



# COMMUNITY FOOD NEWS

A newsletter for Rhode Island Community Food Bank Member Agencies.

Summer 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

**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:

**July 3 & 4**

**Aug 14 & Sept 4**

## Cultural Competency Series

Our Cultural Competency Series continues this spring season with a **Lunch & Learn** workshop entitled, "Mental Health First Aid" on **Wednesday, June 14 from 12-1pm**.

This mini-course will build mental health literacy to help identify, understand and respond to signs of mental illness, and to provide tools to help someone who is developing a mental health problem or experiencing a mental health crisis. Kim LaFountain, LMHC (Licensed Mental Health Counselor) from Bradley Hospital, who will facilitate this workshop, brings a wealth of expertise from her over 15 years in the field of behavioral mental health. Call Liz @ 230-1706 to register!

## Meet the Community Resource Volunteer Team



"Nobody's just hungry". As part of the Food Bank network, you've heard that phrase many times. You see this truth at your agency too: families coming in needing help that's more than food. People need help meeting basic needs such as keeping utilities on, clothing, education and employment, quality affordable health care, and housing, just to name a few.

The Rhode Island Community Food Bank Community Resource team can connect your guests with resources that help. These volunteers have each received extensive training in safety net resources and how to make quality referrals: they know what's out there, and they know how to point people in the right direction. This past year, the Community Resource team made over 100 outreach visits to agencies across the state, and helped connect nearly 800 Rhode Islanders with critical basic needs resources. Don't miss out on this incredible resource for your agency!

### Interested in having your pantry team learn effective ways to help guests?

Sign up for the Basic Needs Train-the-Trainer program! This flexible training program will give your team the tools needed to make quality referrals. Learn how you and your team can provide the resource information your guests need to become more self-sufficient! Interested in learning more or signing up?

Contact Kristina Fox, Community Resource Coordinator to discuss having our volunteer team come out to you and/or how your own staff and volunteers can get trained up on basic needs resources to share with your guests!

Kristina's Email: [kfox@rifoodbank.org](mailto:kfox@rifoodbank.org)

Direct Phone: (401) 230-1701

## One Kid Can

Summer is quickly approaching and school will be out soon, leaving lots of time for young minds to play, create and make a difference in their communities. Did you know that the Food Bank has a toolkit for kids and young adults? The toolkit, called One Kid Can: Helping the Hungry, is filled with ideas grouped according to age, with projects perfect for preschool, elementary, middle school, high school and college students. It contains easy to use tools like posters, pledge sheets, fact sheets and lots of great tips on how to have a successful food or fund drive. Check out our webpage here to learn more and to make a copy of the toolkit at: <http://rifoodbank.org/get-involved/one-kid-can>

Encourage the kids in your life to help their hungry neighbors either on behalf of the Food Bank or your agency directly!

## Barbeques, Picnics and Beach Outings

Summer is a time for barbeques, picnics, and visits to the beach with friends and family and usually includes indulging in sweet foods. You can still enjoy some sweet treats without the extra sugar and fat that typically comes along with sweet foods. Summer fruits are packed with nutrients and make healthy, light and tasty desserts and snacks! Stone fruits, such as peaches and plums are absolutely scrumptious and taste wonderful when grilled. The sugars in the fruit become caramelized and are perfect paired with a scoop of your favorite yogurt and drizzle of honey - a dessert you don't have to feel guilty indulging in.

Peaches are a great summer fruit that are packed with Vitamin C and A, and are a good source of fiber. Vitamin C keeps your skin healthy and promotes a strong immune system. Vitamin A keeps your eyes healthy, while fiber will keep you full. Peaches also contain Beta-Carotene, a phytonutrient or antioxidants, that also benefits a healthy immune system and helps fight certain cancers. Enjoy your next summer party or picnic with this easy recipe!

### Grilled Summer Peaches

Approximate cost of the recipe: \$6.30 or \$1.05 per serving (Serves 6)

#### Ingredients:

<i>3 ripe peaches</i>	<i>1 tsp vanilla</i>	<i>2 cups plain Greek yogurt</i>	
<i>½ cup chopped walnuts</i>	<i>½ tsp cinnamon</i>	<i>¼ cup honey</i>	<i>Olive oil</i>

#### Preparation:

1. Wash and cut the peaches in half and remove the pit. Drizzle the peaches with olive oil and place cut side down on the grill.
2. Cook the peaches 4- 5 minutes, then flip and grill an additional 4-5 minutes.
3. While the peaches grill, mix the vanilla and the yogurt together. Using plain yogurt will reduce the sugar in this recipe, and add flavor with the vanilla!
4. Remove the peaches to a plate and drizzle with the honey, cinnamon, yogurt, and chopped nuts. Enjoy!



## 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.

**July:** Wednesday, July 19th from 11am – 1pm

**August:** Thursday, September 14th from 12pm – 2pm

**September:** Thursday, September 14th from 12pm – 2pm OR Wednesday, September 27th from 11am – 1pm

**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.