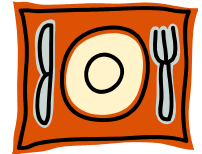
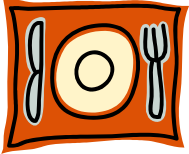


Bringing More to the Table

Greater Berks Food Bank

June 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

Herb Schultz,
Operations Director

Jamie Sheriff
Data Entry Specialist

Jane Vitalo
Customer Service Rep.

David Bradbury,
Warehouse/Driver

Francis Delauretis
Warehouse/Driver

Phil Demeo
Warehouse/Driver

David D'Ginto
Warehouse

Ronny Perez
Warehouse/Driver

Alex Putt
Warehouse/Driver

Jesus Rodriguez
Warehouse

Rob Wertman
Warehouse Supervisor

25th Annual Stamp Out Hunger Food Drive – May 13

For 25 years, local members of the National Association of Letter Carriers (Branch 258) have been collecting food to feed our hungry neighbors through their annual Stamp Out Hunger Food Drive. This year's event took place on Saturday, May 13. Hopefully you remembered to place a bag filled with non-perishable foods by your mailbox or mail-slot that morning to be picked up by your letter carrier on their rounds! That day we at GBFB had two sets of volunteers here, approximately 30 in each set, helping us to pack those local donations that were given to us. At the conclusion of the four hours of packing, we had packed 20 skids of food with addition bins of food coming in later that evening as well as Monday and Tuesday the following week. Our total donated food reached 40,000 lbs. A great big thank you to the local community supporters for this program as well as those volunteers who pitched in to help us pack up the donations. Overall it was a successful day even with the rains and unseasonable weather that we had experienced. We appreciate it and we know our agencies will appreciate those donations they will order from us in the coming months.

PANTRY COORDINATOR MEETING THIS MONTH

Our annual pantry coordinator meeting is set for Wednesday, June 28th at 1pm—3:30 pm. It will be held at Easy Does It, Inc. in Leesport. This is a mandatory training for all Berks County Pantries to attend and we welcome Schuylkill County pantries to come to meet and greet others who help those in their community. Please look for the evite to be sent out shortly and make sure to confirm attendance. If your Berks County site does not send a representative to attend the training your agency will be not allowed to order State grant or TEFAP until you meet this required obligation. If you have questions please do not hesitate to contact Deb Mest or Lori Lowery in the Agency and Volunteer Services Department. Thank you!



Did you know

At the start of June, the sun rises in the constellation of Taurus; at the end of June, the sun rises in the constellation of Gemini. However, due to the precession of the equinoxes, June begins with the sun in the astrological sign of Gemini, and ends with the sun in the astrological sign of Cancer. June is known for the large number of marriages that occur over the course of the month. According to one etymology, June is named after Juno (Hera). Juno was the goddess of marriage and a married couple's household, so some consider it good luck to be married in this month.

From Gone-ta-pot.com

SAVE THE DATE...

AGENCY ORIENTATION

Monday June 12, 2017, 9:00-10:00am

Held at GBFB, RSVP is required...

Please contact either Deb Mest ext. 205 or Lori

Lowery ext. 206

VOLUNTEER ORIENTATION

Friday June 2—11:30-12:15 am Webinar

Tuesday June 6—9-10 am

Thursday June 29—1-2pm

OTHER IMPORTANT DATES

WEDNESDAY JUNE 28th, 1-3:30 pm - AGENCY PANTRY

COORDINATOR MEETING FOR BERKS—1PM at

EASY DOES IT, INC.



Advocating for the hungry in PA at the Capitol! The GBFB's Agency and Volunteer Services Manager, Deb Mest (second from right), spent the day in Harrisburg in May with Caryn Long, Director of PA Dept. of Agriculture, Bureau of Food Distribution; Sheila Christopher, Executive Director, [Hunger-Free Pennsylvania](#); and Tom Dubbs, Assistant Director of Hunger-Free PA. Deb met with staff members from the offices of [Senator Judy Schwank](#) and Representative Neal Goodman to discuss the State Food Purchase Program and the Pennsylvania Agricultural Surplus System. While the daily mission of the GBFB is to feed the hungry, our staff members also spend a lot of time advocating for the hungry and hunger-relief programs with our elected officials.

NOTES ABOUT OUR FOLKS—JESUS RODRIGUEZ

Jesus Rodriguez used to work in the Ephrata Area as a Team Leader and came to the Greater Berks Food Bank as a temporary employee in the fall of 2016 for the warehouse. Just recently Jesus was hired as a full time employee. Jesus is originally from Puerto Rico and relocated to the area a few years ago. Jesus loves baseball—no particular team, just the game—and a young 4 year old daughter who means the world to him. Jesus is a hard worker who jumps right in to help with whatever needs to be done in the warehouse—like pulling orders or setting up a packing—or outside the warehouse helping at a Produce 4 Kids distribution or a Mobile Market distribution. We are glad to have Jesus as part of the team and look forward to him being here for a long time. Next time you see him welcome him!

Brown Butter Nectarine Muffin

- $\frac{1}{2}$ cup (4 ounces) unsalted butter, cut into pieces
- $1\frac{1}{2}$ cups ($7\frac{1}{2}$ ounces) all purpose flour
- $\frac{1}{2}$ cup ($3\frac{1}{2}$ ounces) sugar
- 2 tablespoons cornstarch
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon cinnamon
- 2 ripe nectarines, finely diced
- 1 large egg
- 1 teaspoon pure vanilla extract
- [¾ cup Unsweetened Original Almond Breeze almond milk \(item# 5150087 \)](#)
- Brown sugar for garnish

Preheat the oven to 350 degrees F. Line a 12-cup muffin pan with baking cups or grease the pan with baking spray.

To prepare the brown butter, melt the butter in a medium-sized saucepan over medium heat. As the butter melts, whisk it frequently until foam begins to appear. Once you see the foam, whisk constantly until the butter begins to brown and it smells nutty and fragrant. Remove from the heat and allow to cool. (Note: butter can go from brown to burnt very quickly so do not leave it unattended).

In a large bowl, whisk together the flour, sugar, cornstarch, baking powder and cinnamon. Stir in the chopped nectarines and make sure they don't clump together.

In a separate bowl, whisk together the egg, vanilla, milk and brown butter. Stir the wet ingredients into the dry until just combined. Don't overwork the batter; some lumps are fine.

Scoop the batter into the prepared pan and sprinkle a bit of brown sugar on top of each muffin.

Bake for 22-25 minutes, until the tops are starting to brown. Allow to cool for 5 minutes. Enjoy warm or at room temperature.



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

Bringing More to the Table
Greater Berks Food Bank

June



Bringing More to the Table is brought to you

We'd love your input

by a joint effort of the Greater Berks Food Bank Staff

Editor: Lori Lowery
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(610) 926-5802

Don't forget when school's out, there may be more youth in our community looking for food assistance as many schools in our area provide breakfast and lunch to those youth to help them during the school year. If you do know of a family who is looking for food assistance, please feel free to call our office at 610-926-5802 and we can give them a pantry or two in their area with the times and days they distribute to help them over the summer. Don't let any child go hungry!