

Visit www.brafb.org/find-help and let us know if any of your agency details should be updated—address, hours, days, etc.

OUR MISSION is to feed hungry people through a network of community organizations in central and western Virginia, and to engage our communities in the fight to end hunger locally and nationally.

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Branch Locations

SHENANDOAH VALLEY AREA BRANCH & HEADQUARTERS

PO Box 937
96 Laurel Hill Road
Verona, VA 24482-0937
P: 540.248.3663
F: 540.248.6410

THOMAS JEFFERSON AREA BRANCH

1207 Harris Street
Charlottesville, VA 22906-6415
P: 434.296.3663
F: 434.296.9621

LYNCHBURG AREA BRANCH

501 12th Street, Suite B
Lynchburg, VA 24504-2527
P: 434.845.4099
F: 434.845.6153

LORD FAIRFAX AREA BRANCH

1802 Roberts Street
Winchester, VA 22604-2342
P: 540.665.0770
F: 540.722.4217



network news

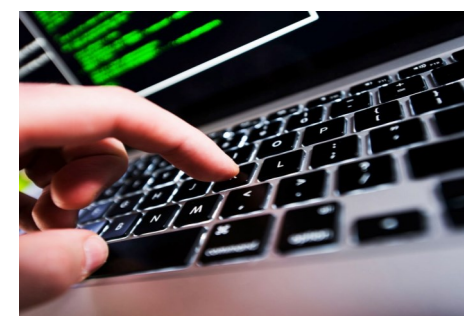
The BRAFB
Agency Relations
& Programs
Team Newsletter

BLUE RIDGE AREA
FOOD BANK

a member of
FEEDING
AMERICA

February 2017

New Technology Will Make Your Job Easier



The clicking of computer keys, the rustling of papers and the collective sighs from our partners preparing their Food Bank reports signal the start of a new month.

If you are a Partner Pick-Up agency, perhaps you're compiling weekly reports about the food you received.

Or maybe you want to share changes in the number of clients you're seeing.

How can you retrieve all of this information in less time and with fewer headaches chasing a paper trail?

We're poised to implement two new tools to help you with these and other needs, quickly and easily.

The Food Bank is investing in software programs to make tracking and reporting simpler.

Partner Pick-up Portal called MealConnect

Agencies participating in Partner Pick-Up will soon access a web-based program via the BRAFB website that reduces and in some cases eliminates manual data entry. With a smart phone, tablet or personal computer, you'll be able to record and report your Partner Pick-Up information as you are picking up your food. There's no paper to fill out, no faxing, or mailing. Just hit the send button and the report is done!

Client Data Tracking

This tool will be introduced over the next eight to 12 months. With this program, you will be able to:

- Capture new client information
- Check in existing clients
- Share information about other community services with clients
- Track client pick-up of USDA and CSFP foods and pantry visits

And that's just the start.

With each distribution, with the click of your mouse, all of your data for that day is saved to the internet cloud. Voila! Your reporting is done!

We know these are big changes, and we'll be right there with you as you learn to use the new tools. We'll be talking with every agency to ensure a smooth transition.

These new tools will free up agency staff and volunteers so you can spend more time doing the things that are most important — getting to know your clients and helping them get food on their tables.

Attend the listening session scheduled in your area soon to learn more (see pg. 2).



Coaches Challenge

Thanks for voting daily through March 11! If Tony Bennett (UVA) wins, \$100,000 will benefit the Food Bank, you, and the people we serve.

www.espn.com/infiniti

Contact your PSC for details.

National Volunteer Week

Join the Food Bank in celebrating volunteerism. National Volunteer Week will be April 23-29 — a time to celebrate the dedicated volunteers who help at your agency.

Listening Session Near You

Make plans to attend or send representation to a Food Bank listening session near you. Contact your PSC to register and get more details:

Feb 23—Lord Fairfax Area (Winchester)

Feb 27—Thomas Jefferson Area (Charlottesville)

March 2 — Lynchburg Area

March 3 — Shenandoah Valley Area

Go Choice 2017

You've heard the term "client choice" many times. When an agency uses the Client Choice model, clients choose the items they want and need for their households. Making the switch to Client Choice isn't as difficult and doesn't take as much space as many imagine. We're promoting 2017 as the year to **Go Choice!**

Even if you don't think it can work for you, ask your PSC to show you how you might fit it into your space. You'll be surprised and your clients will be thankful.

Can You Nudge?

According to the dictionary a "nudge" is a prod or a push. In food banking lingo, it's the practice of displaying food items in a conscious way. When healthy and more nutritious foods are placed first in the line of foods being distributed, at eye level and easy to reach, clients pick those items to take with them. Grocery stores and retail shops use the technique all the time, and distributors vie for the choice spots on their shelves.

As we help our clients make healthful food choices, try some "nudges," and make it easy for them to find the best foods.

Great Food Available at No Cost!

Did you know the USDA offers a large selection of foods at no cost to participating agencies, through the Food Bank? We continue to receive cereals, vegetables, cooking oil, fruit, eggs, and loads of other USDA items. Yes, there's paperwork — but with the new software available soon the record-keeping will be a cinch. Talk to your PSC to learn how to take advantage of this program for your clients.

RECIPE BOX (USING USDA KIDNEY BEANS)

BEAN AND RICE BURRITOS MAKES ABOUT 8 SERVINGS

Ingredients:

- 2 cups rice, cooked
- 1 onion, chopped
- 1 can (about 15 ounces) low-sodium, light red kidney beans, drained

- 8 flour tortillas (about 7 to 8 inches each) (can use whole grain tortillas instead)
- ½ cup salsa
- ½ cup low-fat cheddar cheese, grated

Directions 1. Preheat oven to 300 degrees F. 2. Mix the rice, onion, and beans in a bowl. 3. Place the tortillas flat on a baking pan and put about ½ cup of the bean and rice mixture in the middle of each tortilla. 4. Fold the sides of the tortilla over to hold the rice and beans. 5. Bake for 15 minutes. 6. Add about a tablespoon of salsa and a tablespoon of cheese to each burrito. 7. Serve warm.
Recipe adapted from SNAP-ED Connection Recipe Finder

***Nutrition Information for 1 serving (about ½ cup) of Bean Dip Calories 110 Calories from Fat 15 Total Fat 1.5 g Saturated Fat 1 g Cholesterol 5 mg Sodium 210 mg Total Carbohydrate 14 g Dietary Fiber 4 g Sugar 0 g Protein 10 g Vitamin A 16 RAE Vitamin C 1 mg Calcium 96 mg Iron 2 mg
Nutrition Information for 1 serving (1 burrito) of Bean and Rice Burritos Calories 290 Calories from Fat 40 Total Fat 4.5 g Saturated Fat 1 g Cholesterol 0 mg Sodium 510 mg Total Carbohydrate 51 g Dietary Fiber 5 g Sugar 4 g Protein 11 g Vitamin A 7 RAE Vitamin C 3 mg Calcium 115 mg Iron 8 mg

Find What You Need on our Website *brafb.org*

Have you checked out the resources available to you on our website?

Agency Forum was developed by volunteers at Genworth. You can connect on-line with other pantries and agencies to share information and best practices. Click on Agency Resources at the top of our homepage, then click

Agency Forum and begin networking with your colleagues!

Forms and Handbooks are now available any time you need them.

The **Healthy Food Hub** link will take you to a huge library of nutrition resources — articles, programs, and recipes.

Grant Opportunity Coming Soon

Our Development colleagues are hard at work, raising funds that mean we can offer pass-through grants to you, our partners. Selected agencies will be able to obtain equipment they need, including but not limited to refrigerators and/or freezers. This year, with a transition to new technology, the equipment may also include computers and/or tablets.

A Requests for Proposals (RFP) will be sent out in the next few weeks. In your proposal, tell us what equipment you need and how you'll use it to expand or improve your distribution. A Food Bank committee will select which proposals to fund. Start planning now!

March 3 — RFP released

April 21—Awards Announced

March 31 — Proposals Due

Food for Seniors

The CSFP continues to grow, with over 1,300 individuals 60 and older enrolled at more than 35 sites. You may want to look into this program. Clients who qualify receive a box of nutritious food every month. To qualify: clients must be 60 or older and earning up to 130% of the federal poverty level (\$1,287/mo. for an individual and \$1,736/mo. for a household of 2). We've made the process easy and want to enroll eligible individuals as soon as possible. Call or e-mail your PSC or reach Trevor Pauley at 540-213-1319 or tpauley@brafb.org.

Fundraising Workshops

Thanks to all of the Lord Fairfax and Lynchburg Area agencies that participated in the first round of our Development Learning Series. Both branches had very positive experiences!

Shenandoah Valley and Thomas Jefferson branches are on tap for the series in the spring. Watch for announcements and registration.