

# Sharing The Harvest

## CFB's Monthly Program Newsletter

**April 2009**

### April Calendar

4/7 at 1:00pm Waterbury

Food Resource Committee meeting at Waterbury Baptist Ministries- 222 West Main Street

4/8 at 12:00pm Fairfield

Orientation

4/13 at 10:30am East Haven

Orientation

4/14 at 9:00am New Haven

Emergency Food Council meeting at East Haven Stop & Shop Conference Room- 370 Hemingway Avenue

4/14 at 1:30pm Bridgeport

Council of Churches meeting at 1100 Boston Avenue, Bridgeport.

4/17 at 12:00pm Waterbury

Orientation

4/15 from 5:00-8:00pm



EH

P.O. Box 8686  
 New Haven, CT 06531  
 203-469-5000  
 www.ctfoodbank.org

### Career Express

The Career Express is the state Department of Labor's mobile One-Stop Career Center. Career Express provides



the latest workforce and job skills development services to individuals and employers across the state. It is equipped with eight computer workstations with Internet access, the latest audio-visual systems including a plasma TV with SMARTBoard technology and a hydraulic wheelchair lift to make it fully accessible to persons with disabilities.

To have the bus come to your location and assist your clients contact:

Karen Quesnel at 860-263-6018 or at karen.quesnel@ct.gov

### Food Stamps (SNAP)

Help your clients find out if they are eligible for Food Stamps (SNAP) by having a representative from



End Hunger CT! (EHC) or CT Association for Human Services (CAHS) come to your location.

Windham County should contact Carl Asikainen at EHC- 860-874-5349 or casikainen@endhungerct.org All other counties should contact Tracy Helin at CAHS- 860-951-2212 ext. 236 or thelin@cahs.org

### Peanut Butter

CFB is lifting the ban on jarred peanut butter. Most popular jarred peanut butters have not been implicated in the peanut butter recall. We kept it off the floor as a safety measure. Any jars we have been storing will be available for programs. We will also put it back on the Buying Club list.

If you would like an updated list of items involved in the recall, you can go to the federal Food & Drug Administration's website at www.fda.gov

### Shoe Policy

It's time for our annual shoe reminder. **For your own safety you must wear closed shoes while shopping at all our warehouses.** You will not be allowed to shop if you are wearing flip flops, sandals, clogs, crocs, high heels, or any other open toed or open backed shoe. Please keep sneakers or boots in your car if you know you will be shopping. If you are bringing helpers with you, be sure to check their footwear as well.

### Food Safety Certification

A reminder to all programs that prepare and serve meals, such as shelters, residential programs and soup kitchens: Please send a copy of your staff or volunteer's food safety certificate for our records.

## Energy density and weight loss: Feel full on fewer calories

From MayoClinic.com

Feel full on fewer calories. It sounds like a diet gimmick. But in reality, the concept of energy density can indeed help you feel satisfied with fewer calories.

### Energy density: Volume versus calories

All foods have a certain number of calories within a given amount (volume). Some foods, such as desserts, candies and processed foods, are high in energy density. This means that a small volume of that food has a large number of calories.

Alternatively, some foods, such as vegetables and fruits, have low energy density. These foods provide a larger portion size with a fewer number of calories.

Two factors play an important role in what makes food less calorie packed and more filling:

**Water.** Many fruits and vegetables are high in water, which provides volume but not calories. Grapefruit, for example, is about 90 percent water and has just 38 calories in a half-fruit serving. Carrots are about 88 percent water and have only 52 calories in 1 cup.

**Fiber.** High-fiber foods, such as vegetables, fruits and whole grains, not only provide volume, but also take longer to digest, making you feel full longer.

### Your best food choices

## Make it work for you

Starting a healthy diet that emphasizes fresh fruits, vegetables and whole grains makes room in your diet for some of your favorite foods in small quantities. When you're not feeling desperately hungry and deprived, you can enjoy a small portion of dessert without guilt.

### Here are ideas to make this eating plan work for you:

- Increase the ratio of fruits and vegetables in your meals. For example, add blueberries to your cereal in the morning. Or top your pasta with sautéed vegetables and tomato sauce. Decrease the meat portion on your plate and increase the serving size of vegetables.
- Experiment with new foods and combinations. Try mango or peach slices on whole-wheat toast with a little peanut butter and honey. Toss some mandarin orange and peach slices into a salad. You may find some new tastes you love that fit within your eating plan.

- Start with soup or salad. Begin meals with a broth-based, vegetable-filled soup or a large salad with low fat dressing. These foods take longer to eat and curb your hunger. Next, serve whole grains, a portion or two of vegetables and a small serving of lean protein for your main course. By eating larger portions of foods packed with less calories, you squelch hunger pangs, take in fewer calories and feel better about your meal, which contributes to how satisfied you feel overall.

creating an eating plan using this concept is no exception. The first step is knowing which foods are best.

- **Vegetables.** Most vegetables, such as, salad greens, asparagus and zucchini, are low in calories but high in volume.
  - **Fruits.** Practically all types of fruit fit into a healthy diet, but some are better choices than others. Fresh, frozen and canned fruits without added sugar are better options than fruit juices and dried fruits, which are concentrated sources of natural sugar and therefore have a higher calorie content.
  - **Carbohydrates.** Most carbohydrates are either grains or made from grains, such as rice, bread and pasta. The best type is whole grains because they're higher in fiber and other important nutrients.
  - **Protein and dairy.** These include food from both plant and animal sources. The best choices are foods that are high in protein but low in fat and calories, such as legumes (beans, peas and lentils), fish, skinned white-meat poultry, fat-free dairy products and egg whites.
- Eat sweets and high-fat foods in moderation since many of these foods are high in calories but low in volume.



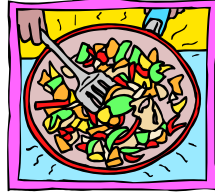
# Recipes of the Month

\*Indicates items often at CFB

## Vegetable Stir Fry

8 servings

- 1/2 cup vegetable broth\*
- 2 cups fresh cauliflower florets\*
- 2 cups fresh broccoli florets\*
- 1/2 cup sliced celery\*
- 2 tbsp diced ginger\*
- 1/2 cup snow peas\*
- 1/2 cup sliced red pepper\*
- 12 mushrooms\*, sliced thinly
- 1/4 head cabbage\*, shredded
- 2 tbsp soy sauce\*
- 8 oz can bamboo shoots\*
- 8 oz can water chestnuts\*, drained and diced
- 1 onion\*, sliced thin, separated
- 1/2 lb bean sprouts\*



Bring broth to boil over high heat. Add cauliflower, broccoli, celery, ginger, snow peas and red pepper. Cook, stirring, 2-3 minutes. Add mushrooms and cabbage and continue to cook and stir 1-2 minutes. Stir in remaining ingredients and cook for 1 minute more over high heat, stirring. Reduce heat and simmer 1 minute. Serve over brown rice.

## Monster Cookies

10-12 dozen

- 2 lb brown sugar\*
- 1 lb soft margarine
- 3 lb peanut butter\*, smooth or crunchy
- 1 tbsp corn syrup\*
- 4 cups granulated sugar\*
- 1 tbsp vanilla\*
- 1/2 tsp salt\*
- 8 tsp baking soda\*
- 12 eggs\*
- 18 cups oatmeal\*
- 1 lb M&M's\*
- 1 lb chocolate chips\*



Cream together margarine and brown sugar; stir in peanut butter, corn syrup and white sugar; add vanilla, salt and baking soda. Beat in eggs, two at a time. Mix in oatmeal, M&M's and chocolate chips until well combined. Drop mixture on ungreased cookie sheet. Bake at 350° for 12 to 15 minutes.

## White Bean Soup

8 servings

- 1 1/2 medium onions\*, chopped
- 3 cups fat free chicken broth\*
- 1 leek\*, sliced
- 2 cups dried white beans\*
- 3 ounces fat free sharp cheddar cheese
- 1 (12 oz) can evaporated skim milk\*



Sauté onion in two tablespoons of chicken broth until translucent.

Add the rest of the chicken broth, leek and beans. Bring to a boil.

Reduce heat and simmer until beans are done (about two hours).

Add evaporated milk.

Remove 1 cup of bean soup and blend well, return to pot.

Stir in fat free cheese until melted

## Baked Ziti

40 servings

- 1 #10 can pasta sauce\* ★★
- 1 1/2 cups heavy cream\*
- 5 lbs ground beef\*, browned & drained
- 9 lbs ziti\* (or other small pasta), cooked
- 1 1/2 lbs ricotta cheese\*
- 12 eggs\*, beaten
- 4 oz Parmesan cheese\*, grated
- 2 lbs Mozzarella cheese
- 2 tbsp fresh basil leaves\*



Preheat oven to 350°.

Combine sauce, heavy cream and beef; blend well. Pour mixture over cooked pasta; mix well and set aside. Combine ricotta cheese, beaten eggs, grated Parmesan cheese and basil leaves; mix well.

In each of two well-sprayed full steam table pans, layer ziti mixture and ricotta mixture. Repeat. Top each pan with 1 pound mozzarella cheese. Bake 30-35 minutes.

★★ Use 4 containers frozen Aliko pizza dipping sauce- available in all warehouse freezers.

## Helpful Meal Tips from the USDA



### Planning: Making Meals With Foods on Hand

Before going to the grocery store, check what foods you already have. Then ask these questions:

- What meals and recipes can I make using the foods I have?
- Can I mix foods together to make a tasty and nutritious meal?
- What foods does my family need for good health?

### Then:

- Plan what recipes you will make using your list of foods.
- Use other foods on your list such as vegetables, fruits and whole grains to complete the menu.
- Once you plan your menus, make a new list for missing foods you need to buy.

### Shopping: Best Buys for Cost and Nutrition

#### Fruits

- Buy fresh fruits in season, when they generally cost less.
- Frozen and canned fruits are a smart choice all year round.

#### Low-Fat Milk Products

- Buy fresh, low-fat milk in the largest size that can be used before spoiling. Larger containers cost less than smaller sizes.
- Ultra-pasteurized milk has a longer expiration date and won't spoil as fast.

#### Meat and Beans

- Chuck or bottom round roast has less fat and is cheaper than sirloin.
- Dried beans and peas are good sources of protein and fiber. They last a long time without spoiling.
- Look for specials at the meat counter. Buy meat on sale for big savings.
- Buy meat in large bulk packages to save money. Freeze portions you might not use right away to prevent spoiling.

#### Breads and Grains

- Look for bargains on day-old bread. It costs less but is still nutritious.
- Buy regular rice, oatmeal and grits instead of instant to save on money, sugar and calories.

#### Vegetables and Salad

- Buy large bags of frozen vegetables. Seal tightly in the freezer between uses.
- Avoid pre-bagged salad mixes. They are usually more expensive and spoil faster.

For more helpful hints go to: [www.snap.nal.usda.gov](http://www.snap.nal.usda.gov)

## Help Fight Hunger One Step at a Time Join Connecticut Food Bank's Walks Against Hunger

Waterbury  
Sunday, April 26

New Haven  
Sunday, May 3



FOR BOTH WALKS  
Registration at 1:00pm  
Walk begins at 2:00pm

Pre-registration is requested online, email, fax or phone:

walk@ctfoodbank.org  
Phone:(203) 469-5000  
Fax:(203) 469-4871



For more information go to: [www.ctfoodbank.org/walkagainsthunger](http://www.ctfoodbank.org/walkagainsthunger)