

February Calendar

2/3 at 1:00pm Waterbury

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

2/9 at 10:30am East Haven

Orientation

2/10 at 9:00am New Haven

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

2/10 at 1:30pm Bridgeport

Council of Churches meeting at 1100 Boston Avenue, Bridgeport

2/11 at 12:00pm Fairfield

Orientation

2/11 from 5:00-8:00pm

EH extended shopping

2/11 6:30-8:00pm Sort &

Mingle for Singles EH warehouse

2/13

at



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

Peanut Butter Recall

There is a major ongoing recall of many peanut butter products. Programs should be sure to read inside for more information from the FDA and go to the recommended website to find out which items are involved in the recall. We also have lists posted at all our warehouses.

You should be sure to remove any recalled items from your program shelves and pass on the information to your clients to help prevent more people from getting sick.

Statistics Sheets

It is very important to report the most accurate information on the statistics sheets. We hear programs say they are serving more people and turning others away, but the statistics sheets do not reflect that information. The sheet asks if programs are serving less food or turning people away because it's important for us to know if this is happening. If it is, then we may be able to help your program.

Sort & Mingle for Singles

February 11th will be the 3rd annual "Sort & Mingle for Singles" event at our East Haven warehouse. Come meet and get to know other single people while sorting salvage food for distribution. For details or to RSVP, contact Kim Damien at kdamien@ctfoodbank.org.

Food Safety Certification

ALL programs that prepare and serve meals will need to have *at least* one person that is food safety certified as a Qualified Food Operator. We have mentioned in the past that this would become a requirement. Programs have until June 30th to send someone to a training. We will need a copy of the certificate received after completion of the course.

If you already have a certified person, please send a copy of your staff or volunteer's food safety certificate for our files.

Food Safety Classes

The CT Department of Health website has a listing of the courses available to receive your Qualified Food Operator certificate. Go to www.ct.gov/dph and click on the Programs and Services link on the top banner; click on Food Protection Program; under Education and Training, click on Qualified Food Operators Exam/Courses.

You can also contact your local Health Department to see if they offer the class.

Pound For Pound Challenge

Pledge to lose weight and send in food tops & lids from General Mills products to help raise funds for Feeding America and CT Food Bank. Go to the back page to find out how!

Peanut Butter Recall Update from the FDA's Website

The FDA has confirmed that the sources of the outbreak of illnesses caused by Salmonella Typhimurium are peanut butter and peanut paste produced by the Peanut Corporation of America (PCA) at its Blakely, Georgia processing plant.



Peanut butter is sold by PCA in bulk containers ranging in size from five (5) to 1,700 pounds. The peanut paste is sold in sizes ranging from 35-pound containers to product sold by the tanker container. Neither of these products is sold directly to consumers.

However, through its investigation, FDA has determined that PCA distributed potentially contaminated product to more than 70 consignee firms for use as an ingredient in hundreds of different products, such as cookies, crackers, cereal, candy and ice cream. Companies all over the country that received product from PCA have issued voluntary recalls of their products. FDA has created a searchable database for these products, which can be found at www.accessdata.fda.gov/scripts/peanutbutterrecall/index.cfm

Identification of products subject to recall is continuing and this list is updated frequently.

Products being recalled now include some pet food products that contain peanut paste that was made by PCA. While the risk of animals contracting salmonellosis is minimal, there is risk to humans from handling these products. It is especially important for people to wash their hands and make sure children wash their hands after feeding treats to pets.

Major national brands of jarred peanut butter found in grocery stores are not affected by the PCA recall.

Recommendations for Consumers:

Do not eat products that have been recalled and throw them away in a manner that prevents others from eating them. These products include Austin and Keebler brand peanut butter crackers and King Nut brand peanut butter produced since July 1, 2008.

Postpone eating other peanut butter containing products (such as cookies, crackers, cereal, candy and ice cream) until more information becomes available about which brands may be affected.



2008 Physical Activity Guidelines for Americans

The U.S. Department of Health and Human Services (HHS) has issued its first-ever Physical Activity Guidelines for Americans. The Guide describes the types and amounts of physical activity that offer substantial health benefits to Americans aged 6 years and older. The main idea behind the Guidelines is that regular physical activity over months and years can produce long-term health benefits. These Guidelines represent: the first major review of the science on benefits of physical activity in more than a decade. They should be used in conjunction with the Dietary Guidelines to help educate people about the

health benefits of healthy eating and exercise.

The Physical Activity Guidelines include a comprehensive listing of health benefits, provide specific amounts and types of physical activity, and offer options and benefits to all populations and many subgroups.

You can download a copy of the Guidelines from their website:

www.health.gov/paguidelines/default.aspx

The website also offers summaries of the Guide and a toolkit with flyers and fact sheets. This information is summarized in different sections of the website and can be easily printed and passed on to your clients.



Recipes of the Month

*Indicates items often at CFB

Johnny Marzetti Casserole 10 servings

- 1 package dry egg noodles*
- 1 pound ground beef*
- 1 clove garlic*, minced
- 1 small onion*, chopped
- 1 small green bell pepper*, chopped
- 1 can sliced mushrooms*, drained
- 1 can kidney beans*
- 1 can chopped or stewed tomatoes*
- 2 cans tomato sauce*
- 1 can condensed cream of mushroom soup*
- 1 cup shredded Cheddar cheese
- salt and pepper to taste



Preheat oven to 350°. Lightly grease a 9x13 inch baking dish.

Cook noodles according to package directions.

Over medium heat, sauté the ground beef, garlic, onions, peppers, mushrooms and beans. Cook until beef is evenly brown and vegetables are tender. Drain fat. Stir in the tomatoes, tomato sauce and cream of mushroom soup. Salt & pepper to taste.

Place half of the cooked egg noodles in the baking dish. Layer with half the meat mixture and half the cheese. Repeat the layers with the remaining cheese being on top.

Bake in the preheated oven 30 minutes, or until the cheese is completely melted.

Pea Mockamole 12 servings

- 1 cup green peas*
- 1 teaspoon ground cumin*
- 3 tablespoons chopped onion*
- 1 large clove garlic*, chopped
- 1 tablespoon lemon juice*
- 1 tablespoon olive oil*
- 1/2 teaspoon red pepper flakes*, or to taste
- salt and ground black pepper to taste



Combine the peas, cumin, onion, and garlic in a food processor or blender. Process until smooth. Add lemon juice and olive oil; process just to blend. Season with red pepper flakes, salt and pepper. Blend for just a few more seconds, and transfer to a serving bowl.

Kielbasa & Beans 4 servings

- 1 pound fully cooked kielbasa, cut into 1/2-inch pieces
- 1 small onion*, chopped
- 1/2 cup chopped sweet red pepper*
- 1/2 cup chopped green pepper*
- 1/4 cup packed brown sugar*
- 2 tablespoons steak sauce*
- 1 tablespoon cider vinegar*
- 1 teaspoon Worcestershire sauce*
- 1 can kidney beans*, rinsed & drained



In a skillet, cook sausage for 2-3 minutes. Stir in onion and peppers. Cook and stir until sausage is lightly browned and vegetables are tender; drain.

Combine brown sugar, steak sauce, vinegar and Worcestershire sauce; stir into skillet. Add beans. Cook and stir until heated through.

Chocolate Chip Cookies 2 dozen

- 1 cup butter, softened
 - 1 cup white sugar*
 - 1 cup packed brown sugar*
 - 2 eggs
 - 2 teaspoons vanilla extract*
 - 3 cups all-purpose flour*
 - 1 teaspoon baking soda*
 - 2 teaspoons hot water
 - 1/2 teaspoon salt
 - 2 cups semisweet chocolate chips*
 - 1 cup chopped walnuts
- Preheat oven to 350°.



Cream together the butter, white sugar, and brown sugar until smooth. Beat in the eggs one at a time, then stir in the vanilla. Dissolve baking soda in hot water. Add to batter along with salt. Stir in flour, chocolate chips, and nuts. Drop by large spoonfuls onto ungreased pans. Bake for about 10 minutes in the preheated oven, or until edges are nicely browned.

Pound For Pound Challenge

General Mills, The Biggest Loser and Feeding America have joined forces to support the Pound For Pound Challenge, which will help Americans lose weight while providing hunger relief. Through the challenge, individuals can either sign up and pledge their weight loss goals, or clip and mail Pound For Pound seals from specially marked General Mills products. For every pound lost and every seal received, General Mills will donate 10 cents to Feeding America. The funds will then be distributed to local food banks based on the ZIP codes of consumers who participate in the program. Be sure to spread the word to everyone you know, so CT Food Bank can receive a large portion of the donation.

How the Weight Loss Program works:

Go to www.pfpchallenge.com and pledge how much weight you plan to lose in the next three months. For every pound you lose during the Challenge, Pound For Pound will donate 10 cents to Feeding America. The maximum number of pounds that can be pledged is capped at two pounds per week from your chosen start date through the date you report your weight loss. Pledges will be accepted through April 27, 2009. You can report your final weight loss between April 1 - May 5, 2009.



How Lids and Seals Works:

During the Pound For Pound Challenge, millions of specially-marked General Mills products will carry the Pound For Pound Seal. Participating brands include: Cheerios®, Honey Nut Cheerios®, MultiGrain Cheerios®, Total®, Fiber One® (Cereal, Bars, Muffin Mix, Pancake Mix, and Yogurt), Green Giant® Valley Fresh Steamers™, Chex Mix® 100 Calorie, Nature Valley® Granola Bars, Warm Delights® Minis, Bisquick® Heart Health®, Cascadian Farm® (Cereal and Bars), and Yoplait Light® and Yoplait® yogurt. For selected yogurt products, Pound For Pound Seals will be delivered via special gold lids marked with Pound For Pound program information.

Mailing in Seals or Lids is Easy:

Simply clip and mail in Pound For Pound Seals that are delivered on product packaging and/or peel and mail in the special gold Pound For Pound Yoplait® yogurt lids. If you are submitting Yoplait® yogurt lids, please be sure to wash your lids well and let them dry. Put Pound For Pound Seals and/or Lids in a regular envelope, like a #10 business envelope. (Please flatten any yogurt lids being submitted). You do not need any kind of special mailer. Please be sure to put your return address on the envelope, including your zip code. Feeding America will use that information to distribute donation money back to the food bank in your local area.

Address your envelope using the address below, apply your postage, and just drop it into a mailbox!

Pound For Pound Challenge, P.O. Box 400013 El Paso, TX 88540-0013



Comic Corner

