

Agency Networking News

JULY 2010

ABOUT CANNED FOOD: WHENCE IT CAME: THE HISTORY OF FOOD CANNING

The canning process dates back to the late 18th century in France when the Emperor Napoleon Bonaparte, concerned about keeping his armies fed, offered a cash prize to whoever could develop a reliable method of food preservation. [Nicholas Appert](#) conceived the idea of preserving food in bottles, like wine. After 15 years of experimentation, he realized if food is sufficiently heated and sealed in an airtight container it will not spoil.

An Englishman, Peter Durand, took the process one step further and developed a method of sealing food into unbreakable tin containers, which was perfected by Bryan Dorkin and John Hall, who set up the first commercial canning factory in England in 1813. As more and more of the world was explored, and as provisioning armies took on greater importance, the demand for canned foods grew. Thomas Kensett, who emigrated to the United States, established the first U.S. canning facility for oysters, meats, fruits and vegetables in New York in 1812. More than 50 years later, Louis Pasteur provided the explanation for canning's effectiveness when he was able to demonstrate that the growth of microorganisms is the cause of food spoilage.

The Natural Option: Contemporary Canning

The basic principles of canning have not changed dramatically since Nicholas Appert and Peter Durand developed the process. Heat (sufficient to destroy microorganisms) is applied to foods packed into sealed or "airtight" containers. The canned foods are then heated under steam pressure at temperatures of 240-250°F (116-121°C). The amount of time needed for processing is different for each food, depending

continued on page 2

Good News!

We are updating our **Donated Menu** daily. WHY?

1. Now you can see what is new in the warehouse every day of the week!
2. No more waiting for Wednesday evening to see available product!
3. Only available product will be on the menu!

If during the week we also get new **TEFAP** and **HPNAP** products, we will update those menus also.

If you are currently receiving our weekly menu by fax, you will only get an update on Thursdays. If you are receiving a faxed menu and no longer need this service, please call Nancy at 631-582-3663 Ext. 118 or ngallea@licares.org and let her know.



Looking for Fresh Produce?

Register your Program with:

www.ampleharvest.org

This site lets you list your program for farmers, growers, and community members so they can donate fresh produce as it is harvested!

Happy 4th of July!!

Agency Networking News 1

Long Island Cares

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on the food's acidity, density and ability to transfer heat. For example, tomatoes require less time than green beans, while corn and pumpkin require far more time.

Processing conditions are chosen to ensure that foods are commercially sterile but retain the greatest flavor and nutrition. All processes must be approved by the U.S. Food and Drug Administration. Once the cans are sealed and heat processed, the food maintains its high eating quality for more than two years and is safe to eat as long as the container is not damaged in any way. And, like the home canning process, no preservatives are added or necessary.

The sequence of steps in the canning process differs with the product. Fruits and vegetables may be peeled or pitted, and have stems removed prior to canning. Some vegetables receive a heat treatment before they are placed in the can to remove air and improve packing. (Think about the bulk of raw vs. cooked spinach!) Acid juices, like orange and tomato, and acid vegetables, such as sauerkraut, can be sterilized before they are placed into containers. Seafood is usually packed after being boned or shelled, with the exception of smaller fish like sardines and anchovies, or even salmon, which have bones that are softened by heating. Meats and fish, like tuna, are usually cooked to soften the flesh before canning, separated from bones, compacted and placed in cans with appropriate liquid.

One significant difference in the modern canning process is that today's cans are made of 100% recyclable steel.

Packed at the Peak of Freshness

To ensure that foods are packed at their peak of freshness, most canning facilities are located within a few miles of the point of harvest. Fruit and vegetable canneries often can be seen from the fields where produce is harvested. Seafood canneries are within minutes of the docks. Meats, soups and stews are canned within the facilities in which they are prepared. Minimizing transportation keeps costs down as well as ensuring that food, especially fruits and vegetables, are packed when the flavor is greatest.

Canned Food Nutrition

Because canned food is packed at the peak of harvest, it also is packed at its nutrient peak. As foods age, they begin to shed some of their essential nutrients. Fruits and vegetables especially have the highest nutrient content when they are ripest. Since canneries are located close to the point of harvest, few if any nutrients are lost in transit. According to a 1997 University of Illinois study and other recent studies, the canning process actually may help to enhance the nutrient profile of certain foods. According to the revised Recommended Dietary Allowances (2001), 1/2 cup of Canned Pumpkin, for example, contains over 600% of the Recommended Daily Intake of vitamin A, while the same amount of fresh pumpkin has only 143%. Other foods like canned beans have higher fiber content, and canned tomatoes contain significantly higher quantities of lycopene, an essential phytochemical, than fresh tomatoes.

Safety Benefits

The canning process was developed to preserve food safely and for long periods of time. Once food is packed into a can, the can is heated to an extreme temperature which kills all known microorganisms. In addition, most processed foods are closely monitored, using a system called Hazard Analysis and Critical Control Point, or HACCP. A HACCP system identifies areas of potential contamination within the food process and builds check points to ensure that the highest possible safety standards are maintained at all times. Modern processors maintain close watch on the heating process, ensuring that the canned food that reaches the market is the safest possible product for the consumer.

Available Canned Foods

Virtually any food that is harvested or processed can be found in a can. In fact, for decades, many foods were only available in cans. Today, the consumer has more options and can often find fresh and frozen alternatives to canned food, but canned food remains an essential part of the contemporary pantry.



Blueberries!!

By Dana John-Goodrich, RD–JSY Nutritionist
Just Say Yes to Fruits & Vegetables Program

What's small, round, blue and good for you? If you guessed blueberries, you're right! These little berries are not only full of nutrients which help your body work right; they can also protect you against certain types of cancers.

Blueberries are a good source of vitamin C, and contain vitamin A, potassium and folate. They are one of America's favorite berries and can be eaten in a variety of ways.

You can get blueberries fresh, frozen and dried. Added to salad, yogurt & cereal, your taste buds will thank you.

Adding blueberries to pancakes, muffins or breads will make these items a healthier choice.

Try one of my favorite JSY recipes:

Blueberry Bread

Ingredients

- 1 ¾ cups flour, white or whole wheat
- 2 teaspoons baking powder
- ½ teaspoon salt
- ¼ teaspoon baking soda
- 1/3 cup soft tub margarine
- 2/3 cup sugar
- 2 eggs
- 2 bananas, peeled and mashed
- 2 ½ cups blueberries

Directions

1. Preheat oven to 350° F
2. In a small bowl, mix flour, baking powder, salt and baking soda.
3. In a large bowl, mix margarine and sugar. Add eggs and mashed bananas. Mix well.
4. Add the flour mixture into large bowl (margarine mixture). Mix well.
5. Mix blueberries into large bowl.
6. Pour into greased loaf pan.
7. Bake 1 hour or until toothpick poked in the center comes out clean. (Some ovens may take longer)

Why not have Just Say Yes to Fruits and Vegetables visit your food pantry, soup kitchen or shelter? We provide **free** nutrition education, along with taste samples of healthy recipes and free gifts. **For a FREE demonstration of this or other fruit and vegetable recipes**, why not have Just Say Yes to Fruits and Vegetables visit your agency! Please call to get more information.
Contact: Dana John-Goodrich at 631-665-1582 or email at: johnjsy@optonline.net

Did you know that July is Blueberries Month?

Frozen Blueberries now available on our TEFAP menu!

Agency Networking News 3
Long Island Cares

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PETE'S FOOD SAFETY CORNER

FOOD SAFETY CLASSES

It has been an extremely hectic time for me these last two months. Because agencies had not fulfilled their obligation to take **ONE** Food Safety Class from LI Cares during the contract year, we found ourselves offering over a dozen classes in less than two months. Please be advised of the following:

Effective July 1, 2010 (HPNAP Contract Year 2010/2011)

1. Every month one class will be offered in our Nassau location and one class will be offered in our Suffolk location.
2. All classes will be posted in our newsletter every month. It is recommended that you call me (x112) or email (pbraglia@licares.org) me on which day you'd like to take a class.
3. I will offer one Saturday class during the year in Suffolk and one in Nassau.
4. I will personally come to any food pantry that requests an on site class for food safety. All I ask is that you have at least 10 or so people present. This is the perfect opportunity to reach out to other pantries in your area and set up something.

By my math, that's over 26 opportunities to attend a class, not including my personal classes for your pantry.

Remember - **ALL AGENCIES** are required to take this class starting the contract year.

In January every year we will send out a reminder letter to all agencies that have not taken either a Food Safety class or Nutrition class (also required for HPNAP). Since the January newsletter will have the remaining 6 months of Food Safety classes posted, it will be your responsibility to schedule for one of the classes. Remember, failure to take one or both of these classes will result in complications with your next HPNAP application.

A Day of Making a Difference

Friday, July 16

Long Island Cares, Inc. will take time to remember and commemorate its founder, the late activist singer and songwriter Harry Chapin by hosting "**A Day of Making a Difference**" Open House from 8 AM until 6 PM at the offices and distribution center located at 10 Davids Drive in Hauppauge as well as the Nassau Service Center, located at 9 West Sunrise Highway in Freeport.

Chapin's quote "To know is to care, to care is to act and to act is to make a difference" is the basis for the day's theme. The public is invited to bring food donations, personal care items, new school supplies and pet food; take tours of the warehouse and see how the food bank operates; attend short hunger education sessions, sign up to volunteer or host a food drive! Tasty refreshments will be provided by The Garage of Islandia and Coca Cola.

Harry Chapin was 37 years old when he founded Long Island Cares, Inc. one year before his untimely death on July 16, 1981. For more information about the **Day of Making a Difference** at Long Island Cares - call 631-582-3663 or visit www.licares.org

Remember – No August Agency Newsletter
Look for our Fall Packet in Mid-August

Agency Networking News 4

Long Island Cares

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July Workshops

Nutrition Workshops

Helping Clients with Special Nutrition Needs

*Meets Nutrition workshop requirement for all HPNAP member agencies.

July 12 - 10:00 am – LI Cares @ Nassau Service Center; 9 West Sunrise Hwy; Freeport

July 19 - 10:00 am – LI Cares Training Room @ 10 Davids Dr.; Hauppauge

RSVP for all Nutrition Workshops:

Katy Mitchell-Gilroy
631-582-3663 Ext. 123
kmitchell@licares.org



Food Safety Workshops

Food Safety for Food Pantries

Food Safety training and techniques so you can provide safe food for your clients.

*Meets Food Safety Training required for all member agencies.

July 12 – 11:00 am - LI Cares @ Nassau Service Center; 9 W. Sunrise Hwy; Freeport

July 19 – 11:00 am - LI Cares Training Room @ 10 Davids Dr.; Hauppauge

RSVP for all Food Safety Workshops:

Pete Braglia
631-582-3663 Ext. 112
pbraglia@licares.org



New Agency / New Personnel Orientation

Required workshop for all potential member agencies – recommended for new personnel at member agencies.

Overview of Long Island Cares, Inc. food programs – including HPNAP & TEFAP eligibility, ordering procedures, delivery and pick up schedules. Includes explanation of Community Outreach programs (Hunger 101; Job Development Services), Child Nutrition programs available to all member agencies.

9:45 am – 12:00 noon

July 30
August 31
September 30

10 Davids Drive
Hauppauge, NY 11788

RSVP: Millie @ 631-582-3663 Ext. 111

Long Island Cares, Inc. – The Harry Chapin Food Bank

Delivery Sections

Nassau County

Section 1

Baldwin	Island Park	North Massapequa
Bellmore	Lawrence	Oceanside
Cedarhurst	Long Beach	Rockville Centre
Freeport	Lynbrook	Roosevelt
Hewlett	Massapequa	Seaford
Inwood	Merrick	Valley Stream

Section 2

Bethpage	Levittown
East Meadow	Mineola
Elmont	Plainview
Farmingdale	Uniondale
Hempstead	West Hempstead
Hicksville	Westbury

Section 3

Bayville	Syosset
Glen Cove	
Great Neck	
Manhasset	
Oyster Bay	
Port Washington	

Suffolk County

Section 4

Amityville	Islip
Babylon	Lindenhurst
Bay Shore	North Babylon
Brentwood	North Bay Shore
Copiague	West Babylon
Deer Park	West Islip
Islip	Wyandanch

Section 5

Bellport	Holtsville
Blue Point	Islandia
Bohemia	Islip Terrace
Central Islip	Medford
East Patchogue	Oakdale
East Islip	Patchogue
Holbrook	Sayville

Section 6

Bridgehampton	Mastic Beach
Center Moriches	Montauk
East Hampton	Riverhead
East Moriches	Sag Harbor
Flanders	Shirley
Hampton Bays	Southampton
Mastic	Wainscott

Section 7

Commack	Lake Ronkonkoma
Dix Hills	Melville
East Northport	Nesconset
Hauppauge	Northport
Huntington	Ronkonkoma
Huntington Sta.	Smithtown
Kings Park	St. James
Lake Grove	

Zone 3 Suffolk County

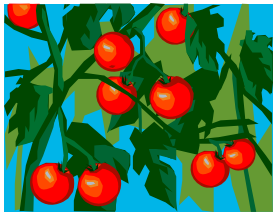
Section 8

Centereach	Mt. Sinai
Coram	Port Jefferson
East Setauket	Port Jefferson Sta.
Farmingville	Ridge
Middle Island	Rocky Point

Selden
Setauket
Sound Beach
Stony Brook
Yaphank

Section 9

Aquebogue	Manorville
Calverton	Mattituck
Cutchogue	Wading River
Greenport	
Jamesport	



TOMATOES ARE COMING!

25 Pounds of Tomatoes!

We are expecting a TEFAP load of fresh tomatoes in early July. They will be packed in a 25 lb. case. Let us know now how many cases you will need so we can get them to you as soon as possible! Please call Nancy at 631-582-3663 Ext. 118 or email her at ngallea@licares.org. Include your daytime telephone number and/or email address so we can call you as soon as they are received. You will need to make arrangements to pick them up at our Hauppauge warehouse.

Need Volunteers?

If you need volunteers to assist you in your pantry – working with the clients, stocking the shelves, updating your data base – please call Amy, our Volunteer Coordinator at 631-582-3663 Ext. 119 or email: adatkun@licares.org.
She will help you find the perfect volunteer!

Long Island Cares – The Harry Chapin Food Bank

Delivery Calendar

July 2010

SUN	MON	TUE	WED	THU	FRI	SAT
27	June 28	June 29	June 30	1	2	3
	SECTION 6	SECTION 7	INVENTORY AGENCY ORIENTATION	OPEN FOR ORDERS ONLY – NO P/U OR DELIVERIES	OPEN FOR ORDERS ONLY – NO P/U OR DELIVERIES	
4	5	6	7	8	9	10
	Long Island Cares Closed for Independence Day	SECTION 8	SECTION 9	SECTION 1	SECTION 2	
11	12	13	14	15	16	17
	SECTION 3	SECTION 4	SECTION 5	SECTION 6	SECTION 7	
18	19	20	21	22	23	24
	SECTION 8	SECTION 9	SECTION 1	SECTION 2	SECTION 3	
25	26	27	28	29	30	
	SECTION 4	SECTION 5	SECTION 6	SECTION 7	INVENTORY AGENCY ORIENTATION	

Delivery Calendar

August 2010

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
	OPEN FOR ORDERS ONLY – NO P/U OR DELIVERIES	OPEN FOR ORDERS ONLY – NO P/U OR DELIVERIES	SECTION 8	SECTION 9	SECTION 1	
8	9	10	11	12	13	14
	SECTION 2	SECTION 3	SECTION 4	SECTION 5	SECTION 6	
15	16	17	18	19	20	21
	SECTION 7	SECTION 8	SECTION 9	SECTION 1	SECTION 2	
22	23	24	25	26	27	28
	SECTION 3	SECTION 4	SECTION 5	SECTION 6	SECTION 7	
29	30	31	28	29	30	
	SECTION 8	INVENTORY NO P/U OR DELIVERIES				

Agency Networking News 7

Long Island Cares

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BRENTWOOD
NY

Long Island Cares, Inc.
The Harry Chapin Food Bank
10 Davids Drive
Hauppauge, NY 11788
www.licares.org

Workshop Registration (LI CARES WORKSHOPS ONLY)

Agency Name: _____ Agency ID #: _____

Name of Person/People Registering:

Workshop Attending: _____

Date of Workshop: _____

Please fax to 631-273-1375

Agency Networking News 8
Long Island Cares

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