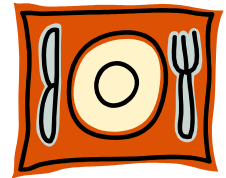


# Bringing More to the Table



## Greater Berks Food Bank

August 2017

### Our Staff:

Peg Bianca,  
Executive Director

Tim Becker,  
Operations Mngr.

Deb Gehris,  
Business Mngr.

Doug Long,  
Marketing &  
Development Mngr.

Lori Lowery,  
Agency & Volunteer  
Services Coordinator

Deb Mest,  
Agency & Volunteer  
Services Mngr.

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 Lead

Ronny Perez,  
Warehouse/Driver

Alex Putt,  
Warehouse/Driver

Jesus Rodriguez,  
Warehouse

Rob Wertman,  
Warehouse Supervisor

### Mobile Markets Continue to Expand in Our Service Area

GBFB's newest program, started in 2016, is the Mobile Market. The purpose of the Mobile Market is to bring our truck to areas where there is not access or resources for people in need to get fresh, nutritious produce and frozen meats. In July of 2017, we opened our sixth location in Mahanoy City. This was a huge success and we were not ready for the 70+ people who came to pickup celery, onions, pears, squash, green peppers and more! GBFB quickly distributed all of the 1,500 lbs. of food we had on the truck. In August, we definitely will be loading up a lot more food for Mahanoy City as there is a great need.

GBFB will launch its' 7<sup>th</sup> Mobile Market in August in the Gouglersville area. This new Mobile Market will serve Mohnton, Gouglersville, and immediate surrounding areas.

Since its' inception in April of 2016, GBFB Mobile Markets have distributed more than 99,000 lbs. of nutritious fresh and frozen foods to over 1,100 families.



### Upcoming Events you might like to take part in which benefit GBFB —

**1st ANNUAL HUNGER RUN** — Motorcycle riders interested in taking part in a fun event? The first annual Hunger run is organized to help the Greater Berks Food Bank. The initial sign up fee of \$20 will go directly to the Greater Berks Food Bank. The ride will start at Classic Harley-Davidson located at 983 James Drive, Leesport, PA 19533. The ride will be about 50 miles and last about an hour long.

**Annual Car Cruise and Family Fun Day** — September 17, 12-4pm at Shillington Park; donate a canned non-perishable item for GBFB!

## YOU ARE OUR SUPERHEROES!

On Wednesday, June 28, our annual pantry coordinator meeting was held at Easy Does It, Inc. This year we highlighted our pantry coordinators and their volunteers for the difficult work they do. They are our “superheroes” in the community. They are the ones that help the people in need on the front lines—it is a tough job that we really appreciate them stepping up to do. We have the food here to supply them but if we did not have the people to distribute it, we would not be able to reach those who need it. There was a speaker who discussed the importance of nutrition for our recipients, explaining that the Greater Berks Food Bank is in the process of rating our foods in the warehouse to educate those that order them as to which are more healthy than others. Another spoke of teen homelessness, which is a growing population in our community. Lastly, Keystone Military was presented with the first annual “Superhero” award for serving an average of 57 lbs. of food per family. Overall the meeting was a success and we thank everyone for their participation. Don’t forget that if you need us call or email anytime.



### Attention Pantry Coordinators!!

Below please find the new income guidelines that went into affect as of July 1st. Please make sure that you discard ALL previous paperwork in your pantry immediately as these forms are no longer valid. If we receive your paperwork on the wrong forms, it will be sent back to you to redo on the proper forms.

Total Household Income (based on 150% of Poverty)			
Household Size			
Circle One	Annual	Monthly	Weekly
<b>1</b>	<b>\$18,090</b>	<b>\$1,508</b>	<b>\$348</b>
<b>2</b>	<b>\$24,360</b>	<b>\$2,030</b>	<b>\$468</b>
<b>3</b>	<b>\$30,630</b>	<b>\$2,553</b>	<b>\$589</b>
<b>4</b>	<b>\$36,900</b>	<b>\$3,075</b>	<b>\$710</b>
<b>5</b>	<b>\$43,170</b>	<b>\$3,598</b>	<b>\$830</b>
<b>6</b>	<b>\$49,440</b>	<b>\$4,120</b>	<b>\$951</b>
<b>7</b>	<b>\$55,710</b>	<b>\$4,643</b>	<b>\$1,071</b>
<b>8</b>	<b>\$61,980</b>	<b>\$5,165</b>	<b>\$1,192</b>
<i>For each additional family member add:</i>	<b>\$6,270</b>	<b>\$523</b>	<b>\$121</b>



## FOODS 2 ENCOURAGE UPDATE

As mentioned at our pantry coordinator meeting, we have started a committee for “Foods 2 Encourage”. The purpose of this committee is to write a Nutrition Policy and rate products in our warehouse based on nutrition content. The Greater Berks Food Bank has a history of service to the community, supplying foods to help feed the hungry. In recent years, the food bank has become concerned about the increasing rates of preventable diseases in the community. Our food bank has a strong commitment to providing healthy foods to clients. We are working with donors and government programs to make this happen. We want clients to know that their health and preferences for more healthy foods are among our highest considerations in acquiring food. We want to educate our clients as well about these foods. We recognize the increasing role that food banks play in providing healthy foods to community members in need. Our policy to procure and distribute foods of high nutritional quality demonstrates to the community that we take our role and responsibility seriously. At this point the committee has determined which product categories we will be rating, along with the rating system and now have started to have a few pilot items rated from the warehouse to see if it is fitting within our criteria. We are hopeful to have the official rating of the products in the warehouse this fall. We will keep you updated on the progress as it continues.



### SPEAKING OF FOODS 2 ENCOURAGE...DON'T FORGET ABOUT OUR FREE, FRESH AND NUTRITIOUS TIMES AVAILABLE FOR ANY AGENCY TO PICK UP DAILY

If you have not had a chance to come by to see how many different items we are receiving daily for our Free, Fresh and Nutritious program, you really are missing out! We have had some wonderful things to offer agencies such as pears, peaches, apples, pineapples, grapefruit, oranges, papayas, radishes, lettuce, tomatoes, milk, watermelon, peppers, cucumbers, plantains, onions, celery and more! Please remember we are open from Monday through Friday between 9–11am or 1-3pm for you to pick up fresh items you might need without an appointment. Because of the hot, humid weather with a lot of rain, our options have been abundant! We will continue to receive some wonderful things so don't pass up the chance to get those to offer folks in need and of course they are FREE!

# **SAVE THE DATE...**

## **AGENCY ORIENTATION**

Monday August 14, 2017, 9:00-10:00am

Held at GBFB, RSVP is required...(for new agencies, new personnel or for those who need a refresher)

*Please contact either Deb Mest ext. 205 or Lori Lowery ext. 206 or Jasmine Rodriguez ext. 207*

## **VOLUNTEER ORIENTATION**

August 1, 2017 9:30-10:30am

August 3, 2017 9:30-10:30am

August 10, 2017 1:00-2:00 pm

August 25, 2017 12:30-1:15 pm Webinar



## **COMING SOON!!**

### **THE WEEKENDER PROGRAM WILL BE STARTING AGAIN!**

School starts the week of August 28th and that means another year for the Weekender Program. We will be sending the applications and agreements out to the agencies shortly, so please remember to fill those out and return them in FULL to us here at the food bank by the deadline noted. We will again have the bags for this program packed internally, since last year went very well. Most of the coordinators for each site really preferred not having to be concerned with packing the food at their location and the families overwhelmingly preferred the bags to the backpacks. The Greater Berks Food Bank was very pleased that we were able to get more food out to the students in need since more schools received bags around holidays and long breaks from school, as compared to years previously.

We thank you in advance for your help to make this program a success again. If you have any questions please feel free to contact Deb Mest or Lori Lowery in the Agency and Volunteer Services Department.

# **Back to School**



**Greater Berks Food Bank**

**117 Morgan Drive,  
Reading, PA 19608**

**Bringing More to the  
Table  
Greater Berks Food**



**EASY SWEET CINNAMON – RAISIN BREAD (Raisins Item#**

708BA293T— 1.33 oz.)

**INGREDIENTS**

- 4 cups all-purpose flour
- 1/2 cup sugar
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. cinnamon
- 1 tsp. salt
- 2 eggs
- 1 tsp. vanilla
- 1 1/2 cups buttermilk
- 1/3 cup unsalted butter, melted
- 1 cup raisins



*Bringing More to the Table is  
brought to you*

*by a joint effort of the Greater  
Berks Food Bank Staff*

*Editor: Lori Lowery*

*llowery@feedingamerica.org*

**We'd love your**

**input**

*(610) 926-5802*

*117 Morgan Drive*

*Reading, PA 19608*

Preheat your oven to 350 F. Coat a 9" round cake pan with cooking spray and set aside. In a large mixing bowl, whisk together flour, sugar, baking powder, baking soda, cinnamon and salt. Set aside. In a medium mixing bowl, whisk the eggs. Add the buttermilk, vanilla and melted butter. Stir together until completely combined. Add egg mixture to the dry ingredients. Add raisins. Using a rubber spatula, combine all the ingredients until it is just moistened. (Dough will be sticky) Sprinkle a counter top or surface with flour. Turn dough out onto surface. Knead several times and form into a ball. Place the dough into the greased cake pan and cut an "X" in the middle of the dough. Place into the oven for 1 hour 15 minutes.