

NOURISHING NEWS

Together with our partners...



It's Time to Celebrate...

Did you know that March is **National Nutrition Month**? Studies show that food insecurity and health are intricately linked. People living in food insecure homes experience challenges in accessing nutritious foods and face barriers to consistently adopting healthy eating patterns ([Feeding America](#), March 2020). Over time, this can have detrimental effects on a person's physical and mental health.

Healthy eating starts with healthy food choices and All Faiths Food Bank is committed to distributing nutritious food throughout our service area. Our very own Director of Health and Nutrition, Adeana Osika MHA, RD, LD/N, worked with a select group from the Feeding America network to establish nutritional food purchasing guidelines for 200+ food banks across the United States. While we can't always control what is donated to the food bank, when purchasing, we choose items with lower saturated fat, sodium, and added sugars.

If your agency wants to learn more or is interested in increasing its capacity to provide fresh and healthier food options, reach out to your Community Partnerships team! As a member of the food banking network, you can play a part in helping your neighbors make healthier choices.

--Community Partnerships Team

WHAT'S NEW

AGENCY SPOTLIGHT

Meet Englewood Helping Hand:
Serving the Englewood
Community since the 1980s

FOOD BANK UPDATES

Agency Advisory Council
Best Practices for Retail Pick Ups
Call for Your Stories!

INGREDIENT SPOTLIGHT

Broth vs Stock

LINK2FEED

Best Practices for Reading
Driver's License

Partner Agency Spotlight:

ENGLEWOOD HELPING HAND

Location: 700 E Dearborn Street Englewood, FL 34223

Years Open: 38 Years (Opened January 26th, 1983)

Hours of Operation: Wednesday-Thursday 8:00 am-1:00 pm

Monthly Number of Neighbors Served: 330 Households

Why do you do this work? Englewood Helping Hand, Inc., located on the campus of Englewood United Methodist Church in a temporary building, was incorporated in 1983 under the leadership of ministries from 6 local churches and the Kiwanis Club.



As a city that lies on the border of Sarasota and Charlotte counties, Englewood residents have had to historically travel north to Sarasota/Venice or east to Port Charlotte for basic services. As such, Helping Hand seeks to assist and empower their neighbors by offering food, temporary financial support, and human services in their own backyard.

In 2019, the US Census Bureau reported that 10.5% of the Englewood population was below the poverty line. Lance Anderson (pictured above) has served as Helping Hand's pantry administrator since December of 2020 and has witnessed both turmoil and hope over the past year. "We have many success stories of clients getting back on their feet and catching up on bills because they were able to get help with food here. During the pandemic, people just didn't know what to do to get help. We were able to give out so many more referrals."

To keep up with the needs of their neighbors and to better assist the community, Englewood Helping Hand successfully campaigned for a new building to host a food pantry and expand their services. New services will include general job applications, computers for neighbors' use, and applications for government-backed services. The new 2,400 square foot facility (pictured below) comes with two modular offices, a kitchenette, and a garage door to receive food, and is expected to open this upcoming summer.



"During the pandemic, people just didn't know what to do to get help. We were able to give out so many more referrals than in the past to make sure they got the services they needed."

Food Bank Updates

AGENCY ADVISORY COUNCIL

The mission statement of All Faiths Food Bank reads, *"Together with our partners, we provide healthy solutions to end hunger in our community."* The first line highlights the essential relationship between the Food Bank and each of you. Without each other, we would not be able to accomplish our goals of aiding and empowering those suffering from food insecurity across Sarasota and Desoto counties. Because of this, we are looking to create an agency advisory council to provide practical input and feedback on AFFB's plans to strengthen the network capacity to better meet the hunger needs of our community. While we do not have a timetable for the implementation of this idea, we will keep you updated and would love to hear your feedback!

STRUCTURE & KEY RESPONSIBILITIES

- The Agency Advisory Council will consist of 3-5 members willing to serve 2-year terms
 - Represented by multiple program types and from both Sarasota & Desoto counties
- Work with AFFB operations teams to build distribution capacity for the network
- Advise AFFB on agency capacity interests & issues
- Provide feedback on program development & AFFB operations
- Attend regularly scheduled meetings (In-person or Remote)
- Communicate with peer agencies and share best practices



Best Practices for Retail Pick Ups

- Cover cold food with thermal blankets or use coolers with ice packs.
- Keep drive time to 30 minutes or less.
- Check food temperatures after arriving at the destination.
- Prevent cross contamination:
 - Don't store raw food over read-to-eat food.
 - Don't store chemicals with food products.
 - Don't store allergens (e.g. dairy/peanut butter) over other products.



A CALL FOR STORIES: Can you help us share the stories of the people we serve?

Sharing the stories of those we serve plays a critical role in raising awareness of both food insecurity in our communities and the difference the Food Bank and our partners make to those struggling to put food on the table. For the past few years, we have been collecting stories across Sarasota and Desoto counties, but we are now making a call **to you** to share your stories! We are looking for partner agencies to contribute 1 or 2 stories a month (with pictures!) that we can share across various marketing materials including our newsletters, direct mail, social media, and more.

If you don't think you can collect client stories, please share how your partnership with All Faiths Food Bank helps you better serve our community. We will be providing a base questionnaire and photo release forms to partners so that we can provide a voice to those who are too often unheard and provide a face for those who are too often unseen.

WHAT KIND OF QUESTIONS SHOULD YOU ASK?

- What brings you here?
- Who they are: are you working?; are you a veteran?; are you a single parent?; etc.
- How many people are in your household?
- What does it mean for you to be able to get food here/how does it help you and your family?
- What is your favorite thing you receive?
- If you could send a message to the people that support this program, what would you say?

HOW WILL ALL FAITHS ACKNOWLEDGE YOUR AGENCY?

Your partner agency will be mentioned when your stories are used and will be shared in the next Agency Newsletter.



Example of a client story

You Help Local Veterans

Salvador is a career Marine of 38 years who retired as a major. He served as a sniper and a drill sergeant for the infantry. In retirement, Salvador continues to help others for the greater good – like spreading the word about All Faiths Food Bank's pantry serving healthy items just for veterans.

The rising costs of living associated with COVID-19 have made it hard for people on fixed incomes to make ends meet each month. That includes many retired veterans. Salvador sees this problem growing more and more pressing each day.

"With the current crisis, I see the need," he says. "It puts a smile on my face and happiness in my

heart...[that All Faiths Food Bank] is here to help people."

Salvador comes to the pantry to pick up fresh food for himself and fellow veterans who can't make it there. He says it's a real gift to know healthy food is available to veterans whenever the need arises.

Thank YOU, our donor, for helping make this resource possible. You're ensuring veterans like Salvador have enough nutritious food on the table this holiday season and every day of the year.

"It puts a smile on my face and happiness in my heart."

- SALVADOR

PHOTO GUIDELINES

- Signed media release
- Horizontal
- Close up
- Clear & acceptable background
- Shots with or without masks on
- Happy People with Food 😊

WHERE DO I SEND MY STORIES?

Email your stories and pictures to Elodie, our communications manager:

Emccartney@allfaithsfoodbank.org

**Questionnaires, media releases and other resources can be found on the agency portal [here](#).

Soup with Broth or Stock

INGREDIENTS:

- 1 lb of diced protein
 - beef (shoulder, round, or brisket)
 - chicken/turkey (leg or thigh; boneless, skinless)
 - pork (shoulder/butt)
 - beans or lentils (cooked, or drained and rinsed from a can)
- 2 cups of chopped vegetables
 - onions
 - greens (spinach, kale, collards, chard, etc.)
 - celery
 - zucchini
 - tomatoes
 - carrots
 - mushrooms
 - broccoli
- 4 cups of liquid
 - water
 - low-sodium stock broth
- 1½ cups of cooked whole grains
 - brown rice
 - whole wheat pasta
 - barley
 - quinoa



STEPS:

1. Heat 1 tbsp oil in a soup pot over medium-high heat. Sauté meat until lightly browned, about 5 minutes.
2. Add vegetables. Reduce heat to medium and sauté for 5 minutes. *If using canned or thawed frozen vegetables, skip this step and add vegetables during step 4.*
3. Add liquid and bring to boil. Reduce heat and simmer for 25-30 minutes or until meat is cooked through. Stir occasionally to keep ingredients from sticking to the bottom of the pot.
4. Add cooked grains during the last 5-7 minutes of cooking time, to warm through.

If using beans or lentils as your protein: skip step 1. Follow the remaining steps and add beans to the liquid in step 3. Shorten the total cooking time to 15 minutes.

Spotlight Ingredient: Broth vs Stock

- **Stock** is made by simmering a combination of animal bones/meat, vegetables, and aromatics in water for a long time.
- **Stock** is always left unseasoned and is thicker in consistency.
- **Broth** is made by simmering meat (not on bones), vegetables, and aromatics in water for a short time
- **Broth** is usually seasoned and thinner in consistency.
- Grocery items available on the shopping list:
 - Meal; Assorted Stock/Broth
 - Pur; Rice, Brown Rice
 - Pur; Rice, White Rice
 - USDA; Lentils



STORAGE TIPS

- Store unopened box in a cool, dry place.
- Once opened, store in an airtight container in the refrigerator for up to 4 days
- You can freeze unused stock or broth by pouring into ice cube trays. Once frozen, you can put stock or broth cubes in a large Ziploc bag and store in the freezer for up to one year.

LINK2FEED BEST PRACTICES: Collecting Data

Interpreting Florida Driver's Licenses

PLEASE NOTE: Per USDA compliance, agencies participating in TEFAP are not authorized to request ID and can only be utilized if a client presents it without being prompted.

NAMES, NAMES, AND MORE NAMES

- **Challenge:** Sometimes it can be difficult to distinguish between a neighbor's first and last names.
- **Solution:** When in doubt refer to these guidelines!
 - 1. Family Name (Surname)
 - 2. Given Name (First + Middle Names)
 - 3. Date of Birth (Format: MM/DD/YYYY)
- **Note:** In Link2Feed, the surname is always entered before the first name.



CONFIRMING VETERAN STATUS

- Did you know that some veterans have their veteran status in the lower left corner?
- Please note that some veterans do not have this designation on their license.

Who can be listed as a proxy?

- Proxies are designated to pick up food for clients, but do not live with them.
- Proxies are often a client's friends or neighbors, someone picking up for their senior parents, or a retiree picking up for their working children.
- Proxies should be listed in the "Notes" section, **NOT** as a member of the household.
- If in doubt, double check under Household Members on the Personal tab on Link2Feed.

Breaking down language barriers

Our mission is to end hunger in our community, and the people we serve across Sarasota and Desoto are global!

Did you know that on the Google Translate mobile app, there is a text-to-speech feature that allows you to speak directly into the phone and automatically interprets it?

Give it a try and help your organization reach more people.



Contact Us

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