

May 16, 2022

Compiled by: Elaine Whitlock—Awesome Volunteer, Michelle Geoffroy—Agency Relations Manager,  
Jennifer Ortiz—Agency Relations Coordinator, Naomi Desilets—Agency Resource Coordinator

PO Box 160, 97 N. Hatfield Rd. Hatfield, MA 01038 T: 800-247-9632 F: 413-247-9577 E: [agencyrelations@foodbankwma.org](mailto:agencyrelations@foodbankwma.org) [www.foodbankwma.org](http://www.foodbankwma.org)

Warehouse Hours: Pick up: 9am-12pm & 1-3pm; No Appointment Salvage: 9am-12pm & 1-3pm (w/ potential wait) \*Orders cannot be picked up between 12-1pm.

## Advocacy Corner

We are thrilled to announce that last week the State Senate passed *An Act Relative to Work and Family Mobility!* This legislation will allow immigrants (regardless of status) to obtain a Massachusetts standard driver's license, allowing them to operate a vehicle without fear of consequences. This bill will allow the approximately 185,000 undocumented immigrants in MA the opportunity to safely get to work, school, medical appointments, and grocery stores. This is especially urgent in the parts of western MA that lack access to public transportation. The legislation passed with a veto-proof majority, meaning that the legislature will be able to override a potential veto from the Governor. We want to give a special shoutout to everyone who worked on getting this bill passed, and a special thanks to the lead bill sponsors: Reps. Farley-Bouvier and Barber, and Sen. Crighton and Gomez.

## Help People Save on Internet Access

Signing up for the Affordable Connectivity Program (ACP) for discounts on internet bills can be confusing. Join one of two FREE workshop opportunities to learn how to assist people with their ACP application, **May 24<sup>th</sup> 2-3:30pm** or **June 3<sup>rd</sup> 10-11:30am**. A recording will be provided to registrants who cannot attend either Zoom event. To learn more and register visit <https://tinyurl.com/yk6cymeu>



## The Food Bank Kitchen & Warehouse Word

See **p. 2-3** for info & **Recipes** using local foods! See **pg. 4** for **USDA April—June & current MEFAP lists!** See **p. 5** for agency training flyer. See **p. 6-9** for tenant resources

## Tenant Resources in Western MA

Help people find the resources they need with the help of Community Legal Aid.

See **pgs. 6-9** for a flyer that includes an overview of how to request help from Community Legal Aid, understanding the new eviction court process, where to turn for financial support, other resources, and contact information.

## Agency Network Calls

Network Calls are an opportunity for The Food Bank and our member agencies to connect and share important information. We'll share important COVID, funding, and Food Bank updates, and offer opportunities to share updates and challenges from your program and your peers. We hope you'll join us!

**Next call: Wed., May 25<sup>th</sup> 3-4pm**

Zoom link and call-in info will be emailed in advance.

Can't attend? Find notes at: [tinyurl.com/y836u6zq](https://tinyurl.com/y836u6zq) (Password: F00dBank).

## Afghan Cultural Orientation for Service Providers

Join the Jewish Family Service for a cultural orientation for social service providers to learn more about Afghan cultures, motivations, and family structures.

This orientation is designed to better equip social service providers with tools to assist with the successful resettlement and integration of our new Afghan neighbors.

To register contact Massara Almafrachi at [m.almafrachi@jfswm.org](mailto:m.almafrachi@jfswm.org) or call (413) 737-2601.

For more info visit [www.jfswm.org](http://www.jfswm.org).

## Upcoming Agency Training Series

We are excited to announce our upcoming training series! This summer, trainings will cover the topics of client choice, food safety, culturally appropriate foods, nutritional nudges, the SWAP nutritional ranking system, and how these tools can help provide dignity to guests. The first training will be May 24<sup>th</sup> from 1:00-2:15pm and will cover Client Choice.

To sign up, email [agencyrelations@foodbankwma.org](mailto:agencyrelations@foodbankwma.org)

See flyer on p. 5 for details.

## May HIP Locations!

Remind your SNAP clients that they have an extra \$40-\$80 on their EBT card to buy local produce at participating locations through the Healthy Incentives Program (HIP)! They don't have to do anything to enroll... this money is available automatically!

With the arrival of spring, warm weather farmer's markets are opening for the season throughout the Valley this month, and most winter markets are already done or ending this month. Find local vendors in the Pioneer Valley at [buylocalfood.org/hip-map](http://buylocalfood.org/hip-map) and find printable lists at these links:

All Markets in Pioneer Valley:  
<https://tinyurl.com/4h4cfybh>

Franklin County:  
<https://tinyurl.com/vuuusy>

Hampshire County:  
<https://tinyurl.com/5x3mb25y>

Hampden County:  
<https://tinyurl.com/4us6xdav>

Need to find a vendor that accepts HIP outside the Pioneer Valley? Check out <https://dtafinder.dtadash.ehs.mass.gov/hip/> to search by location, program type (market, CSA, farm stand, etc.), and open dates.

# From the Food Bank Kitchen

## Local Food

### What is considered local food?

According to the Rural Business-Cooperative Service and the USDA, food that is raised, produced, and distributed “locally” travels a distance **less than 400 miles** from where the product was grown and/or manufactured. But others see the term “local” as even less distance. For example, UMass Amherst’s dining services considers local food as food grown or manufactured in the state of Massachusetts, in the New England region, or **within 250 miles of UMass**.

### Why local?

Increasing your local food intake may **save you money!** Fewer middlemen between the manufacturer and you mean fewer organizations to pay to get the food to you. Also, the number of vitamins and minerals in food reduces over time. But since local food travels short distances, it is often  **fresher and more nutritious** than non-local food. Buying local also **decreases gas emissions** from food transportation and **decreases plastic packaging**, which is helpful to the environment. Further, supporting local farmers **protects local landscapes**.

Season	Produce				
	Apples	Berries	Cherries	Garlic	Plums
	Apricots	Cantaloupe	Corn	Green beans	Summer squash
	Beets	Carrots	Cucumbers	Honeydew	Tomatoes
	Bell peppers	Celery	Eggplant	Peaches	Zucchini
	Apples	Brussels sprouts	Celery	Green beans	Onions
	Beets	Cabbage	Collards	Kale	Parsnips
	Bell peppers	Carrots	Garlic	Lettuce	Peas
	Broccoli	Cauliflower	Grapes	Mushrooms	Potatoes
				Potatoes	Winter squash
	Beets	Leeks	Pumpkin	Winter squash	
	Brussels sprouts	Onions	Rutabagas		
	Cabbage	Parsnips	Sweet potatoes/yams		
	Carrots	Potatoes	Turnips		
	Apricots	Carrots	Kale	Peas	Strawberries
	Asparagus	Celery	Lettuce	Radishes	Swiss chard
	Broccoli	Collards	Mushrooms	Rhubarb	Turnips
	Cabbage	Garlic	Onions	Spinach	

Source: [USDA SNAP-Ed Connection](#)

### Did you know?

The Food Bank has 2 farms, one in partnership with Mountain View Farm in Easthampton in exchange for over 100,000 pounds of organic, fresh, local fruits and vegetables a year that are distributed throughout the region! We also now own a 142-acre parcel of land in Hadley for a 2nd Food Bank Farm. Like the existing 59-acre 1st farm, which we have owned since 1992, we contract local farmers who grow organic vegetables for the community.

# Local Food Recipes

## Citrus Kale Salad

Serves 4

Source: [The Flexible Pantry](#)

### Ingredients

- 1 bunch of kale (about 6 cups)
- 2/3 cup sliced toasted almonds
- 1/3 cup sliced green onions
- 2 mandarin oranges, peeled and segmented

### Vinaigrette:

- 3 Tbsp white balsamic vinegar
- 3 Tbsp orange juice
- Tbsp olive oil
- 1/2 tsp salt
- 1tsp Dijon mustard
- 1tsp honey

### Directions:

Add kale, half of the almonds, half of the green onions and the mandarin oranges to a salad bowl. In a mixing bowl whisk together all the vinaigrette ingredients until combined. If you do not have white balsamic vinegar you can substitute regular balsamic, rice wine, or white wine vinegar. Pour vinaigrette dressing over salad, then toss. Top with the remaining almonds and green onions. Chill until ready to serve.

**Nutrition per serving:** Calories 320, Fat 17g, Saturated Fat 2g, Sodium 177mg, Carbs 25g, Fiber 4g, Sugar 15g, Protein 5g

## Healthy Broccoli Salad

Serves 8

Source: [rachelcooks.com](#)

### Ingredients

- 6 heaping cups coarsely chopped fresh broccoli – about 3 crowns or one large head
- \*¼ cup diced red onion (about 1/2 large red onion)
- ½ cup crumbled or chopped cooked bacon
- 1 cup plain Greek yogurt
- 2 tablespoons apple cider vinegar
- ¼ teaspoon celery seed
- 1 cup raisins
- 3 tablespoons honey
- ¼ teaspoon salt
- ½ teaspoon ground black pepper

### Directions:

In a large mixing bowl, combine broccoli, onion, bacon, and raisins. In a small bowl or measuring cup, whisk together dressing ingredients: yogurt, honey, vinegar, pepper, salt, and celery seed. Taste and add salt and pepper to season as you like. Pour dressing over broccoli and stir to combine until all broccoli is coated with dressing. For best flavor, refrigerate for at least one hour and stir again before serving.

**\*Note:** If you soak the chopped onions in ice water for about 30 minutes before adding them to the salad, it takes the bite out of them and makes their flavor less strong.

**Nutrition per serving (1 cup):** Calories 169, Fat 4g, Saturated Fat 1g, Sodium 273mg, Carbs 39mg, Fiber 5g, Sugar 18g, Protein 9g.

## Roasted Butternut Squash Bisque

Serves 4

Source: [The Flexible Pantry](#)

### Ingredients

- 1 medium butternut squash
- 3 Tbsp olive oil
- 2 cups vegetable broth
- 1/4 tsp black pepper
- 2 carrots, diced
- 1/2 tsp salt
- 1/2 yellow onion, diced
- 1/2 cup milk
- 1/4 nutmeg
- dried basil

### Directions:

Heat oven to 350 F. Cut the squash in half and remove seeds using a spoon. Place squash on a tin foil-lined baking sheet. Coat with 1 tablespoon of olive oil. Place in the oven for 1 1/2 hours or until tender. Remove squash and allow to cool. Scoop out the flesh of the squash and discard the skin. In a medium-high heat. Add onion, carrots, salt pepper, and nutmeg and sauté until the onions are tender. Add squash and cook for another 5 minutes. Add vegetable broth and bring to a boil. Reduce the heat to low-medium and simmer until the carrots are cooked through. Using an immersion blender or regular blender, puree the soup until completely smooth. Once smooth, return soup to the pot on a medium-high heat and add milk. Heat through and add additional salt and pepper to taste.

**Nutrition per serving without bread:** Calories: 270, Total fat: 20g, Saturated fat: 7g, Sodium: 300 mg, Carbs: 20g, Fiber: 4g, Sugars: 5g, Protein: 3g.

If you try any of these recipes and have any comments or suggestions, please contact the Nutrition Coordinators. Either email Amber ([osvaldinarl@foodbankwma.org](mailto:osvaldinarl@foodbankwma.org)) or Kristina ([kristinam@foodbankwma.org](mailto:kristinam@foodbankwma.org)) and tell us what you think of the recipes!

# WAREHOUSE WORD

**Please note:** These are anticipated arrivals. Supply chain disruptions may cause significant delays in receipt of these items.

MEFAP Arriving APRIL - JUNE				
Item	Pack-Size	Apr	May	Jun
Chicken, drumsticks	10/2.4 avg or 9/3lb	X	X	X
Chicken, thighs, bone-in, tray pack	10/2.6 lb. avg	X	X	X
Broccoli, chopped/cuts, frozen	12/1 lb.	X	X	X
Vegetables, mixed, frozen	12/1 lb.	X	X	X
Pork, tenderloins, boneless	8/2 lb. avg	X	X	X
Ground turkey	12/1 lb.			X
Beans, kidney, light red, canned	24/15 oz	X	X	X
Juice, apple, 32 oz, shelf stable, 100%	12/32 oz	X	X	X
Juice, grape or grape blend, boxes, 100%	40/6 oz	X	X	X
Green beans, cut, low sodium, domestic	24/14.5 oz	X	X	X
corn, whole kernels, Seneca	24/15.25oz	X	X	
Cereal, toasted oats	10/17.63 oz	X		X
Pork & beans, in tomato sauce	12/16 oz	X	X	X
Milk, shelf stable, 1%	12/32 oz	X	X	X
Rice, long grain	24/1 lb., 12/2 lb.	X	X	X
Eggs, medium, (15 doz)	15/1 doz	X	X	X
Ground beef	10/1 lb.	X	X	X
Cheese, sliced, American	12/12 oz	X	X	X
Yogurt, assorted flavors (peach, strawberry, vanilla, blueberry)	12/5-6 oz	X	X	X
Peanut butter, creamy	12/18 oz	X	X	X
Fruit mix, in juice, cups/Tropical fruit	96/4.5 oz	X	X	X
Pears, in juice	24/15 oz		X	
Pears, in juice, cups	96/4.5 oz			X
Pineapple, in juice	24/20 oz	X	X	X
Pasta, spaghetti	20/16 oz	X	X	X
Spaghetti sauce, low sodium	12/28oz	X	X	X
Pollock fillets	20/2LB	X	X	X

USDA Products Scheduled To Arrive APRIL – JUNE	
BEANS GREEN CAN	24/300
PEAS CAN	24/300
BEEF STEW CAN	24/24 OZ
CORN WHOLE KERNEL CAN	24/300
CHEESE BLEND AMER SKM LVS	12/2 LB PKG 12/1 LB
CHEESE CHED YEL CHUNKS	
CHICKEN BONED CAN	24/12.5 OZ
CORN FRZ CTN	12/2.5 LB
CORN WHOLE KERNEL CAN	24/300
EGGS WHOLE FRZ CTN	12/2 LB
GRAPEFRUIT JUCE PLST BTL	8/64 FL OZ
PEAS CAN	24/300
MILK INSTANT NDM PKG	24/12.8 OZ PKG 6/24 OZ
NATURAL SWISS CHEESE SLICES	
ORANGES CTN	39 LB
CORN WHOLE KERNEL CAN	24/300
PEARS CAN	24/300
PEARS FRESH PKG	12/3 LB
PEAS CAN	24/300
PORK CAN	24/24 OZ
PORK LOIN ROAST FRZ CTN	6/5 LB
POTATOES RUSSET FRESH BAG	10/5 LB 144/1.33 OZ
RAISINS BOX	24/14.75 OZ
SALMON RED CAN	
TOMATO DICED CAN	24/300
TURKEY BREAST DELI SLICED FRZ PKG	8/5 LB

**Please keep in mind:** These items will not necessarily be available throughout the month/quarter but will come in at some point during this time period.



*Feeding our neighbors in need and leading the community to end hunger*

## **Client Choice: Food & Dignity Series Part 1**

**When:**

May 24, 2022

**Time:**

1:00-2:15pm

**Where:**

Zoom

<https://tinyurl.com/y5scd7ps>

**Whether you are new to client choice models or have used them for years, come and learn how to empower your clients through the dignity of choice.**

**You'll learn...**

- What it means to provide client choice and some different implementation options
- What are the benefits of a client choice model
- How to implement choice safely during COVID
- How to transition to a client choice model

Learn from other pantries in the network who already utilize client choice

**Who should attend:** Pantry directors and coordinators

**Facilitators:** Food Bank of Western MA Nutrition Department

**To register, or for more information, contact:**

*Naomi Desilets, Agency Resource Coordinator:* [naomid@foodbankwma.org](mailto:naomid@foodbankwma.org) (413) 203-6419

**Don't miss the rest of the Food & Dignity training series this summer! Dates TBD.**

Food Dignity, Safety, and Culturally Appropriate Foods

Nutritional Nudges

SWAP: Supporting Wellness at Pantries

*The Food Bank of Western Massachusetts 97 North Hatfield Rd., PO Box 160, Hatfield, MA 01038*

*Phone: (413) 247-9738 | Fax: (413) 247-9577 | [www.foodbankwma.org](http://www.foodbankwma.org)*

*This institution is an equal opportunity provider and employer.*

## TENANT RESOURCES IN WESTERN MASSACHUSETTS

### LEGAL SUPPORT

- **Apply for help from Community Legal Aid:**
  - If tenants receive a notice from their landlord that they are being evicted or an eviction paper from the court, they can apply for help at 855-CLA-LEGAL (855-252-5342) or [www.communitylegal.org](http://www.communitylegal.org).
  
- **Understand the new eviction court process**
  - *Notice to Quit*
    - A tenant will receive a Notice to Quit from their landlord saying they have a certain amount of time to move out.
    - The tenant does not have to leave when the notice expires.
  - *Summons and Complaint:*
    - This court paper starts an eviction case in court. A tenant should be given this paper either in person or at their home.
    - The landlord can file the eviction case in district court or housing court.
  - *Scheduling Notice*
    - The court will mail a *separate scheduling notice* with the date of the first court event. The notice should say whether the court event is taking place remotely over Zoom or in person at the courthouse.
    - If a tenant is confused about the court date or location, doesn't have reliable mail, doesn't know whether the court event is in person or over Zoom, or doesn't have access to Zoom, the tenant can contact the court clerk's office.
    - The contact information for the court is on the Summons and Complaint.
    - The Western Housing Court Clerk's Office can be reached at (413) 748-7838.
  - *Tenant should file an Answer and Discovery Request:*
    - An "Answer" is an important opportunity for a tenant to tell the court why they should not be evicted and the claims they have against their landlord.
    - "Discovery" is the opportunity to ask the landlord for more information and to see the landlord's evidence before court.
    - The tenant also has the right to request a jury.

Updated: April 29, 2022

- The *deadline* for tenants to give these documents to their landlords and the court is *three business days before the first court event*.
- If a tenant is unable to obtain an attorney, tenants can print out answer and discovery forms in Booklets 3 and 4 at:  
<https://www.masslegalhelp.org/housing/evictions-court-forms>
- The website <https://gbls.org/MADE> (click “start online form”) will also walk tenants through the Answer and Discovery forms.
- Tenants will need to print out the resulting documents, give copies to the court, and give copies to the landlord or the landlord’s lawyer by the deadline. The tenant should keep a copy of the documents for their records.
- *First Court Event:*
  - The first court event for a new eviction case will be mediation— an opportunity to try to reach a settlement agreement with the landlord.
  - A tenant must attend the first court event or else a “default judgment” will enter against the tenant. If the tenant is defaulted, they have automatically lost the case and can be moved out if they do not take steps to prevent that.
  - A tenant does not need to settle during the first court date if the landlord does not offer the tenant what the tenant wants or needs.
  - In housing court, the tenant can ask if the Lawyer for the Day is available to assist with their case.
- *Second Court Event:*
  - If the case does not settle during the first court date (mediation), the court will send a second scheduling notice with a trial date.
  - It is important that the tenant attend the trial date or a default judgment will enter against the tenant.
  - Tenants should bring all their evidence and witnesses to the trial.

## FINANCIAL SUPPORT

- **RAFT (Residential Assistance for Families in Transition)**
  - Apply for *RAFT* for help with unpaid rent and utility bills. RAFT can pay up to \$7,000 for eligible individuals and families. Tenants must be behind in rent or utilities before applying. Eligible tenants can also use RAFT for first and last month’s rent and a security deposit if they must move.

Updated: April 29, 2022

- **Apply for RAFT:** <https://applyhousinghelp.mass.gov/en-US/Pages/View/124/select-your-language>
- **Community Action** – Helps eligible people achieve economic stability and security. Can connect to resources and provide financial assistance and fuel assistance.
  - <https://www.communityaction.us/>
  - (413) 774-2318
- **Fuel Assistance** – can assist low-income tenants with energy bills.
  - <https://hedfuel.azurewebsites.net/>
- **Catholic Charities** – Can provide limited help with rent, food, or utilities.
  - <http://diospringfield.org/9769-2/>
  - (413) 452-0813

## ADDITIONAL RESOURCES

- **Housing Court Clerk's Office** – can answer questions about court dates, access to courts, interpreters, and more.
  - Clerk's Office (413) 748-7838. TTY (413) 735-6070
  - Housing Specialist Department (413) 748-783
- **Tenancy Preservation Project (TPP)** – can help tenants with disabilities connect with resources and provide case management to preserve tenancies.
  - Berkshire County Regional Housing Authority
  - Kim Borden, Director of TPP/Related Services, [kborden@bcrha.com](mailto:kborden@bcrha.com), 344-4818
  - Jake Hogue, Pioneer Valley TPP Coordinator, [jacobh@bcrha.com](mailto:jacobh@bcrha.com)
  - Jeff Peck, Berkshire County TPP Program Coordinator, [jeffreyp@bcrha.com](mailto:jeffreyp@bcrha.com)
- **Court Service Center** – can help answer tenants' questions about the court process and help tenants fill out certain forms.
  - Participating court locations (Franklin County Justice Center in Greenfield and Roderick L. Ireland Courthouse in Springfield) provide in-person services on Tuesdays and Thursdays (8:30 am-1:00 pm; 2:00 pm-4:30 pm) and service by Zoom or phone on Monday, Wednesday, and Friday (8:30 am - 4:30 pm).

Updated: April 29, 2022

- <https://www.zoomgov.com/j/1615261140>
- Virtual Court Service Center is available Monday through Friday (9:00 am - 12:00 pm) via Zoom or phone (646) 828-7666 - enter Meeting ID 161 526 1140#.
  
- *Emergency Assistance (EA) Shelter* – can provide shelter to eligible, low-income families experiencing homelessness or at imminent risk of homelessness. Apply with DHCD by calling (866) 584-0653.
  
- <https://www.masslegalhelp.org/housing> - can provide information to tenants about eviction rights and options.

*The work that provided the basis for this publication was supported by funding under an award with the U.S. Department of Housing and Urban Development. The substance and findings of the work are dedicated to the public. The author and publisher are solely responsible for the accuracy of the statements and interpretations contained in this publication. Such interpretations do not necessarily reflect the views of the Government.*

Updated: April 29, 2022