

News from the Food Bank Of Delaware

Autumn is a time of harvest, of gathering together. If you wait for the wind and weather to be just right, you will never plant or harvest anything.

With the new season we would like to introduce our HRP Academy, created to provide our HRP program managers with information, resources and the support needed to continue to grow and provide even greater service to our communities. With sessions focused on topics like grant writing, obtaining volunteer help and nutrition. Sign up for the upcoming classes, space is limited, classes are at no charge, take advantage and let us help you make your program great!

More FBD News!

- Interested in volunteering? a great way to help, and earn credit \$\$\$
- Turkey Roundup 11/9 -11/11
- Stuff the Bus 11/8 - 11/11

Did you know?

HRP Academy

Hunger- Relief Partner Academy provides information sessions on helpful topics geared specifically to help your sites work to the best potential possible.



HRP Academy classes:

Space is limited- RSVP required

New Castle County

11/14 Grant Writing 101 10am
12/8 Grant Search & Find 10am
1/13 Nutrition for clients 10am
2/10 Safe Food Handling 10am
3/9 Volunteer Resources 1-2pm

Kent/ Sussex County

12/2 Safe Food Handling 10am
TBD Nutrition for clients
TBD Grant Writing 101
TB Volunteer Resources
2/9 Grant Search & Find 10am

- New Castle County meetings are held at our Newark warehouse & Kent/Sussex County meetings are held at our Milford warehouse.

Nutrition Corner By Kyle Takayama, Community Nutritionist

Welcome to National Apple Month! October is a great month to take advantage of some great locally grown produce, which of course includes apples. This classic American fruit is picked fresh from the orchard in early fall and can be very inexpensive to buy at grocery stores this time of year. You can even visit one of Delaware's local orchards for a pick-your-own outing with the family! Apples are extremely versatile when it comes to meal planning. They can be found in a wide range of snacks, salads, side dishes, and desserts. Try the recipe below for a tuna sandwich that brings a lot of flavor along with that crisp apple crunch!

Featured Recipe:

Apple and Tuna Salad Sandwich

Ingredients: (Makes 3 servings)

1 can (6 ½ oz) tuna, packed in water
1 large apple
¼ cup vanilla yogurt, low-fat
1 tsp mustard
1 tsp honey
6 slices whole wheat bread
3 lettuce leaves

Directions:

1. Wash, peel and core the apple. Chop into small pieces.
2. Drain the tuna and scoop into a medium bowl.
3. Add the apple, yogurt, mustard, and honey to the bowl. Stir until well combined.
4. Spread ½ cup of the tuna mixture over three slices of bread.
5. Top with lettuce and cover with the remaining slices of bread.

Nutrient Information per serving:

290 Calories; 4 g Fat; 25 mg Cholesterol; 40 g Carbohydrates; 23 g Protein; 6 g Fiber; 100 mg Sodium

Adapted from: <http://www.fruitsandveggiesmorematters.org/>



Did you know?

There are about 2500 varieties of apple that grow in the U.S.!

SNAP Reminder: Partners serving low- income people may be entitled to free nutrition classes through the Supplemental Nutrition Assistance Program or SNAP.

For more information contact:

New Castle County

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Kent & Sussex County

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Check out our new Recipe Corner on the FBD website. Easy, low-cost recipes!