

NOURISHING NEWS

Together with our partners...

Saying farewell!

A special thanks, farewell, and good luck to our wonderful colleague Sebastian Plank! As many of you have had the pleasure of working with Sebastian, you know firsthand how dedicated and hardworking he is. We had a chance to have a last Q&A and here's what he had to say:



? **Where are you going?**

❖ I enrolled in Santa Fe College's Zoo Animal Technology Program in Gainesville, which is one of only two colleges in the country to have an actual student-run zoo on site. The study and work program lasts five semesters, and the zoo is open to the public, so come visit me! For more info on the zoo, click [here](#).

? **What was your favorite part of working with AFFB, and who/what will you miss the most?**

❖ The people. My coworkers were so gracious and always made me feel like part of the team. It was continuously inspiring to witness the good works of the leaders and volunteers at our partner agencies. Ultimately, my heart is with those whom we serve. Listening to their stories and being able to help them in some way was the best part. And I'm going to miss everyone! All of you were and will continue to be a source of inspiration for me. You made the job worth it.

? **Anything else you would like to say, before goodbye?**

❖ Thank you to all the agencies for welcoming me and being such great partners in the mission; my cell is (941) 321-6877 if you would like to stay in contact!



WHAT'S NEW

AGENCY SPOTLIGHT

South County Food Pantry

FOOD BANK UPDATES

Civil Rights Training

Link2Feed

INGREDIENT SPOTLIGHT

Brown Rice

FOOD BANK UPDATES

Capacity Building Program

Partner Agency Spotlight:

SOUTH COUNTY FOOD PANTRY

Location: 121 Warfield Avenue Venice, FL 34285

Years Open: 36 years (1986)

Hours of Operation: Monday – Friday, 9:00 am–12:00 pm

Number of Households Served: 350+ per Month



South County Food Pantry was founded in 1986 by John and Vera Wolf in association with Emmanuel Lutheran Church and several other Venice churches. South County focuses on serving the food insecure populations of Venice, Laurel, Nokomis, and Osprey. Rosemary Schroeder (pictured), South County's Vice President and Office Manager, has been with the organization since 2012 and sees the need in this region on a daily basis. She points out that, "although the area we serve appears to be a somewhat affluent community, there are many here who are still in need."

South County serves a wide array of vulnerable groups including retirees on fixed incomes, low-income and working-class families, and the homeless (whom staff and volunteers respectfully refer to as "campers"). As we all know, most people do not even recognize the faces of hunger and food insecurity. "I believe that no should be hungry and that there are many people in our community who want to help but do not know how to do so," said Rosie. The staff and volunteers at South County aims to cut through this by offering food and lending their ears to the concerns of those they serve.

An example of listening is when one of their campers had been struggling to walk – even with the assistance of a medical walker. In response, the volunteers decided to pitch in to purchase a scooter for him to get around. "This shows how our volunteers care for our people and are willing to go the extra mile."

Ultimately, Rosie's message to everyone in the field is one of unity and endurance: "as they say, 'It takes a village!' This is so true with our work. We all need to pull together and be willing to help each other out as needed."

"It is not our place to judge, and all clients should be treated the same. Even in challenging situations, we need to strive to be caring and concerned while still following pantry policies and procedures."



Food Bank Updates

TRAINING HIGHLIGHTS

In June AFFB held the **mandatory Civil Rights Training** for TEFAP agencies. **TEFAP** is **The Emergency Food Assistance Program**, which is a federal program that helps supplement the diets of low-income individuals, by providing them with emergency food assistance at no cost. Individual's signatures are required once per year and must be updated.

Goals of Civil Rights as TEFAP beneficiaries:

- ❖ Provide equal and consistent treatment to all participants
- ❖ Understand the rights and responsibilities for participation in the program
- ❖ Eliminate illegal barriers to access
- ❖ Provide an atmosphere of dignity and respect



The Emergency Food Assistance Program (TEFAP)

Federal Protected Classes – Under federal law,

specific classes of persons have a right to file a federal discrimination complaint with USDA if a local program using federal resources discriminates against them. Under federal law, for the purposes of TEFAP, the protected classes under which a client may file a discrimination complaint are:

- | | |
|-------------------|----------------------|
| ❖ Race | ❖ Sex |
| ❖ Color | ❖ Disability |
| ❖ National origin | ❖ Gender identity |
| ❖ Age | ❖ Sexual orientation |

Effective July 1, throw away all blank TEFAP self-declaration forms dated July 1, 2021-June 30, 2022

Interested in becoming a TEFAP agency? Let us know!

Looking back on June: Food Safety

June 7, 2022, observed the World Food Safety Day.

- ❖ Internationally observed day set by the United Nations agencies
- ❖ “Aims to draw attention and inspire action to help prevent, detect and manage foodborne risks, contributing to food security, human health, economic prosperity, agriculture, market access, tourism and sustainable development”
- ❖ More info can be found here: [World Food Safety Day](#)

Food Bank Updates

Link2Feed

AFFB held several Link2Feed trainings at the end of June. Our Link2Feed focal point, Rocio, has summarized some of the updates, in case you missed the session or for your reference!

- ❖ *Replacing the undisclosed field* – this option will be substituted with other questions including “Didn’t ask”, “Don’t know” or “Prefer not to answer”
- ❖ *Label changes* – the following labels have changed

Old Label	New Label
First Food Bank Visit	First Visit
Social Programs	Household Social Programs
Gender	Gender Identity
*Pantry Report	*Agency Report

- ❖ *Ethnicity* – will reflect the way census data is collected
- ❖ *Self-identify* – will be substituted with the question of military status, “Are you a veteran or active in the military?”
- ❖ *Disability* – will have its own section – “Does anyone in your household have a disability?”
- ❖ *Monthly income* – the total Household monthly income will be tracked, not individual income.

The screenshot shows the Link2Feed user interface. At the top, there is a navigation bar with several tabs: PERSONAL, PROFILE, MONTHLY INCOME (which is circled in red), DIETARY CONSIDER..., SERVICES, NOTES, and ACTIVITY. Below the navigation bar, the page title is 'Monthly Income and Expenses' and the user information is 'Norman, Lila' with a user ID of '1033394'. The main content area is titled 'Monthly Income' and contains a sub-section for 'Monthly Household Income' with a text input field containing the value '1000'.

- ❖ *Social Programs* – Records social programs utilized by the whole household, no longer at the individual level.
- ❖ SNAP (food stamps) will have a separate section (no longer part of the social programs).

Please be aware Link2Feed field changes will take place starting July 11th

Spotlight Ingredient

Brown Rice

What is Brown Rice?

Brown rice is the whole rice grain before the bran layer is removed to make white rice. The bran layer contains vitamins, minerals, and fiber. It also gives brown rice a nuttier taste and chewier texture than enriched white rice. All brown rice is whole grain.



Tips to Increase Your Whole Grain Intake

- ❖ Mix It Up
 - Blend brown and white rice together in your (or your kid's) favorite dish for more complex flavor, color, and nutrients.
- ❖ Double Time
 - Cook a double batch of brown rice and keep it on hand for a quick start to your next meal.
- ❖ Rice Bowls
 - Start with rice, toss in your favorite vegetables or fruits, mix in beans, lean protein, and top with your favorite seasonings.

Brown Rice with Sizzling Chicken and Vegetables (490 calories per serving)

Ingredients (Makes 4 Servings):

- | | |
|---------------------------------|--|
| ❖ Low-Sodium Soy Sauce (3 tbsp) | ❖ Boneless Chicken Breast (1 lb); cut into cubes |
| ❖ Water (¼ cup) | ❖ 1 Small White Onion; cut into wedges |
| ❖ Honey (1 tbsp) | ❖ 3 Carrots; peeled and sliced |
| ❖ Cornstarch (1 tbsp) | ❖ Broccoli Florets (1½ cups) |
| ❖ Canola/Corn Oil (1½ tbsp) | ❖ 1 Red Bell Pepper |
| ❖ Minced Garlic (2 Cloves) | ❖ Hot Cooked Brown Rice (3 Cups) |

Directions:

- 1) Mix soy sauce, water, honey, and cornstarch; set aside.
- 2) Heat oil in a wok or large skillet.
- 3) Add minced garlic and sauté about 1 minute.
- 4) Add chicken and cook for 5-6 minutes, then push chicken to the side.
- 5) Add onions to center of skillet; cook until slightly tender and push to the side.
- 6) Continue with carrots, broccoli, and peppers separately each in the center of pan.
- 7) Pour soy sauce mixture into center of skillet.
- 8) Leaving other ingredients at the sides of the pan, stir sauce until it thickens.
- 9) Mix in with vegetables and chicken.
- 10) Serve immediately over cooked brown rice.



Food Bank Updates

CAPACITY BUILDING PROGRAM

All Faiths launched its call for Capacity Building in May this year. The program's purpose was to encourage agencies to expand operations, build on their existing activities using technology, or replace/purchase new equipment for storage. For this round of calls, grant awards were up to \$5,000. ***While the current proposal period has passed, be on the lookout for the next call!***

WHAT CAN THE GRANTS BE UTILIZED FOR?

- ❖ **Service Insights Capacity** – laptops, desktops, computer accessories, tablets, hotspot or Wi-Fi extenders, Wi-Fi-service subscriptions (up to 1 year), etc.
- ❖ **Food Storage/Food Safety Capacity** – refrigeration units, freezer units, walk-in cooler units, thermal thermometers, freezer blankets, shelving, etc.
- ❖ **Facilities & Other Equipment** – renovations & repairs for food pantries, refrigerated vehicles, parking area pavement, etc.
- ❖ **Other Capacity Needs** – This is the “catch all” category that provides you the freedom to demonstrate needs that go beyond the other three categories.

HOW IS THIS CAPACITY BUILDING?

Capacity building, by definition, is any activity that can improve and enhance an organization's ability to achieve its mission and provide sustainability for the future. Capacity building can come in many forms, to include physical equipment (technology equipment—computers, tablets, hotspots, or kitchen/cooking equipment), rehabilitation or construction of the facility, while it can also be more abstract in the form of training, or certifications that are needed for your organization.



NOT SURE WHERE TO START?

- ❖ Maybe you have an idea outside of the scope of the above call—contact us!
- ❖ Maybe you would like to use the grant towards purchasing something more than \$5,000—call us!
- ❖ Perhaps you want to learn more about how your organization can grow—let us know!
- ❖ Maybe you are feeling overwhelmed but would like to expand operations—email us!



Contact Us

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