

# Agency Networking News

MARCH 2019

## Long Island Cares Member Agency Capacity & Distribution Survey 2019

It's that time again! Our new Member Agency Capacity & Distribution Survey is ready! This year it is a much shorter survey – meant to measure the capacity and distribution of our member agencies meeting the ongoing needs of Long Islanders struggling with domestic hunger and high food insecurity.

This will be the fourth study since 2009. The purpose of the survey is to identify potential gaps in services, as well as the challenges that programs face in providing emergency food and support services for Long Island's hungry (estimated at 272,000 including 89,000 children).

Paule T. Pachter, Long Island Cares' CEO, states, "Our Capacity and Distribution Studies Survey is a critical tool to use in measuring the effectiveness of the programs that we support with food and funding. It's very important for us to document the achievements of the network, identify gaps in services for planning purposes, and promote solutions to reduce the incidence of hunger and food insecurity in the Long Island region."

To take the survey:

<https://www.surveymonkey.com/r/QQ8JFJS>

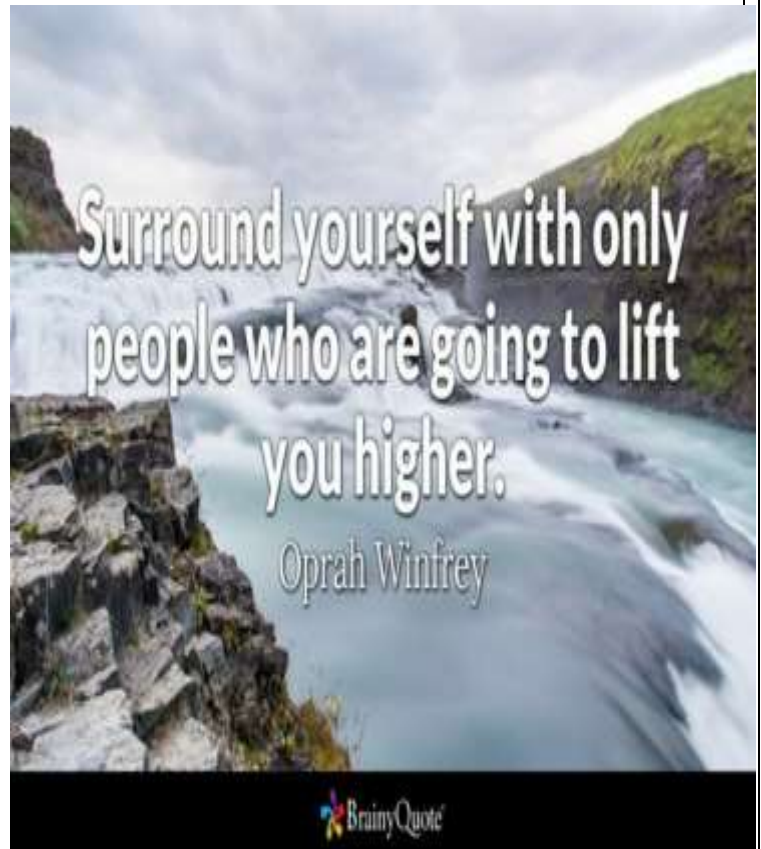
*March Is...*



**March 10  
Daylight Savings  
Time Begins**



**March 20  
First Day of Spring**



**Agency Networking News 1**

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

*This publication was funded in whole or in part with N.Y.S. Department of Health Hunger Prevention and Nutrition Assistance Program (HPNAP) funds and the results are the sole responsibility of the author(s) and may not reflect the views of the Department.*

New Agency / New Personnel Orientation

9:45 am – 12:00 noon

Friday, March 29

Tuesday, April 30

\*Required workshop for all potential member agencies\*

\*Recommended for new personnel at member agencies\*

Training Room @ 10 Davids Drive; Hauppauge, NY 11788

RSVP: Alyssa @ 631-582-3663 x116 or

Use our Workshop Registration Form on the last page.

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

1. Display the "And Justice for All" poster in plain sight. If you need a poster, please contact Michele: 631-582-3663 ext. 134.
2. Distribute the new Written Notice of Beneficiary Rights to all regular clients as they fill out the Universal Entitlement Form. For one-time only clients, it is acceptable to explain these rights and show the displayed Notice. (NEW)
3. Attend an annual Civil Rights training. Trainings are added to all regularly scheduled workshops.
4. **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.
5. Retain delivery records/universal entitlement forms for a minimum of 4 years.

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Long Island Cares New Paths to Achievement Program

The New Paths to Achievement Program provides free workshops to help low-income, single head-of-household women on Long Island, New York, gain their independence. Offered by Long Island Cares, the program prepares economically disadvantaged women to become financially independent by boosting their self-esteem and giving them specific employment-seeking skills to help them reenter the workforce.

These skills are comprised of personal skills, such as assertiveness, parenting, self-confidence, dealing with cultural differences and stereotypes, domestic violence, stress management and anger management. Vocational skills including interviewing, preparing a résumé, filling out an application and looking for and maintaining a job. Participants come to the free workshops through their connection with a church, social service agency, dependency program, vocational program, homeless shelter or through the Suffolk County Department of Labor.

Past participants in the program have stated that one of the most valuable aspects of the experience is the sharing of feelings and experiences with others who also have the enormous stress of difficult lives and troubled pasts. Validating each other's experiences and concentrating on their strengths rather than their problems gives New Paths to Achievement graduates a tremendous boost on the road to independence.

To find out more about the program or to refer a potential participant,  
Please contact Lisa Owens: [lmowens@licares.org](mailto:lmowens@licares.org)

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**Agency Networking News 2**

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## IT'S NATIONAL NUTRITION MONTH!

 Academy of Nutrition  
and Dietetics



*Feeling inspired but not sure where to start? Here are a few great ways to build a healthy lifestyle...*



**EAT AND DRINK FEWER CALORIES:** Keep empty calories to a minimum and focus on foods like fresh fruits, fresh vegetables, lean protein sources, low-fat dairy products, and whole grains. These are all keys to a healthful and balanced diet that is rich in important nutrients.



**MAKE HALF YOUR PLATE FRUITS AND VEGETABLES!** Filling half of your plate with different colored fruits and vegetables gives your body lots of great health-boosting nutrients. Aim for 2 cups of fruit and 2½ cups of vegetables each day. Try a new vegetable every week!



**GET COOKING!** Cooking at home can be healthy, cheap, and rewarding. Teaching your kids how to cook helps them learn for the future. Not sure where to start? Check out [www.eatright.org/howdoi](http://www.eatright.org/howdoi) for easy how-to videos. You'll be on your way to enjoying healthy, home cooked meals in no time.

### Move More, Eat Healthy



***They learn from watching you. Eat fruits and veggies and your kids will too!***



*Just Say Yes*  
To Fruits & Vegetables

Interested in a Cooking Workshop? Contact Dana at: [djgoodrich@licares.org](mailto:djgoodrich@licares.org) or call (631) 582-3663 ext. 133

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](http://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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#### Agency Networking News 3

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**FEED THE HUNGRY**

## **HPNAP Client Choice Grant Application Submission Reminder...**

*\* All agency members who attended the mandatory HPNAP client choice grant application workshop on February 26th, 2019 are being reminded to submit your electronic HPNAP client choice grant application on or before...*

# **Thursday, March 28th, 2019**

**MARCH 2019 NUTRITION, FOOD SAFETY & SANITATION &  
GUEST CHEF FIGHTING HUNGER WORKSHOP REGISTRATION:  
CHOICE OF TWO LINKS TO REGISTER**

**Nutrition & Food Safety Combo Workshops**

on Friday 03/15/19 are SOLD/CLOSED OUT IN BOTH LOCATIONS

Please use the link below to register for upcoming Food Safety & Nutrition workshops

**Civil Rights Training Workshops**

**Friday, 03-15-19 9:00-9:45a Freeport & 1:00-1:45p Huntington Station** *click below to register*

<https://www.cognitoforms.com/LongIslandCares1/CivilRightsTrainingRegistrationForm>

**Guest Chef Fighting Hunger "Sebastian Muenkwitz"**

Tuesday, March 26<sup>th</sup> 2019 11:00am-12:30pm LIC Hauppauge Kitchen Studio

(Earn your Nutrition Education Certificate for any of our Guest Chef Fighting Hunger Classes)

Go to or click on the links below to register for any of the above workshops

<https://www.cognitoforms.com/LongIslandCaresFoodBank/foodsafetynutritionguestchefsfightinghungerworkshopregistrationform>

OR

<https://www.cognitoforms.com/LongIslandCaresFoodBank/foodsafetynutritionguestchefsfightinghungerworkshopregistrationform>

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March is National Nutrition Month

# Eat Right!

Six eating strategies that may make it easier for you to  
Say no to junk, fast food or sweets...



Our environment is abound with endless food possibilities that are, dipped in sugar, covered in chocolate and filled with—cheap, tempting, unnecessary calories. It's hard to run errands, stop for gas or take a trip to the mall without dealing with a constant barrage of junk foods and sweets. Whether you are hungry or just craving foods due to stress, emotional, psychological and or comfort reasons, below are some strategies that if adhered to on a consistent basis can help you establish better eating behaviors and food choices.

**1. Don't let yourself get too hungry.** If you are too hungry, “your gut signals tell the reward system in your brain, ‘You need to really be on the lookout and respond intensely to any food cues you see,’ says Ashley Gerhardt, assistant professor of psychology at the University of Michigan. Her advice: Skip the crash diets and “focus on the quality of the food you eat.” Junk food can override your satiety signals.

**2. Don't drink your calories.** Sugary drinks—soda, sports drinks, energy drinks, or sweetened teas—lead to weight gain. There are many reasons why? One possibility: liquid calories may not “register.” People may eat slightly less food when they drink a 150-calorie glass of cola with lunch than when they drink a zero-calorie glass of water or diet cola.

**3. Find foods that do not cause war.** Hungry between meals? Try fresh fruit or veggies with a plant protein like hummus. Fruits and vegetables are unlikely to override your satiety signals. However, when paired with a protein and or healthy fat they can be very satisfying. Try to identify foods that you enjoy but that do not because an intense internal struggle—like a donut washed down with a diet coke. The willpower parts of our brain can only take so much and personal justifications at times are not always in line with best health and eating practices.

**4. Address your stress.** Stress can be a huge cue, Notice the emotional triggers that can set you up to crave palatable rewarding foods.” Go for a walk, call a friend, try some meditation, or distract yourself. Cravings follow a curve and can peak and then go down if you do not give in to it. When you are stressed, the executive control system in the brain—the signal to stop eating—is weakened. Stopping yourself from doing things you want is taxing and energy intense. So when you are stressed, there isn't as much energy for that.”

**5. Get enough sleep.** Short on sleep it could affect your appetite. Research studies done at John Hopkins University showed that people that sleep only 4-5 hours a night for five days, ate more, reported increased hunger for high-fat high carbs and gained more weight.

**6. Give yourself a break.** Have compassion for yourself because our food environment is set up to make it hard for people to eat healthier.

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# Long Island Chefs Fighting Hunger!

Join us and our guest Chef Sebastian Muenkwitz  
“Private Chef and Founder of Chefsebny.com”- New York”

## Who Is Chef Sebastian Muenkwitz?



**WHO:** Sebastian Muenkwitz

Private Executive Chef and Owner of Chefsebny.com

**WHAT:** Guest Chef Fighting Hunger Demonstration

**WHERE:** Kitchen Studio at LI Cares,  
10 Davids Drive Hauppauge, NY 11788

**WHEN:** Tuesday, March 26th, 2019 11:00am-12:30pm

**HOW:** Registration is Required for this event. Use the  
link below to register

<https://www.cognitofirms.com/>

[LongIslandCaresFoodBank/](#)

[foodsafetyandnutritionworkshopregistrationform](#)

**COST:** FREE ! Earn your Nutrition  
Education Certificate with this class!

“ Chef Sebastian has worked across the globe in destinations such as Berlin, The Alps in Austria, The Swiss Alps, the chic city of Agia Napa in Cyprus, and now stateside in the best city in the world, New York City! He has worked in restaurants, in hotels, in a country club, on cruise ships and in educational institutions for adults as well as children. His training began in Europe where he gained a Bachelor’s Degree in Culinary Arts. While I can cook any type of cuisine, his specialties are German, Mediterranean and American cuisines. He has worked with a popular TV chef, Rainer Strobel, who is the Executive Chef at the Sorat Hotel, in Berlin. His main inspiration to cook as a career stems from the home-style German cooking that his mom cooked. She is known for her amazing soups and boulette, which is a German styled meatball. At a young age, he worked with her closely in the kitchen and she allowed him to learn her techniques. Chef Sebastian currently works at FliK Hospitality at the Convent of the Sacred Heart School NYC as an Executive Chef cooking up healthy, fresh meals for today’s youth so that they can be energized and eat what it takes to be a good student. He enjoys sharing his passion, time and talents. and is looking forward to cooking up some healthy foodbank foods for your food pantry and soup kitchen guests.



### Agency Networking News 6

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## LONG ISLAND CARES, INC. DELIVERY SCHEDULE FOR MARCH 2019

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

### NASSAU COUNTY

SECTION 1	SECTION 2	SECTION 3	SECTION 4	SECTION 5
Baldwin	Hempstead	Bethpage	Freeport	Bayville
Cedarhurst	West Hempstead	East Meadow	Bellmore	Glen Cove
Hewlett		Elmont	Massapequa	Great Neck
Inwood		Farmingdale	Merrick	Manhasset
Lawrence		Uniondale	North Massapequa	Oyster Bay
Long Beach		Levittown	Roosevelt	Port Washington
Lynbrook		Mineola	Seaford	Syosset
Oceanside		Garden City		Westbury
Rockville Centre		New Hyde Park		Hicksville
Valley Stream		Franklin Square		Plainview
Woodmere				Roslyn Heights
Island Park				Sea Cliff

### SUFFOLK COUNTY

SECTION 6	SECTION 7	SECTION 8	SECTION 9	SECTION 10
Amityville	Bellport	Bridgehampton	Commack	Centereach
Babylon	Blue Point	Center Moriches	Dix Hills	Coram
Bay Shore	Bohemia	East Hampton	East Northport	East Setauket
Brentwood	Central Islip	East Moriches	Hauppauge	Farmingville
Copague	East Patchogue	Hampton Bays	Huntington	Middle Island
Deer Park	East Islip	Mastic	Huntington Station	Mount Sinai
Islip	Holbrook	Mastic Beach	Kings Park	Port Jefferson
Lindenhurst	Holtsville	Montauk	Lake Grove	Port Jefferson Station
North Babylon	Islip Terrace	Sag Harbor	Lake Ronkonkoma	Ridge
North Bay Shore	Medford	Shirley	Melville	Rocky Point
West Babylon	Oakdale	Southampton	Nesconset	Selden
West Islip	Patchogue	Wainscott	Northport	Setauket
Wyandanch	Sayville		Ronkonkoma	Sound Beach
	Islandia		St. James	Stony Brook
			Smithtown	

### SECTION 11

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

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The Harry Chapin Food Bank  
10 Davids Drive / Harry Chapin Way  
Hauppauge, NY 11788  
[www.licares.org](http://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#: \_\_\_\_\_

Agency Email Address: \_\_\_\_\_ Agency Phone: \_\_\_\_\_

Names of People Attending:

\_\_\_\_\_  
\_\_\_\_\_

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

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

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