

Common \$ense Cooking

Last year, the Food Bank called upon women throughout Rhode Island to stand up and join the fight against hunger. From this, a new movement was born - *Women Ending Hunger*.

Today, over 100 women leaders participate within the group, representing the business community, government, health, education and non-profit sectors. *Women Ending Hunger* is dedicated to improving the health and well-being of the women and children served by the Food Bank.

Recently, an energetic team of members, led by Tracey Cugno of Rhode Island PBS, created an innovative educational initiative-Common \$ense Cooking.

In partnership, Rhode Island PBS and the Food Bank produced Common \$ense Cooking - a series of twelve, 2-4 minute television segments to air several times each day. Each segment will provide a tip for preparing low-cost, highly nutritious meals for families. Each segment will be targeted toward women - the primary shoppers, cooks, care givers and breadwinners in many households.

Common \$ense Cooking is hosted by Nancy Verde Barr, the former Executive Chef to Julia Child for 18 years and the culinary producer for PBS's *Baking with Julia* and ABC's *Good Morning America*. Dr. Mary Flynn, an assistant



Watch for Common \$ense Cooking on Rhode Island PBS

professor of medicine at Brown University and chief research dietician at Miriam Hospital created the inexpensive, nutritious recipes for the series. Both women serve on the Board of Directors of the Rhode Island Community Food Bank.

Special thanks to Women Ending Hunger committee members, Board Members Dotty Licht and Donna Lee, Shaw's, Lowe's, Paul Lally, Johnson & Wales, Frank DeClemente's Appliance, Complements Art Gallery, Gilmore

Furniture, Kidz in the Kitchen, Tracey Cugno and all of our friends at Rhode Island PBS.

The Food Bank & Rhode Island PBS websites will link to Common \$ense Cooking where viewers can go for more information on:

- **Nutritious, Low-Cost Recipes**
- **Nutrition Information**
- **Shopping Tips**
- **Government Nutrition & Food Assistance Programs**

For Your Family

Vegetable Lo Mein - Serves 4 - by Dr. Mary Flynn

Ingredients :

2 C Sliced Carrots (Small Pieces)	8 Oz. Spaghetti (Dry Weight)
2 C Sliced Broccoli (Small Pieces)	1/2 C Soy Sauce
6 T Olive Oil	4 t Corn Starch
Optional: Crushed Garlic with Salt & Pepper to Taste	

For 1,000 of our Hungry Neighbors

Vegetable Lo Mein

Ingredients :

31 Gal. Sliced Carrots (Small Pieces)	123 Lbs. Spaghetti (Dry Weight)
31 Gal. Sliced Broccoli (Small Pieces)	7 Gal. Soy Sauce
6 Gal. Olive Oil	5 Q Corn Starch
Optional: Crushed Garlic with Salt & Pepper to Taste	

Method of Preparation

- Heat a large pot of water for the spaghetti and cook as directed.
- Heat olive oil in pan on medium heat.
- Stir in the carrots and broccoli, season with salt & pepper if desired.
- Cook 3-5 minutes or until desired texture. Cooking longer softens and sweetens the vegetables.
- In a separate bowl, combine 1/2 cup soy sauce and 2 tablespoons cold water. Add corn starch and stir until there are no lumps.
- Add sauce to cooked vegetables and heat until thickened, about 3 minutes.
- Serve sauce and vegetables over cooked spaghetti and enjoy.

This is a very versatile dish. Feel free to experiment with various vegetables or add beef, fish, chicken or pork.

Special Thanks to Our "Hunger Heroes"



Students of the Eldredge Elementary School in East Greenwich present Ray Mayette, a long-time Food Bank volunteer, with a donation from their "Secret Snowflake" fundraiser.



Now in its 17th year, Stop & Shop's Food for Friends program raises valuable funds to help fight hunger.



Once again, the Annual Big Hits B101 Radio-Thon to benefit the Food Bank was a success and raised enough funds to help provide over 30,000 meals.



Bank of America



During November, Citadel Broadcasting ran a Public Service Announcement campaign, in conjunction with Bank of America, to help raise funds for the Food Bank during the holiday season.



Throughout the holiday season performances of *A Christmas Carol*, Trinity Rep ended each evening by offering their patrons the opportunity to make a donation to the Food Bank. Through this effort, valuable funds were raised to help those in need.



Employees at Blue Cross & Blue Shield of Rhode Island recently made a donation to the Food Bank through their Coins for a Cause employee contribution program.



Roberto Tornatore, second from right, has been walking through the doors of the Food Bank at 5:30 on Thursday evenings for as long as memory serves us. Roberto not only volunteers his time to help the hungry, his company's volunteer program, the Wal-Mart Foundation, also matches his hours with their dollars.

Special thanks to our 2007 "Taste of the Flower Show" Restaurant Participants

- Atomic Catering
- Guy Abelson Events
- Castle Hill Inn & Resort
- The Grille on Main
- New Rivers-American Bistro
- Pot au Feu/Federal Reserve
- The Pastry Gourmet
- Three Steeple Street
- Twist on Angell
- Union Station Brewery
- Spring Valley Spring Water



Special thanks to Cambria Estate Vineyards & Winery, Charles Fradin, Inc. and their customers for donating a portion of each bottle sold during the holidays to the Food Bank.

Chad A. Verdi Family Trust

Since 2004, the Chad A. Verdi Family Trust has donated and helped procure over 1 million pounds of food for the Food Bank. In 2006, the Verdi family opened Searle's Olde Tyme Ice Cream Company located at 253 Main Street in East Greenwich. All profits from the store are donated to the Food Bank and used to purchase food.



Thanks to Ocean State Job Lot for their donated truckload of most needed items.



The Citizens Bank Foundation awarded the Food Bank a grant to help support Community Kitchen and Farm-Fresh Produce Acquisition initiatives.



Through the generosity of their customers, the Whole Foods Market Register Donation Program raised valuable funds to help the Food Bank feed our neighbors in need.



With the help of spokesperson Troy Brown and the generosity of their customers, the 7th Annual Shaw's Spirit of Giving collected more than double the food of the previous year.