



**Blue Ridge Area
FOOD BANK**
Everyone should have enough to eat.



Visit our website
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Partnering
with Purpose
agency
E-newsletter

OUR MISSION is to provide nourishing food to our neighbors in need through vibrant community partnerships and passionate public support.

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Agency
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Newsletter



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WINTER

Thank You for Being First Responders to Hunger!

2019

Stamp Out Hunger Coming Up in May

During Stamp Out Hunger, letter carriers go the extra mile, and carry extra pounds, to help their neighbors struggling with hunger. If your agency receives food from this drive

on **May 11**, remember to report the pounds to the Food Bank branch assistant in your area as soon as possible.

Last year, postal carriers collected 308,000 pounds of food from residential doorsteps throughout our service area.

We hope to make sure every pound they collect gets counted toward the total so

they can see the impact of their effort. Thank you for helping us inspire participation in this national food drive!



Pantry Spotlight

Community Comes Together to Empower Culpeper

Cherry Vanneman and leaders in her community knew that Culpeper was home to many individuals and

families who needed help putting food on the table. They wanted to help, so when Vanneman learned that they could open a food pantry and stock its shelves by partnering with the Blue Ridge Area Food Bank, they rolled up their sleeves and got to work opening Empowering Culpeper.

Sixteen years and three locations later, the pantry now operates from Culpeper United Methodist Church and has a dedicated volunteer force of up to 70 people. Their commitment is essential to the smooth operation of a pantry that distributes food to 150 families and hands out 100 senior food boxes every month — all within a 2-hour window one Saturday per month.

Several Empowering Culpeper volunteers also happen to be clients, says Vanneman. "It makes a huge

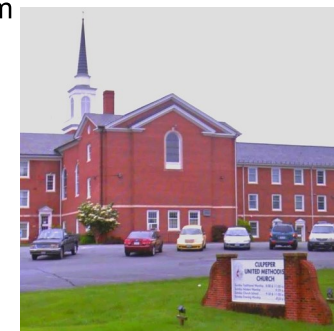
difference" when neighbors serve each other, she says. The generous church community pitched in together to remodel space for the pantry's use.

Empowering Culpeper's partnerships with local community organizations have included the NAACP, Lions Club, and Piedmont Regional Dental Clinic. They have provided clients with voter

registration help; free winter coats; and vision, hearing, and dental screenings—right at the pantry.

Vanneman has built meaningful connections with the people who have walked through the pantry's doors. They are what keep her returning to donate her time year after year.

"I get to keep up with my families," she says. "I get to hug them and hear how they are doing, and I love that."



Expand Your Capacity

To Nourish Hungry Neighbors

One of our priorities is to help your agency build capacity to provide nutritious, fresh foods to your clients. We are excited to announce the continuation this year of our **Agency Capacity Grant**, a program that allows agencies to apply for new coolers, freezers, and dry storage. Also coming this year will be several new categories of equipment. Be on the lookout for updates from the Agency Relations and Programs team about the application process. If you haven't received a request for applications from us, please contact your Partner Services Coordinator.



Look for New Training Series

Just in time for spring, the Agency Relations and Programs team is in the process of developing a new series of training sessions for our pantries that will highlight issues around diversity and inclusion, the plight of individuals living in poverty, and how to work with individuals who have faced trauma. We will be piloting training sessions in our Shenandoah Valley (SV) and Lynchburg Area (LA) regions this year with an eye to offering these sessions to our other regions in the future. If you are located in the SV or LA regions and are interested in this training opportunity, please contact your Partner Services Coordinator (PSC).

Not Offering TEFAP?

Here's Why You Might Consider It

The USDA provides food through The Emergency Food Assistance Program (TEFAP) to food banks across the country. Food Banks distribute TEFAP food to participating partner pantries who then sign up eligible clients for the program. Offering TEFAP at your pantry comes with many benefits.

- **It's FREE to partner agencies.** You don't have to share the shipping and handling expenses.
 - **It can add variety to the food you distribute**, including corn, green beans, tomato products, canned fruit, canned chicken or tuna, rice, and pasta.
 - **It can boost the nutritional value of the food you distribute.** Many canned products are low sodium and have little-to-no added sugars. The TEFAP program also provides fiber-rich
- whole grain foods and lean sources of protein.
- **You would be supporting American farmers.** The USDA purchases food for the TEFAP program from U.S. farmers.
 - **Determining eligibility for the TEFAP program and compliance with federal reporting is easy with Link2Feed software**, provided to you by the Food Bank.



RECIPE BOX — GREAT RECIPE FOR TASTING EVENT

TURKEY BAKE with WHOLE WHEAT PASTA

INGREDIENTS

- ▶ 12 oz. low-fat ricotta cheese or cottage cheese
- ▶ 6 oz. shredded low-fat mozzarella cheese
- ▶ 2 cloves garlic, minced, or more to taste
- ▶ Salt and pepper to taste
- ▶ 1 package (1 lbs.) whole-wheat pasta
- ▶ 1 pound ground turkey
- ▶ 1 (13.5 oz.) jar or can of spaghetti sauce



USDA Surplus Food Expected to Continue Through June Bounty of Nutritious Food

The Emergency Food Assistance Program, or TEFAP, is making an abundance of USDA food products available to food banks. This temporary, expanded stream of food is intended to help offset the impacts of tariffs on U.S. Agriculture. We expect to receive a record 4.3 million pounds of nutritious food from the USDA through June.

A wide variety of food will be available, including frozen meats such as pork, chicken and beef; fresh fruits such as grapes and oranges; and fresh milk. Of course, we will continue to offer USDA staple pantry items, such as beans, pasta, tomato products, and rice.

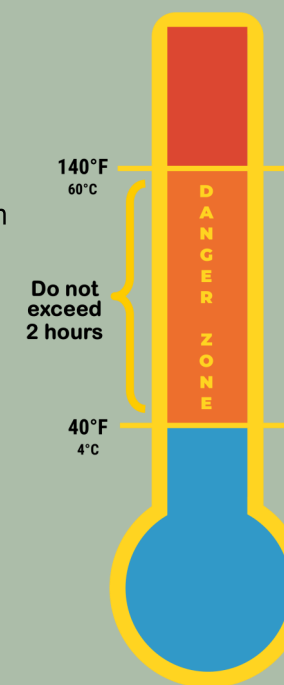
Questions About TEFAP?

If you are interested in adding the TEFAP to your pantry, please contact your Branch Area Assistant or Partner Services Coordinator for more information.

Food Safety Tip

Meat, poultry, and fish should be frozen on or before the expiration date and stored at 0° or less while awaiting pick-up. If unfrozen, these items should be stored at 40° or less.

Food kept in the danger zone (40° to 140°) more than 2 hours; damaged or compromised packaging resulting in discoloration of product; or defrosted product or product with severe freezer burn needs to be thrown out.



Remember, when in doubt, throw it out!

PSC Keeps Agencies, Food Bank Moving Forward Together

Did you know that all the paperwork you and 200 other agencies fill out and turn in to the Food Bank each month gets handled and processed by one



person? In his role as **Partner Services Coordinator (PSC) for Compliance**, Darryl Jones is tasked with ensuring that the Food Bank's nutrition programs

and its partner agencies are following the rules and regulations set out by Feeding America and the federal government.

Throughout his 15 years at the Food Bank, Darryl has served in a variety of roles, including manager of the Verona warehouse and as a PSC for the Winchester area. Darryl is an essential member of a team committed to helping you make your efforts to nourish neighbors struggling with hunger as efficient and impactful as possible.

turkey is completely browned. Drain and add to the pasta.

5. Spread 2 tbsps. of the spaghetti sauce onto the bottom of a 13x9-inch baking dish; stir the rest of the spaghetti sauce into the pasta and turkey mixture. Spoon half of the pasta mixture into the baking dish; top with the cheese mixture and spread evenly. Spread the remaining pasta mixture over the cheese layer. Cover with aluminum foil.

6. Bake in the preheated oven, about 20 mins. Remove foil and bake 10 more mins, until slightly browned.

Preparation Time: 15 mins • Cook Time: 45 mins

1. Preheat oven to 300 degrees F.

2. Stir the ricotta or cottage cheese, mozzarella cheese, garlic, salt, and pepper in a bowl; set aside on counter to bring to room temperature.

3. Bring a pot of water to a boil; cook the pasta in the boiling water until cooked through. Drain and transfer to a large mixing bowl.

4. While the pasta cooks, place a skillet over medium heat. Crumble the turkey into the skillet; cook and stir until the