

Bank  
Notes

Food Bank  
of  
East Alabama

January  
2013

Dear Friends,

Our combined efforts this past year have touched thousands of lives with needed food assistance. Distributing food to more than **18,000 of our neighbors each month** is a HUGE task.

How does all of this happen? First of all, it is the hard work of all of you in selecting food for your agency and in getting the food to people in need. We have an amazing network of agencies and you agency representatives are truly our V.I.P.ø Very Important People!

Then thereø our volunteers: 13,354 hours and counting this year. Without them, what would we possibly do? Weøve said it before and it remains trueø volunteers make it happen! Under Tonyø careful supervision, these folks sort, box, and prepare food for distribution.

Next, itø the generosity of everyone making donations of money. These financial gifts are literally the grease than enables the wheels to turn. It takes a staff of truck drivers, warehouse workers, order entry folks, inventory managers, food solicitors, and volunteer coordinatorsø and yes, managementø to pull off assisting thousands of people every year. Every single donor and every single dollar makes a difference. Just like the poor widow in the Bible who was able to put only 2 small coins into the collection basket of the Temple, her gift went a long way and was precious in Godø sight.

That brings me to my final point: every human being is precious in Godø sight. Each of us is worth being treated by others with respect and care, sometimes with tough love but always with love. Everyone who participates in the great outpouring of help for the needy that truly IS our Food Bank, also participates in Godø love, seeing as He sees.

May God bless each and every one of you and your family in the New Year.



Nearly 26 million Americans suffer from diabetes, and 7 million are unaware that they are afflicted. Of that total, the more preventable type 2 diabetes accounts for 90 to 95 percent of all cases. Take steps to prevent diabetes from progressing: Peel of the pounds, focus on fiber, exercise, eat three square meals, and get heart healthy. Be well.

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### Understanding Limits on Inventory

A limit is assigned to some items on the food bank Food List. The limit is intended to allow an agency to order 1 item per family. If you feel you need an exception to the limit so each of your families may receive a product, please indicate the number of families being served by the order you are placing and the number you need to serve each family. If quantity allows, an exception can sometimes be made.

For Example: Feed the People Food Pantry serves 36 families. USDA Whole Chickens have a limit of 1. Feed the People Food Pantry can order 3 cases of Chicken.

1. Do NOT order an item that has a limit more than once
2. The number of families you are serving is the number you are serving with this order, not the number of families you may serve in a month.
3. If there is more than one meat item, you may not be able to receive more than one meat item per family. This will depend on the amount of meat we have and the number of agencies we anticipate serving.



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## Upcoming Monitor Visits Agency Orientation January 15, 2013 at 9am

- ◆ Aslan House
- ◆ Auburn United Methodist Church
- ◆ CCM Soup Kitchen
- ◆ Chambers County FAAPA
- ◆ Christian Care Ministries
- ◆ East Alabama Mental Health
- ◆ Lakeview Baptist Church
- ◆ Lazarus Society
- ◆ Loachapoka Family Educators
- ◆ Loachapoka Kids Cupboard
- ◆ Mt. Zion AME Church
- ◆ New Birth Outreach
- ◆ Notasulga H. S.
- ◆ Summerville Baptist Church

Barbara will be  
contacting you to  
schedule an appointment

The Food Bank will be closed Tuesday  
January 1, 2013 for New Year's

The Food Bank will be closed Monday,  
January 21, 2013 for  
Martin Luther King, Jr. Day

# Cooking, Activity and Nutrition



## Healthy Eating

Did you make a New Year's resolution to make healthier eating choices? Eating healthy is more than avoiding "junk food." The way you prepare a food can be the difference between an "everyday" food and a "sometimes" food.



When cooking food, it is important to:

1. **Retain nutrients:** Cooking food destroys some of the vitamins. Boiling foods causes the most nutrient loss. Unless you are making soup, avoid boiling. Try cooking vegetables for shorter periods by steaming them in a pot or microwave, or eat them raw!
2. **Decrease fat:** Use fats, such as butter or shortening, sparingly, and try substitutions.
  - Use applesauce when baking instead of shortening.
  - Top your baked potato with salsa instead of butter.
  - Add herbs and spices while the foods are cooking for extra flavor.
  - Use nonfat dressings.

## Cooking Methods

Try these methods of cooking food instead of less healthy methods, such as frying or boiling:

**Bake:** Bake more than cookies! Lean meats and vegetables can all be baked in an oven, covered, with a small amount of added liquid.

**Grill or Broil:** Grilling (outside) or broiling in an oven, allows you to put food on a rack. By heating the food on a rack, the fat drips away.

**Steam:** Place vegetables in a metal colander inside a saucepan with a bit of boiling water. Cover with a lid and cook for 1-2 minutes. The steam from the water cooks the vegetables. You can also use a microwave to steam vegetables.

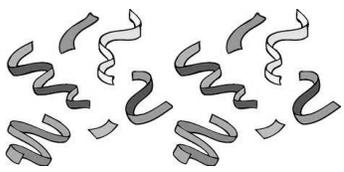
**Sauté:** Cook small pieces of meat and vegetables with broth or water for a short time in a skillet.



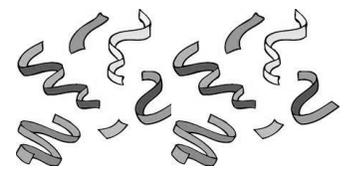
January 2013

If you want to eliminate hunger, everybody has to be involved.

Bono



# JANUARY 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1) Closed for New Year's Day	2)	3)	4)	5)
6)	7)	8)	9)	10)	11)	12)
13)	14)	15) 9 am Orientation	16)	17)	18)	19)
20)	21) Closed Martin Luther King, Jr. Day	22)	23)	24)	25)	26)
27)	28)	29)	30)	31) Closed for inventory		



***Agencies Stretch  
Their Money  
at the Food Bank for  
November 2012***

Number of Agencies Shopping.....99  
 Pounds Distributed.....368,634  
 Retail Value per FA (\$1.66 per lb)...\$611,932  
 Food Bank SMF Cost.....\$39,023  
 Savings to FBEA Agencies.....\$572,908

***New Food Items***

Carmel Pecan Crunch Cereal	12 x 15.5 o
Roasted Nut & Honey O's Cereal	16 x 13 oz
Sheet Cake, Red Velvet	4pc/cs
USDA Blueberries Frozen	12/2.5-lbs
USDA Chicken Leg Quarters	8 x 5 lb
USDA Chicken Leg Quarters	4 x 10 lb
USDA Crisp Rice Cereal	16 x 12 oz
USDA Grape Juice	8 x 64 oz
USDA Mixed Vegetables	24 x 15 oz
USDA Red Kidney Beans	24 x 15.5 oz

## **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.