

July
2013

Food Bank of

Bank
Notes

THE FOOD BANK DAILY SCHEDULE

We've covered this before but there continue to be times that agency shoppers come to shop when distribution is closed. So let's review this again!

The Food Bank opens at 6:30 a.m. but we do not open for **shopping** until 8 a.m. So what goes on between 6:30 and 8 a.m.? As soon as we hit the door, the busyness begins. Pest control and temperature logs are filled out (yes, we have to do those too!) The bread display is checked and replenished as needed. Early morning orders for deliveries are completed, loaded onto the trucks, and head out. Emails are checked and orders that were emailed or faxed overnight are entered into the computer and pulled. Orders that were preplaced earlier by agency shoppers are prepared for pick-up. The shopping list is updated and copies are made for the day's shoppers. Whew! And this is all before shoppers come in the door!

So shopping hours begin at 8 a.m. and go through 11 a.m. Now why do we stop letting shoppers into the distribution area at 11 a.m.? So that our hard-working distribution staff has time to complete the shopping by 12 noon and can take a well-deserved lunch break! The warehouse completely closes down between 12 noon and 1 p.m.

We re-open for afternoon shopping at 1 p.m. Agency shoppers can come in to shop up until 3 p.m. Why do we stop letting shoppers into the warehouse at 3 p.m.? We find that it takes at least 30 minutes for shoppers to finish their ordering and get their vehicles loaded. The final 30 minutes of the day are spent (you guessed it!) completing the pest control and temperature logs, getting the warehouse straightened up and ready for the next day's shopping, getting the inmates back to the Justice Center, running final reports for the day, entering new product into the inventory, and sending out emails and faxes to agencies that have requested them.

SO, TO REVIEW THE SHOPPING HOURS:

- * **8 a.m. – 11 a.m.**
- * **1 p.m. – 3 p.m.**
- * **No agency shopping on Fridays**



"Like" the Food Bank of East Alabama Facebook page and keep up with the latest Food Bank happenings.



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 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 THAT'S IN WHEN SCHOOL IS OUT

The Summer Food Service Program (SFSP) was established to ensure that low-income children continue to receive nutritious meals when school is not in session. Free meals, that meet Federal nutrition guidelines, are provided to all children 18 years old and younger at approved SFSP sites in areas with significant concentrations of low-income children.

To locate a summer feeding program in your area, visit the following web site <http://www.alsde.edu/home/Sections/SectionLinks.aspx?SectionID=53> and click on "2013 Summer Feeding Sites" and then search by county.

Upcoming Monitor Visits

- * 10th Street Church of Christ
- * Buddy Bags (Roanoke First UMC)
- * Community Life Church
- * Greater Peace Child Development Center
- * Lee-Russell Council of Governments
- * Liberty Hills Missionary Baptist Church
- * Love & Fellowship Ministries

- * New Life Center for Change
- * Pine Grove Church
- * Roanoke First United Methodist Church
- * St. Joseph Child Development Center
- * Tri-County Children's Advocacy
- * Trinity United Methodist Church
- * True Deliverance Holiness Church

Food safety measures that can prevent illness...

Diet and exercise are synonymous with a healthy lifestyle. When coupled with routine exercise, a healthy diet is even more effective at sustaining long-term health. But just because the foods you eat might be healthy, that doesn't always mean they're safe. Food that is contaminated can lead to illness and possibly even death. For instance, even a small bite of food that's contaminated with the botulism toxin can cost a person his life or lead to paralysis. While a mistake with regards to food safety can prove costly, there are ways to prevent those mistakes. The following are some food safety measures men, women and children can take to ensure their food is safe for consumption, courtesy of the United States Department of Health & Human Services.

- * ***Always wash your hands before preparing or eating food.*** Germs on your hands can contaminate food. If you're preparing a meal, always wash your hands before the preparation begins and wash them again in between handling multiple foods. For example, if you are handling raw meat, clean your hands before you touch other foods you will be preparing, such as potatoes or vegetables. Wash your hands with soap and running water for at least 20 seconds.
- * ***Do not thaw food on the counter.*** Thawing food on the counter can be quite dangerous, as harmful germs multiply very rapidly at room temperature. Instead of thawing food on the counter, place food in the refrigerator, defrost it in the microwave or submerge food in a pot of cold water.
- * ***Do not let food cool before placing it in the refrigerator.*** Perishable foods that are not immediately refrigerated invite illness-causing bacteria, which can grow in as little as two hours or as little as one hour if the temperature is above 90 F. Instead of leaving perishable items on the counter, refrigerate them within two hours if not immediately.
- * ***Do not taste food to check if it is spoiled.*** The bacteria that causes food poisoning has no taste, so tasting food to determine if it has spoiled won't do you any good, but it can cause serious illness if the bacteria is present. If you aren't sure about certain food, simply throw it away. To learn safe storage times for the refrigerator and freezer, visit www.foodsafety.gov/keep/charts/storagetimes.html.
- * ***Wash any plates or cutting boards that held raw meat.*** Raw meat as well as poultry and seafood have germs that can spread, especially if you use the same plates or cutting boards for raw meat as you do cooked meat. Thoroughly scrub any dishes that held raw meat before using them for anything else.
- * ***Do not wash meat or poultry.*** Some recipes, especially those for Thanksgiving turkey, advise home chefs to wash meat or poultry before cooking. However, doing so can spread bacteria to the sink, countertops and other kitchen surfaces. Despite what a recipe suggests, never wash meat, poultry or eggs.
- * ***Do not eat foods with uncooked eggs.*** Eggs should always be cooked thoroughly, as they may contain harmful bacteria, including salmonella. Foods that contain uncooked eggs, such as raw cookie dough, while a tasty treat for many people, are potentially very dangerous, exposing you to harmful bacteria that could result in serious illness.
- * ***Marinate foods in the refrigerator.*** Marinating foods is very popular, especially during the barbecuing season. However, marinating foods at room temperature, when harmful germs in meat and bacteria can multiply rapidly, should be avoided at all costs. When marinating meat, poultry or seafood, always do so in the refrigerator.
- * ***Do not use leftover marinade on cooked foods.*** When marinating, there is typically a significant amount of marinade left over. However tempting it may be to add a little extra flavor by reusing that marinade once the food has been cooked, doing so is very dangerous, as the germs from the raw meat, poultry or seafood can spread to the cooked food. If you simply must make use of the leftover marinade, only do so after boiling it.

More information about food safety is available at www.foodsafety.gov.



July 2013



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



Agencies Stretch Their Money at the Food Bank May 2013

Number of Agencies Shopping í í í ..**108**
 Pounds Distributed í í í í í í í ...**438,455**
 Retail Value per FA (\$1.66 per lb) í ..**\$727,835**
 Food Bank SMF Cost í í í í í í í ...**\$35,489**
 Savings to FBEA Agencies í í í í ..**\$692,345**



New Food Items

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|---------------------------------|--------------|
| Latte, Caramel | 6 x 8 pk |
| Mocha Coffee | 6 x 8 pk |
| Tea with Splenda, Refrigerated | 6 x 1 gal |
| USDA Beef Stew, Canned | 24 x 24 oz |
| Blue Cheese Yogurt Dressing | 6 x 14 oz |
| USDA Applesauce | 24 x 15 oz |
| USDA Mixed Fruit | 24 x 15 oz |
| USDA Spaghetti Sauce | 24/15 oz |
| Blackeyed Peas, Frozen | 24 x 1 lb |
| Carrots in Butter Sauce, Frozen | 24 x 1 lb |
| Okra, Frozen Cut | 12 x 2 lb |
| USDA Potatoes, Instant | 12 x 16 oz |
| USDA Pinto Beans, Canned | 24 x 15.5 oz |
| USDA Blackeye Peas | 24/15 oz |

Civil Rights Assurance Statement

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.