

Sharing the Harvest



May Calendar

- 5/3 Greater Waterbury Walk Against Hunger
- 5/5 Food Resource Committee at 1 p.m.
- 5/11 East Haven Orientation at 9 a.m.
- 5/12 Bridgeport Council of Churches meeting at 877 Park Ave at 1 p.m.
- 5/13 FF Orientation at 12 p.m.
- 5/17 Greater New Haven Walk Against Hunger
- 5/17 Eastern Connecticut Walk Against Hunger
- 5/25 Closed for Memorial day

There will be no WTBY Orientation this month

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Refrigeration units awarded to improve fresh food distribution

Connecticut Food Bank has invested \$25,000 into seven partner programs with a grant from Feeding America, thanks to the General Mills Foundation.

Recognizing the challenge local partner programs face in storing fresh produce, Connecticut Food Bank used the grant funds to purchase commercial refrigeration units for seven partner programs across the state. This investment will give all seven critical community programs an additional 1,000 pounds of storage capacity each to help feed our neighbors in need.

Congratulations to Bridgeport Rescue Mission, Cheshire Food Pantry, Jewish Family Service of New Haven, Downtown Evening Soup Kitchen, Saint Vincent De Paul Place, Evangelical Christian Church Food Pantry and New London Area Food Pantry.



Above: President & CEO of Connecticut Food Bank Rob Levine and Executive Director Pastor Terry Wilcox of Bridgeport Rescue Mission sample fresh produce now available to families in Bridgeport;

Top left: New London Food Pantry; Middle left: Bridgeport Rescue Mission; Bottom left: Jewish Family Services



Tracy Helin: A fond farewell

Hello, Connecticut Food Bank members. Sadly, I will be stepping down from my role as Member Services Director in early May to tend to a chronic health issue. The work that we do together is close to my heart and I will miss it.

Looking back at the last 18 months since I joined the team we have accomplished a lot, and have gotten the ball rolling on several new initiatives that will prepare us for the future of food banking. Together we have: streamlined the CTNAP ordering process; started analyzing your needs more formally in order to help build capacity; established an Agency Relations Council to help inform our work, and more!

As the Food Bank prepares to move to its new facility in Wallingford, there is much work to be done, and we have set plans in motion to better serve you all in many ways. We will continue to engage our members as we plan to increase deliveries to new areas. You can also look forward to seeing more Mobile Pantry stops in the near future.

As a young child receiving free school meals, I never imagined that I would spend so much of my adult life working to reduce hunger and poverty. Even though I will not be here, I plan to maintain my lifelong commitment to ending hunger, and I am happy to know that there are so many of you out there collaborating with the dedicated staff here at the Connecticut Food Bank. I look forward to seeing you again and trust that you will carry on with our shared vision of a state and country where hunger is just a memory.

Thank you.

Tracy Helin
Member Services Director

13 Ways You Can Reduce Food Waste... and Save Money!

About 40% of the United States food supply goes uneaten. This is equal to 1500 calories/person/day. Discarded food in homes and food service accounts for 60% of this total food loss and is mostly avoidable. The remaining portion is lost or wasted during food production.

This amount of food waste is among the highest in the world. Preventing food waste saves money and resources. Resources used to produce uneaten food include: 30% of fertilizer, 31% of cropland, 25% of total fresh water consumption and 2% of total energy consumption. The Environmental Protection Agency estimates food wastes at almost 14% of the total municipal solid wastes in the United States, with less than 3% recovered and recycled. Food in landfills decomposes to produce methane, a potent greenhouse gas.

Feeding the world will become more difficult in the future as 9 billion people are expected on the planet by 2050, compared to a world population of around 7 billion people in 2015. Developing habits to save more of the food we already have will put less strain on the resources associated with producing and buying food and aid in reducing the creation of greenhouse gas emissions.

Here are 13 ways consumers can help reduce the amount of food wasted.

- **Shop the refrigerator before going to the store.** Use food at home before buying more. Designate one meal weekly as a “use-it-up” meal.
- **Move older food products to the front** of the fridge/cupboard/freezer and just-purchased ones to the back. This makes it more likely foods will be consumed before they go bad.
- **Keep your refrigerator at 40°F or below** to prolong the life of foods. Foods frozen at 0°F or lower will remain safe indefinitely, but the quality will go down over time.
- **Freeze or can surplus fresh produce** using safe, up-to-date food preservation methods. Visit the National Center for Home Food Preservation website (<http://nchfp.uga.edu>) for freezing and canning instructions.
- **Take restaurant leftovers home** and refrigerate within two hours of being served. Eat within three to four days or freeze. Ask for a take home container at the beginning of the meal if portions look especially large. Or, choose a smaller size and/or split a dish with a dining companion.
- **Dish up reasonable amounts of food at a buffet** and go back for more only if you are still hungry.
- **Compost food scraps** for use in the garden. Nebraska Extension has great tips to get started composting (www.ianrpubs.unl.edu/sendIt/g2222.pdf).
- **Look for recipes on websites that can be searched for by ingredients to use up food at home.** USDA’s “What’s cooking: USDA Mixing Bowl” website (www.whatscooking.fns.usda.gov) offers several tools for searching for recipes with specific ingredients, nutrition themes and meal course.
- **Buy misshapen fruits and vegetables** at farmers’ markets and elsewhere. They taste just as good and are just as nutritious as those with a “perfect” shape, but are more likely to get thrown away. They may even be less expensive.
- **Rather than buy a food for use in only one recipe, check if there might be a suitable substitute already in the home.** The Cook’s Thesaurus website (<http://foodsubs.com>) gives thousands of ingredient substitutions.
- **Check the garbage can.** If the same foods are constantly being tossed: Eat them sooner, buy less of them, incorporate them into more recipes or freeze them.
- **Donate safe, nutritious food** to food banks, food pantries and food rescue programs.
- **If you have several foods that might go to waste at the same time, try adding them to such adaptable recipes** as salads, soups, pasta and casseroles. Or try the recipe in this month’s Sharing the Harvest for “Clean out the Fridge Potato Salad”.



Article by Alice Hennenman, MD, RDN, University of Nebraska Extension, modified by Helana Hoover-Litty, MS, RD

Recipes of the Month

Nutrition Notes Lets save some money this month by using the food we have at home. Recipes like “Clean out the Fridge” Potato Salad make good use of leftovers, while creating something delicious.

Asparagus Risotto

Servings: 6

- 4 cloves garlic, minced
- 1 bunch scallions, sliced with whites and greens separated
- 3 Tablespoons olive oil
- 1 cup short-grain brown rice
- 1 cup dry white wine (or broth)
- 5 cups boiling water
- 1/2 lb. asparagus, cut into pieces
- 1/2 lemon, zested and juiced
- 1/2 cup grated Parmesan cheese
- 1/2 teaspoon salt
- ground black pepper, to taste



Directions

In a large deep skillet, sauté the garlic and scallion whites for 1 minute in the oil. Stir in the rice to coat evenly with the oil. Stir in the wine and simmer until absorbed. Stir in 3 cups boiling water and simmer, stirring occasionally, partly covered, until the water is absorbed, about 35 minutes. Stir in 1 cup of boiling water. Simmer while stirring continuously for 5 minutes. Stir in the asparagus and more boiling water if the rice is dry. Cook until the asparagus is tender, about 3 minutes. Remove from the heat. Add the lemon juice, zest and the Parmesan. Season with up to 1/2-teaspoon salt and black pepper. Garnish with the scallion greens.

Peanut Butter Hummus

Servings: 8-10

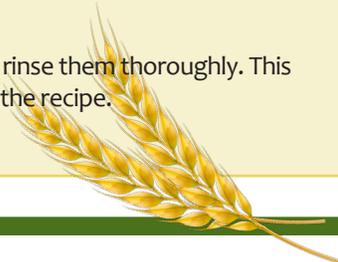
- 2 cups low-sodium garbanzo beans, rinsed
- 1/4 cup low-sodium chicken broth
- 1/4 cup lemon juice
- 4 cloves garlic, diced
- 1/4 cup creamy peanut butter
- 1/4 teaspoon cayenne pepper (or paprika)



Directions

Combine all ingredients in a food processor or blender. Puree until smooth. Serve with raw veggies, apple slices or whole grain pita chips.

If using canned beans, be sure to rinse them thoroughly. This helps reduce the sodium (salt) in the recipe.



Broccoli with Balsamic Dressing

Servings: 4

- 1 Tablespoon canola oil
- 3 cloves garlic, thinly sliced
- 2 Tablespoons balsamic vinegar
- 2 Tablespoons reduced sodium soy sauce
- 1 teaspoon brown sugar
- 4 cups broccoli florets



Directions

In a small sauté pan, heat the oil over medium heat. Sauté garlic until light golden, 1-2 minutes. Add the vinegar, soy sauce and sugar and reduce the heat to low. Simmer, stirring often, until thickened into a syrup, 2-3 minutes. Steam the broccoli until tender, but still bright green, 2-3 minutes. Drizzle the dressing over the broccoli and serve.

This dressing would be great on other vegetables such as asparagus or carrots.

Clean Out the Fridge Potato Salad

Servings: 8-10

- 5 medium potatoes (3 cups cubed)
- 3 cups left over food from the fridge
- 1/2 cup reduced fat mayonnaise
- 1/2 cup fat free plain yogurt
- 1 Tablespoon sugar
- 1 Tablespoon apple cider vinegar



Directions

Boil the potatoes until easily pierced with a fork. Cool, then cut into 1-inch cubes. Clean and prepare still-edible foods that need to be eaten soon. Use your own preference as to amounts of individual ingredients. The salad in the photo contains: red peppers, peas, onions, carrots, radishes, fresh dill and pickle relish. Next make the dressing by combining the mayonnaise, yogurt, sugar, and vinegar. Or use your favorite homemade or purchased potato salad dressing. The last step is combining the potatoes, vegetables and dressing. Chill salad for about 1 hour before serving for flavors to blend.

Have you ever looked in your fridge and found a little bit of this and a little bit of that? And it should all be used SOON! When that happens, make potato salad!

Homes for the Brave providing the tools to help homeless Veterans

For more than a decade now ABRI/Homes for the Brave has partnered with Connecticut Food Bank to supply Veterans in their care with nutritious food. Joy Kiss, CEO & Executive Director at Homes for the Brave tells us about the programs they provide and the organization's plans for this year's Memorial Day.



Tell us about ABRI/Homes for the Brave...

Applied Behavioral Rehabilitation Institute (ABRI) is known as Homes for the Brave, and is a 501(c)(3) not-for-profit. Since opening our doors in 2002, we have provided safe housing, case management services, vocational training, job placement, and life skills coaching to help individuals, especially Veterans, leave homelessness behind. We oversee four programs: Homes for the Brave, Waldorf House, the Homes for the Brave Veterans Service Center and the Female Soldiers: Forgotten Heroes. To date, we have worked with more than 950 individuals!

Tell us about your partnership with the Connecticut Food Bank...

The Connecticut Food Bank helps us to provide our residents with fully stocked kitchens. We are grateful that we are able to provide nutritious food to the residents at our transitional housing facilities. In our mission we state that we provide homeless individuals with the tools to leave homelessness behind, and not having to worry about where your next meal will come from is an important service we provide for the residents.

What does ABRI/Homes for the Brave have planned for the upcoming Memorial Day?

Memorial Day weekend is always a fun and busy time for us! Our male and female Veterans are invited to march in the Fairfield parade and attend various local services. Local civic groups volunteer to prepare and serve special meals for our residents and the weekend is spent around the grill with good friends!

What are your greatest challenges?

The greatest challenge that we face is reaching the female Veteran population. We have found that female Veterans do not always self identify as Veterans and therefore are not aware of the services that are available for them. We encourage everyone who volunteers with or supports ABRI/Homes for the Brave to be an ambassador for our programs and to help spread the word about how we can help!

Can you tell us how you engage the community to support ABRI / Homes For The Brave?

ABRI/Homes for the Brave engages with the community in many different ways! We encourage local civic and church groups to prepare meals for our residents and to hold supply drives for much needed in kind donations. Our Annual Golf Classic will be on June 29 at the Connecticut Golf Club and The Bridgeport Bluefish are hosting a Heroes for Heroes All Star Game on July 9 to benefit our programs! We also have an exciting stadium stair climb event at the Ball Park at Harbor Yard planned for September 12.

Join us to Walk Against Hunger

Walk Against Hunger 2015 kicked off in Bridgeport April 26, with more than 30 programs, and 500 people taking part.



There is still time to assemble a walk team for one of the three upcoming Walk Against Hunger events in Waterbury (5/3) New Haven (5/17) and Norwich (5/17).



Remember, your team can be of any size – so the more walkers you recruit, the more funds for your agency! Sign up today at www.ctfoodbank.org/walk.



Please note:

Starting in June, statistics submissions will only be accepted through our web form.

At the beginning of the year the Connecticut Food Bank began collecting statistics via a web form found inside Sharing the Harvest and on our website. While this transition has been a success there are still some programs submitting via e-mail, post and fax.

If you have any questions or need assistance using the new web form please contact Anna at 203-469-5000 or e-mail apetsching@ctfoodbank.org.