**My Mobile Market**

Feeding Tampa Bay, in partnership with Goodwill-Suncoast, recently launched its newest direct distribution program that addresses transportation and food cost barriers in our community. My Mobile Market brings affordable, quality food to neighborhoods in a “pop-up style market/mobile grocery store”! Featured on the truck are staple food items (ex. peanut butter and tuna) as well as produce, all at a cost well below retail price. My Mobile Market aims to target areas in high need, particularly food deserts and food swamps. By reaching out to our clients directly in their neighborhoods, we hope to increase accessibility to nutritious food, thus, increasing the overall health of the community. Many of our clients live within a stringent limited budget that often leaves them turning to unhealthy food choices to survive. Eating unhealthy continuously can negatively impact one's health in the long run; however, many chronic diseases can be prevented through proper nutrition. My Mobile Market aims to tackle these issues head on in our community.

My Mobile Market is a collaborative project between Goodwill-Suncoast and Feeding Tampa Bay, as it also provides job training opportunities for Goodwill’s Job Skills Development Program. My Mobile Market was made possible through the Community Foundation of Tampa Bay “big idea” grant with the additional funding of the 100 Hearts Foundation and Dale Dunham, GISP.

If you’d like more information on how to get My Mobile Market to come to your area please contact Clarissa Rain at crain@feedingtampabay.org or 813-254-1190 ext 216.

**REMINDERS**

**December 17, 2016**

Feeding Tampa Bay will be hosting the From Our Table to Yours Holiday Distribution on Saturday, December 17th at our warehouse from 9:00am - 12:00pm. Please grab some flyers to pass out to your clients for this wonderful event to help us reach even more of our hungry neighbors this year!

**Boxes**

Please remember to bring back your banana boxes and pallets to Feeding Tampa Bay. These are important items that will help the food bank get food out to agency partners and clients.

**FEED & LEAD SERIES**

Feeding Tampa Bay will reintroduce our Feed and Lead series with various new educational training sessions! These classes will be held monthly, in an effort to help our agency partners with capacity building. Our second class, **Your Finances Matter**, will be hosted at Feeding Tampa Bay on December 15th. This class is a great opportunity to learn about eating healthy while remaining on a budget. Please check your email for upcoming session topics!

For more information or to RSVP please email Karen Serrano Arce at: kserranoarce@feedingamericatampabay.org

**Children’s Board**

The Family Resource Center from the Children’s Board of Hillsborough County provides services and opportunities to families at no cost. There are multiple Family Resource Center locations throughout Hillsborough County that offer classes in both English and Spanish. Services include: CPR & First Aid classes, Child Development classes, Mobile Preventative Dental Services for minors, and Mobile Medical Clinics. For more information, please visit [http://www.familysupporthc.org/](http://www.familysupporthc.org/)

**DID YOU KNOW?**

Freezing preserves food for extended periods because it prevents the growth of microorganisms that cause both food spoilage and food borne illness.

Meat should always be stored at a freezer setting at or below 0 °F for food safety.
Health Fair
Feeding Tampa Bay hosted its first Health Fair during Hunger Action Month in an effort to provide the individuals and families we serve with a one-stop-shop, all-inclusive day when their needs could be addressed. Vendors in attendance provided a variety of health services and information to our clients, including health screenings, financial resources and nutrition tips. Walgreens administered free flu shots and Feeding Tampa Bay distributed bug spray, sunblock, and produce to everyone who attended!

Decades Rewind
We would like to thank Decades Rewind for supporting Feeding Tampa Bay on October 14 during their performance at the Straz Center for Performing Arts. Decades Rewind is a new concert extravaganza featuring a live, 14-piece band performing medleys from the 60s, 70s and 80s.

Members of the band also came to Feeding Tampa Bay and volunteered their time sorting food and preparing it for distribution. The volunteer shift that Decades Rewind participated in managed to pack 7,845 lbs. of food in just three hours. That’s 6,538 meals for our hungry neighbors!

New Agency Partners
Feeding Tampa Bay is happy to welcome our newest agency partners who are joining our fight against hunger in West Central Florida. All new agency partners were hosted at the Feeding Tampa Bay warehouse during Agency Partner Orientation in October for an introduction, tour and overview of Feeding Tampa Bay. We are thrilled to strengthen our network of partners and appreciate each of you in our overall goal to create a healthier community.

Community Food Pantry
Congratulations to the Community Food Pantry in Tampa who unveiled their Sponsor Wall on October 25th. Community Food Pantry is a client-choice pantry and has served approximately 3,320 families in 2016. During the unveiling, Community Food Pantry honored several sponsors who have helped them be successful in their program. Feeding Tampa Bay is grateful to have been included!

meet Karen Health Education Associate
Karen Serrano Arce started off at Feeding Tampa Bay as our Summer Meals Associate, and has recently transitioned into her new role as the Health Education Associate! She has a passion for both nutrition and research, and hopes to make an impact on our community via the educational training sessions that will be continuously hosted at Feeding Tampa Bay throughout the year. Karen received both her Bachelor’s in Public Health and her Master of Science in Public Health with a focus of Health Education from USF. She is very excited to begin her career as a researcher and educator here at Feeding Tampa Bay! Karen loves the beach, swimming, jet skiing, and pretty much anything that involves water.

Agency Tip
Ground beef is more perishable than whole muscle cuts of meat, so make sure to follow the temperature guidelines and keep the meat frozen! The USDA attributes the brown color of the center of a ground beef package to the lack of oxygen penetrating the meat, thus, making it safe to consume.

Try this Holiday Stuffing!
Serves 8. 170 calories| 23g carbs| 7g fat (2.5g sat fat)| 3g protein| 320mg sodium| 3g fiber per serving

- Chop 2 large onions and 4 stalks of celery
- Peel and chop 1 apple
- In a large pot, heat 2 Tbsp of Oil and 2 Tbsp of butter until butter foams
- Sauté the onion, celery and apple until softened (approx. 5 min)
- Add 1 1/2 cups of water and bring to boil
- Stir in a package of either chicken or cornbread stuffing and turn off the pot.
- Cover the pot and allow stuffing to sit for 5 minutes, then fluff with a fork and serve.

*You can stretch this recipe by adding more chopped vegetables and fruit into the recipe.