Try not to block the aisles or pallets with your carts.
- Don't take items off another program's cart.
- Only take items that your program is eligible for.
- Don't take all of an item unless there is a very limited amount or at least ask the other programs if they need some before taking it all.
- Keep in mind that all the programs shopping are in just as much need of the food as your program.
- Move as quickly as possible through the check out and loading process. There are other programs waiting for the carts and loading area.
- Listen to the directions from the Distribution Coordinator as



Monthly Newsletters

Past editions of Sharing the Harvest newsletters can now be found on our website. Go to www.ctfoodbank.org and click on Community Relations; Publications.

Statistics Sheets

There is a new question on the monthly statistics sheet asking programs if they are serving more people. As the economy changes, we want to see if the need for emergency programs increases.

Please be sure to answer this question each month.

Blueberries

We are expecting a large shipment of frozen blueberries in May and June. Look inside for some nutritional information about the benefits of blueberries and some recipes as well.



Informational Flyers

The Programs Department suggests that you develop and distribute flyers for your recipients describing any new items with nutritional information or recipes. You can make copies of our newsletters to pass on as well.

It's a good way to introduce clients to different items and different ways to prepare familiar items.

Current TEFAP Items

Canned Carrots
 Canned Green Beans
 Canned Sweet Peas
 Canned Sweet Potatoes
 Corn Flakes
 Frozen Chicken
 Frozen Pork Patties
 Pasta & Pasta Sauce
 Rice

Get Your Blueberries!

Most nutritionists consider blueberries a super food! The reason? Blueberries have consistently been recognized as the fruit with the highest antioxidant activity. These tasty berries offer twice as many health-giving antioxidants as spinach, more than three times as many as oranges, red grapes and cherries and more than four times as many as grapefruit, white grapes, bananas and apples.



Blueberries have been shown to improve memory, balance and coordination. And a diet high in blueberry consumption can help slow the development of a number of degenerative diseases and conditions including cancer, cognitive impairment, immune dysfunction, cardiovascular trauma, cataracts and macular degeneration.

Serving Suggestions:

- 8 Heat blueberries in maple syrup to pour on pancakes or waffles.
- 8 Sprinkle dried blueberries on chicken salad.
- 8 Perk up your yogurt snack with a handful of blueberries.
- 8 Shake up your trail mix with dried blueberries.
- 8 Substitute dried blueberries when a recipe calls for raisins.
- 8 Add blueberries to a peanut butter sandwich.
- 8 Whirl blueberries in your morning smoothie or sprinkle them on cereal.
- 8 Stir blueberry juice into iced tea or lemonade.
- 8 Freeze blueberries and blueberry juice in ice cube trays to add to juice.
- 8 Rinse and eat them on their own.



Info from www.blueberrycouncil.org



Client Choice Pantries: Table Top

The Programs Department continues to promote the switch from the traditional pre-bagging method of pantry distribution to a client choice distribution. Many of our pantries have made this switch and are very pleased with the results. The staff and volunteers feel they are better serving their clients and find it much more rewarding while the recipients are happier because they are now receiving food that they know they can use and it feels less like a hand out.

Some pantries are still hesitant to making the change because they think there will be a space issue. When we first mention it to a pantry, coordinators automatically picture a store set up with various shelves and the items on display. Though this is a great way to set up the pantry, it's not the only way that a program can offer choice. Another option is the "table top" set up. The pantry sets up tables and places the cases of food on them from which the clients can choose which items they want. Many programs are already putting the food out this way to have their volunteers walk around and bag everything. Why do that extra bagging step when you can instead have the recipient walk around the table and take the items they know they can use? Then when everyone is done, any extra food can get stored in a closet or storage cabinet for the next distribution.

The best way to set up the tables is to have all the like items together, such as all vegetables on one table, rice and pasta on another, etc. Then you can see how much you have and set limits accordingly. If there are a lot of vegetables, then a person can take 4 of any kind and a larger family can take 6 or 8. Or if there isn't a lot of an item, like cereal, then you can limit it to 1 per family, but the person still gets to choose which flavor. The other bonus is you don't have to have all uniform items which programs try to do when packing bags. You can have 20 different kinds of vegetables or different flavors of soup or different store brands. Plus you can have a miscellaneous section of the random things that were donated, such as condiments or sardines, and people can take those they like and leave behind the things they don't for someone else to take.



Please contact the Programs Department if you have any questions about making this change.

Recipes of the Month

*Indicates items often at CFB

Cranberry Chicken

12 servings

- 2 (16 oz) cans cranberry sauce*
- 2 (8 oz) bottles Russian dressing*
- 2 packets dry onion soup mix*
- 12 chicken thighs*

Preheat oven to 350°.

In a large bowl combine the cranberry sauce, salad dressing and soup mix and mix well. Coat chicken pieces with mixture and put in baking dish. Cover and bake for 1 1/2 to 1 3/4 hours, or until chicken is cooked through and juices run clear. Remove cover for the last 15 minutes of baking time.



California Slaw

6 servings

- 1 small head cabbage*, shredded
- 1 small white onion*, chopped
- 1 green bell pepper*, chopped
- 1 red bell pepper*, chopped
- 1 small carrot*, shredded
- 1/2 cup cider vinegar*
- 2 tbs white sugar*
- 1/2 tsp salt*
- 1/4 tsp black pepper*
- 1/4 cup vegetable oil*

Combine the vegetables in a large bowl. In a small bowl, mix the vinegar, sugar, salt, pepper and oil. Toss the marinade with the vegetables until they are fully coated.



Blueberry Chicken Salad

4 servings

- 3/4 cup low-fat lemon yogurt*
- 3 tbs reduced-calorie mayonnaise*
- 1 tsp salt*
- 2 cups fresh or frozen blueberries*
- 2 cups cubed cooked chicken*
- 1/2 cup sliced green onions*
- 3/4 cup sliced celery*
- 1/2 cup diced red bell pepper*

Combine yogurt, mayonnaise and salt in a bowl. Add blueberries, chicken, green onions, celery and bell pepper; mix gently. Cover and refrigerate to let flavors blend, at least 30 minutes. Serve over lettuce or endive.



Blueberry Bake

8 servings

- 1 loaf (16 oz) firm bread*, cubed
- 2 cups fresh or frozen blueberries*
- 4 oz light cream cheese*, cut in 1/4-inch cubes
- 4 eggs*
- 2 cups low fat milk*
- 1/4 cup sugar*
- 1/4 tsp salt*
- 1/4 tsp ground cinnamon

Preheat oven to 325°.

Butter an 8-inch square baking dish. Layer half the bread cubes and half the blueberries in dish; sprinkle with the cream cheese; cover with remaining bread cubes and blueberries.

In a bowl, combine eggs, milk, sugar, salt and cinnamon; pour over bread. Gently press bread down to absorb milk mixture; cover and refrigerate at least 20 minutes or overnight.

Bake, uncovered, until a knife inserted near the center comes out clean, about 1 hour; let stand 10 minutes before serving. Slice in 8 rectangles; serve with maple syrup, if desired.



Chocolate Chip Oat Muffins

12 servings

- 1 1/4 cups quick cooking oats*
- 1 1/4 cups milk*
- 1 egg*
- 1/2 cup vegetable oil*
- 3/4 cup brown sugar*, divided
- 3/4 cup chocolate chips*
- 1 cup chopped pecans, divided
- 1 1/4 cups all-purpose flour*
- 4 tsp baking powder*
- 1 tsp salt*

Preheat oven to 400°. Grease 12-cup muffin tin. Combine oats and milk; let sit 15 minutes. Stir egg, oil, 1/2 cup brown sugar, chocolate chips and 1/2 cup pecans into oat and milk mixture. Combine flour, baking powder and salt. Add oat mixture to flour mixture, stirring until just moist. Fill each cup of muffin tin 2/3 full. Sprinkle tops with the remaining brown sugar and pecans. Bake 20 to 25 minutes.



Make Grocery Shopping a Healthy Habit

It all starts in the grocery store. The foods you choose to stock your pantry, refrigerator and freezer are the foundation for your diet. It can be overwhelming to try to choose the healthiest foods from among all the options that line every aisle. And new trends and choices pop up every day, from fortified foods to upscale gourmet.

To help you navigate the supermarket, here are some expert tips to help you read food labels and choose healthy products.

Label Reading Tips

Manufacturers can say most anything they want on the front label (to get the real story, see the Nutrition Facts panel on the back). Here are some terms you may see there, and what they really mean:

☛ Fortified, enriched, added, extra and plus.

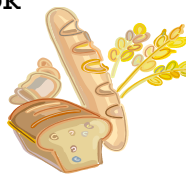
This means nutrients such as minerals and fiber have been removed and vitamins added in processing. Look for 100% whole-wheat bread and high-fiber, low-sugar cereals.

☛ Fruit drink. This means there's probably little or no real fruit, and lots of sugar. Look for products that say "100% Fruit Juice."

☛ Made with wheat, rye or multigrain.

These products may have very little whole grain. Look for the word "whole" before the grain to ensure you're getting a 100% whole-grain product.

☛ Natural. The manufacturer started with a natural source, but once it's processed the food may not resemble anything natural. Look for "100% All Natural" and "No Preservatives."



☛ Sugar-free or fat-free. Don't assume the product is low-calorie. The manufacturer may have compensated with unhealthy ingredients that don't taste very good and have no less calories than the real thing.

Here are key phrases you'll see on the Nutrition Facts panel on the back of the package:

☛ Serving Size. Portion control is important for weight management, but don't expect manufacturers to make it easy for you. Pop-Tarts, for instance, come two to a package. The label says one serving is 200 calories -- for "one pastry."

☛ Calories and Calories From Fat. This tells you how many calories are in a serving, and how many of those calories come from fat. Remember that this information is for one serving as defined on the label.

☛ Nutrients by Weight and Percentage of Daily Value (%DV). This shows how much of each nutrient is in one serving, by weight in grams and by %DV. This symbol refers to the recommended daily allowance for a nutrient based on a 2,000-calorie diet (some nutrients, such as sugar and protein, don't have a %DV). Fats are listed as "Total Fat" and also broken down so you can see how much is unhealthy saturated fat and trans fat.

☛ Vitamins and Minerals. These are listed by %DV only. Pay particular attention to vitamin A, vitamin C, calcium and iron. Most Americans don't get enough of these through their diets.

☛ Ingredients. They're listed in order from the greatest amount to the least. Expert rule of

Comic Corner

Why did the orange stop in the middle of the road?

Because it ran out of juice.

What's white and fluffy and beats its chest?

A meringue-utan

Why wouldn't they let the butterfly into the dance?

Because it was a moth ball

