

# Agency Networking News

November 2017

## Agency Conference Day 2017

### Presenting Our Best!

was a tremendous success due to you –  
our member agencies! Thank you



Congratulations to:  
**Wilfredo Felix**  
Our Lady of the Assumption Church  
Food Pantry



**2017 Recipient of the  
Nancy Bern Volunteer of the Year  
Award!**

### *NOVEMBER IS...*

November 5  
Daylight Savings Time Ends

November 7  
Election Day

November 11  
Veterans Day

November 23  
Thanksgiving Day –  
LI Cares Closed

## Happy Thanksgiving



Count blessings. Give thanks.  
Share love.

Wishing you joy in abundance  
this Thanksgiving!

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

Thursday, November 30

\*Required workshop for all potential member agencies\*

\*Recommended for new personnel at member agencies\*

Training Room @ 10 Davids Drive; Hauppauge, NY 11788

RSVP: Liliane @ 631-582-3663 x111 or

Use our Workshop Registration Form on the last page.

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

### **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.

## **Just Say Yes to Fruits and Vegetables**

*They take their lead from you.*

*Eat fruits and veggies and your kids will too!*

Just Say Yes to Fruits and Vegetables (JSY) is one of New York State's premier nutrition education services available to low income families designed to prevent overweight, obesity and reduce long term chronic disease risks through the promotion of increased fruits and vegetable consumption. For additional information visit: [www.jsyfruitveggies.org](http://www.jsyfruitveggies.org).

Using nutrition education workshops and specialized food demonstrations, JSY works to ensure that low-income families (1) eat more nutritious foods; (2) make the most of their food budget; and (3) prepare food in a safe manner. All JSY workshops include both a nutrition education workshop as well as a recipe demonstration highlighting seasonal fruits and vegetables and other items found in your pantry.

To schedule a FREE nutrition education workshop for your clients with the Just Say Yes to Fruits and Vegetables program, contact **Dana John-Goodrich MPH, RD at 631-582-3663 ext.133** or [djgoodrich@licares.org](mailto:djgoodrich@licares.org).

For more information about the SNAP program, please call: 1-800-221-5689.

This material was funded by USDA's Supplemental Nutrition 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. Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). 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.

### **Agency Networking News 2**

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# NOVEMBER IS NATIONAL DIABETES AWARENESS MONTH!

-By Michael Ruhnau-LIU Dietetic Intern

-Laura Lynn Iacono MS, RD Nutrition Resource Manager



Type 2 diabetes is a chronic illness that can often at times be avoided or curtailed with exercise and eating a healthy and well-balanced diet. However, eating healthy isn't always easy. Extra time and resources are often necessary in order to achieve a healthy diet. A recent study shows living in poverty can be a risk factor for developing type 2 diabetes. This study highlighted the importance of assisting patients to access resources and advocacy to bring about changes needed to prevent and properly manage the disease.

## Did you know?

Not all sugar is bad for your health. Consuming fruit daily is an essential part of staying healthy and preventing disease. Fresh, whole fruits are packed with important antioxidants and fiber. Look for fruits with a lower glycemic index value. These will not raise blood sugar levels as quickly. Apples and strawberries are great choices. Add some healthy fats and protein, such as a nut butter or low-fat yogurt, to help keep blood sugars stable.

Lack of available nutritious food along with the everyday stresses of life can put individuals at significant risk for developing type 2 diabetes. That's why it is important to find ways to make eating healthy part of everyday living. When baking try this recipe and some of the recipe tips below:

## *Adding Fruit to Your Diet*

*Using applesauce in baking is one great way to increase your family's fruit intake. Try this recipe for tasty muffins that you can enjoy for dessert or as an on-the-go snack.*



## *Applesauce Oatmeal Muffins with Blueberries*

### Ingredients:

- 1/3 cup vegetable oil
- 1/2 cup brown sugar, lightly packed
- 1 egg
- 1 cup applesauce, unsweetened
- 1/2 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1/2 teaspoon cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup frozen blueberries, optional
- 1 cup quick-cooking oatmeal

### Directions:

1. Preheat oven to 350°F.
2. Mix together oil, brown sugar, applesauce, and egg.
3. Combine dry ingredients (flours, oatmeal, cinnamon, baking powder, baking soda, and salt) in another bowl, mixing well.
4. Combine dry and wet ingredients, by hand with a wooden spoon, just enough to blend. Batter should still be lumpy.
5. Blend in frozen blueberries.
6. Spoon into 12 muffin cups.
7. Bake at 350°F for 25-30 minutes. Muffins are done when a toothpick inserted near the center comes out clean.
8. Remove from oven and cool.

Store muffins in a covered container or plastic storage bag to prevent them from drying out.

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# Thanksgiving Food Safety

With the holidays quickly approaching, it's easy to forget proper precautions when handling food. Here are some guidelines to follow to keep you and your loved ones healthy this holiday season:

## Steps to follow when cooking a turkey:

- Wash hands with warm water and soap for 20 seconds before touching any food to prevent the spread of many types of infection and illness.
- *Do not wash the turkey.* This can spread germs onto kitchen surfaces. The only way to kill bacteria that causes foodborne illness is to fully cook the turkey.
- Keep raw turkey separated from all other foods at all times.
- Use separate cutting boards, plates, and utensils when handling raw turkey to avoid cross-contamination. Wash items that have touched raw meat with warm soap and water, or place them in a dishwasher.
- Cook the turkey until it reaches 165 °F, as measured by a food thermometer. Check the turkey's temperature by inserting the thermometer in three places: the thickest part of the breast, the innermost part of the thigh, and the innermost part of the wing.



## Steps to follow when consuming leftover Thanksgiving food:

- Refrigerate leftovers within two hours to prevent bacteria from growing on the food.
- Store leftovers in shallow pans or containers to decrease cooling time. This prevents the food from spending too much time at unsafe temperatures (between 40 °F to 140 °F).
- Do not store stuffing inside a leftover turkey. Remove the stuffing from the turkey, and refrigerate the stuffing and the meat separately.
- Avoid consuming leftovers that have been left in the refrigerator for longer than 3 or 4 days (next Tuesday to be exact). Use the freezer to store leftovers for longer periods of time.
- Keep leftovers in a cooler with ice or frozen gel packs if the food is traveling home with a guest who lives more than two hours away.

# Nutrition & Food Safety Workshop Registration Information



## FOOD SAFETY AND SANITATION CERTIFICATE WORKSHOP

Wednesday, November 8th, 2017 9:30am-11:30am– Hauppauge only (Suffolk Location)

Thursday, December 7th, 2017 1:30pm-3:30pm– Hauppauge only (Suffolk Location)



PRE-REGISTRATION IS REQUIRED for the above workshops.



Please check the workshop box of your choice above and complete the form below.

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

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Course Date & Description: \_\_\_\_\_

Name of Attendee(s) (2 person(s) maximum per registration form):

1. \_\_\_\_\_ 2. \_\_\_\_\_

There is no cost or fee to any of our member agencies for these classes.

Two ways to register for the above workshops; Fax or Email below...

via Fax form to: (631)-273-1375 OR Email this completed form to:

[lliacono@licares.org](mailto:lliacono@licares.org)

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# November

## Giving Thanks

It is that time of year again. Family favorites will be prepared and brought to the Thanksgiving table. Many of us can't wait to taste those dishes we have waited for all year. For me, my mother's sweet potato casserole is something I can already taste. Each year I like to add a new JSY recipe to our already family favorites. A recipe which is delicious and of course nutritious. Maybe this year, you will too!

Have a Healthy  
and Happy  
Thanksgiving!



Try this delicious JSY  
recipe on your Thanksgiving

### From the JSY Kitchen: Warm Kale and Potato Salad

#### Ingredients

- 1 bunch kale (about ¾ pound)
- 1 tablespoon oil
- 1 large onion (about 1 cup chopped onion)
- 3 cloves garlic, minced
- 1 cup chicken stock or water
- 1 pound potatoes (about 4) washed and sliced
- 1 tablespoon lemon juice
- Salt and pepper to taste (optional)

#### Instructions

1. Wash kale, remove the stems and chop the leaves.
2. In a large pot, heat oil over medium heat. Add onions and garlic, cook until soft.
3. Add kale, chicken stock and potatoes. Cover and cook for about 20 minutes or until potatoes are soft.
4. Remove from heat; add salt, pepper and lemon juice.  
Serve warm and Enjoy!
5. Refrigerate leftovers.



Make meals and memories together.  
It's a lesson they'll use for life!

To schedule a FREE nutrition education workshop for your clients with the Just Say Yes to Fruits and Vegetables program, contact **Dana John-Goodrich MPH, RD** at **631-582-3663 ext.133** this material was funded by USDA's Supplemental Nutrition 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. Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). 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.

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# LONG ISLAND CARES – THE HARRY CHAPIN FOOD BANK DELIVERY CALENDAR NOVEMBER 2017

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
			Section 4	Section 5	Section 6	
5	6	7	8	9	10	11
	Section 7	Section 8	Section 9	Section 10	Section 11	
12	13	14	15	16	17	18
	Section 1	Section 2	Section 3	Section 4	Section 5	
19	20	21	22	23	24	25
	Section 6	Section 7	Section 8	<b>Thanksgiving Day LI Cares Closed</b>	<b>LI Cares Closed</b>	
26	27	28	29	30		
	Section 9	Section 10	INVENTORY	INVENTORY		

**\*\*SCHEDULE SUBJECT TO CHANGE – CHECK [www.licares.org](http://www.licares.org) FOR LATEST UPDATES \*\***

<b>NASSAU COUNTY</b>				
<b>SECTION 1</b>	<b>SECTION 2</b>	<b>SECTION 3</b>	<b>SECTION 4</b>	<b>SECTION 5</b>
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				Plainview
Woodmere				Roslyn Heights
Island Park				
<b>SUFFOLK COUNTY</b>				
<b>SECTION 6</b>	<b>SECTION 7</b>	<b>SECTION 8</b>	<b>SECTION 9</b>	<b>SECTION 10</b>
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
Copiague	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	
<b>SECTION 11</b>				
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*

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Workshop Registration

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

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

Names of People Attending:

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

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

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

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