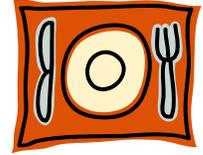
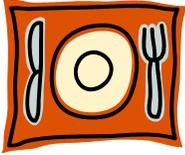


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# *Bringing More to the Table*

## Greater Berks Food Bank *January 2018*



### Our Staff:

Peg Bianca, Executive

Director

Tim Becker, Operations  
Mgr.

Liza Gallen, Marketing &  
Development Assistant

Deb Gehris, Business Mgr.

Doug Long, Marketing  
&

Development Mgr.

Lori Lowery, Agency &

Volunteer Services Coord.

Deb Mest, Agency &

Volunteer Services Mgr.

Herb Schultz, Operations

Director

Jamie Sheriff, Data Entry

Specialist

Jane Vitalo, Customer

Service Representative

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Bethany Boyer, Data

Entry

David Bradbury,

Warehouse/Driver

Eddie Cox, Warehouse

Francis Delauretis,

Warehouse/ Driver

Phil Demeo, Warehouse/

Driver

David D'Ginto, Ware-

house Lead

Alex Putt, Warehouse/

Driver

Jesus Rodriguez, Ware-

house

Rob Wertman,

Warehouse Supervisor

## 2018—A New Year and a Stronger Focus

Now that 2017 is over we want to thank all of our agencies and all the volunteers who help them do what they do. We appreciate every single one of the volunteers and staff of our agencies who give their time and talent to provide for so many hungry families in Berks and Schuylkill Counties. Without your efforts we would not have been able to achieve what we did in 2017. At last count it looks as though we moved 7.4 million lbs. of food to our neighbors in need. We are now moving forward into 2018 and will work even harder to provide more food to those in need, especially those foods to encourage, which are the fresh fruits, vegetables, low fat milks, whole wheat breads and the like. The 2017 holiday season was extremely busy at the Food Bank. We have been overwhelmed by the amount of generous donations and support that have been pouring in. GBFB is thrilled to see how many folks are bringing these through our doors, which makes it possible to provide even more healthy, nutritious foods to you for the recipients. As we move forward, we look to our agencies to continue to work with us to provide all types of food to our hungry neighbors. Don't ever hesitate to let us know if you have any questions, concerns or comments so we can work together to succeed in our venture which is to help combat hunger in our area. Again, we can not thank you enough for all your hard work!! Keep up the good work and CHEERS to you all! THANKS AGAIN!

## Newsletter Changes for 2018

**Our newsletter, "Bringing More to the Table" will be distributed to agencies on a quarterly basis, starting this month. You will receive the newsletter in the months of January, April, July and October. If any other important updates or concerns come up, they will be addressed to you via email or mail at that time. If you have any questions, please feel free to contact the Agency and Volunteer Services Department.**

## **POLICY REMINDER FOR ALL AGENCIES THAT COME TO THE FOOD BANK**

**The Greater Berks Food Bank is a non-smoking campus. That means that if you are a smoker that comes to volunteer at the food bank, pick up an order from the food bank, drop off paperwork to the food bank or anything else at the food bank, you cannot smoke on our campus. You must smoke in your vehicle and dispose of your cigarette butt in your vehicle.**

**We appreciate you following this rule. If you have any questions or concerns about this, please see someone in the Agency and Volunteer Services Department for further discussion.**

### **Agency Distribution Dates**

Please make sure you notify the Greater Berks Food Bank (GBFB) as soon as you are aware of a change in your distribution date or time. When we refer clients to our member agencies we try to send them somewhere close to them and give them the day and time we have on file. If you call the day of your distribution to cancel, chances are very likely that we already referred clients to your agency for food assistance. Please post some notice on the door of your location to inform them you will not be open that day or that the time has changed. If an emergency arises and you have no choice but to cancel last minute, definitely place a sign on your door with our contact information so we can find the recipient an alternative site to visit. We would advise you change your outgoing message on your phone (if you have that available) to inform those that may call to verify if you are operating. In addition, if your agency has a soup kitchen, we do have those dates and times available to refer to folks that need it. If there are changes in your meal days or times, please email or call the Agency and Volunteer Department with the updated information. Thank you in advance for your cooperation.



## **SAVE THE DATE...**

### **AGENCY ORIENTATION**

**\*\*Monday January 8, 2018, 9:00-10:00am**  
Held at GBFB, RSVP is required...for new agencies or for new personnel or for a refresher...

Please contact either Deb Mest ext. 205, Lori Lowery ext. 206 OR Jasmine Rodriguez at ext. 207.

### **VOLUNTEER ORIENTATION**

- January 4th—3:30-4:15pm webinar
  - January 10th— 10:00am-11:00am
  - January 18th— 9:00am-10:00am
- Questions? Call Lori at extension 206**

You can't change your past, but you can begin a new future today.



## Annual Dues Invoices Coming..

Be on the look out for 2018 Annual Dues Invoice coming in January 2018. The dues amount will remain the same again this year at \$50.00. In addition, we will also be mailing the current contact, billing, shipping and administrator information we have on file for your agency. Please take the time to review that information and let us know if changes need to be made. If you have any questions regarding your membership dues or the contact information we have on file, please feel free to contact Deb Mest at ext. 205.

## Martin Luther King Jr. Day—January 15th

Every year we are lucky to have some groups volunteer specifically on Martin Luther King Jr. Day to remind us how he was a social activist that promoted unity and people working together for a cause. This year is no exception, as we have Vanguard Business Development Group and Voice of Berks volunteers, as well as students from Fleetwood HS coming to pack local donations for those in need in our community. We appreciate the offer to lend a hand and help us help those that need it!



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## Cooking for Seniors

As we age our sense of smell and taste diminishes. Food we disliked as children may seem delicious now. Because of these changes, senior citizens may not be eating as much as they should. Many things must be taken into consideration when preparing meals by themselves or by a caregiver. First, you must follow the guidelines and calorie intake directed by a family physician. Wrong foods and preparation can cause a risk of obesity or malnourishment, changes in one's physical health such as, blood pressure, diabetes, digestion problems, and certain medications need to be taken before eating, with food or after eating. There are numerous ways to give more flavors to foods and add the nourishment seniors need. Seniors or their caregivers should consider cooking fresh vegetables instead of buying processed, frozen dinner trays. Cooking vegetables, potatoes or rice in low-sodium chicken broth instead of milk or cream adds more flavors and can be much healthier. Also, meat that is more tender and lean will lessen the fat and will have more flavor. Add fresh herbs to your salads, sauces, meats and vegetables for extra zest! Breakfast cereal is more nutritious and tasteful when cooked cereal is used. Adding fruit for taste also increases the health factor. If a caregiver is preparing the meals, try to include the senior. This helps them feel more useful. When preparing breakfast have the senior handle the fruit while the caregiver is handling the more difficult tasks. If you have a member of the family that is a senior and they are not eating as much as they should be, invite them to dinner at your home. Food tastes better to all of us at any age, if it is shared with someone. It doesn't matter what the person's age is, they never outgrow the need for family unity at mealtime. Seniors will enjoy their food more and will look forward to mealtime if they have companion to share the experience with. Excerpt from <http://www.seniorslist.com/>



### Serv Safe Certification

Does your agency operate a program that prepares congregate meals? If so, it is a GBFB requirement that at least one staff member be Serv Safe Certified. The schedule of classes is available through the Berks Ag Center. It runs a day and a half, with the last 2 hours allotted for the test. If you do not have a staff member certified, please contact Lori Lowery at ext. 206 to find out more details, as she will explain how you can register through their website.

## \*\*IMPORTANT! Poster Boards for our pantries and CSFP sites

If you are visited by one of our staff members for monitoring, and you are a pantry or a CSFP site, you will be receiving a poster board that we put together to fulfill the requirements of the Department of Agriculture and Hunger Free PA. These boards have items on them that are necessary to display during a distribution—such as the “Justice for All Poster”, the income guidelines for the current fiscal year, as well as complaint forms if the client feels as though they are being treated unfairly. For those sites that operate in a religious location, there is also another form explaining that if folks do not wish to receive food in this location they can be referred elsewhere. With the CSFP program, it includes the applicants' rights form and the package contents. This poster board will make it easier on your site as everything you need is all in one place. This is a requirement of GBFB that you must display this at each distribution. If you have both a pantry and a CSFP distribution, both poster boards must be displayed for the clients. Eventually every pantry and CSFP program in our network will have one of these. If you have any questions, please feel free to contact Deb Mest at ext. 205.

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

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Permit No. 14

"January brings the  
snow, makes our feet  
and fingers glow."

- Sara Coleridge



### Weekender Program continues as the New Year arrives!

About twenty years ago, a school nurse in an impoverished elementary school in Arkansas noticed more and more of her children were showing up for school on Monday morning feeling sick and weak. After asking them a couple questions, she quickly realized the reason they felt so was because they had not had a decent meal since their school lunch the previous Friday. Wanting to help the in-need young children of her school to stay nourished over the weekend, the nurse teamed up with her local food bank and started sending the students home with a backpack filled with non-perishable foods to eat over the weekends. The nurse started seeing far less complaints of not feeling well on Mondays, and the children showed up for school feeling good and ready to learn.

News of the program spread throughout the Feeding America network of food banks and, by early 2004, the Greater Berks Food Bank piloted its first "Weekender Program" site. Through the hard-work and guidance of our Agency Services Department, the GBFB has been able to consistently grow the Weekender Program through the years, allowing us to keep more and more young children properly fed over the weekends. Today, as many as 1,700 elementary school students go home with a bag filled with food each Friday after school. The GBFB was excited to be able to add three more elementary schools to our roster of Weekender Program sites for this school year: Tamaqua Elementary School and Minersville Area Elementary Center, both in Schuylkill County; and Perry Elementary School (Hamburg Area School District) in Berks County. In total, we now support nineteen Weekender Program sites – ten in Berks and nine in Schuylkill. We have a lot of people to thank for allowing us to expand this program so effectively over the years. Thank you to the volunteers who now help us pack every bag each Tuesday morning in our warehouse. Thank you to the school site coordinators who oversee their school's weekly distribution, as well as all the school volunteers who help hand the bags out. Finally, an especially grateful thank you to our donors. It is only because of their financial generosity that we have been able to expand this impactful program so much through the years. *GBFB Marketing Department*

*Bringing More to the  
Table is brought to you  
through a joint effort*

**We'd love your input**

*of Greater Berks Food  
Bank Staff*

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