

# The Food Source

Serving Member Anti-Hunger Programs and Agencies Throughout  
Westchester County

January/ February 2007

[www.foodpatch.org](http://www.foodpatch.org)

Volume 14, Issue 7 & 8

## AGENCY OF THE MONTH: The Community Service Associates

Since 1988 The Community Service Associates, a non-profit organization has been providing meals through its various feeding programs to the residents of Mount Vernon. It is a multi-service family agency with an array of programs, which include A Heavenly Start Soup Kitchen, Our Daily Bread Soup Kitchen, Project Family Soup Kitchen, and Through God's Hands Food Pantry.

A Heavenly Start Soup Kitchen is a hot breakfast program serving approximately 50 meals each day, Tuesday through Friday. Our Daily Bread Soup Kitchen provides a bagged lunch to each participant of breakfast. In the evening, Project Family Soup Kitchen supplies a hot meal to anyone in need.

Through God's Hands Food Pantry, supplies food to HIV/AIDS victims and their families. This program is a bi-weekly service that is operated through H.O.P.W.A. (Housing Opportunity for Persons With AIDS). Deliveries are also made to individuals that are homebound. Eileen Johnson, the Administration Assistant of H.O.P.W.A has been playing a key role in meal planning for Through God's Hands Food Pantry.



Among the volunteers and chef at the Heavenly Start Breakfast program are Melinda Cromartie, Ileana Gonzalez, & Brenda Barnes.

The Community Service Associates estimates that it provides 72, 000 meals a year. Fresh produce is also delivered to the clients through The Food Bank for Westchester on a monthly basis.

The Community Service Associates also looks after the physical and social needs of their hungry clients by referring them to the Mount Vernon Crisis Intervention Center. This program provides job training, counseling, information, referrals, clothing, an after school program and a women's support group. Through the support group, many women have been educated about the importance of good health, nutrition and taking care of themselves physically and mentally.

In addition, The Community Service Associates has been instrumental in locating jobs for nearly 200 people and has

trained interested youths in the food service industry.

Community Service Associates is headed by Roberta Apuzzo, the Executive Director and Jared Apuzzo, the Volunteer Coordinator. Roberta has been working with this organization for over a decade. Upon arrival, she knew immediately that "this was where she wanted to be." She loves the warm atmosphere created between the chefs, volunteers and clients.

A vital necessity to the organization are the dedicated chefs and volunteers. The Volunteers are the reason why Community Service Associates is able to accomplish all that it does. They have a deep level of dedication and loyalty to the cause of alleviating hunger. Volunteers come from all over Westchester as well as the Bronx and include churches, schools, colleges, and clubs.



### Inside this Issue :

Message from the Executive Director	2
Agency News	2
F.Y.I	2
Operations	3
Dates to Remember	3
Food Deliveries	3
S.T.E.P.S	4

# Message from the Executive Director

Dear Food Bank members:

*I apologize that we did not get the January issue of this newsletter out to you. Apologizing and not getting something done is not a great way to start a new year, but I assure you that this will not happen again.*

I am very concerned about Global Warming as I am sure you are. At the Food Bank we are struggling to find solutions to reduce garbage and energy use and reduce costs. I came across an article in the December 28, 2006 Journal News that listed 10 things that an individual or business can do to help the planet.

- **Use compact fluorescent bulbs-** they last 4 times longer than conventional bulbs and use only 25 % of the energy and save 300 pounds of carbon dioxide and \$60 a year.
- **Save the water bottle-** buy a reusable water bottle, many great models are on the market
- **Pull the plug on electronics & chargers-** mobile phones, iPods, digital cameras and other electronics even if turned off, use energy if charger is still going.
- **Take shorter showers-**water for bathing accounts for 2/3rds of all water- heating costs.
- **Buy a hybrid car-**use less gas and create less pollution

- **Create idle-free zones-** schools, shopping malls synagogues, churches, any place that accommodates a large number of vehicles is just the place to place signs and enforce "NO IDLEING" to help cut emissions and improve air quality.
  - **Buy local food products-** buying locally grown produce reduces fuel use and emissions and may reduce packaging - creating less garbage
  - **Take cloth bags to the market-** using your own bags rather than the plastic store bags reduces waste and requires no additional energy. Try taking your own garment bag and hanger to the cleaners.
  - **Put on a sweater-** rather than turning up the heat- that is what sweaters are for!
- Use recycled paper-** in your home and business, saving countless trees and 5 lbs. of carbon dioxide per ream of paper.

For more "GO GREEN" tips go to [www.StopGlobalWarming.org](http://www.StopGlobalWarming.org).

You will be hearing more from us as we look for ways to improve our efficiency while doing our part in helping our planet. If you have ideas please share them with your Agency Advisory Council representative or us.

Christina

## Agency News

- **Harvest Time-**Vera Mc Corvey, founder of the Family Resource Center in Peekskill is recovering nicely after a near tragic health scare last month. Best wishes!
- Our deepest condolences to Ethel Eurie of **Bethel Baptist Food Pantry** who recently lost her mother.
- Regina Thomas of **Bronx Westchester** had a sudden death in the family. Our deepest condolences.
- Welcome back to Claire Wares from the **Salvation Army White Plains** who has recovered from a car accident.

**Attention Member Agencies:** Nutritionist, Toby Pidgeon would love to come out, meet you, and assist with any nutrition, food safety and sanitation needs. Call him to set up a time at: 923-1100, or e-mail him at: [nrmfp@advinc.com](mailto:nrmfp@advinc.com)



## F.Y.I.

### REMINDER!!!!!!

If you have not yet turned in your back-up information from the first half of the **Operation Support Grant**, please call Kedesha ASAP at (914) 923-100 to schedule an appointment. It is very important that we receive all the paperwork showing that you have spent the grant.



Maria Aguirre-The Food Bank for Westchester STEPS and Food Stamps Coordinator gave birth to a baby girl on Monday, January 29, 2007. Congratulations Maria and family!!!!!!



## Operations

### GREEN THUMB PRODUCE FOR FEBRUARY

February 5– 9 Turnips, Green Peppers, Potatoes, Scallions, Grapefruit, Oranges

February 12 – 16 Carrots, Celery, Spinach, Yellow Onions, Bananas, Apples

February 20 – 23 Broccoli, Eggplant, Tomatoes, Lettuce, Plantains, Lemons

February 26 – March 2 Garlic, Potatoes, Turnips, Brussels Sprout, Pineapple, Tangerines

Menu subject to change based on availability.

If you don't remember the date of your Green Thumb delivery, please call Kedesha Henry.

### NOW AVAILABLE AT THE FOOD BANK FOR WESTCHESTER

Please look for the following new items on the available food list for the month of February:

Quaker Oats Rice Snacks – 20/6.7 oz bags per case

Quaker Oats – 2/4.5 lb bags per case

Frozen Hash Brown Potatoes — 6/3lb bags per case

Gain Detergent – 4/100 oz bottles per case



### Dates to Remember

Monday, February 12 — January monthly reports due!!!

Tuesday, February 13 — New Agency and Staff ORIENTATION @10am The Food Bank for Westchester office

Monday, February 19– PRESIDENT'S DAY – The Food Bank will be closed

Tuesday, February 28 – INVENTORY – Warehouse closed – No deliveries or pickups

### The Food Bank for Westchester Food Deliveries

As a reminder to all The Food Bank for Westchester agencies, the following policy is in affect during the winter months. ALL sidewalks and driveways MUST be free of snow and ice. If the driver is unable to walk or stand safely on the sidewalk, it is virtually impossible to remove the pallets from the truck safely. If the driver feels that it is unsafe, the warehouse supervisor will be notified, and the order will be returned to the warehouse. Our goal is to make all food deliveries safely and on time, however, we cannot do this if it means exposing our staff to unsafe conditions. If you are expecting a food delivery and your agency is closed or unable to accept delivery, please call The Food Bank for Westchester by 8:00 am.



In the event The Food Bank is closed, the deliveries for that day will be rescheduled for the following week or the agency can arrange to pick up the order.

## ***S.T.E.P.S. (Service, Training, Education and Participating Support)***

STEPS runs during the school year starting in late September and usually ending in late November. On Monday, November 27<sup>th</sup>, Tuesday November 28<sup>th</sup> and Wednesday November 29<sup>th</sup> 3 STEPS graduations were observed in Yonkers, New Rochelle and Port Chester respectively. The STEPS series in Yonkers was conducted in English specifically for Generations clients.

Twenty-nine women completed all STEPS requirements and received a certificate of completion out of the 32 originally registered. Twenty-six women went on to further develop their skills as steps toward self-fulfillment and self-sufficiency. Ten women enrolled in BOCES; 3 - for Home Health Aide training, 2- Dental Assistant training, 1- Culinary training, 1- Computer training and 5 for English as a Second Language classes. One woman is registered at Westchester Community College for Business Administration, 7 have enrolled in community ESL classes, and 5 in GED completion and 1 found a job with Head Start in Port Chester.

We are very proud of the graduates and applaud them for their heroic efforts to move ahead. We hope that those that fell a little bit short will come back and try again!

All STEPS classes are held once a week from 9:00am to about 2:00pm, for ten weeks, childcare for pre school age children is provided on the premises.

Each class starts with a lecture on Nutrition, followed by hands on /practical experience as the women chop, measure, mix and blend, preparing a nutritious lunch for themselves and the children. The nutrition portion of the class is led by nutrition professional, Lisa Notaro-Pane from "Just Say Yes to Fruits and Vegetables", who led the English STEPS and Elsa Oswald from Cornell Cooperative Extension conducted the 2 Spanish-

speaking STEPS. Elsa, by the way has been working with STEPS almost since inception in 1990.

Life Skills instruction commences while lunch is cooking. Life Skills is intended to provide the women with important information about current and immediate issues such as HIV prevention, child health and development / Effective Parenting, Domestic Violence, Women's Health, and community resources that can assist striving for self sufficiency such as Job STAR, BOCES, Immigration Services, WCC, PACE Women's Justice Center, Health Plans and Financial Health, just to name a few.

After lunch and clean- up the STEPS participants spend an hour in self-esteem enhancement. They cover topics like: self-defeating behavior, goal setting, and taking care of yourself. This segment is led by a mental health professional and is designed to encourage the women, to examine themselves, and their situation and through an exchange of ideas in a safe environment find solutions to the barriers to self-fulfillment.

The tenth class of STEPS is a graduation. The women plan and execute the whole event and are encouraged to invite their families. Each woman receives a certificate of completion from STEPS and from the Cornell Cooperative Extension course EFNEP. As each woman receives her certificates she is encouraged to speak about her STEPS experience. Almost without fail each one states that she came into the series thinking "there is nothing you can teach me about cooking and food" but leaves stating " I really learned about healthy cooking, thrifty meal planning and above all how to stretch my food dollar". Among the Life Skills presentations and Self Esteem enhancement some of the comments were: " with the information presented to me I

was able to start new and positive habits", " It was eye opening to learn about all the resources available – it may not always be easy to make arrangements or get to the right place... but there are agencies and people out there to help me", "I learned to look at life's big picture so that I could better manage my every day life", " Planning a daily schedule should be a routine if I want me and the kids to accomplish anything", "Sharing my experiences with other women makes me feel that I am not alone with my problems", "Taking care of myself first is very important , if I am to be of any use to my family", "I learned to listen to my family without arguing", "Being positive, helped me to see my life differently".

STEPS may not be a big splashy program, but as you can see from the comments STEPS makes a big impact on the lives of the participants and their children.

A new steps series will start in January and again in March. If you have clients that may benefit from STEPS or if your agency is interested in having a STEPS series at your agency please contact Ferne Bordash at 914-923-1100.

PS: Our current STEPS Coordinator Maria Aguirre was supposed to leave for maternity leave from February 2 until the end of April. We just found out on January 29<sup>th</sup>, that Maria delivered a healthy baby girl. Marybel. We wish Maria a safe, healthy recovery and Maria's husband and son and whole family a joyous and happy time getting acquainted with Marybel.

Substituting for Maria will be Carmen Moran.....Welcome aboard Carmen!



358 Saw Mill River Road  
Millwood, New York 10546

Phone: 914.923.1100  
Fax: 914.923.1198  
www.foodpatch.org