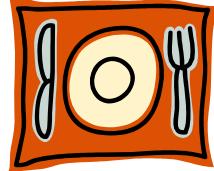


# Bringing More to the Table

## Greater Berks Food Bank



October 2017

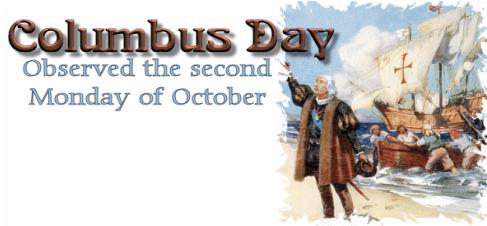
### Our Staff:

Peg Bianca,  
Executive Director  
  
 Tim Becker,  
Operations Mngr.  
  
 Liza Gallen,  
Marketing &  
Development  
Assistant  
  
 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 Svcs Rep  
  
 David Bradbury,  
Warehouse/Driver  
  
 Francis Delauretis,  
Warehouse/Driver  
  
 Phil Demeo,  
Warehouse/Driver  
  
 David D'Ginto,  
Warehouse Lead  
  
 Alex Putt,  
Warehouse/Driver  
  
 Jesus Rodriguez,  
Warehouse  
  
 Rob Wertman,  
Warehouse Supervisor

## World Food Day October 21, 2017

The Greater Berks Food Bank recognizes World Food Day this year on Thursday, October 19 at the Crowne Plaza Hotel, Reading. The theme this year is change the future of migration, invest in food security and rural development. What is food security? **Food security** is a condition related to the supply of food, and individuals' access to it. Concerns over food security have existed throughout history. There is evidence of Granaries being in use over 10,000 years ago, with central authorities in civilizations including ancient China and ancient Egypt being known to release food from storage in times of famine. At the 1974 World Food Conference the term "food security" was defined with an emphasis on supply. Food security, they said, is the "availability at all times of adequate world food supplies of basic foodstuffs to sustain a steady expansion of food consumption and to offset fluctuations in production and prices".<sup>[1]</sup> Later definitions added demand and access issues to the definition. The final report of the 1996 World Food Summit states that food security "exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life".<sup>[2][3]</sup> Household food security exists when all members, at all times, have access to enough food for an active, healthy life.<sup>[4]</sup> Individuals who are food secure do not live in hunger or fear of starvation.<sup>[5]</sup> Food insecurity, on the other hand, is a situation of "limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways", according to the United States Department of Agriculture (USDA).<sup>[6]</sup> Food security incorporates a measure of resilience to future disruption or unavailability of critical food supply due to various risk factors including droughts, shipping disruptions, fuel shortages, economic instability, and wars.<sup>[7]</sup> In the years 2011-2013, an estimated 842 million people were suffering from chronic hunger.<sup>[8]</sup> The Food and Agriculture Organization of the United Nations, or FAO, identified the four pillars of food security as availability, access, utilization, and stability.<sup>[9]</sup> The United Nations (UN) recognized the Right to Food in the Declaration of Human Rights in 1948,<sup>[10]</sup> and has since noted that it is vital for the enjoyment of all other rights. It is important to educate others and we could use your support. Please plan to join us that morning and help us continue to supply food to those in need in our communities and beyond. If you do plan to attend contact Doug Long at [dlong@feedingamerica.org](mailto:dlong@feedingamerica.org) or 610-926-5802 extension 212. Thank you.

UN's World Food Day website, accessed 15 September 2016: "Directory of Organizations", World Food Day USA, "World Food Day Sunday Dinner", Oxfam America, "Video from Archbishop Desmond Tutu on World Food Day", YouTube, "Video from Francis Moore Lappe on World Food Day", YouTube, "Iowa Hunger Summit", World Food Prize, "Message to the XIV World Food Day", Vatican, "Message to the XII World Food Day", Vatican, "World Food Day observed in some 150 countries", Food and Agriculture Organization of the United Nations, "World Food Day 2004 highlights the importance of biodiversity to global food security", Food and Agriculture Organization of the United Nations.



## HUNGER ACTION MONTH—DID YOU FILL OUT A PLATE?

September was Hunger Action Month and you may have been asked to fill out a plate during the month if you were here volunteering on site or at an outside location. Our bulletin board is filled with lots of plates from people suggesting ways to make a difference to end hunger in our community (here are some examples). Did you fill out a plate? If not, think about what you can do to help us fight hunger all year long. Every person can make a difference. Thank you to everyone that took the time to do this for us. We appreciate it!



For Hunger Action Month we were also very grateful to have three grocery stores offering folks an opportunity to donate funds to help fight hunger in our communities. Throughout the month of September, Giant Food Stores, Redner's Warehouse Markets, and Weis Markets participated in this "Checkout Campaign". These donations came directly to us at the Greater Berks Food Bank. If you donated, thank you for your willingness to contribute. Every donation makes a difference! We are proud to state that 96.5% of all donations go directly to food and services. Thank you again for your continued support!

Did you know that October is **National Apple month**? Apples are an American favorite. As they say, "An apple a day keeps the doctor away." The reason for this saying came because of all the health benefits you can get when you eat apples. Apples contain vitamin C, which is an immune booster. They are also good for your teeth. You can easily grab an apple for a snack, put one into a lunch box or serve them at your parties. They are a healthy food that are easy to keep around the house. When your agency plans to place an order, remember to check out our perishable items, as there may be apples available for folks to enjoy.





## DON'T FORGET THE MILK! (#205065)

You may have noticed we have milk available again for you to order for your programs. Depending on the time of year, the quantity of it can increase or decrease. When you do see milk available on the order form, make sure you remember to add it to your pick up or delivery. We receive a lot of requests from the community for milk for children in the households mostly, but milk is beneficial for us all. Most people know that milk has calcium which is good for their bones and teeth. Plus as we age, osteoporosis becomes more of a concern and milk can help reduce that chance. Did you know that Cow's milk is a source of potassium, which can enhance vasodilation and reduce blood pressure. Increasing potassium intake and decreasing sodium can reduce the risk of cardiovascular disease. In a study it shows that those who consumed 4069 mg of potassium per day had a 49 percent lower risk of death from ischemic heart disease compared with those who consumed around 1000 mg per day.<sup>3</sup> According to the National Health and Nutrition Examination Survey, fewer than 2 percent of US adults meet the daily 4700 mg recommendation.<sup>3</sup> In milk there is also Vitamin D and Vitamin D might play a role in cell growth regulation and cancer protection. It may not be known to you that cow's milk is designed to help baby cows grow fast, so it makes sense that humans who drink cow's milk can also bulk up quickly. Cow's milk is a rich source of high-quality protein, containing all of the essential amino acids. Whole milk is also a rich source of energy in the form of saturated fat, which can prevent muscle mass being used for energy. Maintaining a healthy amount of muscle is important for supporting metabolism and contributing to weight loss and weight maintenance. Sufficient dietary protein is needed to preserve or increase lean muscle mass. Dairy protein can support muscle growth and repair. All these things show that milk is definitely something that we should all consume if we can so next time when you order, don't forget the milk! If you want to be added to the automatic milk "add on" list, please feel free to call someone in the Agency and Volunteer Services Department so we can do that for you! Best of all, it is FREE.

Medical News Today, February 2017

## POTATOES, POTATOES, POTATOES!



You may have received a call from us about getting some potatoes for your agency to distribute since we have been receiving them from I HART HARVEST since September. This year due to the rains there is a humungous amount of potatoes available for us to provide to those in need. To date we have received over 60,000 lbs. with a final estimate to be close to 200,000 lbs. This is an incredible feat by the planters, the harvesters and the packers we have been asking to assist us so we can get them out the door. Thank you to everyone that has been making this a possibility. If you do receive a call from us consider accepting loose potatoes or bagged potatoes from our location so you can help us get them out the door to those that can use them! We appreciate your support.

# **SAVE THE DATE...**

**AGENCY ORIENTATION** *Monday, October 9th at 9am*—for new personnel or new agencies members or if you need a refresher; please rsvp to Deb Mest at ext. 205, Lori Lowery at ext. 206 or Jasmine Rodriguez at ext. 207

## **VOLUNTEER ORIENTATION**

**October 4, 2017 at 9:30 am at GBFB**

**October 12, 2017 at 1:00 pm at GBFB**

**October 26, 2017 at 12:30 pm Webinar**

## **WORLD FOOD DAY AT THE CROWNE PLAZA, READING**

**October 19, 2017 at 7:45 am RSVP required to Doug Long**

**at [dslong@feedingamerica.org](mailto:dslong@feedingamerica.org) or call 610-926-5802 ext. 212**



## **Produce 4 Kids has been going strong!**

Since school started, we have had the opportunity to distribute at 10 schools with the Produce 4 Kids program. The majority have received potatoes but we also have given out oranges, celery, watermelon hearts, peaches and cucumbers. We hope to distribute to the schools at least as many times as the 2016-2017 school year which was 60 times! Thank you to our volunteers who help pack and distribute to the students. Without you we would not have been able to get those nutritious and healthy items out the door to those who appreciate it!

### **Weekender Program 2016-17**

*Highlights from the parents whose children participated in the program this past school year*

“Thank you for helping my family with food”.

“Every little thing matters in my home – God Bless”.

“The program is very appreciated”.

“Thank you for helping families in need to feed their children during tough times”.

“Thank you for this - it really helps my family”.

(All quotes from North Schuylkill Elementary School)

“A great program that helped my family so much!” Conrad Weiser West Elementary

“This is a beautiful thing you are doing”. Blue Mountain School District

“Your efforts greatly appreciated. Thanks!” Schuylkill Haven Elementary

\*We no longer need this program as dad is back to work. Thank you so much for your help - it really helped a lot”. Monocacy elementary

## Greater Berks Food Bank

117 Morgan Drive,  
Reading, PA 19608

Bringing More to the  
Table  
Greater Berks Food



*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

### The Weekender Program begins again the week of October 9th

We have been offering the Weekender program to various schools in the suburban and rural areas of Schuylkill county and Berks county for many years. Last year, we decided to move the packing process internally and our volunteers have been filling an average of 1,500 bags each week from October through June. Soon we will be back at it as the school year is in full swing. This program is underwritten by the Greater Berks Food Bank. Last year we heard from the schools and the recipients of the food packages the following :

89% of students like/enjoy receiving the bags

72% of families prefer the green bag packaging than the backpack

64% say variety of food is good or excellent

92% say quantity of food is good or excellent

77% of the families say it extends their budget

88% of the recipients say they share the bag with family or friends

We look forward to having the weekly packing starting soon for this school year. The folks who help out weekly with this program seem to enjoy taking part as it helps out so many children within grades K-6. The school districts taking part in this program are as follows: Wilson, Exeter, Daniel Boone, Schuylkill Valley, Hamburg, North Schuylkill, Shenandoah, Schuylkill Haven, Blue Mountain, St. Clair, Tamaqua, Minersville and Antietam.

Are you interested in helping us with this program? We pack on Tuesday mornings at 9am. Normally the packing takes approximately 2 hours. Questions? Please feel free to call the office for more details.