



Foodbank

of Southeastern Virginia
and the Eastern Shore

Agency

March 2016

NEWS AND NOTES

- Attention USDA Agencies! The New USDA “And Justice for ALL” posters have arrived! Each USDA agency will be issued a single poster. More will be distributed as they become available. Please call Cathy Davis at 314-4565 to arrange for the pickup of your new USDA poster.
- Coming in March, a fun informative class for our clients! On March 7th from 10am-11:30am there will be a class held at our location, 800 Tidewater Drive by Chef Damon Covington. Chef Covington will demonstrate cutting up a chicken and then show us how to make several dishes from the different parts of the chicken. Each participant will leave with a whole chicken and the demonstrated recipes! Pre-registration is required, clients only please. For any questions regarding these programs please contact Lindsey Moylan at 757-201-6287 or LMoylan@Foodbankonline.org.
- Let’s give another shout out to Joan Hart, the contact person for Holy Trinity Catholic Church, who we mentioned had retired in last month’s newsletter. She received News Channel 3 WTKR’s People Taking Action award for all of her years of service. Congratulations again!
- After some 34 years as a partner of the Foodbank of Southeastern Virginia, Union Baptist Church in Suffolk, led by pastor C.V. Russell has closed its pantry. Thank you for all the years of service to our community.

TWO BEAN CHILI RECIPE

Ingredients: ½ pound ground beef • ½ can (about 8 ounces) low-sodium kidney beans, drained • ½ can (about 8 ounces) low-sodium vegetarian beans • ½ cup onion, diced • 1 teaspoon chili powder • 2½ cups low-sodium tomato juice • ¼ teaspoon pepper

1. In a medium-size pot, brown ground beef over medium to high heat for 8 to 10 minutes. Drain fat. 2. Add kidney beans, vegetarian beans, onions, chili powder, tomato juice, and pepper. 3. Cook over low heat for about 40 minutes. Serve hot.

Serving Size 1 cup (275g) Calories 275 Total fat 8.8g Saturated fat 3.6g Cholesterol 39mg Sodium 284mg Carbohydrate 32g Dietary Fiber 8g Sugars 12g Protein 18g Vitamin A 52% DV Vitamin C 74% DV Calcium 6% DV Iron 22% DV Percent Daily Values are based on a 2,000 calorie diet.

This no-fuss chili is a great way to use ground beef and beans to make a tasty main dish. Chili can be served by itself, with crackers, cooked rice, or baked potato.



Leading the effort to eliminate hunger in our community

A Proud Member of :



March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MARCH is National Peanut Butter Month, and also National Nutrition Month!		1 ● February monthly reports are due today.	2 ●	3 ●	4 ●	5 ◆◆◆
6	7 ■■	8 ● Agency Advisory Council Meets 6:00pm—7:00pm All Are Welcome	9 ●	10 ●	11 ●	12
13	14 ■■	15 ●	16 ●	17 ●	18 ●	19 ◆◆◆
20	21 ■■	22 ●	23 ●	24 ●	25 ●	26
27	28 ■■	29 ●	30 ●	31 ●		

COMING UP IN APRIL 2016

If you believe in yourself enough and know what you want, you're gonna make it happen. -Mariah Carey				1 ● March monthly reports are due today.	2 ◆◆◆	6 ◆◆◆
4 ■■	5 ●	6 ●	7 ●	8 ●	9	13

Together we can solve hunger.™
foodbankonline.org

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 800 Tidewater Drive
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 757-627-6599

Eastern Shore Branch
 24530 Coastal Boulevard
 Tasley, VA 23441
 757-787-2557
Distributions by appointment only

Distribution Key:
 ● 7:30am—11:00am
 ◆◆◆ 8:00am—10:00am
 ■■ 5:00pm—7:00pm

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