



Food Bank of State College Client Service Hours (Effective 4/1/13):

Monday	1:00 to 5:00 pm
Wednesday	1:00 to 4:00 pm
Thursday	1:00 to 4:00 pm
Saturday	9:00 am to 1:00 pm

(Open 2nd Saturday of the month, closed all other Saturdays)

Donation Delivery:

Monday	9:00 am to 12:30 pm
Wednesday	9:00 am to 12:30 pm
Friday	9:00 am to 12:30 pm

Other times by appointment (contact Missy @ 814-234-2310)

Emergency Food is available 24 hours a day, every day of the year at:

The Community Help Center
141 W. Beaver Avenue
State College, PA 16801
814-237-5755 or 1-800-494-2500

Thank you for your support!

276 West Hamilton Avenue x State College, PA 16801 x 814.234.2310 x FAX 814.272.0649



POINTS OF INTEREST

Central PA Community Action has openings available for their "Assets For Independence Program," a dollar for dollar match savings account program to be used toward continuing education or first time home ownership. Accounts range from \$1,000 to \$2,000 for a 24-month period. For more information contact Tia at 800-822-2610.

AAUW Used Book Sale

Saturday, May 11th —
Tuesday, May 14th. Held at the Snider Agricultural Arena at PSU from 9 a.m. to 9 p.m.

About 250,000 books sorted into 33 categories.

AIDS RESOURCE AIDS Resource is a non-profit organization that provides free HIV/AIDS [prevention](#), [education](#) and [testing](#) and provides assistance to those infected with or affected by HIV/AIDS.

Phone: 814-272-0818

Email: jenifer@aidresource.com

Website: www.aidresource.com

Food Pantries of Centre County



Newsletter—Spring 2013

Amish Baked Oatmeal

INGREDIENTS:

- 3 cups rolled oats
- 1 cup brown sugar
- 2 teaspoons ground cinnamon
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 cup milk
- 2 eggs
- 1/2 cup melted butter
- 2 teaspoons vanilla extract
- 3/4 cup dried cranberries or fruit

DIRECTIONS:

1. Preheat oven to 350 degrees F.
2. In a large bowl, mix together oats, brown sugar, cinnamon, baking powder, and salt. Beat in milk, eggs, melted butter, and vanilla extract. Stir in dried fruit. Spread into a 9 x 13 inch baking dish.
3. Bake in preheated oven for 40 minutes.

Millheim Food Pantry & Thrift Shop Move

Central PA Community Action, Inc. would like to announce the move of their Millheim Office to Aaronsburg. On April 29, 2013, the office will relocate from 103 Mill Street, Millheim to 337 East Aaron Square, Aaronsburg, PA (the Old Aaronsburg Diner on Route 45). Both locations will be closed for moving purposes from April 22 to May 3, 2013.

On Monday, May 6, 2013, the Penns Valley Thrift Shop and Community Action Office will begin providing services, with plans for the Food Pantry to open at a later date.

Hours of operation remain the same:

- Community Action Office Mon—Thurs 7:30 am—noon, 1—4:30 pm
- Thrift Shop Mon—Thurs 8—11:30 am, 1—4 pm
- Food Pantry Tues Only 8—11:30 am, 1—4 pm
(F.P. will open at a later date)

The phone number, (814) 349-5850, remains the same. Plan to stop in and visit us soon!!

Did you know the GED test is changing?

Finish your GED tests by the end of 2013.

The current version of the GED test is expiring at the end of 2013. Your scores will expire too if you don't finish and pass the test by then.

The FREE Penn State Career Pathways Program can help!

They can help you:

- Prepare for the GED and college entrance exams.
- Set goals and plan a career.
- Gain the employability skills to move ahead.
- Prepare for entry into the Transitions: College and Career Prep Course.

For more information contact:

The Penn State Career Pathways Program
814-272-5465, ext. 2910

Services are now available at two locations:

Fairmount Avenue School
411 South Fraser Street, State College
or
PA CareerLink Centre County
1300 Benner, Pike, State College

FIVE SWAPS FOR MAYONNAISE

Mayo – either you adore it and can't get enough, or you wouldn't touch it with a ten foot pole! For those of us who love it, and maybe even more so people who don't, we offer you – the ultimate mayo swaps! There are so many equally delicious alternatives, so let's get right down to it:

Hummus

Love tuna fish salads? We do too! Rather than mixing your tuna with mayo, try mixing your tuna with hummus! The chickpea-based spread is low calorie and delicious! Plus, chick-peas are chocked full of fiber, helping to keep you satisfied longer. If you need a little more moisture in your tuna fish, add a few drops of olive oil. Hummus is also a great spread on sandwiches to add flavor and texture, plus many supermarkets carry several flavors of hummus. Try out garlic flavors, tomato basil varieties, or go for a spicy hummus spread!

Olive Oil

Use olive oil as a mixer for tuna, chicken salad, coleslaw, or pasta salads. Olive oil is heart healthy, and tastes amazing! If you are hooked on mayo, olive oil might just become your new fav!



Avocado

Do you love mayonnaise spread on sandwiches and burgers? Mayo may add moisture to your lunchtime, but so can avocado! Avocado contains heart healthy fat, fiber, and potassium. While avocado isn't considered a low calorie food, it has nutrients

packed in with all those calories...mayo can't claim that! Spread avocado on your sandwich and enjoy! Or skip the bread entirely, and use avocado as a perfect little sandwich bowl.

Tzatziki

Tzatziki is a Middle Eastern yogurt dish made with cucumbers and lemon. Tzatziki can do it all; mix it in your chicken salad, or spread on your sandwich! It's tangy, delicious, and goes well with lots of meals!

Salsa

It's not just for your burritos, friends! If you have been adding mayo to your sandwiches for flavor and moisture, you may want to give salsa a try. Salsa is flavorful, moist, and best of all, super low calorie! We love using salsa on our sandwiches and in pita pockets for an added zest!

State College Food Bank Client Distribution Procedures Effective 4/1/2013



STATE AND FEDERAL REQUIREMENTS: Due to receiving food purchased through the State Food Purchase Program (SFPP) or received from The Emergency Food Assistance Program (TEFAP) in Pennsylvania, clients are entitled to receive state food every 30 days. The State College Food Bank (SCFB) receives \$17,000 in SFPP food yearly, in addition to the quarterly distributions from TEFAP.

CENTRE COUNTY PANTRIES: All Centre County Pantries, except for SCFB, distributes once per month to clients.

CURRENT PROCEDURE: Currently the SCFB's clients can receive a food distribution eight (8) times in a calendar year. There is no guideline stating the time frame between distributions in that calendar year. A client could come in every week until their eight visits are exhausted and if they deem it necessary, get another referral from a Community Safety Net Agency. Therefore it is conceivable that a client could receive a full distribution fifty-two (52) times a year if they come in weekly. However, they can only receive food from SFPP and TEFAP twelve times per year. In the past year, sixty-six (66) unique households received distributions of food more than 8 times in a calendar year, with a maximum of fifteen (15) times.

REVISED PROCEDURE: Effective 4/1/2013, the SCFB will switch from 8 times a calendar year to 12 times in a calendar year (or once per month) to be consistent with all the Food Pantries in Centre County and to follow all State and Federal Requirements.

A client can receive a distribution one time per month or 12 times in a calendar year.

If a client can show that they need more than one distribution a month, it will be granted by either the Executive Director or Operations Coordinator on a case by case decision. If allowed, the client will only receive donated food for any distribution beyond the 1st distribution of the month.

The client must sign a Self-Declaration of Need at their first distribution after July 1st of each year (two forms to complete the PA TEFAP and the Self-Declaration).

Once a client has established their eligibility via a referral from the Community Safety Net agency, they will not need to receive a renewal. SCFB volunteers will confirm that the client is still in need of food by confirming the household income (Annual/Monthly/Weekly using 150% of poverty guideline on July 1st).

SCFB will distribute information for other agencies to all clients to assure that they are utilizing all resources, such as LIHEAP, etc.

SCFB will refer any client that appears to need additional assistance to work with a case manager at a Community Safety Net agency as needed.