



COMMUNITY FOOD NEWS

A newsletter for Rhode Island Community Food Bank Member Agencies.

Fall 2017

Agency Advisory Committee

Chairperson

Jim Carroll

SVDP St. Phillip

Board of Directors Liaisons

David Macchioni

Bob McDonough

Agency Advisory Members

Natalia Bonella & Dorothy Lucas /

Holy Family

Diana Burdett & George Gaffett / PICA

David Carpenter / SVDP Emergency

Food Center

Joshua-Michael Corrente /

Westbay CAP

David Olguin / Jonnycake Center of

Peace Dale

Sharron Johnson / Federal Hill House

Sarah Teixeira / Jonnycake Center of

Westerly

Katherine Redlich / Bridges, Inc. GHFC

Joyce Rongo / Tap-In

Ellen Shalvey / Backpack Program

Woonsocket

Stephani Weber / Coventry Friends of

Human Services

Food Bank Closed:

October 9

November 13, 23 & 24

December 25

Save the Date

Annual Meeting & Dinner

Wednesday, October 25th
from 4:30 PM - 6:00 PM

The agenda for the meeting will include: the election of the Board of Directors by you, our member agencies, and a report from the Food Bank Board and Staff.

We encourage you to send a representative from your agency.

Invitations and the Board of Directors slate will be sent to agencies via email.

Please RSVP to Liz at 230-1706 by October 18th.

Fall Changes to Assistance Programs

Autumn brings shorter days, chilly weather, and changes to assistance programs! Be on the lookout for these updates. The Food Bank will also have updated outreach flyers to distribute at your agency.

HealthSourceRI: Open Enrollment for Health Insurance

HealthSourceRI is the state's health insurance exchange. Every year, HSRI has an open enrollment period where Rhode Islanders can sign up/purchase health care on the exchange. Typically, open enrollment goes from the beginning of November to the end of January. However this year, **open enrollment will last only from November 1, 2017 to December 15, 2017**. For more information, please visit: www.healthsourceri.com or call 2-1-1 to get connected to a Navigator.

Supplemental Assistance Nutrition Program (SNAP)

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families, and program eligibility is determined by income. **These eligibility guidelines will update on October 1, 2017**. For more information, including where to find help filling out a SNAP application, contact URI SNAP Outreach: www.eatbettertoday.com, 1-866-306-0270.

Rhode Island Heating Assistance Program (RIHEAP)

RIHEAP (also known as LIHEAP: Low Income Heating Assistance Program) assists low-income households with fuel bills during the winter. Eligibility for RIHEAP is determined by income. **Income guidelines are released in October**. To apply for RIHEAP, contact your local CAP agency. For a full list of CAP agencies in Rhode Island, www.ricommunityaction.org/member-agencies or call 2-1-1.

If you have any questions or would like materials related to these programs, please contact Kristina Fox, Community Resource Coordinator: (401) 230-1701, kfox@rifoodbank.org.

Telling Your Agency Story



Highlighting our member agencies is an important role of the Communications Team at the Food Bank. They're here to help tell others how you're addressing hunger in your community. One way to do that is through the stories of the guests and volunteers that join you every day. If you'd like to talk more about how the Communications Team can share these stories, contact our Director of Communications, Hugh Minor, @ hminor@rifoodbank.org or 401-230-1674.

Enjoying the Bounty Fall Offers

From apple picking to decorating pumpkins and Thanksgiving tables, there is a lot to love about this time of year. As the leaves begin to change and the air becomes crisp, welcome the new season with new budget friendly recipes. Many fall foods and produce are very nutritious and inexpensive. The cooler weather makes soups and stews taste that much better!

PUMPKINS are not just for carving! There are many ways to add pumpkin to your diet. It is a great source of vitamin A and taste great in oatmeal, breads, muffins, yogurt, smoothies, chili, and soups. Use a fresh pumpkin or 100% canned pumpkin.

Toasting Pumpkin Seeds:

Toasted pumpkin seeds are a delicious and healthful snack. One ounce of pumpkin seeds provides 5 grams of protein, 5 grams of fiber and 5 grams of fat (1 gram saturated, 4 grams unsaturated). To toast your pumpkin seeds, first rinse to remove pulp and strings. Spread seeds on a baking sheet coated with non-stick cooking spray or drizzle a small amount of olive oil over seeds. Bake at 325°F for about 30 minutes or until lightly toasted. Stir around seeds occasionally during the toasting process. Take a look at your spice rack and try a seasoning on your toasted seeds, such as garlic powder for savory taste or cinnamon for a sweet finish.

PEARS, yes they are available all year, however, they are at their best during the fall season! Apples tend to take center stage during the fall produce season, but there are many local pears to be picked or bought in New England. Pears have about 20% of your total fiber recommendation for the day, as well as minerals and phytochemicals that promote good health. They are very versatile and are great pureed into soups or a smoothie, baked into muffins, pies or with cheese and crackers.

Try this super easy and super scrumptious Pear and Pumpkin Granola! It's a great breakfast or snack as the weather gets cooler that's packed with nutrients to keep you going all day.

Pumpkin & Pear Granola

Yields approx. 18- ¼ cup servings

Ingredients:

3 cups rolled oats	2 pears	1 cup roasted pumpkin seeds (recipe above)
1 tsp cinnamon	3/4 tsp pumpkin pie spice	1/4 cup honey
1-2 tbsps. 100% maple syrup	½ cup unsweetened applesauce	1 tbsp. olive oil
1 tsp vanilla extract	¾ cup favorite dried fruit (cranberries, raisins, apricots...)	

Directions:

1. Preheat oven to 325°F. Lightly spray/grease a baking sheet and set it aside.
2. In a large bowl, combine the oats, cinnamon, pumpkin pie spice, pumpkin seeds and stir.
3. Wash the pears and cut into small bite size pieces. Remove the core and seeds. Add the chopped pears to the oat mixture.
4. In a separate bowl, combine the honey, oil, vanilla and applesauce and whisk until incorporated. Add this mixture to the oat mixture and mix until all the ingredients are combined.
5. Pour the oat mixture into the baking sheet and bake for 45 minutes to 1 hour or until the granola is crispy and golden brown. Stir the mixture while it bakes a few times to avoid sticking and allow for even baking. When the mixture is done, let it cool, then add the dried fruit and any other desired granola topping you enjoy. Serve with milk or yogurt.

Fall Regional Forums

Keep your eye out for an email invitation to your region's fall forum where we will feature the Cultural Competency Training: "Listening Beyond Words". Food Bank staff will be presenting the Samaritans of RI's program on non-judgmental listening, suicide warning signs and how this information can help you serve some of the most vulnerable populations who may be hopeless, alone or suicidal even better. The workshop will help you know what to say and do, and provide resources to make quality referrals to those in need.

Agency Orientations

Orientations are required for any new staff or volunteers who will be ordering, shopping, or picking up food from the Food Bank. Orientations are also a good reference for anyone who would like to brush up on their Food Bank knowledge.

October: Wednesday, October 4th from 10:00am – 12:00pm

Tuesday, October 24th from 12:00pm – 2:00pm

November: Thursday, November 16th from 12:00pm – 2:00pm

December: Thursday, December 14th from 10:00am – 12:00 pm

Call Liz O'Dea at 230-1706 to register!

Mission Statement: To improve the quality of life for all Rhode Islanders by advancing solutions to the problem of hunger

Vision Statement: We envision a state where no one goes hungry.