



Foodbank

of Southeastern Virginia
and the Eastern Shore

Agency News

February 2016

Healthy Whole Grain Chicken Pie

Ingredients:

For the topping:

- cooking spray
- 2 cups whole wheat flour
- 4 tsp baking powder
- 4 tbsp cold trans-fat-free margarine
- 1 tbsp dried parsley
- 1 cup skim milk

For the filling:

- 1 tsp olive oil
- 2 carrots, diced
- 2 celery stalks, diced
- 1 large onion, diced
- 8 oz sliced mushrooms
- 12 oz cooked chicken, chopped
- 2 tbsp flour
- 1 ½ cups skim milk
- ¼ tsp salt
- ½ tsp ground black pepper

Preheat the oven to 375 degrees F. Coat a 9x13-inch baking dish with cooking spray and set aside.

1. In a large bowl, sift together the whole wheat flour and baking powder. Cut in the margarine and then add the parsley and milk, and gently stir to combine. Refrigerate until needed.
2. Add the olive oil and a generous amount of cooking spray to a large nonstick sauté pan over medium-high heat. Add the carrots, celery, onion and mushrooms. Sauté for 10 minutes or until the vegetables are soft but not mushy.
3. Stir in the cooked chicken.

4. In a small bowl, whisk together the flour, skim milk, salt and ground black pepper. Add to the vegetable mixture and bring to a boil. Reduce to a simmer for 2 minutes. Remove from heat.
5. Pour the chicken and vegetable mixture into the baking dish. Drop clumps of the whole

Nutrition Facts	
Serving Size 1.25 cups	
Servings Per Container 8	
Amount Per Serving	
Calories 290	
	% Daily Values*
Total Fat 9g	14%
Saturated Fat 2.4g	12%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 395mg	16%
Total Carbohydrate 33g	11%
Dietary Fiber 5g	20%
Sugars 7g	
Protein 21g	42%

* Percent Daily Values are based on a 2,000 calorie diet.

wheat crust mixture on top of the chicken and vegetable mixture (the topping will be very sticky). Use a spoon to gently spread the topping. Bake for 20 minutes and serve.



Leading the effort to eliminate hunger in our community

A Proud Member of :



Good to Great Program

“Greatness is not a function of circumstance. Greatness, it turns out, is largely a matter of conscious choice, and discipline.”

— James C. Collins, *Good to Great: Why Some Companies Make the Leap... and Others Don't*

The Foodbank has been working on the Good to Great program for a few years, and although we were not able to roll it out when we originally wanted to, it has still been a work in progress and it is finally going to be implemented on July 1, 2016.

Partner Agencies will be graded on 12 criteria ranging from submitting reports correctly and in a timely manner to having thermometers in the refrigeration units for food safety (part of the bi-annual inspection score). The 12 components to the score are shown below.

	Criteria	Maximum Score
Core	Bi-Annual Inspection Score	25
	Partner Agency Manual Test Score	12.5
	Report on Time	12.5
	Training Attendance	10
Bonus Points	Number of Days Serving	5
	USDA	5
	Agency Advisory Council (2)	5
	Multi-Service	5
	Client's Choice	5
	Food Rescue	5
	Home Delivery	5
	Available as Needed	5

For example: Did someone from your agency attend the most recent Agency Academy? If the answer is yes, then you get the 10 points.

There are eight criteria in which you can score bonus points. For example: Are you a USDA agency? If you are, then you get five bonus points. Did someone from your agency attend at least two Agency Advisory Council meetings this year? That's worth five bonus points as well.

New agencies will not have a bi-annual inspection score until their inspection is completed two years after partnering with the Foodbank. Also, keep in mind that in July, your tier may go up and it may go down; it all depends on the score!

The score ranges from zero to 100; the higher your score, the lower your shared maintenance fee (SMF). In addition to benefiting from a lower SMF, other benefits will be awarded. For example: FEMA food when it becomes available.

We will be contacting the agencies who have not yet had an opportunity to complete the Partner Agency Manual test. The tentative point values and their tier ratings are also shown below.

G2G Score	Tier	SMF
71 to 100	1	0.12
65 to 70.99	2	0.14
59 to 64.99	3	0.16
0 to 58.99	0	0.18

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Foodbank Closings The Foodbank of Southeastern Virginia and the Eastern Shore will be closed on February 15 in observance of Presidents' Day.

Farewell and Thank You! The Foodbank would like to say a fond farewell to long-time volunteer, Joan Hart, at Holy Trinity Catholic Church in Norfolk. This agency first partnered with the Foodbank back in April 1999, and Joan was an authorized shopper. A little over seven years later, she took the reigns as contact person and Holy Trinity's food pantry has continued to thrive. This agency has always been on point and since July 2011 has averaged serving over 2,600 unique individuals each year. Thank you for your long time dedication to serving those in need, Joan!

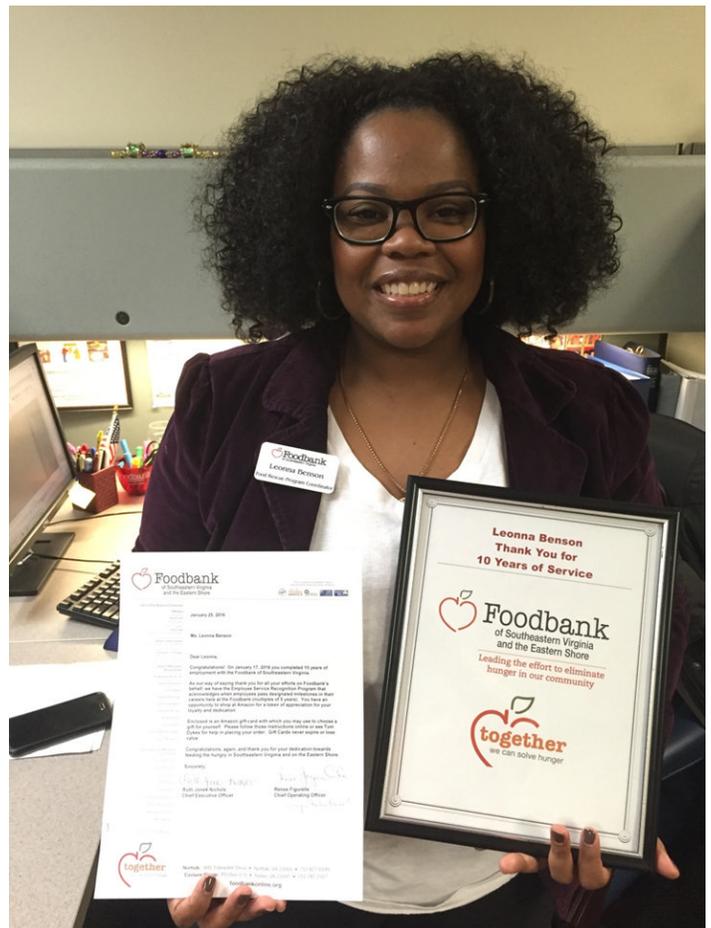
Calling All USDA Agencies On February 24th, 2016 at 9:30 AM, Cathy Davis will be hosting a USDA Agency Roundtable. This forum will provide an opportunity for all present to discuss policy and procedures, best practices, and any other topics of your choice that pertain to you as a USDA Agency. This is not a mandatory meeting, but an opportunity to come together, voice concerns and opinions, and ask questions! Please call Cathy Davis at 314-4565 and reserve your spot!

USDA Agency Reminder As an Agency, you should not order or have on hand more than 24 different USDA/TEFAP products at one time. Per USDA/VDACS guidelines, pantries should never distribute to a client more than 24 USDA items at one time. With this rule in mind, due to the abundance of Grapefruit Juice and Cranberry Juice concentrate, VDACS is authorizing that both items can be distributed at the same time, however, you may still only distrib-

ute of total of 24 unique USDA products.

Agency Advisory Council The next Agency Advisory Council meeting is on March 8 from 6:00 PM to 7:00 PM. All are welcome to attend. Come join us! As you can see elsewhere in this newsletter, attending the Council twice in one fiscal year will get you five bonus Good to Great points and could very well be the difference between 16 cents a pound and 14 cents a pound!

Congratulations to Leonna Benson for celebrating her 10-year anniversary with the Foodbank on January 17, 2016. Thanks for all you do to combat hunger in our area, Leonna!



February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
If you believe in yourself enough and know what you want, you're gonna make it happen. - Mariah Carey	1 ■■ January monthly reports due today.	2 ●	3 ●	4 ●	5 ● USDA Self-Decs from July to December due to Cathy by close of business.	6 ◆◆◆
7	8 ■■	9 ●	10 ●	11 ●	12 ●	13
14	15 Presidents' Day Foodbank Closed	16 ●	17 ●	18 ●	19 ●	20 ◆◆◆
21	22 ■■	23 ●	24 ●	25 ●	26 ●	27
28	29 ■■					

COMING UP IN March 2016

Mistakes are proof that you are trying.— Unknown		1 ●	2 ●	3 ●	4 ●	5 ◆◆◆
6	7 ■■	8 ● Agency Advisory Council Meets 6PM – 7PM All Welcome.	9 ●	10 ●	11 ●	12

Together we can solve hunger.™
foodbankonline.org

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Distributions by appointment only

Distribution Key:

- 7:30am—11:00am
- ◆◆◆ 8:00am—10:00am
- 5:00pm—7:00pm

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