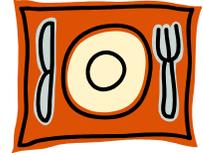
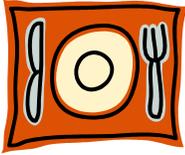


# Bringing More to the Table

Formerly Land of Plenty

## Greater Berks Food Bank

August 2015



### Our Staff:

Peg Bianca,  
Executive Director

Tim Becker,  
Operations Manager

Wayne Cockrell,  
Operations Director

Deb Gehris,  
Business Manager

Doug Long,  
Marketing &  
Development  
Manager

Lori Lowery,  
Agency and Volunteer  
Services Coordinator

Deb Mest,  
Agency and Volunteer  
Services Manager

Jane Vitalo  
Customer Service Rep.

David Bradbury,  
Warehouse

Phil Ciofalo  
Warehouse Lead

Francis Delauretis  
Warehouse

David D'Ginto,  
Warehouse

Tom Marsh  
Warehouse

Jim Welsh  
Warehouse

Rob Wertman  
Warehouse Supervisor

## Free, Fresh and Nutritious!

The summer has been going along full steam and we have had quite a few opportunities to offer our Free, Fresh and Nutritious event here at the Food Bank for our member agencies. We have been bursting at the seams with some wonderful fresh produce and other perishable items. We don't want to see these perishable items go to waste, so please, when you see the event scheduled, come on over to pick some up! We also look at current orders for delivery and if produce is low may be calling you to ask if we can add more product to your orders. There have been some great selections, such as potatoes, watermelons, yogurt, bagged salad and more. Thank you for your help in getting these valuable nutritious items to the plates of those in need.

**Not sure if you are ordering enough for the families you serve?** Here is a cheat sheet to help you as you order, but you can always order more if you wish:

*Assorted Produce, Dairy & Deli: 4-5 lbs. per family (average your last 3 distributions for family size)*

*Assorted Bread & Pastry: 3-4 lbs. per family (average your last 3 distributions for family size)*

Please try to include these wonderful products in your distributions. If you have any questions please feel to call Deb ext. 205 or Lori ext. 206. We would be more than happy to help!



### PRODUCT OF THE MONTH- ZICAM NASAL SPRAY

Do you suffer from Allergies? If you don't I am sure you know someone who does suffer from allergies. With the humid conditions we have had and the rain, the grass continues to grow which then leads to grass pollen. There is also a lot of mold because of the dampness and mold can blow up to 50 miles in every direction which increases allergies. In the month of May the Greater Berks Food Bank received a donation of Zicam Nasal Spray (#2210007) which could be a huge help for those in your community suffering from the sniffing, sneezing, watery eyes that come along with allergies. Consider placing some on your next order—at .19 a lb. (.60 a case, with enough for 24 folks) that is a super deal! Throughout the year there are multiple allergens that can affect folks in our neighborhoods and this might be a small way to help make a huge difference.



# AUGUST EVENTS...

## AGENCY ORIENTATION

Monday, August 10 at 9 am

Held at GBFB, RSVP is required...

Please contact either Deb Mest ext. 205 or Lori Lowery ext. 206.



**Hello August!**  
(and goodbye July)

## VOLUNTEER ORIENTATION

(\* Please note volunteers must sign up in Volgistics to attend the training)

Tuesday August 4 at 9:00 am

Thursday August 13 at 1:00 pm

### Do you have an Email Address?

As technology becomes more important in our world, it is increasingly necessary to have an email address that you check on a regular basis. That said, we would like to make sure all agencies have a valid email address on file so we can communicate via email. We realize not everyone prefers email or likes using computers, but technology will continue to evolve and we want to be sure we keep up, along with our agencies. If you do not have an email address on file with GBFB, please contact Deb M at ext. 205 or Lori at ext. 206 to give them this information.



### Using the Most Recent CSFP Certification Forms?

In April, GBFB mailed out new revised Certification Forms for the CSFP (Commodity Supplemental Food Program). We have received many new Certifications that are still on old forms. Please make sure the CSFP Certification form you are using is marked on the bottom as "Revision E 3/27/15". If we receive an application on an old Certification form, we will not process it. If you have any questions regarding the forms or CSFP, please contact Deb M. at ext. 205. Thank you.

### NOTES ABOUT OUR FOLKS—Deb Mest

Most of you know that Deb Mest is the Agency and Volunteer Services Manager at the Greater Berks Food Bank and has been for almost 10 years. Yes, she sends you reminders about your statistics and answers questions concerning your orders. You may not know that Deb is married to her husband Dave and has a daughter Trish who is 25 years old. You may also not know Deb is an avid animal lover with one German shepherd Levi and a few cats at her home in Northern Berks County. Deb and her husband love going to the mountains up in Cameron County where they have a home. Deb loves everything leopard print and loves red velvet cake. Why does she work at the Greater Berks Food Bank? "Food is such a simple thing and it breaks my heart to see someone in need. I want to get them the help they need and I love helping others." The apple does not fall far from the tree by the way, as Deb's mom is the coordinator at the Christ Lutheran Church food pantry in Reading and her dad assists there each month. Remember the next time you are late with statistics or you receive a call from Deb with questions about something...her passion motivates her to help everyone bring more to their table!

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## **AUGUST FAST FACTS: DID YOU KNOW?**

The hottest days of the year often fall in the month of August. It is said that if the first week of August is warm, then the winter will be dry and long. August 15th is known as National Peach Day, while August 17th is known as National Picnic Day.



*Peach Colored*



## **ServSafe Classes Offered**

Does your agency prepare meals? If so, you *must* have at least one person ServSafe Certified. Classes will be offered again at the beginning of November. Any agency who prepares meals and does not have a current ServSafe Certification on file with us will be contacted soon to sign up for this class. Once we receive the check and registration you will be contacted by the PA State Cooperative Extension to remind you of the dates and times of the course held at their building in Leesport. Once the agency person passes the test with a 75 or greater, GBFB will reimburse you for the fee. If you have questions, or would like more information, please contact Lori at ext. 206. Any new agencies not requiring Serv Safe will need to take the general Food Safety course here at GBFB.



## **SIMPLE STRAWBERRY MUFFIN RECIPE**

**With all the yogurt we have been trying to get out the door for you to share with your recipients, perhaps other suggestions for how to use the yogurt could be helpful. Here is a simple recipe that uses strawberry flavored yogurt (but you can substitute other flavors of yogurt as well) to make some great tasting muffins.**

**You will need**—1-3/4 cups all purpose flour, 3/4 cup sugar, 1/2 teaspoon ground cinnamon, 1 teaspoon baking powder, 3/4 teaspoon baking soda, 1/2 teaspoon salt, 1 cup strawberry yogurt or other flavored yogurt (5059715 or 5051265), 1 egg, 6 tablespoons unsalted butter, melted and 1 cup roughly chopped strawberries (or other fruit)

**For Vanilla Glaze**—1/2 cup powdered sugar, 1/2 teaspoon vanilla extract, 2 teaspoons milk

Heat the oven to 400 degrees and line muffin pan with inserts. In a large mixing bowl combine flour, sugar, cinnamon, baking powder, baking soda and salt. In a small bowl whisk the yogurt, egg and melted butter, then add with the dry ingredients. Fold in the fruit and fill the muffin tins 3/4 way—cook until golden brown and let cool. Make the vanilla glaze and drizzle on top. If the glaze is too tough to manage add more milk to lessen the thickness. Enjoy!



## **WEEKENDER BACKPACK AGREEMENTS AND APPLICATIONS FOR 2015-16**

Before you know it the fall will be here and our Backpack program will be in full swing again. For those coordinators at a Backpack program site, please be aware that the packet of information with the agreement and application will be sent to you in August. It will need to be completed and returned here to the Greater Berks Food Bank by September 21. If you can, consider sending the application for the program in the summer packets you send home to students to start the program as soon as possible. Questions?? Please feel free to contact Deb Mest at ext. 205 or Lori at ext. 206.

Thanks!



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

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*Bringing More to  
the Table*  
Greater Berks Food Bank

## WHY DO WE HAVE CHILD HUNGER PROGRAMS



*Bringing more to the table is  
brought to you through a  
joint effort of Greater Berks  
Food Bank Staff*

**We'd love your input**

Editor: Lori Lowery  
llowery@feedingamerica.org  
ext. 206  
(610) 926-5802  
117 Morgan Drive  
Reading, PA 19608  
(610) 926-5802  
(610) 926-7638 Fax

Childhood food insecurity exists in the United States. According to the USDA over 16.5 million or more than 1 in 5 U.S. Children are food insecure. Feeding America, which GBFB is a member, serves nearly 14 million children, which is a 50% increase over 4 years ago. 38% of the people Feeding America serves are children under the age of 18. Almost 4 out of every 5 food insecure households served by Feeding America have children under the age of 18 living with them. When Childhood Food insecurity exists there are many problems that occur. Child Hunger creates health problem as hungry children get sick more often or have to be hospitalized more often. Children that are hungry cannot learn as much, or as fast due to the constant stress of malnutrition, leading them to do poorly in school. Many times they are socially challenged as well, due to lack of energy to join in the activity around them. When children suffer from hunger, it stays with them as they grow older, leading to difficulty fitting into the workforce, as they are not as competitive and not prepared physically, emotionally or mentally for the challenges that it will hold. All of these reasons motivate us to continue to remove that food insecurity from the households of the children in our communities.



We supply food to over 300 network agencies, many who serve a large portion of children who can benefit from the assistance. Soon the school year will start, which means the beginning of our Weekender backpack program at local school districts in Berks and Schuylkill County. Also with the beginning of the school year, our Produce 4 Kids program will kick off at the elementary schools in the city of Reading. Let's hope we can keep our focus on reaching those kids to reduce or eliminate food insecurity for them! *Excerpts from Hunger.Net*