



Food Banks of Centre County



Newsletter—Fall 2013

Serving Centre County residents with food needs.

Special points of interest:

Credit Card Debt—Consumer Credit Counseling Service (CCCS)

- * Overwhelmed by debt?
- * Unable to meet monthly expenses?
- * Experiencing reduced income?
- * Considering personal bankruptcy?
- * Call 800-922-9537 / 814-238-3668

Services Offered:

- * Debt Management Program
- * Credit Report review
- * Bankruptcy counseling
- * Home Foreclosure help & 1st Time Homebuyer Program
- * Budget counseling

Nutrition Links— Do you want to feel better, save money, and eat healthy?

Join Penn State Extension for simple tips on how to:

- * Prepare and eat more meals at home
- * Eat more fruits & vegetables
- * Be active every day
- * Make healthy drink choices
- * Understand portion sizes and food labels
- * Keep food safe

Simple solutions to help families eat smart and move more!

For information call 1-888-778-3535 or visit www.nutrlinks.cas.psu.edu

Save Time & Money with Canned Meats!

Enjoy tender meat chunks in natural cooking juices, with no artificial ingredients and save, save, save!

SOME OF THE BENEFITS ARE:

- 1) Save on cooking time; 2) make less trips to the store; 3) electric or propane costs; 4) transportation costs—price of gasoline; 5) doesn't require refrigeration in the event of a power outage; and, 6) long shelf life—five years or more!

You're one step ahead of the recipe if you replace the uncooked meat ingredient with, you guessed it, the already cooked canned meat. Go ahead; try it!

YUMMY CASSEROLES, HOT SOUP OR STEW, PORK & SAUERKRAUT, HASH, SPAGHETTI, SHEPHERD OR MEAT PIES, EGG OMELETS—USE JUICES AND FAT TO FLAVOR NOODLES OR COOKED VEGETABLES



LIKE CHICKEN SALAD??

Then why not try making your own creation with canned chicken, beef, pork or tuna? All you need to do is drain off most of the broth (this can be saved and frozen to use later), remove unwanted fat, add a little mayo or salad dressing, and walla, you just made a delicious nutritious salad or sandwich spread!

Add onions, peppers, pecans and/or grapes for a healthier crunchier salad. No need to buy expensive and unhealthy luncheon meat.

HOW ABOUT PORK OR BEEF BARBEQUE??

Open a can of meat, drain off some of the broth, pour into pan and add barbeque sauce to taste (doesn't take much). Simmer for 10 minutes and you are ready to eat! Warm a can of baked beans for a complementary side dish.

...MASHED POTATOES & GRAVY

For this family favorite, place contents of can into a pan and bring to a boil. Additional broth can be added. Make a cornstarch or flour slurry and stir into the meat and broth mixture until the desired consistency is achieved.

Prepare instant or homemade mashed potatoes, warm a vegetable for a side dish, open a can of fruit, add a little cottage cheese, and enjoy your meal!!



Enchiladas Made Simple

Ingredients

- 1 can (1 lb. 8 oz.) beef, pork or chicken, partially drained
- 1/2 cup chopped onion
- 1 package taco seasoning mix
- 1 can cream of mushroom soup for beef or pork; cream of chicken soup for chicken.
- 1 package flour tortilla shells

Grated cheddar cheese

Filling Mixture

Drain most of broth from meat (reserve). Place meat in skillet, add onion, taco seasoning and soup. Simmer for 10 minutes. The desired filling consistency should be spoonable—such as a pudding. If too runny simmer a little

longer—if too thick add some of the reserved broth or water.

Place approximately three heaping tablespoons of filling into each shell, loosely roll and place in glass baking dish. Top with cheese. Cover and microwave until cheese is melted. Top with sour cream and salsa if desired.



2013 Food Pantry Toys for Tots Distribution Dates

Holiday food and/or toys will be distributed through the Food Pantries according to the following distribution schedules:

Howard Area Food Pantry

Vesper Street, Beech Creek, PA

Distribution Day: December 16th 2:00 p.m. – 4:30 p.m.

Bellefonte FaithCentre Food Pantry

110 W. High Street, Bellefonte PA

Distribution Days: December 18th and 19th 10:00 a.m. to 4:00 p.m.

December 18th A – L – Last names begin with

December 19th M – Z – Last names begin with



Penns Valley Community Action Food Pantry

337 E. Aaron Square, Aaronsburg PA

Distribution Day: December 18th 10:00 a.m. – 2:00 p.m.

Mountaintop Food Pantry

Snow Shoe United Methodist Church, Moshannon Ave., Snow Shoe, PA

Distribution Day: December 19th, 4:00 p.m. – 6:00 p.m.

Philipsburg Community Action Food Pantry

14 South Front Street, Philipsburg PA

Distribution Day December 20th 9:00 a.m. – 4:00 p.m. (or by appointment)

Centre Hall-Potter Township Food Pantry

Grace United Methodist Church, 127 South PA Ave., Centre Hall, PA

Distribution Day: December 20th 2:00 p.m. – 4 p.m.

Food Bank of the State College Area, Inc.

Distribution at Mountain View Country Club, 110 Elks Club Rd., Boalsburg, PA (Formerly the Elks Country Club)

Distribution Day: December 21st , 8:00 a.m. – 12:00p.m.

INCOME ELIGIBILITY GUIDELINES:

| Household Size | Annual Income | Monthly Income | Weekly Income |
|----------------|---------------|----------------|---------------|
| 1 | \$16,755 | \$1,396.25 | \$322 |
| 2 | \$22,695 | \$1,891.25 | \$436 |
| 3 | \$28,635 | \$2,386.25 | \$551 |
| 4 | \$34,575 | \$2,881.25 | \$665 |

For each additional person, add \$5,730 to Annual Income