CookStars!

Food Gatherers network is on a journey from hunger to health. Through our food procurement efforts and Healthy Pantry Conversion Project, we have created an infrastructure at partner programs to ensure access to healthy food throughout the year. This year we were thrilled to take another leap in this journey by introducing our CookStars Nutrition Ambassador Training Program, created by Shaira Daya, a Registered Dietician and a member of Food Gatherers team.

Shaira trained staff and volunteers at partner food distributions how to lead basic cooking and food demonstrations to help people prepare and consume healthy meals at home. The lesson plans included basic nutrition, food safety, and healthy recipes using ingredients actually distributed at the pantry such as heart-friendly Coleslaw or Black Bean Salad.

“Clients are more willing to pick up vegetables and experiment with new recipes,” said Kellie from Ozone House. “Pantry coordinators are very excited and enthusiastic about the CookStars program,” said Laura Burton, MSW Intern with Food Gatherers Community Food Programs team. “They are doing a good job of tailoring the program to meet client needs.”

“CookStars helps build relationships between agency staff, volunteers, and pantry visitors. It also helps reduce food waste as pantry visitors broaden their knowledge of how to prepare different foods that are available in the pantry,” said Burton. We are grateful CookStars has been so well received and your support of this great program is appreciated!
Upcoming SNAP Event!

What

Understanding SNAP, a conversation about nutrition assistance, why it matters and how we can help.

When

Sunday, November 24th at 1:00 pm

Where

First Unitarian Universalist Congregation of Ann Arbor in Fahs Chapel
4001 Ann Arbor-Saline Rd
Ann Arbor, MI 48103

Upcoming Event: Rockin’ for the Hungry

Food Gatherers staff, volunteers and radio personalities from ann arbor's 107one will be "freezin' for a reason" at our largest annual outdoor food and fund drive, broadcast live from Kroger. Gifts during Rockin' will be matched dollar-for-dollar! Participate by dropping off food or cash donations, donating online, or volunteering (sign up here!).

When:
#GivingTuesday, November 28, 6AM-10AM at Kroger on Washtenaw Ave.

Wednesday, November 29 - Sunday, December 3rd, 6AM-7PM at Kroger on S. Maple.

This year, you can also donate your social media status by connecting your Facebook, Twitter, or Tumblr accounts to our Thunderclap campaign to schedule a post in advance of Rockin'. At 8AMon Giving Tuesday, the first day of Rockin', our message will blast out across all our collective social media channels, increasing our reach and raising more meals for our neighbors in need.

We need all hands on deck to raise 1 million meals - it's our most ambitious goal yet! You can be a Rockin' RockStar, and help us fundraise by creating and publicizing a personal or team fundraising page. Create your page, set your fundraising goal, and starting on November 28th, #GivingTuesday, ask friends and family to donate to Rockin' for the Hungry.

Optional: Pledge to "freeze for a reason" by volunteering at Rockin', and ask friends and family to donate in your honor! You'll be eligible to earn Rockin' rewards, like a Food Gatherers hat or t-shirt!
Meet our new Masters of Social Work (MSW) Interns!

Genna Miller

Genna is currently an MSW student at the University Of Michigan studying Community Organization with an emphasis in communities and social systems and pursuing a minor in Management of Human Services and will be interning with Food Gatherers until April. Genna will be working with the Community Food Programs and she looks forward to learning more about food insecurity in Washtenaw County and ways to provide healthy and nutritious meals to those in need.

Valentina Garrido López

Valentina is an MSW International student from Santiago, Chile. She is at the University of Michigan studying Community Organization with a practice area in Children, Youth and Family Systems and pursuing a certificate in Child Welfare. She will be interning with Food Gatherers until April 2018, working with the Community Food Programs. She believes that food insecurity is the beginning of many social justice issues in the United States and particularly in Latin America, and has a big interest in learning how to provide assistance to reduce the inequalities around this area.

Harvest Hints

Boost Your Immune System

Fight off your chance of getting a cold or having the flu this winter by eating fruits and vegetables daily. Cabbage, pumpkin, spinach, oranges, and sweet potatoes are all packed with vitamin C which helps boost your immune system.

Sweet Potato and Black Bean Stew:

Ingredients:
- 2 Tablespoons Vegetable Oil
- 1 Medium Onion, chopped
- 1 Green Pepper, chopped with seeds removed
- 2 Cloves Garlic, minced (or ¼ teaspoon garlic powder)
- 2 large sweet potatoes, peeled and cut into ½ cubes.
- 2 chopped tomatoes
- 1 (15-oz) can of black beans (drained and rinsed)
- 2 teaspoons dried parsley (optional)
- Salt and pepper

Directions:
Heat a large pot over medium heat. Add vegetable oil. Add onion and green pepper and cook until soft. Add minced garlic and stir for 1 minute. Add sweet potatoes and 2 cups of water (and garlic powder, if using). Cook for 15 minutes, stirring occasionally. Add tomatoes, black beans, parsley and salt and pepper to taste. Mix together and cook for 5 minutes. Serve the soup hot and enjoy! Recipe adapted from Just Say Yes to Fruits and Vegetables

Article by Lauren Odenkirk (UM Dietetic Intern)
Made with love by the Community Food Programs Department

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