

February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1● January monthly reports due.	2● Agency Stakeholders' Meeting 10am—12pm.	3●	4
5	6■	7●	8●	9●	10●	11◆◆◆
12	13■	14●	15●	16●	17●	18
19	20 Foodbank Closed For Presidents Day	21●	22●	23●	24●	25◆◆◆
26	27■	28●	Every strike brings me closer to the next home run. — Babe Ruth			

COMING UP IN March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1● February Monthly Reports Due	2●	3●	4◆◆◆
5	6■	7●	8●	9●	10●	11

<p>Together we can solve hunger.™ foodbankonline.org</p>	<p>The Foodbank of Southeastern Virginia 800 Tidewater Drive Norfolk, VA 23504 757-627-6599</p>	<p>Eastern Shore Branch 24530 Coastal Boulevard Tasley, VA 23441 757-787-2557 <i>Distributions by appointment only</i></p>	<p>Distribution Key: ● 7:30am—11:00am ◆◆◆ 8:00am—10:00am ■ 5:00pm—7:00pm</p>
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In accordance with Federal law and internal policy, the Foodbank is prohibited to discriminate in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or a part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact the Foodbank's Chief Financial Officer, Van Woods at 757-314-4547. The Foodbank is an equal opportunity provider and employer.



Foodbank

of Southeastern Virginia
and the Eastern Shore

Agency
News

February 2017

The Foodbank of Southeastern Virginia and the Eastern Shore has formally launched its **Strategic Planning**. As a valued stakeholder we are asking for your assistance in helping us in our strategic planning process. You are invited to take part in our Stakeholders' Meeting on February 2, 2017 from 10:00am to 12:00pm at Thalia Lynn Baptist Church 4392 Virginia Beach Blvd, Virginia Beach 23452. Please RSVP by Friday, January 27, 2017 by calling Char Anderson at 757-627-6599 or emailing at canderson@foodbankonline.org. Thank you in advance for your support of our continuing efforts to eliminate hunger in our community.



The Foodbank of Southeastern Virginia and the Eastern Shore will be closed Monday, February 20, 2017 in observance of Presidents' Day

Do you have ideas on how to serve better food options to your clients? The American Heart Association and the Virginia Cooperative Extension are looking to partner with interested agencies to make your ideas a reality. Contact Cathy or Adam for more information at 757-627-6599.

USDA NEWS AND NOTES

- SDI's for the period of July 2016 - December 2016 were to be turned in by January 31, 2017.
- Please save one of the following dates for your 2017 mandatory USDA training: June 20th at 9am or June 22nd at 4:30pm.
- USDA has approved the distribution of 4 dozen eggs per household and 2 boxes of Mini Wheat's per household. Please ensure that you are distributing accordingly.

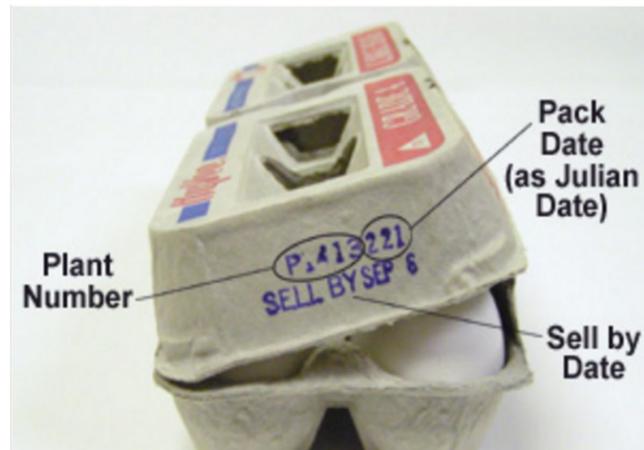
The Foodbank of Southeastern Virginia will be closed on March 14, 2017 due to the staff retreat.

Leading the effort to eliminate hunger in our community

A Proud Member of :



Cracking the Date Code on Egg Cartons



According to the U.S. Dept. of Agriculture Food Safety & Inspection Service (USDA/FSIS), "By understanding the coding on the egg cartons, chefs and bakers can determine the freshness of the eggs. Each carton of USDA graded eggs must show the date of packaging, the processing plant number, and may include an expiration date. USDA assures that all labeling and claims made on the carton are truthful and accurate. To determine freshness, a Julian date or pack-date calendar can be used. This three-digit code indicates the date of packaging, starting with January 1 as 001 and ending with December 31 as 365. These numbers represent the consecutive days of the year. You can store fresh shell eggs in their cartons in the refrigerator for four to five weeks beyond this date."

Plants not under USDA inspection are governed by the state laws where the eggs are packed and/or sold. Most

states require a pack date as described in this article. For more information about state egg laws, contact your state's Department of Agriculture.

How long can I keep eggs?

Always purchase eggs before the "Sell-By" or "EXP" date on the carton. After the eggs reach home, refrigerate the eggs in their original carton and place them in the coldest part of the refrigerator, not in the door. For best quality, use eggs within three to five weeks of the date you purchase them. The 'sell-by' date will usually expire during that length of time, but the eggs are perfectly safe to use."

Use of either a sell-by or expiration date is not federally required but may be state required as defined by the egg laws in the state where the eggs are marketed. Some state egg laws do not allow the use of a "sell-by date. (Source: USDA/FSIS)

Is an egg that floats still fresh?

An egg can float in water when its air cell has enlarged sufficiently to keep it buoyant. This means the egg is old, but it may be perfectly safe to use. Crack the egg into a bowl and examine it for an off-odor or unusual appearance before deciding to use or discard it. A spoiled egg will have an unpleasant odor when you break open the shell, either when raw or cooked. (Source: USDA/FSIS)

Eggscellent Egg Facts

Did you know that you can freeze eggs? Certain kinds of raw and prepared eggs (not in their shells) can easily be frozen following these simple instructions:

Whole eggs: Beat eggs just until blended, pour into freezer containers and seal tightly. Label the container with the number of eggs and the date, and freeze.

Whites: Break and separate the eggs one at a time, making sure that no yolk is mixed in with the whites. Pour them into freezer containers, seal tightly, label with the number of egg whites and the date, and freeze. For faster thawing and easier measuring, first freeze each white in an ice cube tray and then transfer to a freezer container.

Yolks: Egg yolks require special treatment. The gelation property of yolk causes it to thicken or gel when frozen. If frozen as-is, egg yolks eventually become so gelatinous they are almost impossible to use in a recipe. To help slow this process, beat in either $\frac{1}{8}$ tsp (0.5 mL) salt or $1\frac{1}{2}$ tsp (7mL) sugar or corn syrup per $\frac{1}{4}$ cup (50 mL) egg yolks (4 yolks). Label the container with the number of yolks, the date, and whether you've added salt (for main dishes) or sweetener (for baking or desserts)

Hard-cooked: Hard-cooked yolks can be frozen to use later for toppings or garnishes. Carefully place the yolks in a single layer in a saucepan and add enough water to come at least 1 inch above the yolks. Cover and quickly bring just to boil. Remove from heat and let stand, covered, in the hot water for about 15 minutes. Remove with a slotted spoon, drain well and package for freezing. Hard-cooked whole eggs and whites become tough and watery when frozen, so don't freeze them.

Does it FLOAT?

You can see what a really bad egg looks like in comparison to really fresh one. The one on the left is most likely 3 or more months old (from when it was laid, not the date you actually bought them.)



Storing Eggs

Use hard-cooked eggs (in the shell or peeled) within 1 week after cooking.

Use frozen eggs within 1 year. Eggs should not be frozen in their shells. To freeze whole eggs, beat yolks and whites together. Egg whites can also be frozen by themselves.

Refrigerate leftover cooked egg dishes and use within 3 to 4 days. When refrigerating a large amount of a hot egg-containing leftover, divide it into several shallow containers to cool quickly.