Agency Conference Wrap-Up

We would like to thank all agency partners who attended Feeding Tampa Bay’s 4th Annual Agency Conference! We would love to hear from you! Please take a moment of your time to complete our Conference Evaluation Survey that you will receive via email. Your feedback will enable us to tailor our future conferences to better meet your needs.

The topics that were covered during the conference included:

- Engaging, Training, & Retaining Volunteers
- Building Capacity & Utilizing your Resources
- Feeding Tampa Bay Food Sourcing
- Fundraising Strategies
- Food Pantries: Stocking Up For Good Health
- Feeding Florida’s Future

One of the important subject matters that was voiced by one of our speakers, was the implementation of an agency’s mission statement. A mission statement will serve to frame and guide your agency’s actions to better achieve your goals and objectives as well as define your purpose. It is important to also note how useful and time saving it can be to use the strengths of your volunteers to your advantage. Effectively using your volunteers can be a major game changer to many agencies. Lastly, a topic that was highlighted and you will continue to hear more about is that of produce. Produce is the future of hunger relief. Increasing your agency’s capacity to handle and distribute produce in your community will bring awareness to proper nutrition and healthier eating habits and ultimately lead to a healthier community!

If you didn’t receive the email with the Conference Evaluation Survey, please go to the following link: https://form.jotform.com/62774802987168

REMMNDERS

Feeding Tampa Bay will be hosting the From Our Table to Yours holiday distribution on Saturday, December 17th. Location, times and additional details will be sent out soon!!!

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

DID YOU KNOW?

FOOD SAFETY TIP

For the best quality of fresh produce, store ripe fruits and vegetables in the refrigerator. Vegetables that are denser like onions and potatoes can be stored in cool, dark places outside of the refrigerator. This month we are getting sweet potatoes and onions. Sweet potatoes are a great source of fiber that is beneficial to your heart’s health!

Try this Sweet Potato Hash!
Per serving:
200 calories | 35g carbs | 16g fat | 3g protein | 220mg sodium | 5g fiber

- Heat 1 tablespoon of butter and 1 tablespoon of olive oil in a saute pan over medium high heat until butter melts.
- Add peeled and diced sweet potato and cook stirring occasionally for 5 minutes.
- Stir in 1 large chopped onion and cook for another 5 minutes then add 1 chopped apple.
- Continue to cook until the potatoes and apples are tender, then season with ¼ teaspoon of salt and ¼ teaspoon pepper.

AGENCY RESOURCES

Capital Area Food Bank is another Feeding America food bank in our network. Their online recipe database is filled with healthy and affordable recipes that utilize common food pantry ingredients. This site contains various recipes from soups and main dishes to desserts and snacks. These recipes are available in available in PDF format in both English and Spanish for the convenience of your clients. Visit the link below to access this useful tool!
https://www.capitalareafoodbank.org/programs/capacity-building/recipes/

Miracle Messages is a nonprofit organization that seeks to humanize the homeless population and reconnect homeless individuals with their loved ones via social media. Help spread the word by notifying potential clients of this valuable resource.
http://www.miraclemessages.org/
Meet one of Feeding Tampa Bay’s newest Americorp VISTA’s Jessenya Ramirez. Jessenya is a recent graduate from USF, having received her Bachelor’s degree in Public Health and is now the new Agency Relations Specialist. She will be working closely with our Agencies in developing plans to improve and build the capacity of our agencies and their pantries. She has an interest in preventative medicine and believes that nutrition is a key factor that directly impacts health. Jessenya has two pets, an 11 year old dog named Andrew and a turtle named Hector. She prefers Marvel over DC, although she makes the exception with The Flash.

### Highlights

1. **Kathedral of Faith**
   Feeding Tampa Bay was invited to attend “An Evening of Elegance and Flair,” a Scholarship Gala hosted by Kathedral of Faith, which is part of the Fellowship of Deliverance Churches and Ministries, Inc. A young lady received a scholarship of $1,500 to help with her education. Feeding Tampa Bay was honored to receive the Community Service Award for the service we provide to the community and for uplifting those in need. Also receiving awards were the Children’s Board of Hillsborough and a member of the church.

2. **Community Cupboard**
   On July 26th Community Cupboard in Ruskin held their Dedication Ceremony for the pantry’s new walk in freezer and cooler! This is a great addition to the pantry as Jim Wise and the volunteers of Community Cupboard serve over 400 individuals every Tuesday. Congratulations to Community Cupboard in expanding their capacity to store more healthy, fresh product for the clients they serve weekly!

3. **Meal-A-Thon**
   We would like to thank the 500 plus volunteers who helped make the Meal-A-Thon a success! In 24 hours we were able to sort, repackage and prepare over 100,000 meals for distribution to the 1 in 7 adults and 1 in 4 kids in our community who face hunger.

### Agency Tip

Avoid distributing badly bruised produce and inspect foods for mold before you either store or distribute them. This is because mold spores can build up in your refrigerator and contaminate other foods you are storing. Even though mold is more commonly associated with warmer temperatures, it can grow in the refrigerator as well. Salty or sugary products like jams, jellies and cured processed meats have the potential for developing mold. Inspect these products before distributing or serving them to your clients. The USDA recommends to clean the inside of your refrigerator every few months with 1 tablespoon of baking soda dissolved in a quart of water and then rinse it with water and finally to let it air dry before using again. Minimizing mold growth can be vital to a food pantry!