

# Agency Networking News

February 2012

## *Because It Takes More than Food (But Sometimes – It's the Food!)*

Many of our food pantries have been reporting large numbers of new clients – clients who have never asked for assistance before. As a result, agencies find themselves running low on supplies, leaving little left on the shelves. How can Long Island Cares help?

First, let us know right away. Although we cannot make an extra delivery, all agencies can place an order every week (for either a pick up or delivery).

Please check the food drive items on our Donated menu. These items are available in limited quantities at all times. With a few days notice, we can try to meet special needs.

Although our HPNAP budget is limited this year, we start reallocating funds in January. If you have used all of your funding, please ask for a reallocation immediately.

We have lots of TEFAP!! Please request a TEFAP reallocation and take advantage of great products.

Think Client Choice! Make sure supplies are not being wasted by giving clients food they will not eat. (See our Client Choice workshop information – page 6).

For reallocation of funds: Please call Pete @ 631-582-3663 Ext. 112 or pbraglia@licares.org

## February is...

**February 2** – Groundhog Day

**February 3** – National Wear Red Day

**February 14** – Happy Valentine's Day!



**February 20** – President's Day –  
Long Island Cares – Closed!



**February 29** – Leap Day



## February is also...

International Friendship Month

Parent Leadership Month

Heart Disease Awareness Month  
(www.heart.org)

Black History Month

Hot Cereal Month



**“Food is our Common Ground,  
a Universal Experience”  
- James Beard**

# Food Safety Workshops

## Reminder - Food Safety Training Requirement

All member agencies are required to take the Food Safety Handling Course every year. To help you meet this requirement, we are offering this course twice a month (Hauppauge and Freeport). Please check our schedule of workshops and register today! Remember, failure to take this class will prevent your agency from being able to place an order.

Training Room  
10 Davids Drive / Harry Chapin Way  
Hauppauge, NY 11788

February 6 @1:00 pm  
March 7 @10:00 am  
April 5 @11:00 am

Nassau Service Center  
9 West Sunrise Highway  
Freeport, NY 11520

February 3 @1:00 pm  
March 6 @10:00 am  
April 4 @11:00 am

RSVP: Pete @ 631-582-3663 Ext. 112 or use our Workshop Registration Form.

## New Agency / New Personnel Orientation

9:45 am – 12:00 noon

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

Includes tours of the Warehouse, Pet Pantry, First Stop Food Pantry & School Tools room!

February 29, 2012  
March 30, 2012

Training Room @ 10 Davids Drive  
Hauppauge, NY 11788

RSVP: Jared @ 631-582-3663 Ext. 111 or use our Workshop Registration Form.

**Please note that the Mandatory Civil Service Training will be added to all workshops.**

## "NUTRI-FOODIE"

Question of the Month:

Gooseberry, Belimbing, and Madun are?...

- (A) bird species
- (B) homemade pies
- (C) star fruit varieties

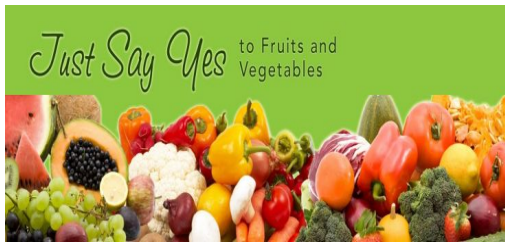
Email your answer to Laura Lynn: [LLiacono@licares.org](mailto:LLiacono@licares.org)



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

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## Using All Forms of Fruits and Vegetables

By Dana John-Goodrich, RD  
Just Say Yes to Fruits & Vegetables Project (JSY)

Adapted from Fruits and Veggies: More Matters @ <http://www.fruitsandveggiesmorematters.org>

### Fresh, Frozen, Canned, Dried: All Forms of Fruits & Vegetables Matter!

When it comes to good nutrition, **all forms of fruits and vegetables matter—fresh, frozen, canned and dried.** With so many options and a variety of convenient packaging to make fruits and vegetables easy to store and easy to serve, there's bound to be something to please everyone!

- Most **frozen and canned foods** are processed within hours of harvest, so their **flavor and nutritional value are preserved.**
- Studies show that recipes prepared with **canned foods** had similar nutritional values to those prepared with fresh or frozen ingredients.
- Canned foods are "cooked" prior to packaging, so they are **recipe-ready.**
- **Frozen foods** also require little preparation—washing and slicing, for instance, is already done.

All forms of fruits and vegetables count toward meeting your daily goal of eating more fruits and veggies!

Try using **All Forms** when making this JSY recipe: (hint: frozen corn, canned beans, and a fresh pepper).

#### Succotash Salad

##### Ingredients:

2 cups corn  
2 cups butter beans or lima beans  
1 bell pepper, chopped  
3 scallions or ½ onion, chopped  
1 garlic clove, chopped  
2 tablespoons vegetable oil  
2 tablespoons vinegar  
Salt and pepper, to taste

##### Directions:

1. In a large bowl, combine corn, beans, bell pepper, scallions (or onion) and garlic.
2. In a small bowl, mix oil, vinegar, salt and pepper.
3. Add oil mixture to large bowl (corn mixture).
4. Mix well and serve.
5. Refrigerate leftovers.

**Makes 4 servings.**

Visit [www.jsyfruitveggies.org](http://www.jsyfruitveggies.org) to see all of our delicious recipes and "Like" Us on Facebook: Just Say Yes to Fruits and Vegetables!

**To schedule a cooking demonstration at your site or to taste one of our recipes, contact Dana John-Goodrich at: (631) 665-1582 or email [johnjsy@verizon.net](mailto:johnjsy@verizon.net)**

*This institution is an equal opportunity provider and employer. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689.*

**From The Health & Welfare Council of Long Island:**  
**FREE TAX PREPARATION**

RECEIVE YOUR REFUND IN 10 DAYS WITH ANY E-FILE PREPARATION

Across Long Island, FREE tax preparation services are available to individuals and families whose annual gross income is \$50,000 or less. Through Bethpage Federal Credit Union ([www.lovebethpage.com](http://www.lovebethpage.com)), Volunteer Income Tax Assistance (VITA) services are provided by IRS certified tax preparers to help you keep 100% of your tax refund. You can avoid unnecessary fees charged by commercial tax preparation companies and have these services for FREE. Put your tax refund to work for you! Open a savings account, pay bills, and improve your credit for FREE.

Confidential FREE tax preparation services include electronic filing, ability to open a free bank account and enroll in financial literacy sessions at designated locations. To file taxes electronically on a married filing joint tax return, both spouses must be present. Bilingual Tax Assistors are available. Please remember to bring the following:

- Photo Identification
- Social Security Cards for you, your spouse, and dependents
- Current year's tax package if you received one
- Wage and Earning Statement(s) Form W-2, W-2G, 1099-R, from all employers
- Interest and dividend statements from banks (Forms 1099)
- A copy of last year's Federal and State returns, if available
- Bank Routing & Account Numbers for Direct Deposit
- Total paid for Day Care & provider's tax ID

**FREE TAX PREPARATION FROM FEBRUARY 1 – APRIL 11, 2012**  
**BETHPAGE FEDERAL CREDIT UNION VITA SITE LOCATIONS AND TIMES:**  
**NO APPOINTMENT IS NECESSARY**

Wednesdays 6:00pm-8:00pm and Saturdays 3:00pm-6:00pm

Central Islip – 233 South Research Place  
Elmont – 1633 Dutch Broadway  
Hempstead – 170 Fulton Ave.  
Massapequa – 6257 Sunrise Highway  
Roosevelt – 405 Nassau Rd.  
Westbury – 750 Old Country Rd.

Wednesdays 5:00pm-7:00pm and Saturdays 3:00pm-6:00pm

Bay Shore – 591 East Main St.  
Farmingdale – 1033 Route 109  
Freeport – 201 West Merrick Rd.  
Patchogue – 272 East Main St.  
Riverhead – 1095 Old Country Rd.  
West Babylon – 555 Montauk Highway

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## **EARNED INCOME TAX CREDIT – HOW MUCH SHOULD YOU GET?**

The EITC is a Federal and State tax credit for working families and individuals. Qualifying Long Islanders can file retroactively for up to three years, sometimes doubling or tripling refunds. Full-time and part-time workers, including self-employed workers who are legally authorized to work in the United States, are eligible for the tax credit.

EITC Eligibility	Maximum Income	Minimum Federal Refund	Maximum State Refund	Maximum Combined Credit
Families with 3 or more qualifying children	\$43,998.00 (\$49,078.00 MFJ*)	\$5,751.00	\$1,725.30	\$7,476.30
Families with 2 qualifying children	\$40,964.00 (\$46,044.00 MFJ*)	\$5,112.00	\$1,533.60	\$6,645.60
Families with 1 qualifying child	\$36,052.00 (\$41,132.00 MFJ*)	\$3,094.00	\$928.20	\$4,022.20
Individuals: no qualifying children	\$13,660.00 (\$18,740.00 MFJ*)	\$464.00	\$139.20	\$603.20

\*MFJ: MARRIED FILING JOINTLY

### **WARNING AGAINST INSTANT CASH ADVANCE – IT'S A LOAN!**

Marketed as a way to get money faster this tax season, the Instant Cash Advance is a short term loan secured by a commercial tax preparation company that could carry hidden costs, including high fees and interest rates. Save your money this tax season!

### ***FEBRUARY IS HEART DISEASE AWARENESS MONTH!***

#### **How many steps do you walk each day?**

Maybe you have heard the recent guidelines about walking 10,000 steps per day. How far is 10,000 steps anyway? The average person's stride length is approximately 2.5 feet long. That means it takes just over 2,000 steps to walk one mile, and 10,000 steps is close to 5 miles.

A sedentary person may only average 1,000 to 3,000 steps a day. For these people adding steps has many health benefits. A reasonable goal for most people is to increase average daily steps each week by 500 per day until you can easily average 10,000 per day.

To achieve good health, strive to take 10,000 steps a day!

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# Nutrition Nuggets



By Laura Lynn Iacono, RD, CDN  
Nutrition Resource Manager

## Healthy Recipe of the Month From Our Pantry to Yours....

### Heart-Healthy Salsa Chicken Leg Quarters

Amount Per Serving (1 chicken leg quarter per person) Calories: 485 | Total Fat: 8.3g | Cholesterol: 71mg / Sodium: 450-600mg (Based on no added salt, and depending on sodium content in jar of salsa per serving).

*Nutrition Analysis powered by ESHA Nutrient Database*

**Chicken, green beans and rice are available on our TEFAP menu.**

**Enjoy!**

#### STUFF YOU NEED:

- 4 chicken leg quarters (skin removed)
- 1 tablespoon vegetable/ canola oil
- 1 medium onion, diced
- 1 clove garlic, minced
- 1 jar (16 ounces) tomato salsa (any flavor/style)



#### WHAT TO DO WITH THE STUFF:

- 1- In a large skillet, heat oil over medium heat.
- 2- When oil is hot, add chicken, and brown on all sides.
- 3- Add onion and garlic, and cook until onion begins to brown.
- 4- Drain off excess liquid and fat.
- 5- Pour salsa over chicken.
- 6- Cover and simmer on low for 35-45 minutes, or until chicken is tender and juices run clear.

## February Nutrition Education Workshops Topic: "Become a Client Choice Food Pantry" Open to all Food Pantry agencies and their staff

*\* All member agencies applying for a 2012  
Client Choice Equipment Grant must attend*

**HAUPPAUGE: Monday Feb 6<sup>th</sup> @ 11:30am**

*\*Note: Pete's Food Safety class to follow this workshop at 1:00pm*

**FREEPORT: Wednesday Feb 8<sup>th</sup> @ 3:30pm**



Register today and attend to earn your annual nutrition education certificate for 2012

Email: Laura Lynn [LLiacono@licares.org](mailto:LLiacono@licares.org) to reserve your spot today

# Long Island Cares – The Harry Chapin Food Bank

## Delivery Calendar

**February 2012**

SUN	MON	TUE	WED	THU	FRI	SAT
	JAN 30	JAN 31	1	2	3	4
	INVENTORY ORDERS ONLY	INVENTORY ORDERS ONLY	INVENTORY ORDERS ONLY	SECTION 5	SECTION 6	
5	6	7	8	9	10	11
	SECTION 7	SECTION 8	SECTION 9	SECTION 10	SECTION 1	
12	13	14	15	16	17	18
	SECTION 2	SECTION 3	SECTION 4	SECTION 5	SECTION 6	
19	20	21	22	23	24	25
	PRESIDENTS DAY LI CARES CLOSED	SECTION 7	SECTION 8	SECTION 9	SECTION 10	
26	27	28	29			
	SECTION 1	INVENTORY ORDERS ONLY	INVENTORY ORDERS ONLY			

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

#### Nassau County

#### Section 1

Baldwin  
Cedarhurst  
Hewlett  
Inwood  
Island Park  
Lawrence  
Long Beach

Lynbrook  
Oceanside  
Rockville  
Centre  
Valley Stream  
Woodmere

#### Section 2

Bethpage  
East Meadow  
Elmont  
Farmingdale  
Hempstead

Levittown  
Mineola  
Uniondale  
West Hempstead

#### Section 3

Freeport  
Bellmore  
Massapequa  
Merrick  
North Massapequa  
Roosevelt  
Seaford

#### Section 4

Bayville  
Glen Cove  
Great Neck  
Manhasset  
Oyster Bay  
Port Washington  
Syosset  
Westbury  
Hicksville  
Plainview

#### Suffolk County

#### Section 5

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

#### Section 6

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

#### Section 7

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

#### Section 8

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

#### Section 9

Centereach  
Coram  
East Setauket  
Farmingville  
Middle Island  
Mt. Sinai  
Port Jefferson  
Port Jefferson Sta.  
Ridge  
Rocky Point  
Selden  
Setauket  
Sound Beach  
Stony Brook

#### Section 10

Aquebogue  
Calverton  
Cutchogue  
Flanders  
Greenport  
Manorville  
Mattituck  
Riverhead  
Southold  
Wading River  
Yaphank

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US POSTAGE PAID  
PERMIT No. 28  
BRENTWOOD  
NY

The Harry Chapin Food Bank  
10 Davids Drive / Harry Chapin Way  
Hauppauge, NY 11788  
[www.licares.org](http://www.licares.org)  
ADDRESS SERVICE REQUESTED

*BECAUSE IT TAKES MORE THAN FOOD TO FEED THE HUNGRY*

### Workshop Registration

Agency Name: \_\_\_\_\_ Agency ID#: \_\_\_\_\_

Name of People Attending:

_____	_____
_____	_____
_____	_____

Workshop Attending: \_\_\_\_\_

Date of Workshop: \_\_\_\_\_