

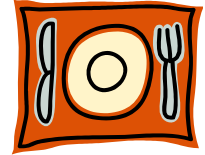
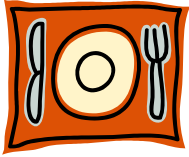
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# Bringing More to the Table

*Formerly Land of Plenty*

## Greater Berks Food Bank

November 2015



### 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

Jane Vitalo  
Customer Service Rep.

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David Bradbury,  
Warehouse

Phil Ciofalo  
Warehouse Lead

Francis Delauretis  
Warehouse

David D'Ginto,  
Warehouse

Tom Marsh  
Warehouse

Jim Welsh  
Warehouse

Rob Wertman  
Warehouse Supervisor

### “Be grateful and Give thanks ”

As we monitor local agencies and check on food safety issues as well as make sure paperwork is completed properly, we observe your site to make sure you treat those who come there with respect and dignity. We receive calls from folks every day looking for a food pantry and it is because they are working two jobs but don't have enough money to get food after they pay their bills, or someone in the household became ill and now is on disability, not receiving a full salary as they had previously, or perhaps their food stamps have run out already with the costs of food skyrocketing. When we refer someone to your site it is because you could be the closest pantry to them or perhaps it is the soonest pantry in their area and they really need food. Please remember to acknowledge these people with respect and take the time to make someone smile. Coming to a pantry to receive assistance is difficult enough for many. At times we forget why we are helping at that pantry or other program. Once when someone was asked “Why do you help at a pantry” , I was told “because I remember growing up, my mom working multiple jobs, having to go to a food pantry in between to receive a little bit of food to help feed a household of three children. She became very creative in what she made us in order to make the food taste better. Thank goodness food banks have come a long way, where food pantries offer so much more now. I do this to give back; as I have been there and know what it is like. Those people went out of their way to make a difference in our lives”. When someone helps you and goes out of their way it stays with you. We hope you know we are grateful for our member agencies and volunteers that help us help those in need in our community. At this time of thanksgiving we give thanks to each and every one of you...we remind you that it only takes a moment to do something that will make an impression to last a lifetime. Don't lose sight of this as we continue on this mission.

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### **CSFP Recertification Time**

Commodity Supplemental Food Program (CSFP) recertifications have been sent out! Please make sure to have the completed paperwork into Amy Ortiz no later than November 30 . If you have any questions please feel free to contact Amy at (610)926-5802 Ext. 207 or [gfbfcoordinator@feedingamerica.org](mailto:gfbfcoordinator@feedingamerica.org).

**THANK YOU!**

### **PLEASE Fill Out Pantry Information Legibly**

GBFB is asking all Pantries to please fill out Self Declarations and Pantry Recipient forms legibly. You or your volunteers should be completing the forms, not your clients. GBFB keeps a database of every recipient, their address and where they receive their food. It is very difficult to efficiently do this when we are unable to read the information on the forms. The recipient should be printing and signing their name with the household information on the Multi Signature Sheet. The Self Declaration form should be filled out by the volunteer and the recipient should sign their name with the date. You must also be using the 2015-16 signature sheets. If you have any questions, please feel free to contact someone in the Agency Services Department.

# NOVEMBER EVENTS...

## AGENCY ORIENTATION

Monday, November 9, 2015 at 9:00 am

Held at GBFB, RSVP is required...

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



## VOLUNTEER ORIENTATION

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

Tuesday, November 3, 2015 at 9am

Thursday, November 5 at 1pm

Wednesday, November 11 at 5pm

## THANKSGIVING HOLIDAY-

**GBFB Closed on both Thursday November 25 & Friday November 26** — Orders for pickup on Monday November 30 are due by noon on Tuesday November 24th. Orders for delivery on Monday November 30 are due by noon on Monday November 23.



## World Food Day Breakfast

On Friday, October 16 at the Reading Crowne Plaza with over 200 guests including donors, members of our board of directors, volunteers from our agencies, members from the community and more attended the 32nd annual World Food Day Breakfast. This year we were proud to acknowledge 7 local distributors who help us throughout the year with donating many thousands of pounds of food along with financial support for our cause. These outstanding contributors were Giant, Redner's Warehouse Markets, Weis Markets, Walmart D.C., The Potato Project, and Wegman's Distribution Ctr. We are grateful for the support that these contributors have given us and continue to give us to fulfill our mission.



## NOTES ABOUT OUR FOLKS—Lori Lowery

Many of you may know Lori from her monitoring your sites or perhaps from a Food Safety Training course that you took at GBFB. Lori is an Agency and Volunteer Services Coordinator at GBFB. She started at the Food Bank a little over 2 years ago after working in the non-profit industry for 10 years at another agency. Previous to that she worked in the pharmaceutical industry as a sales and marketing supervisor and a sales representative. You may not know that Lori was born and raised in Long Island, New York and visited Pennsylvania when she was young with her family. She loved Pennsylvania and when she was older attended Albright, not knowing she would relocate later on in the same general area. Her job took her to Washington state for 4 1/2 years and then she ended up back in Berks County. Lori is married to Mike for 15 years, and they have two children, Makayla who is 11 1/2 and Jacob who is 6, living in the Centerport area. "I really love my job - meeting new volunteers, new agency personnel and seeing the help they offer with our assistance to those in need in our community. It really makes you feel good to help others and just a smile on their face goes a long way to make my day." When Lori is not working, she keeps busy being a "soccer mom" for her daughter, and is active at her church. Lori is blessed to have 11 nieces and nephews who she loves dearly. She also enjoys reading, going to New York to see her family as well as friends, loves the Fall and of course the Fall sport—football—as Seattle Seahawks are her favorite team.

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## Enjoy Fall Produce — Apples

Autumn's bumper crop of fruits and vegetables offers a range of intense flavors and substantial textures. Grocery stores and farmers' markets are full of apples, figs, pears, pumpkins, sweet potatoes, and winter squash. One item we have been seeing a lot of on our order sheet is—APPLES! There are so many things that you can do with apples—of course the easiest thing is to enjoy an apple just as it is! If you are looking for some recipes that you can try with apples, here are a couple that might be interesting to try for you or your recipients.

### Baked Apples—Ingredients

2 cups dried cranberries  
1 1/4 cups coarsely chopped walnuts  
1 cup packed brown sugar  
1 cup water  
2 teaspoons ground cinnamon  
6 Gala Apples, cored and chopped (about 3 pounds)

### Preparation

Combine all ingredients in a large microwave-safe dish. Microwave at high 20 minutes or until apples are soft, stirring occasionally. Then serve and enjoy!

### Pork Chops with Roasted Onions and Apples—Ingredients

2 1/2 teaspoons canola oil, divided  
1 1/2 cups frozen pearl onions, thawed  
2 cups Gala apple wedges  
1 tablespoon butter, divided  
2 teaspoons fresh thyme leaves  
1/2 teaspoon kosher salt, divided  
1/2 teaspoon freshly ground black pepper, divided  
4 (6-ounce) bone-in center-cut pork loin chops (about 1/2 inch thick)  
1/2 cup fat-free, lower-sodium chicken broth  
1/2 teaspoon all-purpose flour 1 teaspoon cider vinegar

1. Preheat oven to 400°.
2. Heat a large ovenproof skillet over medium-high heat. Add 1 teaspoon oil to pan; swirl to coat. Pat onions dry with a paper towel. Add onions to pan; cook 2 minutes or until lightly browned, stirring once. Add apple to pan; place in oven. Bake at 400° for 10 minutes or until onions and apple are tender. Stir in 2 teaspoons butter, thyme, 1/4 teaspoon salt, and 1/4 teaspoon pepper.
3. Heat a large skillet over medium-high heat. Sprinkle pork with remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Add remaining 1 1/2 teaspoons oil to pan; swirl to coat. Add pork to pan; cook 3 minutes on each side or until desired degree of doneness. Remove pork from pan; keep warm. Combine broth and flour in a small bowl, stirring with a whisk. Add broth mixture to pan; bring to a boil, scraping pan to loosen browned bits. Cook 1 minute or until reduced to 1/4 cup. Stir in vinegar and remaining 1 teaspoon butter. Serve sauce with pork and apple mixture. Bon Appetite!

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### ***In Case of Bad Weather...***



It is the time of year when there may be lots of wind, heavy rains, snow or ice developing. If your agency is unsure as to whether GBFB is open or not, simply call 610-926-5802 and dial ext. 0. If our hours are changed, there will be a message on our phone line telling you what time we will be open or if we will be closed for the day. If we are open, GBFB will contact your agency in the event that we are running behind with deliveries or if we decided to keep our trucks off the road for safety purposes. If your agency decides to close, please let us know as soon as possible by calling 610-926-5802, ext. 0 and leave a message so that we can adjust our schedule accordingly. Please be sure to clean off your parking lot and entrance ways so our truck has access to make deliveries. It is also important to make sure your walkways are cleared so that our drivers as well as your volunteers are safe while they are unloading your delivery. Thanks in advance for your help!



The veterans of our military services have put their lives on the line to protect the freedoms that we enjoy. They have dedicated their lives to their country and deserve to be recognized for their commitment. This year on Veteran's Day we express our gratitude to those that have done so much for us and for our country. Thank you from the bottom of our hearts.



Don't Forget to Change Your Clock on  
November 1st — daylight savings  
ends ..turn it back one hour.

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

### Produce 4 Kids



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

**We'd love your input**

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Our program Produce 4 Kids is off and running for the 2015-2016 school year. With the help of some great donations and some wonderful volunteers, we have been able to distribute items like 5 lb. bagged potatoes, 2 lb. grapes, fruit cups, and apples to 11 schools since September. The approximate amount of produce already distributed is around 45,000 lbs. That is an amazing feat! Extra special thanks goes out to our volunteers who were able to come to the schools to make sure every student received a bag of perishable items when they left for the day. As long as we continue to receive these great items, we plan to bring as many perishable items to the children in the city of Reading. One of our volunteers who helped recently at 10th & Green, where they handed out a bag of apples to enjoy...sent me an email which stated "just wanted to let you know how much the kids enjoyed the apples we gave out at the distribution yesterday. So many of them were chomping on apples as they waited for older family members outside the main entrance...telling us how much they liked that after school snack! We wanted to take pictures...it was great". That is why we do what we do and we want to keep that great feeling out there for all to enjoy. If you are interested in helping us distribute produce to the schools, please ask someone in the Agency and Volunteer Services Department for a clearance form and make sure to complete the online application found at <https://www.compass.state.pa.us/CWIS/public>. We are always looking for more volunteers but please remember Produce 4 Kids is an all weather event which means it will not be cancelled unless the school closes or GBFB determines the weather is too extreme.