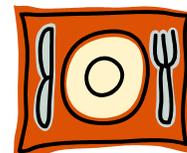
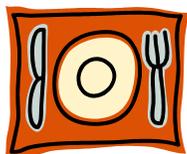


Bringing More to the Table

Greater Berks Food Bank

May 2017



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

Brenda Miller,
Agency and Volunteer
Services Coordinator

Herb Schultz,
Operations Director

Jamie Sheriff
Data Entry Specialist

Jane Vitolo
Customer Service Rep.

David Bradbury,
Warehouse/Driver

Francis Delauretis
Warehouse/Driver

Phil Demeo
Warehouse/Driver

David D'Ginto
Warehouse

Tom Marsh
Warehouse/Driver

Ronny Perez
Warehouse/Driver

Alex Putt
Warehouse/Driver

Rob Wertman
Warehouse Supervisor

PLEASE MARK YOUR CALENDARS—THE PANTRY COORDINATOR MEETING IS FAST APPROACHING

Our annual pantry coordinator meeting is coming up shortly! It will be on Wednesday, June 28th from 1pm—3pm with the location to be announced soon. This is a *mandatory* training for Berks County pantry locations and any Schuylkill County pantry coordinators are invited to attend, although not required to do so. We look forward to seeing everyone and sharing stories, as well as reviewing the new forms for the 2017-2018 fiscal year. Please look for the invitation to arrive within a few weeks.

Thank you and Keep Up the Good Work

A huge shout out to our agencies for getting statistics in on time!! For the past few months about 90% of our agencies have submitted their monthly statistics by or before the 5th of the month, with the other 10% coming in within a week or so of the 5th. This is such a great help to us, as it makes our reporting much more efficient and allows us to have up to date numbers for grants and funding opportunities. Thank you all so much for helping us to stay on track!!!

Reminder: Civil Rights

Just a friendly reminder to review the Civil Rights Power point with all agency staff and volunteers and please have them sign the form we provided to submit that back to the Food Bank as soon as possible. Civil Rights training is a requirement of USDA and PA Dept. of Agriculture on an annual basis. If you need help or further assistance, please contact Brenda at ext. 207 or email at gbfbcoordinator@feedingamerica.org.

**April Showers Bring May
Flowers...**





Toward the end of April, we were visited by Girl Scout Troop 14081 from Brecknock Township. From their annual cookie sales, the girls had \$400 with which they could support a local organization. With their money they chose to buy food for the Greater Berks Food Bank! In total, they bought 455 pounds of some of our most in demand non-perishable foods - cereal, peanut butter, tuna, pasta and more. They even helped unload their van (see above). Thank you girls for being so kind and thoughtful!

We appreciate it!

SAVE THE DATE...

AGENCY ORIENTATION

Monday May 8, 2017, 9:00-10:00am

Held at GBFB, RSVP is required...

Please contact either Deb Mest ext. 205, Lori Lowery ext. 206 OR
Brenda Miller ext. 207.

VOLUNTEER ORIENTATION

- May 4—3:30pm-4:15pm webinar
- May 9- 1:00pm-2:00pm at GBFB
- May 19th- 9:00am-10:00 am at GBFB

Serv Safe Certification

Is your Serv Safe Certification still current or do you need to have someone certified? The Berks Agricultural Center has a Serv Safe course offered June 5th between 9am—4pm; June 12th 9am-2pm with the exam immediately after at 2pm. In order to be considered passing, must receive a 75% or higher on the test. In order to be in compliance with GBFB you must have food safety training of some sort, depending on your program. Serv Safe is mandatory for agencies that prepare and serve food. To register online:

Important
Message

<http://extension.psu.edu/food/safety/courses>;
the cost is \$185.00.

We must have a copy of your certificate on file here once you receive it in order to stay in compliance with GBFB regulations. Questions? Call Lori at ext. 206.

CINCO DE MAYO

Many people think that it's Mexico's Independence Day (like our 4th of July); but, it is not. (Note: Mexico's Independence day is September 16). What Cinco de Mayo really celebrates is the Mexican victory over the French armies in the area of Mexico called Puebla (in the southern section, just East of Mexico City) in 1862. Napoleon wanted to establish a permanent colony in Central America. Prince Maximilian (of Hapsburg) and his wife, Carlota were sent by Napoleon to permanently set up residence there and take over. General Ignacio Zaragoza and Colonel Porfirio Diaz are the ones who defended the city of Puebla successfully. They were basically out numbered 2 to 1, even though the French had the most modern fighting equipment of the day. Losing this battle was a big blow to Napoleon's plans. Plus Napoleon wasn't used to losing. In fact, the French hadn't lost a battle in 50 years. During this time, the U.S. had its own issues going on with the Civil War. So, they weren't too interested in what Mexico was going through with the French soldiers on their turf. However, the United States did help the Mexican army. General Phil Sheridan sent Union soldiers to the border to supply the Mexican army with guns and ammunition to fight the French. Many did help. And, so the American Legion of Honor marched in the victory parade in Mexico City. Unfortunately, winning the Battle of Puebla didn't instantly get the French out of Mexico. It wasn't until five years later, when Benito Juarez finally removed the French completely from Mexico. Cinco de Mayo was so important to the Mexicans, that even Mexicans living in the United States celebrated. As early as 1863 (one year later), Mexican residents in San Francisco began celebrating "la gloriosa fecha" (the glorious date) and have been ever since. In the San Francisco Bay area, Cinco de Mayo represents Mexican nationalism in a foreign land. The American flag is flown along side the Mexican flag too. It represents standing against strong, invading forces, oppression of a culture and of personal freedom in the lives of a country's citizens. *From Brownlocks.com*

MOBILE MARKET SEASON

Our first Mobile Market of 2017 launched on Wednesday, April 12th at 11 & Pike Playground.! This was the first distribution at this location. A gorgeous day with blue skies brought close to 100 families to our tables to select fresh fruits and vegetables such as bright green snap peas, cranberry juice concentrate, several packages of meat, a bag of potatoes, mandarin oranges, and boxes of raisins. Many thanks to all of our donors and volunteers that make it possible for the Greater Berks Food Bank to "Bring More to the Table." These Mobile Markets will be offered at various locations from the month of April through October. We look forward to bringing those more nutritious, fresh items for the neighborhoods who don't have access to them. We do have new location added for the month of May at the Bern Reformed U.C.C. to assist folks in Western Leesport/southern Tulpehocken School District. We are excited to continue our expansion in our community.

If you have had a change in agency personnel or you are a new agency, you may need to take a food safety course. Basic Food Safety Training is being offered at GBFB on Wednesday May 10th from 9:30-11:30am. If you are unable to attend an in-person training, please contact Lori for the information on the webinar version.

CSFP Recertifications

If you distribute the CSFP totes at your agency, please remember to have all active and waiting list clients recertify by signing a new application and proxy (if applicable), verifying their income and keeping a copy for your agency binder. All Recertifications are due back to the Food Bank no later than May 31, 2017. If you have any questions, please do not hesitate to call Deb Mest at ext. 205 or email at dmest@feedingamerica.org.

GBFB IS CLOSED ON MONDAY, MAY 29TH IN OBSERVANCE OF MEMORIAL DAY. IF YOU ARE PLANNING TO PICK UP AN ORDER ON TUESDAY, MAY 30TH, YOUR ORDER MUST BE IN NO LATER THAN THURSDAY MAY 25TH. IF YOU ARE PLANNING TO HAVE AN ORDER DELIVERED TO YOUR LOCATION ON TUESDAY, MAY 30TH, YOUR ORDER MUST BE RECEIVED NO LATER THAN WEDNESDAY, MAY 24TH. THANK YOU FOR YOUR ATTENTION TO THIS MATTER.



Congratulations to our own Deb Mest, Agency & Volunteer Services Manager, who was just elected to the National Commodity Supplemental Food Program Board of Directors (CSFP). CSFP is the federally-supported program that provides monthly food packages for low-income seniors. Locally, the GBFB distributes food to 1,560 low-income seniors in Berks and Schuylkill counties every month through this program. At the end of April Deb went to Washington D.C. with nearly 50 other advocates from Pennsylvania to lobby support for CSFP and low-income seniors. Deb will provide a strong and passionate voice for seniors in-need as a Board member. We are proud of her accomplishment!

Congratulations again!



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

Bringing More to the Table
Greater Berks Food Bank



Bringing More to the Table is brought to you by a joint effort of the Greater Berks Food Bank Staff

We'd love your input

Editor: Lori Lowery
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ext. 206
(610) 926-5802
117 Morgan Drive



ORIENTAL SNACK MIX—USE WITH ITEM #708BA293T

Ingredients

- 8 cups corn, rice or wheat cereal squares
- 1-1/2 cup Sun-Maid Natural Raisins
- 1/2 cup slivered almonds, toasted
- 1/4 cup butter or margarine, melted
- 1/4 cup firmly packed brown sugar
- 1/4 cup soy sauce
- 1 teaspoon ginger
- 1/2 teaspoon garlic powder

Directions:

- HEAT oven to 325 F. In 13x9-inch pan.
- COMBINE cereal, raisins and almonds; set aside.
- COMBINE butter, brown sugar, soy sauce, ginger and garlic powder; mix well.
- DRIZZLE butter mixture over cereal mixture; toss to coat evenly.
- BAKE in center of oven about 15 minutes; stir halfway through.
- REMOVE from oven and loosen from pan.
- COOL, stirring occasionally.
- STORE in airtight container.

Makes 10 cups or 20 servings.

Nutrients per Serving: Calories 140; Protein 2g; Fat 4g (Sat. Fat 1.5g); Carbohydrate 23g; Dietary Fiber 1g; Cholesterol 5mg; Sodium 330mg