

# Partner Services Newsletter

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NOVEMBER 1, 2010

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## Rural Development Initiative - La Salle

On October 12, 2010, the San Antonio Food Bank (SAFB) made a presentation to the La Salle County Commissioners Court in regard to the Menu of Programs and Services provided. These were specifically customized for the needs of that community with the assessment and input from the County Judge and County Commissioners. The menu of programs provided a detailed description and of each particular service from the various types of food deliveries to the numerous types of coordinated services such as nutrition, senior services (Project Hope), client services and after school programs (Kids Cafe). The La Salle County Judge and Commissioners Court approved \$37,000.00 for which the County would be receiving food, commodities and services valued at \$384,060.00.

The SAFB covers 16 Counties in Southwest Texas and two Council of Governments which are – Atascosa, Bandera, Bexar, Comal, Frio, Guadalupe, Karnes, Kendall, Kerr, Medina and Wilson County in the Alamo Area Council of Governments (AACOG) and Edwards, La Salle, Real, Uvalde and Zavala County in the Middle Rio Grande Development Council (MRGDC). Our focus and mission is to address the hunger issues and food insecurity in our communities. We are excited and look forward to establishing strong partnerships with all of the counties we serve as we work together to ensure that every family and individual has access to nutritional foods through our numerous programs that not only solve the immediate problems of hunger, but help individuals and families gain long-term food security.

We want to congratulate the La Salle County Officials for their leadership, vision, initiative, but most importantly for their care and concern for the health and well-being of their community.

La Salle County Judge  
 Joel Rodriguez, Jr.

County Commissioner Precinct 1:  
 Chris Hinojosa, III

County Commissioner Precinct 2&6  
 Maria T. Adams

County Commissioner Precinct 3:  
 Rene Benavidez

County Commissioner Precinct 4&5  
 Raul Ayala

Thank you Judge and Commissioners for your partnership!

# Nutrition Corner

## Nutrient Dense vs. Calorie Dense Foods

By Njideka Anadu and Josie De Hoyos-UT Health Science Center SA Interns

The American Dietetic Association defines nutrient dense foods as a food or beverage having “substantial amounts of vitamins and minerals, with relatively few calories”. Calorie dense foods are the exact opposite in that they provide a lot of calories with little to no vitamins and minerals, often earning them the name “empty calories”. Fruits, vegetables, lean meats, and low-fat milk are all examples of nutrient dense foods, while candies, chips and soda are examples of calorie dense foods with the calories from these foods coming mainly from sugar and/or fat.

A prime example of nutrient density vs. calorie density is to compare plain, cooked pinto beans to refried beans. Pinto beans, simply cooked by boiling with a little salt, are packed with powerful nutrients such as fiber, protein and iron and are very low in fat and cholesterol, which makes them a nutrient dense food. However, when these very same pinto beans are used to make traditional refried beans, which contain lard or bacon drippings, a once nutrient dense food is now a calorie dense food because of the high amount of fat, cholesterol and sodium the lard or bacon drippings added.

Choosing nutrient dense foods over calorie dense foods is a smart choice for anyone wanting to improve their eating habits; nutrient dense foods are not only more healthful, but they will keep you feeling full longer while eliminating extra calories. So next time, instead of reaching for a small bowl of ice cream to satisfy your sweet craving, take a small bowl of sliced strawberries and top with three tablespoons of your favorite ice cream and one tablespoon of chopped unsalted nuts. You'll not only satisfy your craving while eating fewer calories, but you'll also be getting a high dose of vitamin C.



### Traditional Sweet Potato Casserole



#### Ingredients

2 1/2 pounds sweet potatoes, peeled and cut into 1-inch cubes  
3/4 cup packed brown sugar  
1/4 cup butter, softened  
1 1/2 teaspoons salt  
1/2 teaspoon vanilla extract  
1/2 cup finely chopped pecans, divided  
Cooking spray

#### Preparation: Preheat oven to 375°.

Place the sweet potatoes in a large pot, and cover with cold water. Bring to a boil. Reduce heat, and simmer for 15 minutes or until very tender. Drain; cool slightly.

Place potatoes in a large bowl. Add sugar and next 3 ingredients (through vanilla). Mash sweet potato mixture with a potato masher. Fold in 1/4 cup pecans. Scrape potato mixture into an even layer in an 11 x 7-inch baking dish coated with cooking spray. Sprinkle with remaining 1/4 cup pecans; top with marshmallows. Bake at 375° for 25 minutes or until golden.

#### Nutritional Information

Calorie: 186 (27% from fat)    Fat: 5.5g (sat 2g,mono 2.3g,poly 0.9g)    Protein: 1.6g    Carbohydrate: 33.1g  
Fiber: 2.5g    Cholesterol: 8mg    Iron: 0.7mg    Sodium: 272mg    Calcium: 23mg

# Senior Focus

We are proud to announce the addition of three new H.O.P.E. sites during the month of October. One of these new sites is located in Cotulla, Texas. We are venturing out into our rural counties with H.O.P.E. In District 5 we added One Stop Senior Center at 2701 South Presa; DePaul Family Center, 7606 Somerset Rd. In Cotulla, LaSalle Elderly Nutrition Center at 119 Front St. will host the program. Please start referring your senior clients to these organizations so they may receive a box of groceries monthly.

As we continue to grow, we are in search of new locations to team up with to assist us in the fight against hunger. If your organization is willing to help us help the senior population age 60 and older who are living at 185% or lower on the income guideline, please contact Jane Denkwalter, Senior Programs Manager, at 210-431-8336, (cell) 210-865-2359, or by email at [jdenkwalter@safoodbank.org](mailto:jdenkwalter@safoodbank.org).

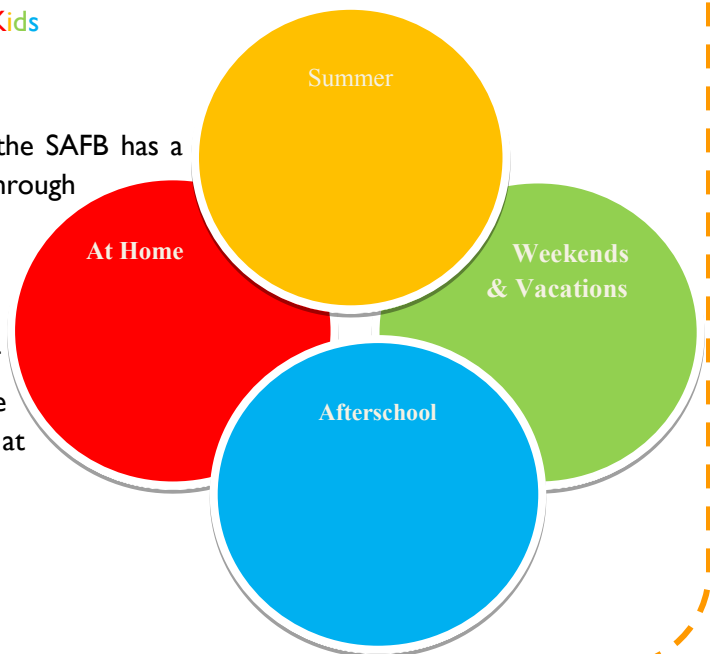
# SAFB Kids

With the help of our Partner Agencies, the San Antonio Food Bank (SAFB) is committed to ending childhood hunger through a series of programs operated during the course of the year. For a child, hunger does not take a summer vacation, a winter break or a weekend off. We have within our grasp the ability to assure that no child goes hungry. Because of this essential need, we have shifted our focus around child hunger to address the need in four key time periods:

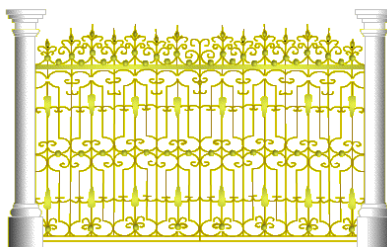
- Afterschool:** includes Kids Cafe, CACFP and Snack
- Weekends and Vacations:** includes Backpack Program
- Summer:** includes SFSP
- At Home:** includes School Pantry **SAFB Kids**

Because the number of hungry children continues to grow, the SAFB has a goal to increase access to meals for children by 20% through integration and expansion of programmatic services.

Each month we will highlight one of our Children’s Programs and how we can all help in the fight against child hunger. If you have specific questions now on how you can help, please contact Michele C. Valadez, Children’s Programs Manager at 210-431-8331 or [mvaladez@safoodbank.org](mailto:mvaladez@safoodbank.org).



# Client Services



## SAFB: YOUR GATEWAY TO CLIENT BENEFITS

DO YOU FIND YOURSELF WONDERING ABOUT ANY OF THE FOLLOWING???

Why aren't the people we are assisting who are in such need, on SNAP (formerly Food Stamps) and other federal benefits such as health care?

ANSWER:

Too often clients are not aware of positive changes in the SNAP system. Such as yearly increases in allowable income. and now clients can apply over the phone, through the SAFB.

WHAT CAN YOU DO TO HELP GET CLIENTS GET THE HELP CLIENTS GET THE BENEFITS THEY NEED?

The SAFB seeks your assistance in referring clients to SAFB by utilizing this referring form. Give us as much information as you like but all we require is a name and a contact number.

WHY NOT JUST GIVE THE CLIENT A FLYER AND TELL THEM TO CALL THE SAFB?

Because of the barriers listed only a VERY, VERY small percentage of clients you give a flier to will pick up the phone and call. Surprisingly, the number of clients calling the SAFB for benefit assistance referred by agencies such as yourself, is very low. These are the very people we all know are in most need. Giving our friendly staff the opportunity to make the call will make the difference. Because the SAFB Help Center hours of operation are Monday thru Friday 8 a.m. to 8 p.m. and Saturdays 9 a.m. to 3 p.m. we are able to make contact on 98% of all referrals.

Our friendly staff is waiting for you your fax.

Got questions, we love to hear from you.

Yvonne Vaughan 210-431-8327 or 1-800-246-9121 [yvaughan@safbank.org](mailto:yvaughan@safbank.org)

# What's Next



We are kicking off the busy month of November with the 8th Annual Food 4 SA campaign, the SAFB's citywide campaign to collect 1 million pounds of food and help provide a happy holiday season to thousands of families in need in Southwest Texas. We are asking all of San Antonio to organize a food and fund drive or make direct donations to the SAFB to help us reach our goal. Partners include Security Service, H-E-B, Tesoro, News4WOAI, the Express News and Magic 105.3. You can drop off donations of non-perishable food items at Security Service Federal Credit Union service centers in San Antonio, Schertz, Boerne and Pleasanton anytime during November. SSFCU tellers will also be taking monetary donations for the Food Bank. Participating schools also get a chance to be awarded a \$250 award from Security Service Federal Credit Union!

## OTHER EVENTS:

### SA We've Got You Covered

Saturday, November 13, 2010 • 8 a.m. - 5 p.m. • 5555 DeZavala Road (Wal-Mart Parking Lot) Bring your donations to the Wal-Mart Supercenter parking lot. Donations will go to San Antonio charities like SAMMinistries, The Battered Women's Shelter, Any Baby Can, and the San Antonio Food Bank. Visit [www.wevegotyoudcovered.org](http://www.wevegotyoudcovered.org) for more details.

### KXTN Feed the Community Donation Drive

November 17-19, 2010 • Conn's (2514 SW Military Dr.) The charismatic Jonny Ramirez of Tejano 107.5 FM Radio will host his annual food drive where he will stay day and night until he raises 107,000 pounds of food. You can help to reduce the amount of nights he stays in the parking lot by bringing in your food or monetary donation.

### Security Service Federal Credit Union Annual Holiday Turkey Round-up

Saturday November 20, 2010 • 7 a.m. - 7 p.m. • 2 Service Center Locations (281 North Service Center -1604/281 and I-10 and DeZavala) Security Service FCU is teaming up with the San Antonio Food Bank to give the community an opportunity to donate frozen turkeys and help provide a Happy Thanksgiving to families in need. SSFCU volunteers will be out at two locations ready to take donations.

Contact Monica Borrego, Food and Fund Drive Coordinator, at [mborrego@safoodbank.org](mailto:mborrego@safoodbank.org) for more information on any of the events above!

On Thanksgiving morning, come out and support the San Antonio Food Bank's efforts to place turkeys on the tables of families in need this holiday season! The 2<sup>nd</sup> Annual Great Turkey Challenge presented by H-E-B will be held again this year on Thanksgiving morning, November 25, 2010. Registration begins at 7:30 a.m. with the race starting at 8:30 a.m. start line is at the H-E-B Arsenal on 646 S. Main Ave. The registration fee is \$20 and every additional \$10 pledged will provide a turkey for a family in need. You can register yourself or a team online at [www.thegreatturkeychallenge.org](http://www.thegreatturkeychallenge.org)!

Contact Erica Benavides, Director of Community Investments, at [ebenavides@safoodbank.org](mailto:ebenavides@safoodbank.org) for more information on The Great Turkey Challenge.



# Shopping Blog

The Distribution Team would like to start by thanking each one of you for your hard work, and your continued efforts to fight hunger. It has been a wonderful experience working with all of you! Personally I would like to mention how much we appreciate our partners complying with the store policies. We will continue to try to make your shopping experience at the Food Bank a pleasant one.

The Shopping Blog is an article you will see each month to keep you updated on new information or changes happening in Distribution. Things to look out for:

- Additional special store distributions (keep checking your e-mail for notifications).
- The Mobile Pantry is in full effect and ready to be scheduled, the month of November is completely booked but you can start to schedule for the months of December and January by calling or e-mailing Joshua Maratea.

Thank you for your benevolent contributions to our community.

Please call any member of Distribution for assistance, or feel free to contact me at [oidrogo@safoodbank.org](mailto:oidrogo@safoodbank.org) or 210-431-8424.

Please visit us at:

[www.safoodbank.org](http://www.safoodbank.org)  
[www.flickr.com/photos/safoodbank](http://www.flickr.com/photos/safoodbank)

[www.facebook.com/safoodbank](http://www.facebook.com/safoodbank)  
[www.youtube.com/thesafoodbank](http://www.youtube.com/thesafoodbank)

[twitter.com/safoodbank](https://twitter.com/safoodbank)  
[safoodbank.wordpress.com](http://safoodbank.wordpress.com)

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