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Agency Relations Newsletter

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AGENCY APPRECIATION BANQUET
ERIKA BORREGO -
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Invitations are in the mail! We look forward to honoring you and your volunteers at the second annual Gold Apple Awards Banquet. This is truly a time for us to celebrate the success of our partnerships and service to the community. We at the San Antonio Food Bank, continue to be inspired by all our partner agencies and all you do for the community and for each of your clients. We look forward to a new year, one filled with new accomplishments and superior service. We have big plans for our partners and new goals that will certainly improve our service to the hungry in our community. Thanks again for all you do and will continue to do!



APPLESEED EDUCATION
GENEVIEVE NORIEGA -
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ARE YOU READY TO GROW?

With a steady rise in the number of individuals needing assistance, our number one priority is to provide a enhanced training system to approach hunger by serving these families and individuals as thoroughly and courteously as possible. Our commitment to these objectives has yielded the development of the Appleseed Educational Series. This series is meant not only to train new partners or instruct current partners, but to inspire you to "...make average great..."

Throughout the year Agency Relations will begin to offer Appleseed Educational workshops meant to provide our partner organizations with the tools and resources to facilitate their growth. During this climate of insecurity, we all must raise the bar and strive to provide more...more food to more people more often. We look forward to your participation in this educational series and welcome any feedback or ideas.



ERNER – HEART HEALTHY
– LNEIRA@SAFOODBANK.ORG

Heart is at the center, so nurturing our hearts, even in the smallest ways, is vital to our health. Though family history and genetic factors are linked to heart disease, they are not a death sentence. Addressing your lifestyle holds the greatest promise for lifelong heart health.

Our diets need to be rich in good fats, the unsaturated oils that come from plants. Tran fats should be avoided at all costs and we need a small amount of saturated fats found in dairy products, meat and some vegetables.

The following table can be a great resource to help lower the amount of fat and calories while cooking.



Instead of	Use
Whole milk	1% milk
Heavy Cream	Non-fat half and half or 2/3 c skim milk plus 1/3 veg. oil blended
Cream Cheese	Light cream cheese, low fat cottage cheese (puree) or greek yogurt
Cheese	Reduced-fat versions
Whipped cream	Evaporated skim milk , chilled until almost frozen and then whipped
1/2 c oil (for baking)	1/2 c applesauce or 1/4 c applesauce plus 1/4 c buttermilk
1/2 c shortening	1/3 c oil or lighter bake (available in baking aisle)
Mayonnaise	Fat free version (add lemon juice for flavor or plain nonfat yogurt)
Bacon	Turkey bacon
1 whole egg	2 egg whites
1 cup chocolate chips	2/3 chocolate chips
Nuts	Reduce amount by 1/3 or 1/2
Cnd. condensed crm. soups	99% fat-free versions

MOBILE PANTRY

JOSH MARATEA – JMARATEA@SAFOODBANK.ORG

The Mobile Pantry is in full swing. With the cold weather almost past us, the Mobile Pantry is an excellent program to get involved in for Spring. It is the ultimate setting for a food distribution. The Mobile Pantry comes to your location of choice, rolls out her canopies and starts distributing food to clients (with the help of volunteers). These quaint, intimate events are fun to put on, take no more than a couple hours to run, and are all done outside in the beautiful Texas weather. Doing this in conjunction with the regularly scheduled distribution will ensure families get refrigerated and frozen product they might not get otherwise. The Mobile Pantry can assist up to 200 families with each receiving approximately 40-80 pounds of nutritious food.



To get involved, ask questions about the program, or schedule an event call the Mobile Pantry Coordinator 210-431-8345, pick your location, coordinate your volunteers and give it a go.

WHAT'S NEXT

ERICA BENAVIDES – EBENAVIDES@SAFOODBANK.ORG

Event	Date	Time	Location
Switchfoot	2/18/10	6pm - San Antonio Food Bank arrival 6:30-7pm - Doors Open	Tri Point 3233 North St. Mary's San Antonio, TX 78212
Promoter Contact		Venue Contact	
Greg Carnes (210) 858-5904 (off.) greg@gregcarnesprod.com		210-733-6201(off.)	



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ACY AND YOU ...
OBLEDO@SAFOODBANK.ORG

Did you know that the school lunch program was created because the U.S. lacked healthy men to fight in WWII?

Reauthorization of Child Nutrition Programs

The USDA is reporting 49 million Americans are living on the brink of Hunger...many are children. Raise your voice for a more comprehensive Child Nutrition Reauthorization (CNR) policy that we can all be proud of...healthier meals, ultimately means healthier minds for our future.

Congress is taking up CNR soon and will be looking at the possibility of including enough funding to make critically important changes to our nation's child nutrition programs. The opportunities are...improving access, meal quality and nutrition for millions of children, particularly low-income children in child care (the Child and Adult Care Food Program -CACFP); in school (breakfast and lunch programs); during out-of-school time (after school, on weekends and during the summer) and at home (the WIC Program). Thousands of diverse national, state and local organizations are committed to a reauthorization bill that has bold vision to eliminate child hunger. The Texas Food Bank Network has announced that Child Nutrition is a health, education, national security and moral issue.

- One in five Texas children is currently obese, and the state demographer predicts an explosion of diet related disease as these children become adults
- Numerous studies point to the role of proper nutrition in boosting academic achievement

In 2010 this reauthorization offers a tremendous opportunity to create a future for school food in which fresh, healthy meals are more common place for all children...giving them access to the type of comprehensive nutrition education that creates healthy habits for a more prosperous and productive future.

You can certainly do your part in advocating for the Child Nutrition Reauthorization Programs. Be an Advocate, call your U.S. Congress Member and your U.S. Senators. Tell them you are a constituent and provide your name and address...ask them to support the passage of a strong child nutrition reauthorization bill in 2010 so that we can end child hunger by 2015! For contact information pertaining to your federal elected officials and who they are, log onto www.congress.org. For more information on the San Antonio Food Bank log onto www.safoodbank.org.

TECHNOLOGY THE GREAT - MOBILE GIVING & MORE MARTIN MEDINA - M MEDINA@SAFOODBANK.ORG

On the morning of January 13th, the light awakened me from my iPhone that sat on my nightstand. I usually ignore any late night/early morning text messages, but I thought I'd see what this one was about. It was a CNN alert about a 7.0 earthquake had devastated the country of Haiti.

Since that day we have all been shocked and saddened by the massive destruction and loss of life; which now stands at over 150,000.

This tragedy has brought about an incredible opportunity for us to use technology to make a difference. Through Mobile Giving, Americans used their cell phones to send text messages pledging more than \$30 million for Haitian relief efforts, according to figures released Thursday by the Mobile Giving Foundation.

A big part of this was Twitter, Facebook and numerous bloggers who highly publicized the text-based donation efforts. Experts are calling this the largest ever outpouring of charitable support via texting!

This really makes me think; are we really tapping into all technology and social media have to offer? How can we further our cause and find more efficient ways to use these tools and others to advance in our efforts to fight hunger and feed hope?

Drop me a line at mmmedina@safoodbank.org if you have any questions or comments.

TAXES

It is that time again, TAX TIME!!! Here are few sites to assist your clients in filing their taxes at not cost.

In Bexar County:

Call 211 or visit www.vitasa.org, clients whose income is \$55,000 or less will qualify to use VITA.

All 16 Counties:

Can file electronically themselves at www.taxact.com at no cost.





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Fighting Hunger...Feeding Hope



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