

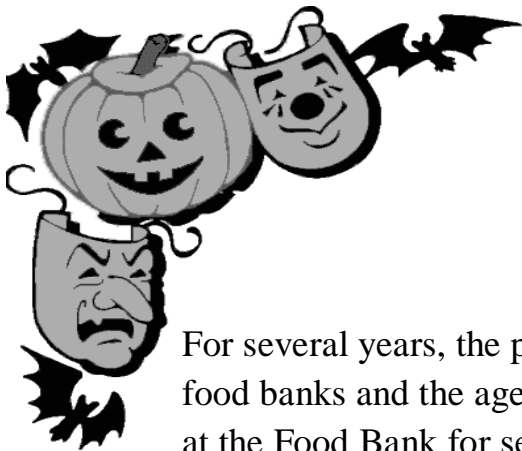


October
2013

Food Bank Of
East Alabama



Bank
Notes



USDA PRODUCTS

For several years, the people at USDA have been bending over backwards to help food banks and the agencies that distribute food. Those of you who have shopped at the Food Bank for several years have no doubt noticed that USDA product is becoming a bigger and bigger part of our inventory (USDA product was nearly 20% of our total distribution last month.) USDA products typically include fresh fruit, frozen and canned meat, pasta, a variety of canned fruits and vegetables, and juice. Very fine, top quality product!

In order to take advantage of this product, an agency director/pastor must complete the USDA contract for the Food Bank files. In this contract, the agency agrees to several conditions. These include:

- * Maintaining accurate records about how the food is used or distributed
- * Agreeing to a non-discrimination policy in determining who receives the food
- * Storing the food in a safe manner to maintain the wholesomeness of the food
- * Conducting a monthly inventory of the USDA product at the agency site
- * Agreeing to permit Food Bank and USDA representatives to monitor the agency as needed to check storage, facilities, and distribution records

Feel free to call the Food Bank if you have any questions or want a refresher course on Food Bank and USDA rules. And keep in mind that these monitoring visits are just a way to be sure that you are keeping records properly and that everything is on track with our guidelines.



Food Fight

Largest Food Drive of the Year
Kicks Off This Month

October 14-November 25



Regardless of whether we prefer the colors orange & blue or crimson & white, all of us at the Food Bank are enthusiastically supporting Auburn in the annual "Beat 'Bama Food Drive." This is our largest food drive of the year, and we have high hopes that it will help to increase the available inventory for our agencies during the holiday season and beyond.

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
- Non-discrimination Poster and Discrimination Complaint Procedure



Upcoming Monitor Visits

- * Bread Basket Club
- * Cross Road Community Church
- * Dadeville Brown Bag Program
- * Eufaula Church of God In Christ
- * God's Congregation Holiness
- * Grace AME Zion Church
- * House of Love and Mercy
- * Ladonia Baptist Church
- * Pilgrim Baptist Church
- * Randolph County FAAPA
- * Wedowee Lighthouse

The last 2 agency orientations of 2013 will be:

October 15 & Nov 19

Please be here before 9am so orientation can start promptly. You will have to reschedule if you are late.

LAWS OF LIFE

We all know Murphy's Law: "Jelly roll will always fall jellied side down." However the Laws of Life don't stop there.

Kauffman's Paradox of the Corporation: The less important you are to the corporation, the more your tardiness or absence is noticed.

The Salary Axiom: The pay raise is just large enough to increase your taxes, and is just small enough to have no effect on your take-home pay.

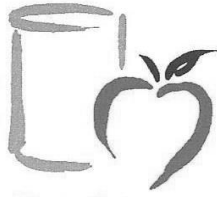
Miller's Law of Insurance: An insurance policy covers everything except what happens.

Isaac's Strange Rule of Staleness: Any food that starts out hard will soften when stale. Any food that starts out soft will harden when stale.

Lampner's Law of Employment: When leaving work late, you will go unnoticed. When leaving work early, you will meet the boss in the parking lot!



Cooking, Activity and Nutrition

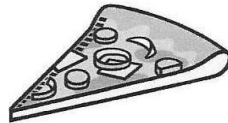


Easy Lunches On a Budget

Whether you're looking for fun back to school ideas, or easy lunches for yourself—it is easy to get good lunch for not much money when you pack your own.

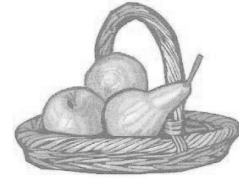


- **Leftovers** are a great head start on lunch. Pack them up with an extra fruit or veggie on the side.
- **Make your own “Lunchables.”** Include different types of crackers, cold cuts and cheese—let your kids do the work and put it all together!
- **Hard cooked eggs** are easy and delicious! Include packets of salt, pepper, or mustard to make it complete. You can even cook eggs in the oven! See the recipe inside.
- **A new twist on Pizza.** See the recipe inside for an easy “pizza roll” that you can make in a hurry!



Lunchbox Staples

Try to include at least one fruit or vegetable in your child's lunch each day.



Remember, we need 5 servings of fruits and veggies each day!

- **Fruit:** whole or sliced apples, oranges, pears, or berries. Applesauce or 100% juice counts too.
- **Veggies:** raw carrots, celery, bell peppers, and broccoli are great for dipping. Include your child's favorite dressing, hummus or nut butter. Include veggies on sandwiches too.



“October is crisp days and cool nights, a time to curl up around the dancing flames and sink into a good book.”

–John Sinor



OCTOBER 2013



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



*Agencies Stretch
Their Money
at the Food Bank
August 2013*

Number of Agencies Shopping.....112
 Pounds Distributed..... 390,484
 Retail Value per FA (\$1.69 per lb).....\$659,917
 Food Bank SMF Cost.....\$40,822
 Savings to FBEA Agencies.....\$619,095

New Food Items

USDA Can Corn	24 x 15
USDA Diced Tomatoes	24 x 14.5
USDA Pear Halves	24 x 15

We have an abundance of the following:

- Squash Yellow
- Tomatoes
- Asst. Meat

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.