Feed and Lead

Feeding Tampa Bay is proud to announce our new Feed and Lead Series! In a continuing effort to empower and strengthen our agency partners, we’ve developed educational training sessions to be held continuously throughout the year. These classes will cover a wide range of topics that will benefit and build your food program. Topics will include (but are not limited to) nutrition, food safety, grant writing, and volunteer management.

On September 22nd, we held our first session presented by Dr. Lauri Wright of the University of South Florida. Dr. Wright is a renowned nutritionist and dietitian who has agreed to kick off the Feed and Lead Series with a four-part nutrition series. The first of these consisted of a presentation focused on “Foods to Encourage” – a framework of the nutritional contributions of more healthful food categories and strategies with which to encourage clients to leave with more healthy foods. She even had a cooking demo and “Taste It” with an easy and inexpensive chili recipe that is great for clients.

The next nutrition class with Dr. Wright will be held at Feeding Tampa Bay on Tuesday, November 10, 2015 from 12:30-2:00pm. If your agency would like to attend this session, please RSVP to Nicole at ntegge@feedingamericatampabay.org. You don’t want to miss out as this is a great opportunity to build knowledge and resources that you can easily apply to improve the services rendered to your clients.

You may think of chili as greasy and unhealthy, but it doesn’t have to be! There are many chili recipes that are packed with nutrients and are quick and easy to make. The one below was shared by Dr. Wright at our recent nutrition class. This recipe can easily be modified to adjust to a person’s preferences or ingredients on hand. Just remember – chili can be a great source of protein, fiber, iron, and vitamins!

**Chicken Chili Recipe**
Serves 4

**INGREDIENTS**

- 2 tablespoons of oil
- 1 onion, chopped
- 1 (10 oz) can chicken, drained
- 1 can (16 oz) diced tomatoes
- 2 tablespoon chili powder
- 1 green pepper, chopped
- A pinch of salt and pepper

**INSTRUCTIONS**

1. Heat a skillet over medium heat.
2. Add the oil followed by the chili powder and onion.
3. Cook for 3-5 minutes until the onion starts to turn brown.
4. Add the green pepper, stir, and cook for an additional 5-7 minutes.
5. Stir in the remaining ingredients and let simmer for 10 minutes.
6. Enjoy!

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**Do you have an inspiring success story?** Do you know a family or individual who receives food assistance that would share their story?

Contact Nicole at ntegge@feedingamericatampabay.org

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**DID YOU KNOW?**

Most people associate pumpkins as the scary squashes of Halloween or the main ingredient in Thanksgiving pies. But pumpkins are so much more than a symbol of the autumn holidays. They were one of the first foods cultivated in North America and are the stars of fairy tales, folklore, and famous feasts! Pumpkins are composed of 90% water making them low-calorie and full of potassium, magnesium, Vitamin A, iron, and fiber! Even the seeds are high in protein and one of the tastiest snacks when roasted.

**Fun Fact:**
The world’s largest pumpkin weighed in at over 2,000 pounds! That’s ten times more than the world’s largest watermelon which weighed a measly 268 pounds.

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**reminder**

Thank you to every agency that continues to bring back banana boxes to the warehouse! We really appreciate it as having the banana boxes allows us to sort more food for you, our agency partners! Please continue to bring back every single box as it really makes a difference to our operations.
**HIGHLIGHTS**

1. On a beautiful morning in mid-September, twenty GTE Financial employees volunteered their time at a mobile pantry distribution at University Area Community Development Center to help distribute food to 400 families! By volunteering, these Hunger Heroes were able to impact real change in an impoverished area by supplying families with thirty pound bags of groceries. Families received fresh fruits and vegetables, frozen meat, bread, beverage, and dry items. This mobile pantry was one of many that Feeding Tampa Bay organizes monthly. In 2014 alone, Feeding Tampa Bay delivered over 1 million meals to over 45,000 families. Thank you GTE and others for your support and dedication to bringing meals to those who lack the transportation to get to traditional pantries.

2. Shout out to everyone involved in Feeding Tampa Bay’s 24-hour Sort-A-Thon!

   In 24 hours, volunteers, staff, community partners, and more sorted 60,038 lbs. for our agency partners! That’s 50,031 meals that will be delivered to our hunger neighbors! Special thanks to Wells Fargo who powered Hunger Action Month and continues to be a great partner of Feeding Tampa Bay.

3. As part of the Epic Chef Showdown event series, Feeding Tampa Bay hosted a fun, informative event in September that brought partners, volunteers, and staff together. Three amazing celebrity chefs, Simon Majumdar, Emily Ellyn and Whitney Miller, joined the fun with a unique shopping experience in the Winn-Dixie Charity Market. The challenge – to race through the Charity Market in three minutes, shopping to feed a family of four on a budget of $15.

   After a mad dash through the aisles, the celebrity chefs discussed why they chose their items and how they planned to use each one to create meals. All of the chefs stressed using all parts of the product creatively to stretch the ingredients to limit food waste. Thanks to all agencies who joined us and to Florida Blue and Epicurean Hotel for making the event possible!

**AGENCY TIP**

Register your agency with 2-1-1 so that your food program can reach more clients in the community. 2-1-1 provides a free, confidential, dialing code for access to community information, services, and resources for residents in the county. As such it creates connections between people and the organizations they need to get assistance. Many clients use it to find available pantries or soup kitchens in their area. It’s a great way to get the word out that your agency can help people in need of food assistance!

**Stephen J. Brady Stop Hunger Scholarship**

Do you know a student working to fight hunger in the Tampa Bay area?

If so, let them know about the Stephen J. Brady Stop Hunger Scholarship sponsored by the Sodexo Foundation. This scholarship supports and rewards students working to affect change in the community! Not only does the awardee receive a $5000 scholarship towards school, but they are able to choose a hunger-related charity of their choice to also receive a $5000 matching grant! The application period is open on October 5, 2015 through December 5, 2015. The student must be 5-25 years of age and enrolled in school. For more information, and for more specific eligibility requirements, visit www.sodexofoundation.org.