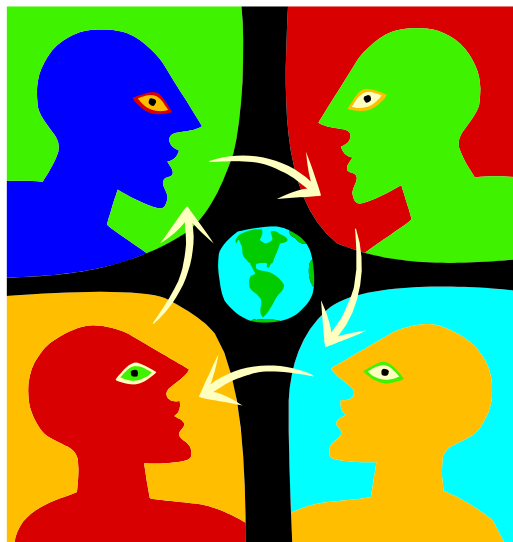


Agency Networking News

JULY / AUGUST 2014

Save the Date!!



Agency Conference Day

Friday, September 12, 2014

At our new location

Hilton Long Island/Huntington
598 Broad Hollow Road
Melville, NY 11747

Save the Date!!



JULY IS...

Independence Day – July 4

National Make A Difference
To Children Month

Simplicity Day – July 12
(www.doonething.org)

International Nelson Mandela Day
(<http://www.un.org/en/events/mandeladay>)

AUGUST IS...

Watermelon Day – Aug 3

Lighthouse Day – Aug 7

National Sr. Citizens Day – Aug 21



Agency Networking News 1

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

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Spring Workshops

Food Safety

Reminder - Food Safety Training Requirement

Reminder – All 2013/2014 HPNAP agencies must take an annual Food Safety Workshop before the contract ends June 30, 2014. All workshops listed below meet HPNAP Food Safety Workshop requirements.

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

Wed., July 2 @12 pm
Tue., Aug. 5 @1 pm
Thur., Sept. 4 @1 pm

Nassau Service Center
84 Pine Street
Freeport, NY 11520

Tue., July 1 @12 pm
Mon., Aug. 4 @1 pm
Wed., Sept. 3 @1 pm

RSVP REQUIRED: Pete @ 631-582-3663 Ext. 112 or Use our Workshop Registration Form on the last page.

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, and the School Tools Room!

Thursday, July 31, 2014

Friday, August 29, 2014

Training Room @ 10 Davids Drive
Hauppauge, NY 11788

PLEASE NOTE THAT THE CIVIL RIGHTS TRAINING WILL BE ADDED TO ALL WORKSHOPS

In order to maintain eligibility for TEFAP, all recipient agencies must:

1. Display "And Justice for All" poster in plain sight. If you need a poster, please contact Carol: 631-582-3663 ext. 100.
2. Attend an annual Civil Rights training. Trainings are added to all regularly scheduled workshops.
3. **Food Pantries ONLY – must have clients sign the Universal Entitlement form.** This form is for your use only. Do not send it back to LI Cares.
4. Maintain delivery records/universal entitlement forms for a minimum of 4 years.

Attention All Agencies!

We have 3 double door glass refrigerator coolers that were donated to Long Island Cares. If interested, please contact Pete Braglia @ pbraglia@licares.org. All equipment is first come – first serve. You must pick this up!

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SUMMER FOOD SAFETY TIPS

BY: LAURA LYNN IACONO MS, RDN. LI CARES NUTRITION RESOURCE MANAGER



Hot fun in the
Summertime!

- **Face it. Dirty hands carry bacteria that can make you sick.**

Always wash hands in hot, soapy water before and after handling food.

- **Avoid the *danger zone*. Keep hot foods hot—above 140°F—and cold foods cold—below 40 °F.**

- **Use plenty of ice to keep cooler contents cold.**

- **Use a meat thermometer to measure the internal temperature of meat.**



Chill, baby!

Keep **COLD** foods **COLD** (below 40° F)

- *Cream pies and puddings, seafood salads and egg dishes need to be kept cold, below 40° F.* This keeps bacteria from growing that could make people ill. Don't let these foods or fish, poultry and meat stand at room temperature for more than 2 hours (including preparation, storage, and serving time). Don't put out large quantities of these foods at one time. Serve only what is needed at a time. When that food runs out, replace it to keep them as cold as possible.
- Serve these foods in containers that can go from the refrigerator to the table. When storing food in a cooler, fill it with plenty of ice or freezer packs to keep food cold.
- Store drinks in one cooler and foods in another to keep them colder. Keep coolers in shaded areas out of the sun to help foods stay cold.

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Summer 2014 Nutrition Workshops

Nutrition Workshops at our Hauppauge (H) & Freeport (F) Locations...

July: Summer Diets, Hydration, Food Safety and Sanitation

Tuesday, July 1st

FSS- with Pete

12:00 Noon - 2:00pm

Summer Nutrition - with Laura Lynn

2:30pm - 3:30pm

At LI Cares Freeport Nassau Service Center

August: Summer Diets, Hydration, Food Safety and Sanitation

Tuesday, August 5th

FSS- with Pete

1:00pm ~ 3:00pm

Summer Nutrition - with Laura Lynn

3:30pm - 4:30pm

At LI Cares Hauppauge

Fulfill your agency workshop requirements and earn 2 certificates in one day!



Our "Cook Stock" Healthy Cooking Demonstrations and Nutrition Education Workshops will resume in the Fall.

**CONTACT: LAURA LYNN IACONO REGISTERED DIETITIAN
NUTRITION RESOURCE MANAGER**

LLIACONO@LICARES.ORG

OR 631-582-3663 EXT. 123

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DO YOUR CLIENTS NEED SCHOOL SUPPLIES?



It's July! School is out for Summer but September comes very quickly. Prepare for Fall to ensure that children in need have the opportunity to go to school with needed supplies!

Number of Children

_____ **K-5th Grade**

_____ **6th - 8th Grade**

_____ **High School**

If you are interested – we need the following information:

Agency Name _____

Agency Number _____

Contact Name _____

Contact Phone _____

Call, fax or mail this information to:

Long Island Cares, Inc.

The Harry Chapin Food Bank

10 Davids Drive / Harry Chapin Way Hauppauge, NY 11788

Phone – 631-582-3663 ext. 111

Fax: 631-273-1375

Are School Tools making a difference? If so, how? Are your children attending school more regularly? Are grades improving? Do you know? Please share your stories with Kristine:

klehn@licares.org or 631-582-3663 Ext. 115

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Summer Food Service Program for Kids!

Free Meals are available at the following

OPEN SITES!



Breakfast In Suffolk County

RIVERHEAD

July 7 – August 29

Monday – Friday 9am – 11:00am
Stotzky Memorial Park
Columbus Avenue & Pulaski St.

Lunch In Suffolk County

BAY SHORE

July 8 – August 29

Tuesday, Wednesday, & Friday
45A Pineaire Drive
12:00 noon – 2:00pm
45A Pine Aire Drive

Lunch In Suffolk County

CORAM

June 30- to August 25

Mondays Only 12 noon – 1:00pm
Home Depot Parking Lot
Corner of Rte. 112 and Rte. 25

RIVERHEAD

July 11 – August 29

Fridays Only 12 noon – 1:00pm
Ammermann Riverfront Park
Municipal Parking lot Behind Southern Store
Fronts at Peconic Avenue

CENTRAL ISLIP

July 2- August 27

Wednesdays Only

12 noon – 1:00pm

Old C.I. Train Station Parking Lot
Carlton Avenue and Suffolk Avenue

PATCHOGUE

July 12 – August 30

Saturdays Only 10:00am – 11:30am
The Lot Across From Burlington Coat Factory
Terry St. & Rider Ave

Lunch In Nassau County

ROOSEVELT

June 30 – August 29

Monday – Friday 11 am – 1:00pm
Harvest for the World
90 Pleasant Avenue

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request a form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities, may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

Sponsored by Long Island Cares, Inc. – The Harry Chapin Food Bank; 10 Davids Drive – Hauppauge, NY 11788

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How to Beat the Heat

By Dana John-Goodrich MPH, RD
Just Say Yes (JSY) to Fruits and Vegetables Nutrition Educator

Summer is here and so is the heat. One of the most important things we can do when it is hot is to make sure we drink enough fluids to avoid dehydration. Dehydration happens when your body does not have enough water and fluid that it should. When you are dehydrated you can get a headache, feel thirsty, dizzy, weak, lightheaded and nauseous. Most adults need at least 8 glasses of water each day to replace the fluid we normally lose throughout the day.

Water comes in many ways- Fruits and veggies contain a lot of water, in fact most fruits and vegetables are made up of at least 80% water (**cucumbers, tomatoes and watermelon=90%water**)

Easy ways to increase water during the summer:

- Make your own fruit infused flavored waters (see suggestions below)
- Snack on fruits and veggies throughout the day
- Make a fruit salad for a mid-meal snack or an after dinner dessert
- Have a glass of water before and after each meal
- Use a straw (We tend to drink more when we use a straw)
- Get a water bottle that you can carry with you



Here are some suggestions for making fruit infused water this summer. Get creative and make your own combination using your favorite fruits and / or vegetables!

Strawberry Basil 2 cups sliced strawberries ¼ cup fresh basil leaves Water or carbonated water Ice	Mixed Berry 2 cups blueberries, raspberries, and/or blackberries Water or carbonated water Ice
Strawberry Pineapple 2 cups fresh or frozen strawberries 1 cored pineapple, sliced or 1 20oz. can of pineapple slices Water Ice	Cucumber, Lime, Mint 1 lime, sliced thin 12 mint leaves 1 cucumber, sliced thin Water Ice

Directions: Add fruits and/or veggies to a pitcher. Gently press fruit with a spoon to release some of the juices. Add water and ice. Stir to mix. Serve immediately or chill, covered in the refrigerator. Enjoy!

They learn from watching you.

Eat fruits and veggies and your kids will too.

If you would like to host a food demonstration at your agency, please contact

Dana John-Goodrich at:(631) 582-3663 ext.133 or email:

djgoodrich@licares.org

[Visit our website at www.jsyfruitveggies.org](http://www.jsyfruitveggies.org)



This material was funded by USDA's Supplemental Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, 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-

342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD).

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AmpleHarvest.org^(SM)

"Sharing your garden bounty with Neighbors in Need"



Your pantry's link to fresh vegetables!

The AmpleHarvest.org Campaign is a *free* nationwide registry that enables home gardeners and commercial growers near you to easily find your pantry when they have harvested more than they can use, preserve or give to friends.

- More than 6,000 food pantries across all 50 states have already registered with more signing up every day.
- More than 20 million lbs. of freshly harvested produce was donated by local growers to nearby food pantries across America in 2011.
- **AmpleHarvest.org** is a 501(c)3 non-profit organization and has received support from many groups including: The White House and the USDA, Google Inc., National Gardening Association, numerous faith groups including the National Council of Churches, Garden Writers of America, food/hunger bloggers, Feeding America and many food banks overseeing the pantries.

If your food pantry is not yet registered at www.AmpleHarvest.org, you are missing the opportunity to receive locally grown freshly harvested produce from area gardeners.

Adding your pantry to AmpleHarvest.org is EASY, FAST and FREE.

It can be done quickly online (www.AmpleHarvest.org) or by fax (866-748-3516*). In addition to providing your pantry information (even a photo can be included!), you can also list store-bought items you most urgently need and update it as needed for donors helping you when the gardening season is over. More information is available at www.AmpleHarvest.org/faq.

Your pantry doesn't need additional refrigeration or storage because you can schedule produce donations and client pickup on a same day or next day basis. Many home and community gardeners are eager to reach into their backyards to help their neighbors in need. AmpleHarvest.org helps them find you.

We strongly urge you to visit www.AmpleHarvest.org and register your agency today!

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Blueberries and Your Health

Laura Lynn Iacono MS, RDN
Nutrition Resource Manager

July is National Blueberries Month so let's celebrate this delicious fruit that is in season from mid-June through mid-August. The season peaks in July. Blueberries are sweet fruits that have many health benefits in addition to being delicious and nutritious. Did you know that blueberries are believed to have anti-aging properties? Or that they may lower the risk of some cancers or improve your memory? It's amazing what a little berry can do!

When buying blueberries, be sure to pick fruit that is plump and fresh looking with a blue, black, bluish-black or purple appearance. Blueberries have a grayish coating on them called bloom. Bloom has protective properties for the blueberries and the berries should not be washed until you use them.

Blueberries are easy to include in your diet, try some of these tips:

- Keep a bag of frozen blueberries in your freezer and include them in cooking.
- Toss blueberries into cereals or salads.
- Add blueberries to pancakes, waffles or muffins.
- Mix with ice cream or yogurt.

Here's a quick recipe to start your day with blueberries!
Blueberry Cornmeal Pancakes:

Ingredients:

1 cup cake flour
3/4 cup yellow cornmeal
1 tablespoon sugar
1 1/2 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1 egg
1 egg white
1- 1/2 cup 1% low-fat buttermilk
1 tablespoon canola oil
1- 1/2 cup blueberries



Directions:

-In a large bowl, combine the flour, cornmeal, sugar, baking powder, baking soda, and salt. Mix well.
-In a medium bowl, whisk together the egg, egg white, buttermilk, and oil. Stir into the flour mixture just until smooth; do not over-mix. Fold in the blueberries.
-Place a large nonstick skillet over medium heat until hot. Coat with nonstick spray. For each pancake, pour 1/3 cup batter into the skillet and spread to form a 4" (10-cm) pancake.
-Cook for 2 to 3 minutes, or until the underside is browned and bubbles appear on the top. Turn the pancake over and cook for another 1 to 2 minutes, or until golden brown.
-Repeat to make a total of 12 pancakes.

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Long Island Cares – The Harry Chapin Food Bank

Delivery Calendar

JULY 2014

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
		INVENTORY TODAY	INVENTORY TODAY	SECTION 7	Long Island Cares Closed for Independence Day	
6	7	8	9	10	11	12
	SECTION 8	SECTION 9	SECTION 10	SECTION 11	SECTION 1	
13	14	15	16	17	18	19
	SECTION 2	SECTION 3	SECTION 4	SECTION 5	SECTION 6	
20	21	22	23	24	25	26
	SECTION 7	SECTION 8	SECTION 9	SECTION 10	SECTION 11	
27	28	29	30	31		
	SECTION 1	SECTION 2	SECTION 3	INVENTORY TODAY		

*** Deliveries are subject to change – check www.licares.org for updates ***

Delivery Calendar

AUGUST 2014

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

Agency Networking News 10

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

Section 1

Baldwin Lynbrook
Cedarhurst Oceanside
Hewlett Rockville Ctr.
Inwood Valley Stream
Lawrence Woodmere
Long Beach

Section 2

Hempstead
W. Hempstead

Nassau County

Section 3

Bethpage Garden City
E. Meadow Levittown
Elmont Mineola
Farmingdale New Hyde Pk.
Uniondale

Section 4

Bellmore Roosevelt
Freeport Seaford
Massapequa
Merrick
N. Massapequa

Nassau County

Section 5

Bayville Pt. Washington
Glen Cove Roslyn Heights
Great Neck Syosset
Hicksville Westbury
Manhasset
Oyster Bay
Plainview

Section 6

Amityville Lindenhurst
Babylon N. Babylon
Bay Shore N. Bay Shore
Brentwood W. Babylon
Copiague W. Islip
Deer Park Wyandanch
Islip

Suffolk County

Section 7

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

Section 8

Bridgehampton Sag Harbor
Center Moriches Shirley
E. Hampton Southampton
E. Moriches Wainscott
Hampton Bays Amagansett
Mastic
Mastic Beach
Montauk

Suffolk County

Section 9

Commack Huntington Stat.
Dix Hills Kings Park
E. Northport Lake Grove
Hauppauge Lk. Ronkonkoma
Huntington Melville

Nesconset
Northport
Ronkonkoma
St. James
Smithtown

Section 10

Centereach Ridge
Coram Rocky Point
E. Setauket Selden
Farmingville Setauket
Middle Island Sound Beach
Mt. Sinai Stony Brook
Pt. Jefferson
Pt. Jeff. Station

Section 11

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

Notes from the Warehouse

Please remember: All **deliveries** are scheduled to arrive at your location between 9:00 am and 2:00 pm. When you place your order for delivery, you must make arrangements to have someone on site to accept the delivery.

If you are **picking up** your order, please park in designated parking slots only. Be prepared to take your full order with you. We cannot be responsible for items left in the parking lot.



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The Harry Chapin Food Bank
10 Davids Drive / Harry Chapin Way
Hauppauge, NY 11788
www.licares.org
ADDRESS SERVICE REQUESTED

NON PROFIT ORG.
US POSTAGE PAID
PERMIT NO. 28
BRENTWOOD
NY



BECAUSE IT TAKES MORE THAN FOOD TO FEED THE HUNGRY

Workshop Registration

Agency Name: _____ Agency ID#: _____

Names of People Attending:

_____	_____
_____	_____
_____	_____
_____	_____

Workshop Attending: _____

Date of Workshop: _____

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