



August  
2013

Food Bank  
of  
East Alabama



Bank  
Notes

Dear Agencies,

This is an important message regarding SNAP (food stamp) outreach initiatives that are happening in our service area. We believe strongly that SNAP benefits help to provide a secure, regular food source to help people live with dignity even when circumstances are difficult.

The Bay Area Food Bank in Mobile has received funding from AARP and has contracted with the Alabama Department of Human Resources to send SNAP outreach coordinators across the state of Alabama. Their mission is to increase enrollment in the SNAP Program by providing information and answering questions, assisting with completing applications, and also helping to recertify people who are already enrolled in the program. They are willing to come do SNAP outreach at any agency site and are also willing to train agency staff or volunteers in how to help their clients with SNAP enrollment.

The local contact is Deb Wakefield and her VISTA Volunteer is Katie Cordell. They are specifically targeting seniors but will sign up anyone who is interested. Several of our agencies have already been contacted by these individuals.

Their goal is to visit as many sites as possible to reach clients in need and sign individuals up for benefits. This includes any and all nonprofits that work with the less fortunate, churches, senior centers, etc.

These SNAP outreach coordinators are from the Bay Area Food Bank. Our Food Bank has not provided these individuals with a list of our agencies or any of your contact information. However, some of our agencies have already received contact from these folks. If you are contacted, you are welcome to tell them **YES** or **NO** as you wish. They will respect the wishes of any agency declining to participate.

Some agencies in other communities have reported issues with the SNAP Outreach coordinators; if this happens, please contact us and report the incident. We have contacts with Bay Area Food Bank and will be in touch with them to help protect you from any unwanted activities.



Should you have any questions, please contact us.

*Giving is true having!*

### Meat, meat and more meat!

As many of you know, we are picking up product at the Krogers, Walmart Supercenters and Winn Dixies 3-5 times a week. This is bringing in a large quantity of fine meats for us to distribute. Our staff and volunteers are sorting and boxing this meat into Asst. Meat cases weighing 30 pounds. The boxes may contain hams, ground beef, chicken, lunchmeat, any meat that you might find in the meat counter at your local grocery store. It has been frozen to preserve the quality. For \$5.40 you can provide your clients with a variety of meat products. If you pre-pack boxes, perhaps you could make this meat a "pick one" that your clients could add to the pre-packed boxes. You would be giving them a choice, which would increase their self esteem, and you would be providing them with a high protein item that will be beneficial to them.

### An Important Reminder!

Only authorized shoppers are permitted to shop in the warehouse. Who are authorized shoppers? These are agency representatives that have attended the Agency Orientation Class and have been given a Shopper ID card. If other people come with you to the Food Bank but are not authorized shoppers, they will need to wait in the lobby or in your vehicle during the Food Bank visit. Only two shoppers from each agency are allowed into the Market Place shopping area.

## Agency Corner

### AGENCY ORIENTATION SESSIONS FOR THE REST OF THE YEAR

- \* August 20, 2013      \* September 17, 2013
- \* October 15, 2013    \* November 19, 2013  
(tentative)



At your monitor visit, have the following forms available for review, from the past 3 years.

Eligibility Criteria Forms (Food Pantries)  
Food Bank Invoices  
Menus (On site Feeding Programs)  
USDA Inventory Forms  
Temperature Records

### Upcoming Monitor Visits

- \* ACHR Headstart
- \* Alabama Sheriff's Girls Ranch
- \* Calvary Baptist Church
- \* Children & Family Connection
- \* Evangel Temple of Deliverance
- \* His Eyes, Inc.
- \* Lakewood Baptist Church
- \* Mt. Pisgah Baptist Church
- \* Narrow Way Christian Fellowship
- \* St. Mary's Catholic Church
- \* Vision of Hope Child Care Center
- \* West Auburn Baptist Church

### Food Safety Workshop

Thursday, October 3, 2013 from 9:30-11:30 a.m.  
Conference Room at the Food Bank

We are delighted to once again offer the opportunity to attend a Food Safety Workshop presented by Janet Johnson, Food Safety Consultant with the Alabama Cooperative Extension System. This informative workshop will offer practical, hands-on approaches to handling food in a safe manner.

There is no charge for the workshop, but space is limited and reservations are required. Please contact Barbara Beck at (334) 821-9006 or [bbeck@foodbankofeastalabama.com](mailto:bbeck@foodbankofeastalabama.com) to reserve your seat. There is a limit of 2 representatives per agency. Agencies that attend will receive a \$25.00 credit on their account.

## Food Spoilers: Bacteria and Viruses

### Listeriosis

Listeriosis infection is unlike other bacteria, because it *grows in cool moist environments*. The illness is uncommon in healthy people, but high-risk populations are especially vulnerable--elderly, pregnant women, infants, and persons with a compromised immune system.

Foods commonly linked with Listeria are:

- \* Raw meat
- \* Unpasteurized dairy products
- \* Ready-to-eat food, such as deli meat, hot dogs, and soft chesses

Most common symptoms:

- \* Older adults and persons with a compromised immune system are at higher risk for *Listeria* bacteremia and meningitis.
- \* Pregnant women--miscarriage and pre-term labor
- \* Newborns--sepsis, pneumonia, meningitis, and death

In addition, hospitalization is much more common with Listeria than other foodborne infections and is the third leading cause of death among major pathogens transmitted by food.

### Preventive Measures

- \* Keep cold food cold! Keep refrigerator temperatures between 35-41°F or freezer temperatures at 0° F or below.
- \* Temperature danger zone-- Food borne pathogens grow well in temperatures ranging between 41°F and 135°F.
- \* Throw out any refrigerated product that has passed its use-by or expiration date. For additional information check the Food Bank's booklet *JUST HOW LONG IS THAT FOOD GOOD?*
- \* Cook raw meat to minimum internal temperatures of:

165 °F	Poultry, stuffing, stuffed meat, seafood, poultry, or pasta, and leftovers
160°F	Eggs, egg dishes, egg sauce, custards, ground meat-- beef, pork, veal, and lamb, flavor injected roasts, ground seafood.
145°F	Seafood--including fish, shellfish, and crustaceans, steaks/chops/roasts of pork, beef, veal and lamb
140°F	Cooked commercially, vacuum sealed, and ready-to-eat roast beef, vegetables, grains (rice, pasta), and legumes (beans, refried beans.)

For additional information please refer to the following websites:

*Alabama Cooperative Extension Systems* [acesalabama.gov](http://acesalabama.gov)

*CDC Centers for Disease Control and Prevention Mortality and Morbidity*

[FoodQualitynews.com](http://FoodQualitynews.com)

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Appreciation is the highest form of prayer, for it acknowledges the presence of good wherever you shine the light of your thankful thoughts.

Alan Cohen



# AUGUST 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1)	2)	3)
4)	5)	6)	7)	8)	9)	10)
11)	12)	13)	14)	15)	16)	17)
18)	19)	20) 9am Agency Orientation	21)	22)	23)	24)
25)	26)	27)	28)	29)	30) Closed for Inventory	31)



## Agencies Stretch Their Money at the Food Bank June 2013

Number of Agencies Shopping í í í í **108**  
 Pounds Distributed í í í í í í í **387,149**  
 Retail Value per FA (\$1.69 per lb) í **\$.654,282**  
 Food Bank SMFCost í í í í í í **\$.35,511**  
 Savings to FBEA Agencies í í í **\$.618,771**



### New Food Items

- Huggies Pull Ups 3T-4T      2 x 50 each
- Eggo Waffles                      4 x 10 ct
- Flour, Self Rising                8 x 5 lb
- Cashews                              12 x 24 oz
- USDA Spaghetti                 12/2 lbs
- Fiber One Protein Bars        12 bars

## Civil Rights Assurance

In accordance with Federal law and U.S. Department of Agriculture policy, no person shall, on the basis of race, color, national origin, sex, age, or disability, be excluded from participation in or be denied, or otherwise subject to discrimination under this program.