

Agency Networking News

OCTOBER 2021

New York State's Nourish New York Initiative

Nourish New York has been a lifeline for New York families and farmers who have been struggling with changes brought on by [COVID-19](#). This critical program helps people who are food insecure to access the nourishment that they need, while providing a market for farmers to sell their products. Funding allows New York's emergency food providers to continue to purchase surplus products from New York farmers and dairy manufacturers and deliver it to New York families in need through the end of the year. Long Island Cares has also been purchasing seafood from our Long Island fishing companies.

Look for **Nourish New York** items on our **Donated Menu!**
(Available at NO SMF Fee!)

Important Reminder!

LI Cares began charging a Shared Maintenance Fee (SMF) on all donated items available on our Donated Menu (with the exception of Pet Food & Diapers) effective 7/1/2021.

The Shared Maintenance Fee (SMF) shows on the fee column for each item at \$0.18/per pound.

Donated items that meet HPNAP nutritious guidelines will be marked (HPNAP SMF). If you are a HPNAP eligible agency and have funding in your HPNAP SMF account, that funding can be applied to those items (only).

Wakefern Grants can be applied to all items on the Donated Menu.

Please keep us updated!

We need you to let us know when you are closed, or change coordinators, days or hours! Please check our **"Food Locator"** on our website (www.licares.org) for accuracy.



Long Island Fall Festival 2021

Daily, October 8 through October 11
Heckscher State Park - Prime Ave. and Rte. 25A
Huntington, NY 11743
Tel: (631) 423-6100

The largest of its kind in the Northeast, the Long Island Fall Festival has become the premiere event for family fun. Brought to you by the Huntington Township Chamber of Commerce and the Town of Huntington, this event is held annually during Columbus Day Weekend and attracts tens of thousands of families from all over the New York Tri-State area to the 25 acres of Heckscher State Park in Huntington, NY.

This community event highlights the best Huntington has to offer – from its civic-minded businesses, cultural institutions, and service organizations, to its restaurants, pubs and retailers.

A true celebration of community spirit, this weekend event offers something for everyone. Attractions include four stages of entertainment, a world-class carnival, hundreds of arts and craft vendors, international food courts, beer and wine tent, a farmer's market, and numerous activities designed especially for young children.

Underwritten completely through corporate sponsorships, admission to this wonderful annual event is FREE.

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Long Island Cares, Inc.-The Harry Chapin Food Bank

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New Agency / New Personnel Orientation

Monday, November 1, 2021

9:00 am – 11:45 am

*Required workshop for all potential member agencies

Recommended for new personnel at member agencies*

RSVP: Alyssa @ abiscardi@licares.org or 631-582-3663 x 143

Check Agency News on our website: www.licares.org for a PowerPoint Agency Orientation.

In order to maintain eligibility for TEFAP, all recipient agencies must:

1. Display the "And Justice for All" poster in plain sight. If you need a poster, please contact Michele: 631-582-3663 ext. 134.
2. Post "Client Bill of Rights" and "Provider Bill of Rights" in plain sight. A copy can be downloaded from our website at www.licares.org on the Agency News page.
3. Distribute the Written Notice of Beneficiary Rights to all regular clients as they fill out the Self-Attestation Form. For one-time only clients, it is acceptable to explain these rights and show the displayed Notice.
4. Attend an annual Civil Rights training.
5. **Food Pantries ONLY – must have clients sign the Self Attestation Form.** This form is for your use only. Do not send it back to LI Cares.
6. Retain delivery records/universal entitlement forms for a minimum of 4 years.

CIVIL RIGHTS WORKSHOPS

Visit the Agency News page on our website (www.licares.org)

For a PowerPoint Civil Rights training.

Email Michele Jackson: mjackson@licares.org when completed.

Double-click this link to access the complete PowerPoint pdf:



2020 NYS OGS Civil
Rights Training Upd

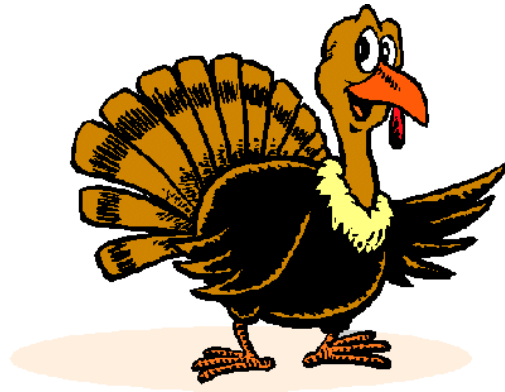


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Turkey Wish List 2021



Agency Name: _____

Agency ID #: _____

Contact Person Name _____

Daytime Phone Numbers _____

(Please list phone numbers where you can be reached 8:30-4:30 daily)

Amount Requested Turkeys _____ Fixing Boxes _____

Anticipated Families Served _____

Anticipated Distribution Date(s) _____

Fax to: 631-273-1375 or scan & email Alyssa: abiscardi@licares.org

Remember this is only a wish list - we will try our best to accommodate your request. Registering your organization is **no guarantee** that you will receive turkeys or the amount you have requested.

If your organization's needs have been met, please let us know ASAP!

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Nutrition and Food Safety Workshop Registration

Nutrition Education Certificate Workshops:

- **Tuesday October 13th, 2021, 10:00a-11:00a** at Hauppauge Kitchen Studio, 10 David's Dr. Hauppauge

Topic: Healthy Eating on a Budget

- **Thursday December 9th, 2021, 11:00a-12:00p** at Long Island Cares Nassau Center for Collaborative Assistance, 21 East Sunrise Hwy. Freeport

Topic: Healthy Eating on a Budget



Food Safety Workshop: Earn your food safety certificate.

- **Tuesday December 7th, 2021 2:00p-3:00p** at Hauppauge Kitchen Studio, 10 David's Dr. Hauppauge

Pre-registration is required for the above workshops. Please check the workshop(s) of your choice above and complete the form below.

Agency name: _____ ID# _____

Address: _____

Phone: _____ Email: _____

Course Date & Description: _____

Name of attendee(s) (2 persons max per registration form)

1. _____ 2. _____

***There is no cost or fee to our member agencies for these workshops.**

Please complete the form and either fax (631)273-1375 or email sabella@licares.org to register.

Hey, let's Talk



Have you or a family member been affected by the COVID-19 crisis?

During these tough times, do you need support for your family, emotional health, or recovery?

Or do you just want to talk...



Go to
Charlesevanscenter.org
for more info

NY Project Hope Coping with COVID

**New York's
COVID-19 help
line**

If your life has had many changes due to the COVID-19 crisis and you're struggling to cope, talking to someone may help.

Speak with one of our trained Crisis counselors to help you sort through and understand your feelings.

Talking is free, confidential and anonymous.

Call: 516-676-2388



**Office of
Mental Health**

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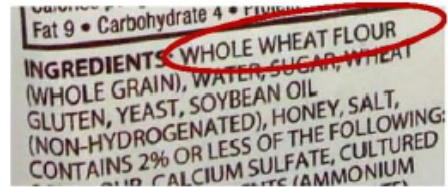
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WHOLE GRAINS 101

Whole Grains vs. Refined Grains

A **whole grain** is a grain that contains all its parts. This means it contains all its nutrients. Identify whole grain foods by looking at the list of ingredients, “whole” should come before the grain. For example, “whole wheat flour”.



A **refined grain** is a grain that has had one or more of its parts removed. White rice and white bread are two examples of refined grain products.

Whole Grain vs. Whole Wheat- What is the difference?

What is the difference between a carrot and a vegetable? All carrots are vegetables, but not all vegetables are carrots. Similarly, all whole wheat is whole grain, but not all whole grains are whole wheat.

What makes Whole Grains so nutritious?

Whole grains are packed with fiber, Vitamin E, B vitamins, iron, and magnesium.

Fun Facts:

- The Dietary Guidelines for Americans recommends that **half** of the grains eaten in a day be whole grains.
- Some examples of whole grains include Buckwheat, Quinoa, Rye, Wild rice, Teff, Barley (not including pearly barley), Corn (including cornmeal and popcorn) and Oats.
- One serving of whole grains can be: 1/2 cup cooked brown rice, oatmeal or whole wheat pasta, 1 slice 100% whole grain bread, 1 cup of 100% whole grain ready to eat cereal.
- Replacing refined grains with whole grains can improve total cholesterol, LDL (“bad”) cholesterol, hemoglobin A1c (a measure of blood sugar control) and C-reactive protein (a measure of inflammation).

Copyright: <https://wholegrainscouncil.org/>



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APPLE CINNAMON OATMEAL

Serves 2

Ingredients

- 1 cup, 1 % low fat milk
- ¾ cup old fashioned rolled oats
- 1 medium apple, cored and chopped
- ½ cup unsweetened applesauce
- 1 tablespoon brown sugar
- ¼ teaspoon cinnamon
- ¼ teaspoon vanilla extract, optional
- *Optional toppings: walnuts or pecans*



Directions

1. Place milk in a small saucepan and bring to a boil over medium heat.
2. Add oats and chopped apple. Cook 8 minutes, until thick, stirring occasionally.
3. Add applesauce, brown sugar, cinnamon and vanilla, if using. Cook 1 minute or until thoroughly heated.
4. Serve warm. Top with walnuts or pecans, if desired.

TIPS:

- A pear is a great substitute for the apple in this recipe. It can be fresh, frozen or canned.
- Use Lactaid or soy milk in place of dairy milk if you are lactose intolerant.
- You may find the oatmeal is flavorful enough without the brown sugar. Give the oatmeal a taste before adding it.

Recipe sourced from <https://www.thespruceeats.com/>

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DELIVERY CALENDAR OCTOBER 2021

SUN	MON	TUE	WED	THU	FRI 1/	SAT 2/
					SECTION 9	
3/	4/ SECTION 10	5/ SECTION 11	6/ SECTION 1	7/ SECTION 2	8/ SECTION 3	9/
10/	11/ LI CARES CLOSED COLUMBUS DAY	12/ SECTION 4	13/ SECTION 5	14/ SECTION 6	15/ SECTION 7	16/
17/	18/ SECTION 8	19/ SECTION 9	20/ SECTION 10	21/ SECTION 11	22/ SECTION 1	23/
24/	25/	26/	27/	28/	29/	30/
31/	SECTION 2	SECTION 3	SECTION 4	SECTION 5	SECTION 6	

NOTE: SUBJECT TO CHANGE!

CHECK ON-LINE FOR LATEST UPDATES: www.licares.org

NASSAU COUNTY

SECTION 1	SECTION 2	SECTION 3	SECTION 4	SECTION 5
Baldwin	Hempstead	Bethpage	Freeport	Bayville
Cedarhurst	West Hempstead	East Meadow	Bellmore	Glen Cove
Hewlett		Elmont	Massapequa	Great Neck
Inwood		Farmingdale	Merrick	Manhasset
Lawrence		Uniondale	North Massapequa	Oyster Bay
Long Beach		Levittown	Roosevelt	Port Washington
Lynbrook		Mineola	Seaford	Syosset
Oceanside		Garden City		Westbury
Rockville Centre		New Hyde Park		Hicksville
Valley Stream		Franklin Square		Plainview
Woodmere				Roslyn Heights
Island Park				Sea Cliff

SUFFOLK COUNTY

SECTION 6	SECTION 7	SECTION 8	SECTION 9	SECTION 10
Amityville	Bellport	Bridgehampton	Commack	Centereach
Babylon	Blue Point	Center Moriches	Dix Hills	Coram
Bay Shore	Bohemia	East Hampton	East Northport	East Setauket
Brentwood	Central Islip	East Moriches	Hauppauge	Farmingville
Copiague	East Patchogue	Hampton Bays	Huntington	Middle Island
Deer Park	East Islip	Mastic	Huntington Station	Mount Sinai
Islip	Holbrook	Mastic Beach	Kings Park	Port Jefferson
Lindenhurst	Holtsville	Montauk	Lake Grove	Port Jefferson Station
North Babylon	Islip Terrace	Sag Harbor	Lake Ronkonkoma	Ridge
North Bay Shore	Medford	Shirley	Melville	Rocky Point
West Babylon	Oakdale	Southampton	Nesconset	Selden
West Islip	Patchogue	Wainscott	Northport	Setauket
Wyandanch	Sayville		Ronkonkoma	Sound Beach
	Islandia		St. James	Stony Brook
			Smithtown	
SECTION 11				
Aquebogue	Greenport	Mattituck	Southold	Riverhead
Calverton/ Cutchogue	Manorville	Wading River	Flanders	Yaphank

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Gus' Grocery



Gus' Grocery in our Hauppauge warehouse is now open.

Monday – Friday – 9:00 am – 12 noon.

Tuesday; Wednesday & Thursday – 1:00 pm – 3:00 pm

All other times – By appointment only.

Alyssa @ 631-582-3663 x 143

Our Lindenhurst location will be open by reservation only

NO WALK-INS WILL BE PERMITTED.

NO EXCEPTIONS.

If you would like to make an appointment to shop at Gus' Retail Donation Center in Lindenhurst, please contact:

Michele Jackson

631-582-3663 x 134

Or email: mjackson@licares.org

Directions and address will be given upon Confirmation of reservations.

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The Harry Chapin Food Bank
10 Davids Drive / Harry Chapin Way
Hauppauge, NY 11788
www.licares.org
ADDRESS SERVICE REQUESTED

BECAUSE IT TAKES MORE THAN FOOD TO FEED THE HUNGRY

LI Cares First Stop Pantry

220 Broadway
Huntington Station, NY 11746
631-824-6384
Office: Mon., Wed., Fri. 8:00AM-4:00PM
Tue., Thur. 9:00AM-5:00PM
Pantry: Mon., Wed., Fri. 9:00AM-3:00PM
Tue. & Thur. 9:00AM-5:00PM

LI Cares South Shore Service Center

163-1 North Wellwood Ave.
Lindenhurst, NY 11757
631-991-8106
Office: Mon., Wed., Fri. 8:00AM-4:00PM
Tue. & Th. 9:00AM-5:00PM
Pantry: Mon., Wed., Fri. 9:00AM-3:00PM
Tue. & Thur. 9:00AM-5:00PM

LI Cares Nassau Service Center

21 East Sunrise Hwy.
Freeport, NY 11520
516-442-5221
Office: Mon., Wed., Fri. 8:00AM-4:00PM
Tue. & Thur. 9:00AM-5:00PM
Pantry: Mon., Wed., Fri. 9:00AM-3:00PM
Tue. & Thur. 9:00AM-5:00PM

Hunger Assistance & Humanitarian Center

286 W. Montauk Hwy.
Hampton Bays, NY 11946
631-613-3344
Office: Mon., Wed., Fri. 8:00AM-4:00PM
Tue. & Th. 9:00AM-5:00PM
Pantry: Mon., Wed., Fri. 9:00AM-3:00PM
Tue. & Thur. 9:00AM-5:00PM

Bethpage Super Pantry

386 North Wantagh Ave.
Bethpage, NY 11714
516-753-9880
Pantry: Mon., Wed., Fri. 8:00AM-4:00PM
Tue. & Thur. 9:00AM-5:00PM

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