

Sharing the Harvest



January Calendar

1/15 Monthly statistics due

No food resource committee meeting this month

1/19 All offices closed for Martin Luther King, Jr. Day

Mobile Pantry Weather Cancellation Policy



The Mobile Pantry will not operate if school is cancelled in the host town. Check www.ctfoodbank.org for closure information.

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Meet our new President & CEO Rob Levine

Connecticut Food Bank welcomed Rob Levine as its new President & CEO on January 1, 2015. He joins us from the American Red Cross where he most recently served as Regional Chief Executive Officer for South Florida.



Rob is committed to supporting Connecticut Food Bank's food-assistance programs and the work of the newly formed Agency Council. The purpose of the Council is to identify ways Connecticut Food Bank can better serve member programs through the sharing of ideas and best practices.

"Our goal is to provide local feeding programs with more nutritious food, and to identify how we can help them better serve their communities," he said. "I look forward to partnering with programs in the months ahead to make a difference in the lives of all our neighbors in need."

Reporting update to CTNAP eligible programs

As of July 2014, the Department of Social Services, who runs our Connecticut Nutritional Assistance Program (CTNAP) contract, added an additional reporting requirement. Programs that wish to remain eligible to obtain CTNAP food must report age, gender and ethnicity for the members of each household served.

Complete details and a downloadable form are available on ctfoodbank.org in the Agency Zone section under Newsletters and Forms.

Programs that are eligible for CTNAP will receive information regarding their annual spending allotment and ordering instructions by February 1.

CT-NAP (CONNECTICUT NUTRITION ASSISTANCE PROGRAM)									
Please indicate the total number of household members that fall into each of the following categories:									
AGE			SEX		RACE/ETHNICITY				
Total # Adults Age 18-59	Total # Children Age 0-17	Total # Seniors Age 60+	Total # Male	Total # Female	Total # Black	Total # White	Total # Hispanic	Total # Asian Pac. Isl.	Total # Other

Sweet Stuff:

How sugars and sweeteners affect our health

Last month we talked about sugars; the foods they naturally occur in, the foods they are added to and how to recognize them by reading the ingredient list and the nutrition facts label. “Now let’s talk about artificial sweeteners.”

Many people try cutting back on calories by switching from sugar-sweetened to diet foods and drinks that contain low- or no-calorie sweeteners. These artificial sweeteners – also known as sugar substitutes – are many times sweeter than table sugar; so smaller amounts are needed to create the same level of sweetness.

People have debated the safety of artificial sweeteners for decades. To date, researchers have found no clear evidence that any artificial sweeteners approved for use in the U.S. cause cancer or other serious health problems in humans.

But can they help with weight loss? Scientific evidence is mixed. Some studies suggest that diet drinks can help you drop pounds in the short term, but weight tends to creep back up over time. Researchers are now working to better understand the complex effects that artificial sweeteners can have on the human body.

Studies of rodents and small numbers of people suggest that artificial sweeteners can affect the healthful gut microbes that help us

digest food. This in turn can alter the body’s ability to use glucose, which might then lead to weight gain. But until the larger studies are done in people, the long-term impact of these sweeteners on gut microbes and weight remains uncertain.

Scientists have been studying the effects that sugars and low-calorie sweeteners might have on the brain. Animal studies have found that sugar and sweeteners tap differently into the brain’s reward circuitry, with sugars having a more powerful and pleasurable effect. According to Dr. Ivan de Araujo of Yale University, “The part of the brain that mediates the ‘I can’t stop’ kinds of behaviors seems to be especially sensitive to sugars and largely insensitive to artificial sweeteners.” Some research suggests that the intensely sweet taste of artificial, low-calorie sweeteners can lead to a “sweet tooth,” or a preference for sweet things. This in turn might lead to overeating. But more studies are needed to confirm the relative effects of caloric vs. non-caloric sweeteners.



It looks like we will have to wait for science to show us the exact way artificial sweeteners are acting in the body. What we do know is that the approved sweeteners have not been shown to be harmful to us, when used as labeled. The key to good health is eating a well-balanced diet with a variety of foods and getting plenty of physical activity. Focus on nutrition-rich whole foods without added sugars. Get tips on healthy eating and weight control at <http://win.niddk.nih.gov>



Artificial Sweeteners:

How to identify them

Read the product ingredient list and look for the following names to see if a particular product contains artificial sweeteners.

- **Acesulfame potassium** also known as Ace-K, approved for use in 1988: Brand names Sunnet®, Sweet One®
- **Advantame**, approved for use in 2014: no trade name, expected use in food products
- **Aspartame**, approved for use in 1981: Brand names NutraSweet®, Equal®, and others
- **Neotame**, approved in 2002: no trade name, used in food products
- **Saccharin**, approved prior to 1958: Brand names Sweet’N Low®, Sweet Twin®, Sugar Twin®, NectaSweet®
- **Stevia**, approved in 2008: Truvia TM, PureVia TM Sun Crystals®
- **Sucralose**, approved in 1998: Brand name Splenda®

Article from NIH News in Health (ISSN 1556-3898), modified by Helana Hoover-Litty, MS, RD Additional information from <http://www.nlm.nih.gov>



Recipes of the Month

Nutrition Notes With the holidays behind us it's time to get back to healthy eating. Following the MyPlate recommendations to make half your plate fruit and veggies is a great place to start. Try these recipes for new ways to add fruit and veggies to your day. And don't forget to get out for a walk or other activity today!

Balsamic & Parmesan Roasted Cauliflower

Servings: 6

- 8 cups cauliflower florets
- 4 teaspoons olive oil
- 1 teaspoon dried marjoram
- black pepper to taste
- 2 Tablespoons balsamic vinegar
- 1/3 cup parmesan cheese, shredded



Directions

Preheat oven to 450°F. Toss cauliflower, oil, marjoram and pepper in a large bowl. Spread on a large rimmed baking sheet and roast until starting to soften and brown on the bottom, 15 to 20 minutes. Toss the cauliflower with vinegar and sprinkle with cheese. Return to the oven and roast until the cheese is melted and any moisture has evaporated, 5 to 10 minutes more.

Tip: to prepare florets from a whole head of cauliflower, remove outer leaves. Slice off the thick stem. With the head upside down, use a knife to cut out the core. Break or cut florets into the desired size.

Chocolate Chickpea Spread

Servings: 25

- 1 can (14.5oz) chickpeas
- 1 Tablespoon peanut butter
- 3 Tablespoons olive or canola oil
- 1/2 cup cocoa powder
- 1/2 cup granulated sugar
- 1 teaspoon instant coffee powder
- 1 teaspoon vanilla extract
- 2-4 Tablespoons water



Directions

Drain and rinse the beans, then place all ingredients but the water into a blender or food processor. Blend until smooth. Slowly add water until you reach your desired consistency. Spread on toasted whole wheat bread, and serve with a glass of low-fat milk, for a quick and nutritious breakfast!



Cranberry Pumpkin Muffins

Servings: 12

- 2 cups all-purpose flour
- 3/4 cup sugar
- 3 teaspoons baking powder
- 1/2 teaspoon cinnamon
- 3/4 teaspoon allspice
- 1/3 cup canola oil
- 2 eggs, large
- 3/4 cup pumpkin, canned
- 2 cups cranberries (fresh or frozen, chopped)



Directions

Preheat oven to 375°F. Sift together flour, sugar, baking powder, cinnamon and allspice. Beat oil, eggs and pumpkin together until well blended. Add the pumpkin mixture to the dry ingredients all at once and stir until just mixed. Fold in chopped cranberries. Spoon into paper lined muffin cups. Bake for 20 to 25 minutes, or until a toothpick inserted in the muffin comes out dry.

Modified from www.usda.gov/whatscooking

Zucchini Meatloaf

Servings: 8

- 2 eggs, slightly beaten
- 2 cups shredded zucchini
- 1/3 cup plain bread crumbs
- 1/3 cup chopped onion
- 1/2 teaspoon dried oregano leaves
- 1/4 teaspoon black pepper
- 1 1/2 lb lean ground beef or turkey



Topping

- 1 Tablespoon brown sugar
- 2 Tablespoons ketchup
- 1/2 teaspoon yellow mustard

Directions

Preheat oven to 350°F. In a large bowl, mix all ingredients except topping, until blended. Press mixture into an ungreased 9 x 12 deep-dish glass pie plate. Bake 35 minutes. Mix topping ingredients in small bowl. Remove meatloaf from oven and pour off drippings. Spread topping mixture over loaf and bake for an additional 15 minutes. *Modified from Betty Crocker*

Cheshire Community Food Pantry adopting and adapting to the community's needs

Executive Director Patty Hartmann describes what the future holds for the developing Cheshire Community Food Pantry and its role in feeding the hungry.

How many years has Cheshire Community Food Pantry been in existence?

The Cheshire Community Food Pantry was birthed from a smaller pantry which was located behind St. Bridget Church. When the parish realized the needs of the community were growing, the pastor, Father Robert Ricciardi, recruited several people from within the parish and local community to serve on an advisory committee and assess the needs and logistics of the pantry operations. The committee found a growing need for the pantry services with the downturn in the economy, especially by senior citizens, which resulted in Cheshire Community Food Pantry being established in October 2010.

What changes have you experienced over the last year?

Our clients' needs have increased so we have successfully upped our efforts to secure more food and as a result have outgrown our 1,700 square foot facility. This increase in inventory requires more storage space which has made us look to develop a new 5,000 square-foot facility. It breaks my heart when I receive a call about two pallets of orange juice, kale, soy milk, etc. and we have to say no.

How do you go about raising food/funds?

We have a very supportive community in Cheshire. Our faith-based, business and community groups regularly hold food drives and fundraisers to support our needs. One of our most successful fundraisers each year is called March Madness. It's a fun casual night where people gather and watch college semi-final basketball games on large screens.

Can you tell us how you engage the community to support Cheshire Community Food Pantry?

We are always out in the community engaging individuals and school aged children to help us and help our



Patty Hartmann (center) with Mark Stanley and Kristen Vignola from Cheshire Wells Fargo.

neighbors. We regularly give tours and invite members of the community to stop by and see what we are doing - some of our best advocates are elementary school children.

Do you have healthy eating programs?

We encourage healthy eating and try to supply our clients with as much fresh produce and lean proteins as we can. Last year we started a community garden on our property and we were able to grow and distribute eggplant, tomatoes, lettuce, Swiss chard, squash, cucumbers and fresh herbs. We also receive a lot of donations from family gardens and the gardens of our local faith-based organizations.

Are there any unique programs offered at your pantry?

We are very supportive of our families and their children. When things are tough, we want to make sure our children are ready for school in the fall. We have a Back-to-School program where our school aged clients are 'adopted' and we make sure they are fully outfitted with shoes, socks, underwear, pants, shirts and school supplies. I remember how important the first day of school was to me - we hope they can start off the school year with confidence.

Connecticut Food Bank Holidays

For planning purposes, please note that Connecticut Food Bank will be closed to observe the following holidays:

Monday, January 19
Martin Luther King, Jr. Day

Monday, May 25
Memorial Day

Friday, July 3
Independence Day observed

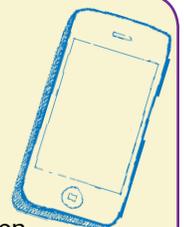
Monday, September 7
Labor Day

Thursday-Friday, November 26-27
Thanksgiving and day after

Thursday-Friday, December 24-25
Christmas Eve and Christmas Day

As usual, we will be in contact as these days approach with any necessary schedule and delivery changes.

Do we have your contact info?



We are in the process of updating our records to ensure we have the correct contact information for your program. Please make sure that we have your most up-to-date email address so you don't miss any vital communications from us.

Email is a quick and easy way to reach everyone at once. We send out important information about new, time-sensitive inventory, program changes, as well as grant and fundraising opportunities via email. Stay up-to-date with us, so we can keep you up-to-date!

Please send your updated contact email address by January 31 to apetsching@ctfoodbank.org