



Notes...on food in the community

Community Food and Nutrition Institute (CFNI)
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Editor's Note:

Welcome to our first newsletter. It's all about food in the community. CFNI is a small non-profit trying to make a difference and give voice to those working hard to serve the community. Kristen Boehne discovered us on the Web, so our first profiles are of her and the Capital Area Food Bank.

In each quarterly issue we plan to feature the following:

- A community organization profile
- A community person profile
- Food prices in your neighborhood
- Food environment photo gallery
- Recipe

Let us know what you think,
info@communityfoodandnutrition.org.

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Organization Profile: Capital Area Food Bank (CAFB)

The Capital Area Food Bank (CAFB) is the largest food bank in the DC metro area. Founded in 1980 on Martin Luther King Jr.'s birthday, CAFB distributes 23 million pounds of food and serves over 400,000 people annually through their network of community partner agencies. CAFB envisions a



community in which everyone has access to sufficient nutritious food and believes that access to nutritious food is a basic human right. The Food

Bank is committed to meeting the needs of the community through food distribution and other support services. Three core themes guide the CAFB program structure: **Feeding Hope through access to nutritious food** includes various direct food distribution programs. For example, seniors in low-income housing receive monthly bags of food and

Person Profile: Kristin Boehne



“When you’re in college, you don’t exactly know what to do,” noted Kristin Boehne on the day we interviewed her. She graduated with a degree in psychology and Spanish. After college she worked for Americorps, assigned to the LaClinica del

for a year in DC. Her connection to CAFB began when she invited the Food Bank to conduct Spanish nutrition education classes at the clinic. Eventually Kristin discovered a core value and a career path – to be responsive to community needs.

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Organization Profile: CAFB (cont.)



nutrition information. Other programs include Kids Café, Mobile Pantry, Sister Hookup, Weekend Bag, and the Ward 8 Farmers Market. **Nourishing Change** through education, skill building, and advocacy includes programs such as Cooking for Health, DC Farm to School Net-

work, Face Hunger, Farm Youth Initiative, Kids Cook, Operation Frontline, and urban gardening for youth. **Creating Sustainability** with outreach and training is dedicated to classes, workshops, programs and conferences that build capacity within the community. The Agency Achievement Academy

teaches skills needed to manage a quality emergency feeding program.

If you'd like to know more, contact the Capital Area Food Bank, 645 Taylor St. , NE, Washington, DC 2001, (202) 526-5344 or www.capitalareafoodbank.org.

Person Profile: Kristin Boehne (cont.)

In August 2006, she started working at the Capital Area Food Bank. She runs the Agency Achievement Academy (A3), which is the CAFB training and capacity building program for organizations with feeding programs. She also manages several large scale grants for CAFB, including a Washington

Wizards Care Foundation grant which created Abe's Table (dedicated to Abe Pollen) where over 100 agencies receive funds so that Mr. Pollen's wish to provide 1 million meals over a year can be fulfilled. She also does a lot of networking to enhance the working relationship between CAFB and other organizations.

Outside of CAFB Kristin volunteers as the Wards 3 and 7 liaison to the local FEMA Board and helps to manage the funding cycle for their emergency food and shelter program. Kristin's hobbies include gardening, reading, playing the flute and loving to cook, especially Indian food.

Food Prices in Your Neighborhood

Are you a comparison shopper? Do you ever wonder which store has the better food prices in your neighborhood? In this column we will compare food prices across 3 stores in a given zip code area, using a market basket approach. This method allows us to create a food basket, which is based on healthful alternatives. We will choose fresh fruits and vegetables in season, whole grain bread, 2% milk and ground turkey. ***This is food news to use!***

Baltimore, MD 21231 April 4 – 10, 2010			
Food Basket	Safeway	Shoppers	Giant
Apples (2 lbs)	\$1.69	\$1.89	\$1.59
Whole grain bread (loaf)	\$2.00	\$3.69	\$2.99
2% Milk (1/2 gallon)	\$1.99	\$1.89	\$2.29
Broccoli (1 lb)	\$0.99	\$1.29	\$1.29
Ground Turkey (1.3 lbs)	\$4.49	\$3.49	\$5.59
Total Cost	\$11.16	\$12.25	\$13.75

Food Environment Photo Gallery: Maryland Wholesale Food Center

The MD Wholesale Food Center (www.mfca.info) is located in Jessup, MD and managed by the Maryland Food Center Authority. It's almost 400 acres and includes the Maryland Wholesale Produce Market and the Maryland Wholesale Seafood Market. Space is leased to privately-owned firms engaged in the wholesale distribution of fresh produce. Nearly all

of the fresh fruits and vegetables sold throughout a five-state Mid-Atlantic area and the District of Columbia are distributed through the Market.

On a recent visit we met Norman Vitrano, one of the owners of the Tony Vitrano Co., and whose father started the company over 75 years ago with one crate of celery.

Today he runs the fruit side and his brother runs the vegetable side of the company. Thanks to Mr. Vitrano, we had a great visit. These pictures highlight a little of what we saw after the hustle and bustle of morning distribution.



It's all about food in the community. We are dedicated to empowering communities to strengthen their overall public health. Our services focus on nutrition education and outreach, nutrition research, and nutrition policy. Through partnerships with community organizations, schools, and churches, we promote food in a healthful, affordable, and enjoyable way.

We're on the Web!

www.communityfoodandnutrition.org

Recipe: Pasta Salad Delight



Ingredients:

- 1 box tri-color tortellini pasta
- 1 can black beans or red kidney beans (drained)
- 1 can corn (drained)
- 1 package frozen green peas
- 1 can chopped black olives
- 1 small jar pimentos
- 1 red bell pepper
- 1 green bell pepper
- ½ cup creamy Italian dressing
- ½ cup chopped parsley (If using dried, only use 2 Tbsp)
- 2 Tbsp chopped fresh thyme (you may use dried)

Directions:

Boil pasta until al dente. Chop red bell pepper and green bell pepper. Add black beans, corn, frozen green peas, chopped black olives, and pimentos. Toss salad with creamy Italian dressing and add chopped parsley and thyme. Chill at least 1 hour before serving.

A nickel will get you on the subway, but garlic will get you a seat.

~ Old New York Proverb