



# YORK COUNTY FOOD BANK NEWS

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## MAKE A DIFFERENCE DAYS

Join your family and friends, and YCFB staff, on Saturdays between 9 and 1 to sort donated food and pack boxes of food for hungry York Countians.

> **August 28 - pack CSFP senior boxes**

> **August 28 - Ride for Hunger 9:30 am at YCFB**

> **Sept. 11 - pack TANF boxes**

Visit our website to see photos of past Make A Difference Days and to volunteer.

[www.yorkfoodbank.org](http://www.yorkfoodbank.org)

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York County Food Bank Board Member and Johnson Controls employee Russell Carfagno (left) is joined by co-worker Bridget Klinke in presenting a check to York County Food Bank Executive Director Jon Fisher.

## Do you have too many tomatoes to know what to do?

Do you dream of leaving zucchini in your neighbors' mailboxes in the middle of the night?

Hollie Walkley, Resource Development Coordinator for York County Food Bank shares this story, "At a book discussion at the Horn Farm last winter, a man explained his frustration at having too much success growing zucchini. He told the group 'I really considered leaving them in my neighbors' mailboxes anonymously during the night.'"

Whether you have a bushel, bag, box, or baggie of vegetables, you may bring them to York County Food Bank between 8 am and 2 pm any Monday - Wednesday. We'll accept them and will rush them into the hands of people who are eager for fresh vegetables.

"The majority of vegetables that are distributed through our network of pantries, kitchens, and shelters are canned or frozen. Fresh vegetables are a luxury," adds Walkley.

Food Bank staff members share favorite recipes for unusual (and common) vegetables with representatives from pantries and kitchens, and welcome your recipes. "When we provide suggestions for preparing vegetables that may be unfamiliar to someone, it gives them the confidence to try something new," explains YCFB staff member Darlene Shearer.

Please email your favorite summer recipes to [hollie.walkley@yorkfoodbank.org](mailto:hollie.walkley@yorkfoodbank.org). We will pass your ideas along to Food Bank distribution partners to share with their clients.

*Please share your easy recipes using:*

Summer squash  
Tomatoes  
Zucchini  
Tomatillos  
Kale  
Chard

## If you aren't sure that your gift is important, watch this!

In case you missed it, NBC's Dateline ran an amazing story on Sunday evening July 25, about a rural Ohio food pantry and the people they serve.

*"Every time you turn around, you're making a choice.*

*It keeps coming down to food versus other things that you have to have to live by."*

*Friends and Neighbors How do you choose between paying your bills and feeding your kids? is long - five 8 minute segments - but once you start watching you will want to finish to see what happens to all of the featured families.*

And, you won't doubt for a minute that deserving, desperate families are counting on you and giving thanks for your help.

Forty million Americans - 1 in 5 children - are now living in poverty. A few of their stories - stories similar to York Countians' stories can be found at

[http://www.msnbc.msn.com/id/38382773/ns/dateline\\_nbc-america\\_now](http://www.msnbc.msn.com/id/38382773/ns/dateline_nbc-america_now)