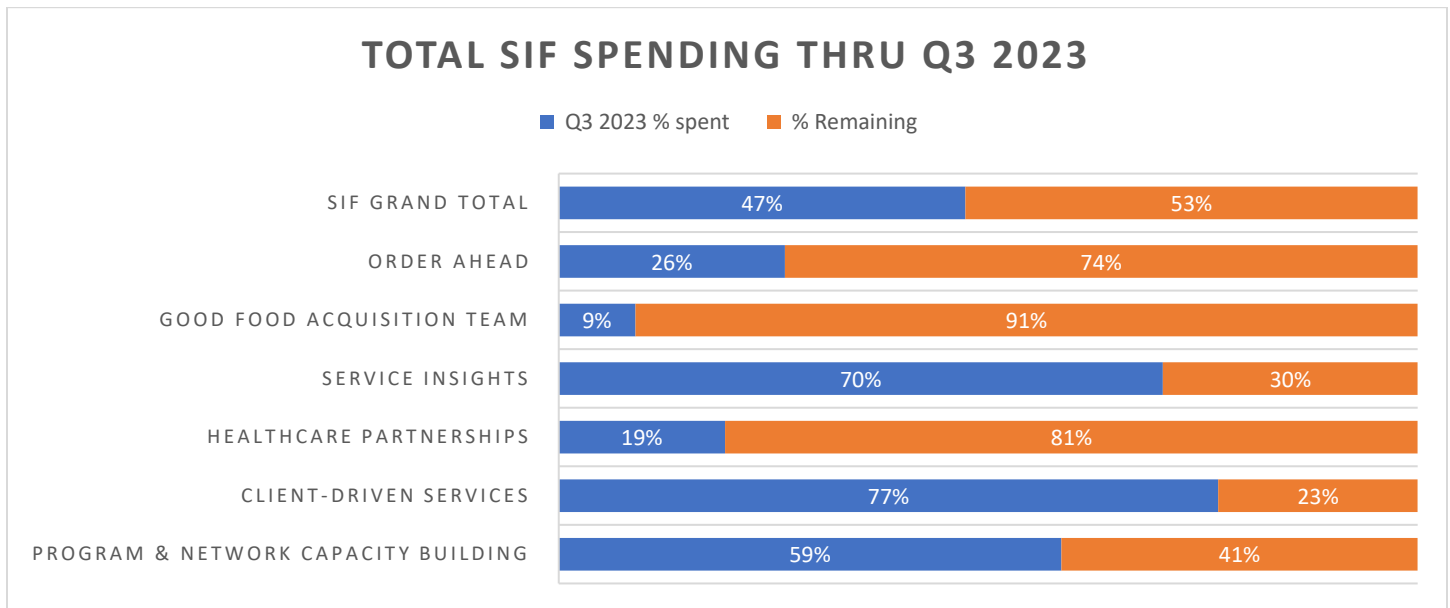




# Food Bank of the Southern Tier Strategic Investment Fund 2023 Q3 Report

Full SIF project budget: \$3,610,327  
SIF funds spent through September 2023: \$1,708,936  
SIF balance remaining: \$1,901,390



[Good Food Acquisition](#)

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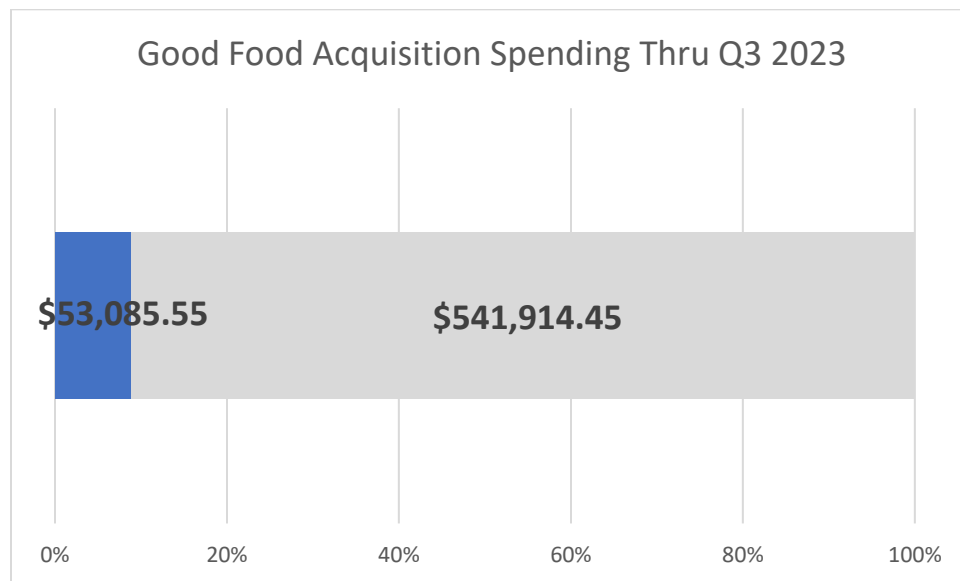
## Good Food Acquisition

**Original project budget:** \$595,000

**Money spent thru Sept 2023:** \$53,085

**Project balance:** \$541,914

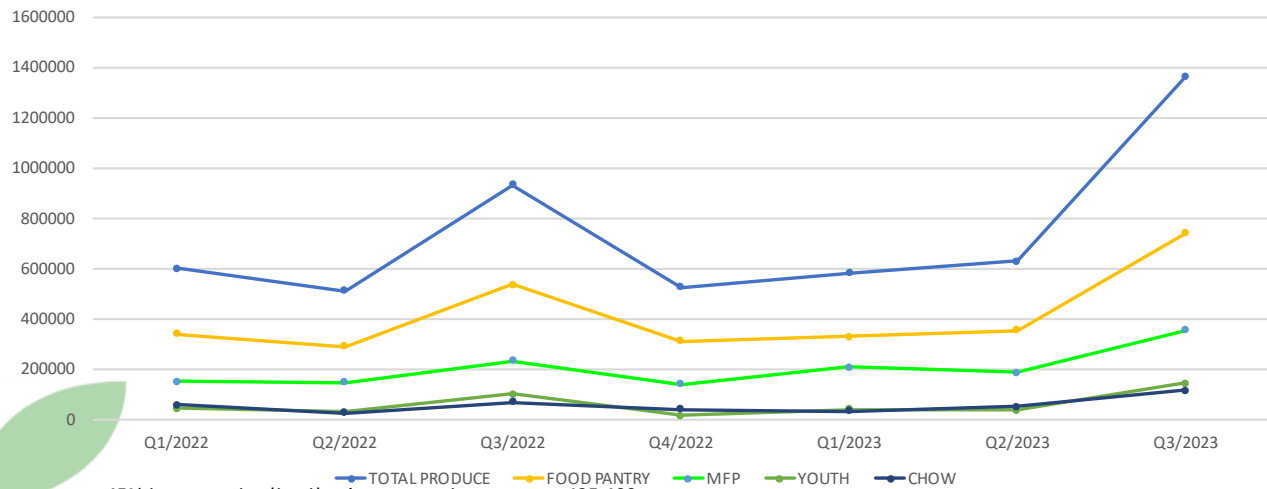
**Project timeframe:** April 2022-March 2025



### Q3 Progress:

- 1.37 million pounds of produce distributed, which is 425,400 more pounds than this time last year
- Offered 110 different produce items this year
- Sourcing from 6 local farms overall
- 19 Summer Kids Farmers' Market sites, over 130,000 pounds of produce distributed to 7,824 duplicated children
- Implemented Direct Delivery model to agencies in September to improve perishable storage and distribution logistics. 88% of agencies are now getting their preferred delivery day, an increase from 59%

## Produce Distribution by Agency Type:



- 45% increase in distribution over prior year or +425,400
- Increases attributed to SIF Funding and utilization of Nourish NY funding.
- Number 1 item was Donated Bulk Produce
- Kids Farmers Market distributed over 130,000 pounds due to availability and expansion
- Strong quarter with TEFAP goods.
- Produce was the number 1 product category distributed each month with at least 33% of the total mix

## Photos / Stories of Impact:



*NYS produce distributed this summer*

***Summer Kids' Farmers Market Comments:***



- A single mom expressed her gratitude for being able to provide different kinds of food for her picky eater 4-year-old to try – foods that she wouldn't spend money on in case he didn't like it. She also said her 9-year-old loves to find different ways to cook the same food. Their goal for this week was to try something different with zukes besides bread.
- One mother brings her five children that she homeschools. One particular week, they had an abundance of cabbage and were encouraged to take extra. Mom reported back the following week that she used it as a lesson plan in food preservation. The kids watched YouTube videos on how to make sauerkraut, and they jarred up all the cabbage.
- The market continues to be very popular. Other organizations provide activities for the kids. Last week was the first week we broke one hundred served, and that level of involvement continues.
- A mom reported that from what her 2 kids got from the KFM the week before, she **saved \$65** on her grocery bill.
- Many tweens and teens are coming on their own without an adult and getting things for their families. There is a group of 2 sisters that walk 8 blocks-they bring a wheeled basket. There is a group of 2 teen brothers that walk almost 4 miles 1 way-that's 8 miles round trip to get food for their family (single working mom)

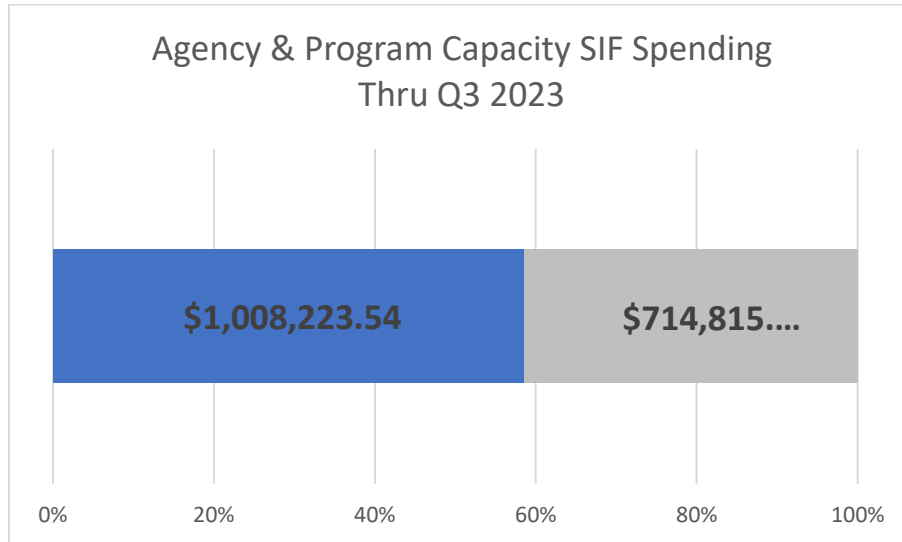
## Agency & Program Capacity

**Original project budget:** \$1,723,039

**Money spent thru Sept 2023:** \$1,008,224

**Project balance:** \$714,815

**Project timeframe:** July 2021-June 2024



Q3 progress:

### Programs:

- Onboarding 1 new School Food Center: Corning-Painted Post
- Equipment purchased and set up for West Learning Center, and Elmira Heights, with a cost of \$20,734.00
- Distributed 214,104 total diapers in Q3: 184,128 child & 29,976 adult
  - 52 partner agencies (36%) are part of the Diaper Bank and 36 of these partners ordered diapers in Q3.
  - 14 FBST programs also provide diapers: 11 MFP Senior, 2 SFC & Kitchen Stork
- YTD we have distributed 767,718 diapers: 674,550 child and 93,168 adult

### Agency Trainings

- Quarterly Partner Education Webinar in Aug on DEI & Emergency Food ([recording here](#))
- Monthly mini trainings:
  - Recalls – and why they are important
  - What to expect with direct deliveries

### Agency Capacity Initiatives

- 1 Emergency Cold Storage Grant request, 1 awarded for total of \$5,190

- \$816 distributed in agency incentives to 10 agencies (agencies going above and beyond to reach our outcome goals)
- \$55 in Leadership Training fund to 1 agency

**Photos / Stories of Impact:**

***Watkins Glen School Food Center***



*Equipment and set up at the new School Food Center in Watkins Glen – our first one in Schuyler County!*

~A young boy just told me how our market is really making a difference in his home 😊 Thank you so much! ~ Amy

***Susquehanna Valley SFC has some new cold storage!***





***West Learning Center SFC***



"We are absolutely thrilled and grateful for the storage provided through your grant. Your generosity has helped us create the perfect food pantry. We will use this area/equipment to continue to support our student's needs, and hopefully the needs of the community. These pictures are the progress we have made since the delivery of the equipment."

***Enfield SFC***



"The addition of a freezer to the Enfield Welcome Center really opened a new nutritious world of food that we could offer. The freezer has been especially necessary for stocking frozen protein sources. Enfield Elementary School students gather food from the Welcome Center on a regular basis and we have opened it to families around the beginning of the school year and holidays. The freezer, refrigerator, and shelf stable items offer lots of opportunities to put together full and balanced meals."

*New cold storage at Enfield Elementary.*

***Spencer- Van Etten Food Cupboard Equipment Grant***



July 2023

Food Bank,

on behalf of the SVE FOOD CUPBOARD  
we would like to thank you for the  
"emergency cold storage grant re-  
imbursement". Now with your help we  
can continue helping people in  
need

thanks again,

SVE FOOD CUPBOARD



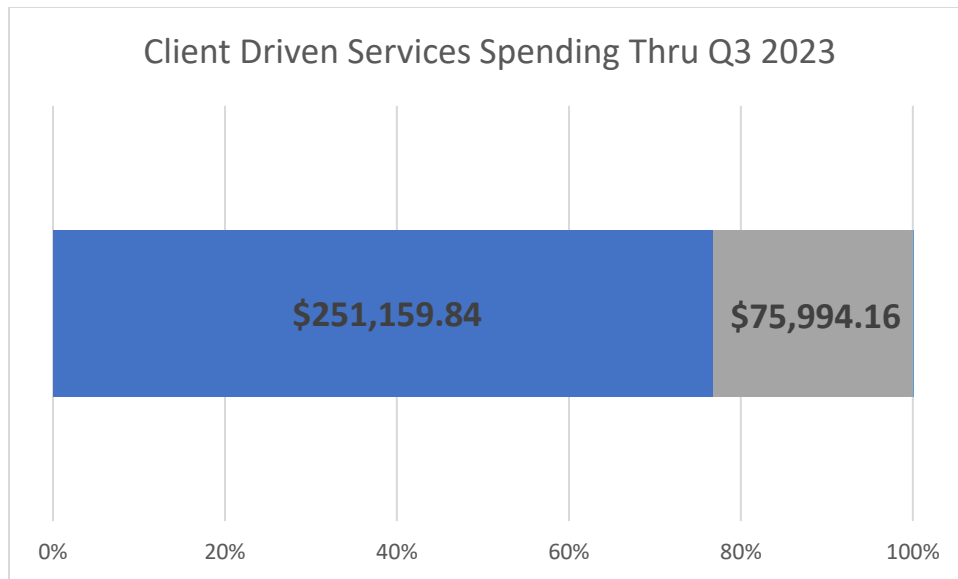
## Client Driven Services

**Original project budget:** \$327,154

**Money spent thru Sept 2023:** \$251,159

**Project balance:** \$75,994

**Project timeframe:** July 2021-June 2026 (project extended for 2 years to allow for full development and evaluation)



Q3 updates:

### Community Advocates Program

- 5 Community Advocates attended the Elevating Voices Power Summit in DC in July. One of them interviewed Congressman Molinaro during a fireside chat.

### Client Communications and Engagement

- Myth busting document finalized and [added to website](#)
- Client survey prepped to launch in Q4
- 13 client stories published

### Public Education & Advocacy

- 3 Hunger 101 workshops with 83 participants, including members of the Broome County Food Council, Tompkins County Food Future Summit, and Corning Community College staff
- Community Advocate Nordia Hoff spoke to over 100 staff at Corning Community College as part of their orientation
- 4 FBST staff, including our Community Empowerment Coordinator, participated in Feeding America's Farm Bill fly-in in September

**Photos / Stories of Impact:**

***Quotes from Elevating Voices Power Summit participants:***



*Community Advocates with Congressman Molinaro at the Elevating Voices Power Summit in DC*

“The trip itself was a wonderful experience, meeting people from all over the country who were experiencing some of the same experiences that I have encountered being on benefits, and supporting others receiving benefits,” says Nordia Hoff, Pantry Coordinator at the Friendship Seventh Day Adventist Church in Elmira. “It was also a wonderful opportunity for us to network and meet others who might have ideas of how best to manage our different pantries and other businesses.”

For program graduate Dawn Tallett, the conference had an even deeper meaning.

“Calling this last trip to D.C. and the Feeding America Elevating Voices Power Summit an incredible experience would be an understatement,” she said. “The first thing I felt was important. This doesn’t happen often and when it does, I must stop myself from feeling like I don’t deserve it.”

“It was exciting for me to see Feeding America employees from the Anti-Hunger Policy Conference, and I was surprised when they remembered me. Claire Babineaux-Fontenot, CEO of Feeding America, called me ‘her Dawn,’ and as silly as it sounds, it lifted me up and made me believe that all my lived experience of the last 18 years IS important. I am important.”

***Farm Bill Fly-In***



*Jackie Bogart, our Community Empowerment Coordinator, advocated for SNAP in the Farm Bill at Congressman Molinaro’s office in DC in September.*

*Farm Bill Fly-in Day included 4 lobby visits with our US Senate and Congressional offices to advocate for SNAP and TEFAP.*



*FBST hosted Congressman Nick Langworthy along with state representatives Senator Tom O'Mara and Assemblymen Chris Friend and Phil Palesano during August recess.*



*Our Community Empowerment Coordinator was invited to attend a session with Feeding America CEO Claire Babineaux-Fontenot to help to brainstorm national conference themes*

***SNAP videos featuring our Community Advocates, with support from a Feeding America SNAP Capacity Grant***

[Nordia's SNAP Story](#)

[Mari's SNAP Story](#)

[Christina's SNAP Story](#)

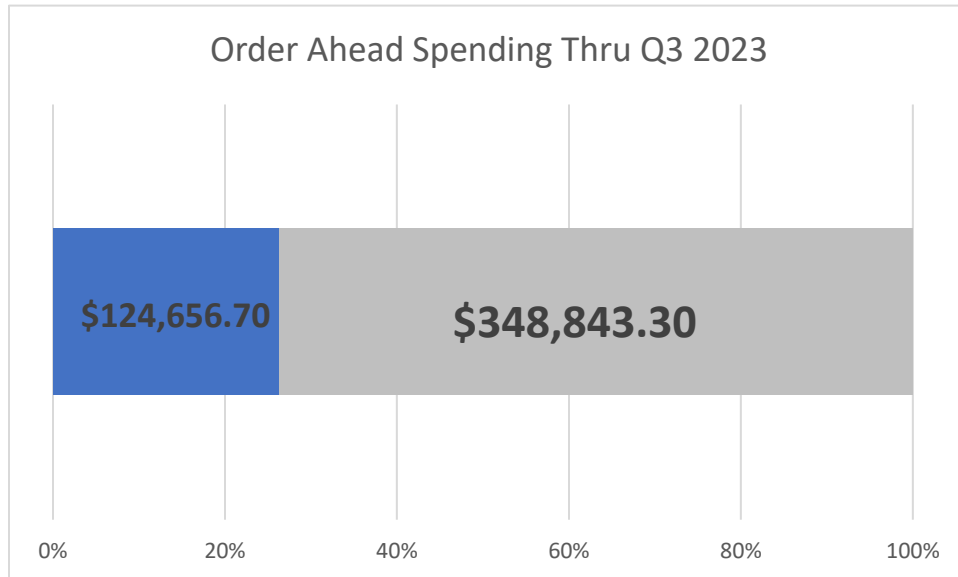
## Order Ahead

**Original project budget:** \$473,500

**Money spent thru Sept 2023:** \$124,656

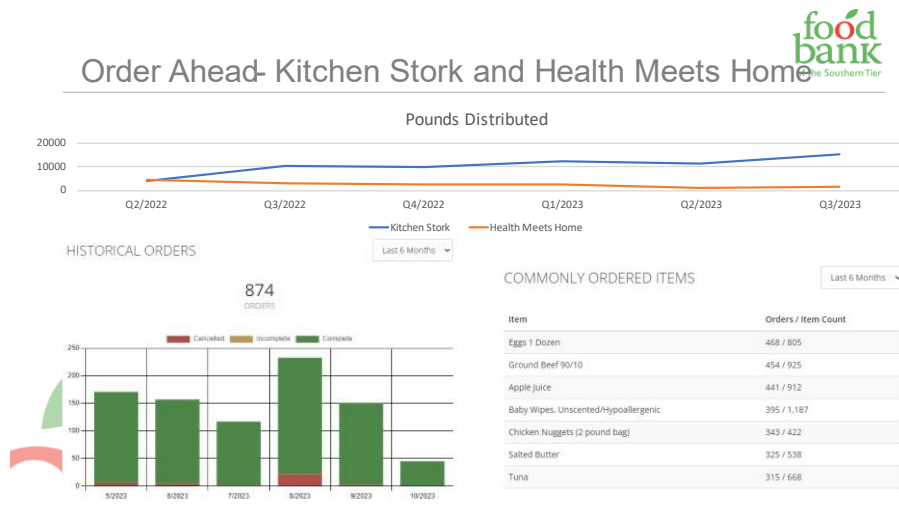
**Project balance** \$348,843

**Project timeframe:** April 2022-March 2025



### Q3 Updates:

- Kitchen Stork capacity increased to 60 in Q3
- 477 total orders filled
- Increased variety and number of options on the menu

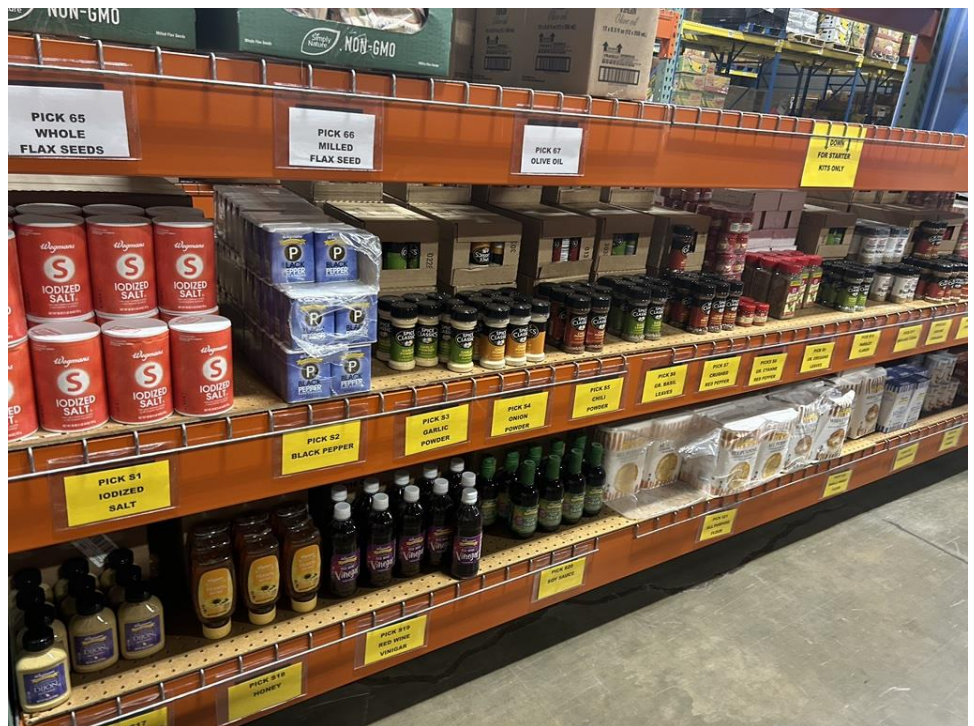




**Photos / Stories of Impact:**



*NYS-grown produce used for both Health Meets Home and Kitchen Stork*



*Spices for starter kits (all sourced by/purchased from Wegmans)*



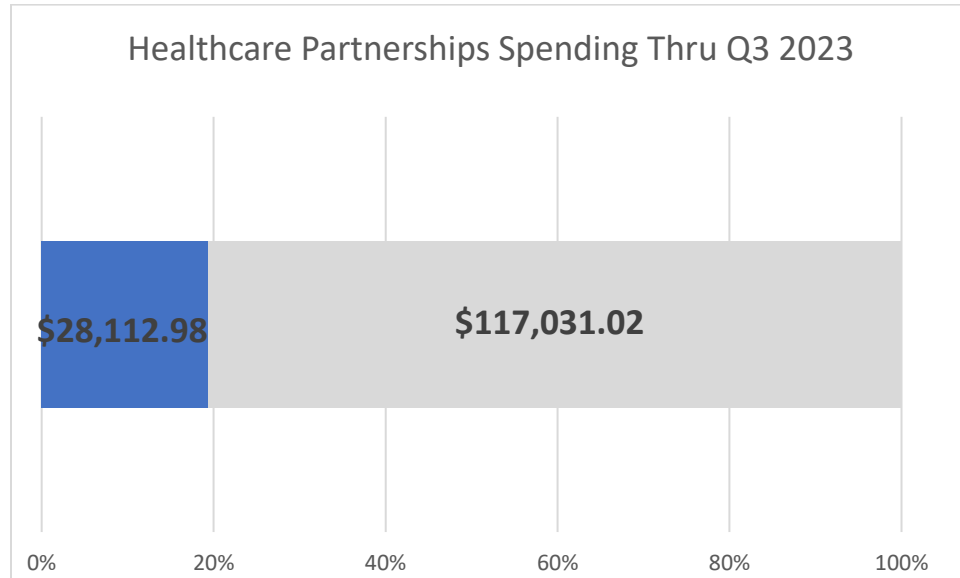
## Healthcare Partnerships

**Original project budget:** \$145,144

**Money spent thru Sept 2023:** \$28,112

**Project balance:** \$117,031

**Project timeframe:** July 2021-June 2024



### Health Meets Home:

- Number of Health Meets Home Participants: 10, with plans to add 5-10 more in the next few months
- Number of Health Meets Home Orders: 62
- Feedback from LECOM student-Participants Interactions:
  - Participant shared that he loves chatting with the students when they visit
  - Participants are setting goals around increasing movement, increasing protein intake, and increasing the number of meals they cook at home

- Sample recipe and weekly resource:

**HealthMeetsHome**

**NEW Item: Salmon Fillets**

Salmon is a rich-tasting fish full of protein and healthy fats. Serve with veggies and roasted potatoes for a balanced meal!

**Baked Salmon (4 ways)** Serves 2

- 2 thawed salmon fillets
- Spice mix of choice (options below)

**Directions:**

1. Preheat oven to 425°F and line a baking dish or sheet pan with parchment paper (or just a little oil to prevent sticking)
2. Mix up spice mix of choice in a small bowl and coat salmon with this mix. Do not put the spices on the skin
3. Place seasoned salmon on your baking dish, skin side down, and bake for 10-12 minutes, or until the salmon reaches an internal temp of 145°F or more.
4. You should be able to slide a fork or knife between salmon and the skin to separate it.

<p><b>Cajun</b></p> <ul style="list-style-type: none"> <li>• 2 tsp olive oil</li> <li>• 1/2 tsp paprika</li> <li>• 1/4 tsp cayenne pepper</li> <li>• 1/2 tsp garlic powder</li> <li>• 1/4 tsp onion powder</li> <li>• 1/4 tsp thyme</li> <li>• Pinch of salt and pepper</li> </ul>	<p><b>Dijon Maple</b></p> <ul style="list-style-type: none"> <li>• 1 tsp olive oil</li> <li>• 1/2 tsp garlic powder</li> <li>• 1 tsp dijon mustard</li> <li>• 1 tsp maple syrup</li> <li>• Pinch of salt and pepper</li> </ul>	<p><b>Soy Glazed</b></p> <ul style="list-style-type: none"> <li>• 1 tsp olive oil</li> <li>• 1/2 tsp garlic powder</li> <li>• 1 Tbsp soy sauce</li> <li>• 1/4 tsp cornstarch</li> <li>• 1/2 tsp brown sugar</li> <li>• Pinch of red pepper flakes</li> </ul>	<p><b>Garlic Herb</b></p> <ul style="list-style-type: none"> <li>• 2 tsp olive oil</li> <li>• 1 clove garlic (minced) or 1/2 tsp garlic powder</li> <li>• 1/2 tsp Italian seasoning or oregano</li> <li>• 1/4 tsp salt</li> <li>• Pinch of pepper</li> </ul>
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**HealthMeetsHome**

**NEW ITEM: SALAD SHRIMP**

"Salad shrimp" are tiny, pre-cooked shrimp. They are a quick and easy source of protein

**Shrimp Salad** Serves 3-4

- 2 cups salad shrimp, thawed
- 3/4 cup crunchy vegetable, diced small (celery, pepper, or cucumber works well)
- 2-3 Tbsp mayo, plain greek yogurt, or a combination
- squeeze of lemon juice
- salt and pepper to taste
- Chopped lettuce for serving

**Directions**

1. Combine all ingredients and mix well, serve over the chopped lettuce

Recipe & photo adapted from: [www.thespruceeats.com/simple-shrimp-salad-with-mayo/recipe-3060882](https://www.thespruceeats.com/simple-shrimp-salad-with-mayo/recipe-3060882)

**Shrimp Scampi** Serves 2

- 1 Tbsp olive oil
- 1 Tbsp butter
- 2 cloves garlic, chopped, or 1 tsp garlic powder
- 1 cup shrimp, thawed
- 1 cup cooked, finely chopped vegetable of choice (broccoli, spinach, kale work well)
- 1 cup pasta of choice, cooked

**Directions**

1. Heat oil and butter until melted. Add garlic and cook until fragrant.
2. Add shrimp, cooked vegetables, salt, pepper, and lemon and cook until everything is heated through
3. Serve on it's own or over pasta

Recipe & photo adapted from: <https://healthyishfoods.com/shrimp-scampi-with-linguini-and-broccoli-rabe/>

**Broccoli Stir Fry + Shrimp**

Try adding a cup of thawed shrimp to the stir fry on page 23 of the HHH Cookbook! Frozen veggies can be substituted for fresh if desired.



## Kitchen Stork:

- Number of Participants: 58 (capacity for up to 60)
- Number Orders: 415
- Survey Response data from the 8 participants who offboarded this quarter:
  - 87% reported that they never worried about having enough food while part of the KS program
  - 87% ranked the priority of a healthy diet in their life since joining Kitchen Stork as "high priority"
  - 100% reported increased access to healthy food and removal of transportation barriers
  - 87% reported increased knowledge of healthy food/recipes
  - 75% reported removal of transportation barriers as a benefit of the program for them
- Feedback from participants:
  - One participant shared that she really appreciates being able to participate in the program even though she works full time. She doesn't quite qualify for SNAP and she thought there weren't many other resources for her, but she says Kitchen Stork has taken so much stress off of her and her family
  - Another participant shared that Kitchen Stork has changed her cooking habits. For example, she thought she didn't like soy sauce, and now she cooks with it often
  - Another participant shared that the cooking supplies came at the perfect time. She had just moved into an apartment and didn't have anything to cook with.
  - One participant's husband shared that this is the best food he has ever gotten from a food bank (likely referring to pantries) – much higher quality than he expected and this program "has everything"

- Sample recipe and weekly resource:

### Kitchen Stork

Featured Produce: Cabbage

#### Egg Roll in a Bowl


*Basically an egg roll without the wrapper!*

- 1 pound ground beef or turkey
- 1 Tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/2 onion, finely diced
- 1 carrot, sliced thinly or coarsely grated (optional)
- 3 garlic cloves, minced, or 1 tsp garlic powder
- 3 cups cabbage, thinly sliced
- 1 tsp ground ginger
- 1/4 cup low sodium soy sauce
- 2 tsp sesame oil
- 1/2 tsp sugar
- Optional toppings: chopped green onion or sesame seeds

**Directions:**


1. Set a large skillet over medium/high heat and add oil. Once hot, add ground beef and brown until fully cooked, breaking up the meat with a spatula as it's cooked. Season with salt and pepper.
2. Add onion and carrots and sauté until onion is tender, 5-7 minutes, stirring occasionally. Add the garlic and cook another 30 seconds, stirring constantly.
3. Add the cabbage, ginger, soy sauce, sesame oil, and sugar. Continue cooking for 5-7 minutes, stirring occasionally, or until the cabbage is tender.
4. Serve garnished with green onion and sesame seeds if desired, or serve over rice


Recipe / Photo adapted from : <https://hotstorkskitchen.com/egg-roll-in-a-bowl-recipe/>



**Scan here for a quick video  
on how to cut a cabbage**

[www.youtube.com/watch?v=q8zWvzhRhd8](https://www.youtube.com/watch?v=q8zWvzhRhd8)






### Kitchen Stork

Fats and Oils




Not all fats are created equal. Despite the misinformation about fats, we actually need fats in our diets! Especially healthy, unsaturated fats. Read about the difference below




#### Unsaturated Fat

**Found In...**

- Olive Oil
- Nuts & Seeds
- Eggs
- Fish & Seafood




Unsaturated fats are a more nutritious form of fat and can lower the risk of heart disease, fight inflammation and help your body absorb certain vitamins better.



#### Saturated Fat

**Found In...**

- Dairy Products
- Red Meat
- Processed Meat
- Baked Goods

Saturated fats are the less nutritious form of fat and regular high consumption can have negative effects on cardiovascular health.

### Current Healthcare Partnerships:

- 4 Active Healthcare Partnerships / Programs: Health Meets Home, Kitchen Stork, Care Compass Network Social Impact Pilot Project, and Meals While You Heal

### 5 In Development:

- **Eastside Clinic** - accepted application. Wants to become Community Partner Organization (CPO) and distribute Community Food Boxes (CFBs). Lack of funding and staff turnover has delayed their start
- **Cayuga Health Systems** – accepted Strategic Partnership application, working on next steps
- **CASA Trinity** – approved application. Very enthusiastic group. Has decided to become an agency and open a full pantry, instead of being a CPO. Interested in JSY workshops. Site visit has been made. Working with them on next steps/funding/orientation set up.
- **St. James Mercy Hospital** – application accepted for CPO. Considering their options as far as whether to go full pantry, or CPO, because they would like access to HPNAP
- **UHS**- Sally/Caitlin/Matt visited in Sept. UHS has adjusted their plan beyond staff and now would like to start with CFBs in a select few clinics. They are taking some time to digest the info shared with them and do some planning for funding, etc.

## Photos / Stories of Impact:

Fall Harvester feature on Health Meets Home LECOM student leaders, Noah West and Audrey Law:



### Program Aids Neighbors in Need, With Your Help

The best partnerships succeed because all sides move forward with the larger goals in sight.

For a group of area medical students, it's the passing of the torch from one group of leaders to another. For the Food Bank, it's the continuation of a program that's gained positive feedback. For donors to the Food Bank's Strategic Investment Fund, it's validation that funding is being expended in ways that enhance the community.

Through the Food Bank's Health Meets Home initiative, the students at the LECOM (Lake Erie College of Osteopathic Medicine) campus in Elmira found a way to put their studies into practice while working alongside several local families to develop healthy eating habits.

Health Meets Home is a relatively new program, started in 2021 and funded through donations to the Food Bank's Strategic Investment Fund. The program is a true partnership with LECOM and Arnot Health, in which patients with prediabetes are recruited and matched with LECOM students, with the goal of preventing progression to diabetes.

Participants order food through an app-like program called OrderAhead. The orders are then packed weekly at the Food Bank and delivered to participants' homes by LECOM students who also work with them on reaching their health goals.

The program also provides recipes, nutrition education, spices, and kitchen equipment to assist participants with cooking nutritious meals and exploring new foods and cooking techniques. In addition, the students also take biometric measurements for the participants to monitor their health and progress, including blood pressure and blood sugar tests.

Participants have the opportunity each week to share feedback on things like food choices and recipes, and as a result, the Food Bank has been able to improve the selection of foods.

Outgoing student coordinator Noah West cites the program's appeal to his interest in sports nutrition.

**"Someone came and spoke to the class about the program, and I could see the benefits of a healthy lifestyle," Noah says. "It's nice to help households in the area. We have a big team of student volunteers who gather data and find new participants."**

According to Caitlin Price, the Food Bank's Health and Nutrition Programs Manager, participant feedback has been excellent.

**"Participants have shared that the program has really made a difference in their ability to access nutritious foods, and many have made great progress toward their personal health goals, including walking more, reducing blood pressure, quitting smoking, and trying new recipes and foods," Caitlin says. "It has been so great to see the relationships and the trust that has been built between the students and the participants."**

For Audrey Law, an outgoing coordinator, it's not only program participants who are helped.

**"I really enjoyed seeing the impact this program had on my fellow classmates," she says. "It gave many students an opportunity to take on a leadership role as primary group contacts, and also mentorship opportunities as we brought on more first-years to the program. Health Meets Home gets us out of the classroom and into the community to do exactly what LECOM was put in Elmira to do, which is serve the local community."**



## Service Insights (Retired SIF)

**Original project budget:** \$346,490

**Money spent thru March 2023** \$250,868

**Project balance** \$95,622 to be rolled into other projects

**Project Timeframe:** July 2021-December 2022

## Evaluations

The annual survey of pantry partners was conducted and compiled in Q3. These surveys help measure our progress related to our Good Food, Increasing Access and Community Empowerment outcomes. Complete survey results can be found here: [2023 Pantry Survey Summary](#)

An evaluation of the 2022-2023 School Snack Program was conducted and compiled in Q2. Based on this evaluation, it appears that the School Snack Program is helping to meet a large need for snacks during the school day – a need that is otherwise only being addressed personally by school staff and Parent Faculty Organizations (PFO). Even so, the main takeaway from this evaluation is that there is still unmet need. School Site Coordinators and staff are hopeful that the Food Bank's School Snack Program can expand to help meet this need. Complete survey results can be found here:

[2022-2023 School Snack Evaluation](#)

An evaluation of the Emergency Cold Storage Grant was conducted in Q2. Overall findings show that pantries who received grants were able to increase their average perishable pounds per person compared to those that did not receive grants. The highest increases in pounds per person came from pantries that added additional cold storage. These sites saw an average increase from 4.3 to 8.4 pounds per person. However, even pantries who replaced units saw increases since many replacement units were larger. Complete evaluation results can be found here: [Emergency Cold Storage Grant 2021-2022 Evaluation](#)