



Partner Agency Newsletter

November 2018



SPOTLIGHT: SWAP

We are delighted to announce the Food Bank will be transitioning to a new nutrition ranking system called SWAP to better align with current dietary guidance in the coming months.

What is SWAP?

Supporting Wellness at Pantries (SWAP) is a Stoplight Nutrition Ranking System designed to help promote healthy food choices at food banks and food pantries. SWAP provides detailed guidelines for eight food categories with specific levels for saturated fat, sodium and sugar so they can be classified as green, yellow or red as follows:

- Green = Choose often; low in saturated fat, sodium and sugar; builds health
- Yellow = Choose sometimes; can contribute to health
- Red = Choose rarely; high in saturated fat, sodium or sugar; view as treats

What is the goal of SWAP?

The goal of the SWAP system is to provide a practical way to implement nutrition standards, using clear and appropriately tailored nutrition guidance for food banks and food pantries. The SWAP system is based on the 2015-2020 Dietary Guidelines for Americans, and the MyPlate daily checklist.

Why is this important?

- More than half of the families who visit food pantries have a household member with high blood pressure and one-third have a member with type II diabetes.
- These chronic diseases can often be prevented, managed, and reversed through the foods we eat.
- This system will help patrons make healthy choices, and influence the types of food donated to the pantry.

In December, we will send more information on the transition to SWAP and how you can use it at your pantry. In the meantime, if you have any questions, please feel free to contact Angela Henry, Director of Community Health and Nutrition at ahenry@centraltexasfoodbank.org.

Closures:

November 16, November 22 & 23

- Staff luncheon from 1-2pm on Friday, November 16
- Thanksgiving Holiday on Thursday & Friday November 22 & 23
 - Orders for Monday Nov 26 are due in by 9am Tuesday, November 20
 - Orders for Tuesday Nov 27 are due in by 9am Wednesday, November 21

Reminders & Resources:



Austin Energy Light bulb Distribution

In an effort to increase the awareness and benefits of energy efficient lighting, Austin Energy and CLEAResult are giving away FREE LED light bulbs to Austin Energy customers. **Only pre-selected Travis County Partners have access to this product. Please take advantage of this offer if your agency sees light bulbs on the shopping list!**

Automated Operator Transition

The Food Bank has transitioned to an automated operator system this month. Instead of being connected immediately to the receptionist, callers will hear a recorded message of menu options. Partner Agencies are #6 on the menu, and will be given the option of dialing by name or extension. [Please review this phone extension list for your reference.](#)



Affordable Care Act

The Health Insurance open enrollment period for 2019 began on November 1st and runs through December 15th. During this time, we'd love your help distributing information to clients and volunteers about steps to enroll. Each year, there are new plans with new rates available at HealthCare.gov/MARKETPLACE. Even if you've looked before, take the time to check out your options and find the plan that's right for you. Click the links below for some printable flyers with information on how to enroll. Contact the Agency Relations team if you would like flyers in other languages.

[NT05 - How to Re-enroll on your own - Fact Sheet](#)

[YA02 - Enrollment assistance - Flyer](#)

Culinary Training Program

The Central Texas Food Bank is offering a 12-week culinary training program that will run 5 days a week, 30 hours per week. This program is a mix of classroom time and hands-on job training designed to teach basic culinary skills such as equipment operation, knife skills, and basic cooking techniques and food safety. It provides real-world experience in the Food Bank's state-of-the-art kitchen, working with commercial equipment and food production. [Please](#)



[post these flyers at your distributions to share with clients and volunteers!](#)

The program is free and open to anyone in the community, subject to eligibility requirements. Class sizes are limited so we can provide individualized attention and instruction. Apply today and get started on your culinary career! Application deadline for the next class is December 14, 2018. The class start date will be January 7, 2019. For more information, FAQs and application form, visit www.centraltexasfoodbank.org/kitchen today. To

TEFAP Forecast:

Canned Applesauce	Frozen Strawberry Cups	Canned Spaghetti Sauce	Whole Grain Spaghetti	Canned Mixed Fruit	Frozen Whole Chicken
1% Milk Shelf-Stable	Canned Whole Kernel Corn	Dry Pinto Beans	Frozen Blueberries	Canned Green Beans	US #2 Long Grain Rice
Canned Sliced Peaches	Canned Veg Mix	Oat Circles Cereal	Canned Black Beans	Dry Great Northern Beans	

Contact the Team:

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