



the advocate

News for our Member Agency Partners Spring 2009

News from the Food Bank Of Delaware

Welcome to spring! I think that all of us are glad to put behind us an unexpectedly challenging winter and look ahead to long days and warm nights. Going forward it is our desire that our Member Agencies will truly work with FBD in effort to eliminate hunger in Delaware.

Hunger Study 2009 has proven to be a more difficult process than originally imagined, the cooperation received from our members was below what was expected. **This is an extremely important study and your participation was crucial!** We are coming the end of the Study, 4/26/09, if you have not done your part by completing your survey please do.

More FBD News!

“The Market” has moved from FBD to 23rd and Bowers Street in Wilmington

- **Coming Soon- DDGM:** The Delaware Does and Grows More campaign
- **5/9/09-** Stamp out Hunger Postal Food Drive
- **5/17/09–** Annual Membership Meeting and Donor Dinner, \$25 per person
- **5/19/09–** 21st Culinary Arts Class Graduation
- **6/6/09–** Sixth Annual Summer Bash for Governor, \$25 per person
- **6/18/09–** The “Great Chicken Heist” Barbeque/ Happy Hour
- **9/25/09–** 3rd Annual “Blue Jean Ball”
- **Agency Volunteers hours:** a great way to reach out and get credit \$\$\$.

Nutrition Corner By Beverly Jackey, RD Community Nutritionist

April is National Garden Month: When you garden, you GROW!

You can help America be greener and healthier by planting a garden. Nurturing plants can improve our attitudes toward health and nutrition, help kids perform better at school, and build community spirit.



Grow Vegetables A few tomatoes, squashes, and cucumbers can produce pounds of vegetables for your kitchen. In fact a 20-foot by 30-foot vegetable garden can yield more than 300 pounds of produce valued at more than \$600!

Garden In Containers If space is limited to patios or porches, you can still grow your own vegetables, herbs and fruits. With self-watering containers, you can grow many common vegetables in pots without worrying about daily watering. Most varieties of tomatoes, eggplant, peppers, bush beans, greens, carrots, beets, cucumbers, and broccoli grow well in large containers.

Join a Community Garden If you don't have backyard space, consider joining a community garden. You can rent a plot of land where you can grow vegetables, fruits and herbs, strengthen friendships with your neighbors, and take an active role in greening your community. For more information: www.nationalgardenmonth.org

SNAP Reminder: Agencies serving low income people may be entitled to free nutrition classes through the Supplemental Nutrition Assistance Program or SNAP. For more information contact:

New Castle County
Beverly Jackey RD
302-292-1305 x 244 or

Kent & Sussex County
Anna Field
302-424-3301 or

bjackey@fbd.org

afield@fbd.org



 * **Upcoming Agency Meetings:**
 * **New Castle County**
 * 4/24/09 10:00am
 * Topic: TBD
 * 5/20/09
 * **Kent/ Sussex County**
 * TBA
 * * New Castle County meetings are held at our Newark warehouse & Kent/ Sussex County meetings are held at our Milford warehouse.

Did you now?



Apples are more efficient than caffeine at waking you up in the morning!

