



# National CSFP News

## Message from the President



**Tim Robertson**  
*President*

Now is an important time for us all to step up and work toward the goal of restoring funding for CSFP. We owe it to our seniors, moms and kids to speak up for the program and the unique benefits it offers.

It will be very helpful in this endeavor for all of us to stay alert to our communications, especially emails from our Public Policy Committee regarding important contacts, timelines and activities before us. The information shared will be important for us all to keep informed of the status of our efforts - stay in the loop!

We will never have a more important time for us to each get our Congressionals into our facilities to tour, see the program benefits, talk to our participants and put faces on those the continued funding will mean so much to. This is a once in a life time opportunity for us to insure the future of CSFP down the road. We must be vigilant with our communications to our legislators. Keep those success stories coming!

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## National CSFP Association Conference 2006 Update



*Program participants at the National CSFP Association Conference*

More than 100 federal, state & local CSFP staff attended the 10<sup>th</sup> Annual NCSFPA Conference in Dallas on February 5-8, 2006. The Conference Planning Committee put together a wonderful agenda packed with a broad variety of learning opportunities as well as time to network, exchange ideas, and meet new friends. This year, round table discussions led by Board members were a new highlight.

However, the best-laid plans easily go astray and attendees were dismayed to learn that the proposed 2007 White House budget would completely eliminate the CSFP. Needless to say, this caused a number of agenda changes as Association leadership developed a plan of action.

## FNS News

We would like to thank the NCSFPA for inviting FNS staff to attend the National Conference in Dallas, Texas on February 5-8, 2006. We realize the conference was difficult for all in attendance, given the announcement of the President's Fiscal Year (FY) 2007 Budget Request. We appreciate the professional manner in which NCSFPA representatives conducted the meeting, and the courtesy afforded to FNS staff. We look forward to maintaining an open line of communication with the NCSFPA as the year progresses. Although much of the conference discussions were focused on the FY 2007 budget request, the 2006 caseload assignments were subject to significant discussion as well.

To review, the amount appropriated for CSFP by Congress for FY 2006 is \$107,202,150, after the one percent across-the-board rescission that was included in the Defense Department appropriations legislation. The appropriation is increased slightly by approximately \$118,000 in cash carryover from FY 2005, resulting in total cash resources of approximately \$107,320,150. This is only slightly more than the amount appropriated for the CSFP, after rescission, in FY 2005, which was \$106,854,272. At the same time, however, the legislatively-mandated administrative grant per caseload slot increased from \$53.97 to \$56.30 per year, an increase of approximately 4.3 percent, and food costs, including storage and delivery costs, are projected to be higher than last year.

In addition to cash resources, CSFP commodity inventory and commodities obtained under agriculture support programs (surplus commodities) that are included as part of the regular CSFP food package are used to support the program. As you know, the types and amounts of surplus commodities depend entirely on agricultural market conditions. As part of our effort to allocate as many caseload slots as possible, the anticipated cost savings and additional inventory that these commodities generate are included in our caseload calculations.

On December 29, 2005, we assigned tentative caseload and administrative grants for 2006, based on the level of resources expected to be available to support the program. While all available resources were included in our calculations, total estimated resources available were sufficient to support 477,157 tentative

caseload slots, representing a reduction of approximately 11 percent from the 2005 caseload level. We expect to allocate final CSFP caseload and administrative grants in the coming weeks, which may be impacted by any additional surplus commodities that become available to the program. With regard to the Defense Department appropriations legislation which provides \$4 million in supplemental funding for "necessary expenses related to the consequences of Hurricane Katrina," we are currently determining how to allocate these resources and expect to announce the allocation soon.

We are pleased to inform you that the USDA senior managers have decided to expand the Southwest Multi-food Warehouse Pilot nationwide. Under the Southwest Pilot, USDA contracts with a commercial food distributor to operate the multi-food ordering and delivery system for the CSFP and Food Distribution Program on Indian Reservation (FDPIR) agencies in the Southwest region.

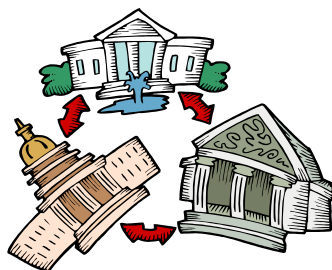
The Southwest Pilot was evaluated based on cost and customer service satisfaction. The service system was patterned after a very successful Prime Vendor Pilot for FDPIR in the Midwest Region that was discontinued last June due to cost considerations. The Southwest Pilot has provided comparable service at a much more reasonable cost, just under 105 percent of current system costs, primarily because USDA, rather than the contractor, procures the commodities.

Similar to the Prime Vendor Pilot, State agencies in the Southwest region reported a higher satisfaction with the pilot system relative to the current USDA multi-food system. Overall, they like ordering on-line with the option of placing orders three days in advance of receiving their shipments. In addition, they like receiving immediate confirmation of their orders without having to modify them. They like having pre-set delivery options, working with fewer agencies, less paperwork, and a simplified process.

We expect to complete an enhancement to our Electronic Commodity Ordering System (ECOS) to accommodate multi-food ordering in the next several months.

*Submitted by: Cathie McCullough, Director  
Food Distribution Division USDA Food and Nutrition Service*

## Public Policy Update



As many of you are aware, there are crucial issues facing CSFP in FY06 and FY 07. CSFP staff is being required to inform low-income seniors that they will not receive their nutritious food boxes but instead will be placed on waiting lists. Even worse, in FY07 the President has called for the elimination of CSFP. It is up to the CSFP communities to assure that our congressional leaders know what CSFP does and how it helps our participants. We need to educate them that CSFP is a complement – not a substitute for – the Food Stamp Program and WIC. It is Commodity “**Supplemental**” Food Program.

In the 23 years I have been with CSFP, I have never seen such enthusiasm, from the local to state and on up to our national partners, toward helping our program continue to do what we do best: feeding and caring for all our participants. Over the past several weeks print media editorials and articles have been overwhelming. Seeing all the news articles and editorials, hearing about press conferences with congressional leaders across the nation, and seeing the bi-partisan support that has emerged is so uplifting.

Detroit, MI (Free Press) ~ "For more than 30 years, the Commodity Supplemental Food Program has been one of the first lines of defense against hunger for low income women, children and seniors," said Senator Stabenow, D-Mich., "I have been fighting these cuts and will continue to work to restore funding to help Michigan seniors and families."

Laredo, TX (Laredo Morning Times) ~ "This is a death sentence for some people," said Alice Loewe, a resident of the San Luis Rey housing project. Loewe gets a sack of groceries each month through the CSFP. "The things I can't use, I pass on to someone else," she said. "I've learned to cook pinot beans in about 12 different ways - and enjoy them."

Concord, NH ~ "I find it unconscionable that seniors, most of whom are living below poverty level, are in danger of losing the Commodity Supplemental Food Program, which in many instances is the difference between having enough to eat and going without." said Senator D'Allesandro, D-NH.

Kansas City, MO (The Kansas City Star) ~ "Everything they give, I can use," said 98-year old Addie Elbert, "It means a lot. If I didn't get it, sometimes I think I couldn't make it."

Associated Press ~ "It really does come under the category, in the most extreme way, of balancing the budget on the backs of those who are most needy. And in this case we're not even balancing the budget," said Senator Herb Kohl, D-WI, the ranking Democrat on the Senate Appropriations agriculture sub-committee. "I call it misplaced priorities. How do you justify doing something like this, while at the same time giving people like Herb Kohl huge tax cuts?" said Kohl, a multimillionaire.

**If there was ever a time for you to become involved, this is it!  
Together we can make it happen!**

### **NOTE TO NCSFPA MEMBERS:**

Please watch for information weekly via the CSFP list serve on what is happening in the CSFP community and continue to do what you are doing best. If you are not receiving list serve messages from the “NCSFPA Nation” please contact Sheila Christopher at [sachristopher@comcast.net](mailto:sachristopher@comcast.net), to be added to the list.

*Submitted by: Barb Packett, NCSFP Public Policy Chair  
Nebraska HHSS-CSFP/WIC Programs*

### Donor Partner of the Year



*Under Secretary for USDA/FNS, Eric Bost and Darlene Barnes, Mountain/Plains Regional Administrator accepted the “Donor Partner of the Year” award from the Weld Food Bank.*

USDA was recognized for the support provided through the CSFP and TEFAP programs.

While in Greeley, Colorado they toured the new food bank facility and discussed the upcoming Farm Bill Reauthorization.

The Weld Food Bank has just started delivering to home bound seniors. Under Secretary Bost delivered a food package to first time CSFP participant Margaret, age 84. According to Leona Martens, Executive Director, the CSFP food is a critical factor in maintaining the health of the growing senior population.

*Submitted By:  
Leona Martens , Executive Director  
Weld Food Bank*

### Assemblyman Bob Huff Visits CAPOC

Assemblyman Huff of Diamond Bar, who represents the Orange County areas of La Habra, Villa Park, Anaheim, Orange and Yorba Linda, recently visited CAPOC for a tour of the Orange County Food Bank and CAPOC’s other programs and facilities. With



*Mark Lowry presents Assemblyman Huff of Diamond Bar a certificate of appreciation during his recent visit to CAPOC.*

government funds diverted to disasters and war efforts added with the state and federal deficit, there are less resources to meet the needs of the poor. After his visit, Assemblyman Huff realized that community support and volunteers are critical necessities to help fight hunger. He encourages friends and families to come together to volunteer. “Parents act as role models for proactive social behavior that strengthen relationships, build responsibility and become instruments for positive growth both personal and social,” stated Mark Lowry, Orange County Food Bank Director. “Children learn to become aware and to care about others around them. They sense that others are important. This provides the perfect venue to teach the golden rule of service before oneself,” Mr. Lowry acknowledged.

*Submitted By: Mark Lowry,  
Orange County Food Bank Director*

### Food for Thought.....



*In times of adversity it is critical to not dwell on the past but seize the opportunity and resources to our avail!*



### Congresswoman Wilson Visits Clinic Site

Congresswoman Wilson has not only signed on to Congressman Charles F. Bass' Dear Colleague letter to USDA regarding maximizing FY06 caseload, but has taken the bold step of formally requesting that the House Budget Committee take steps to restore funding. Congresswoman Heather Wilson wants the federal government to continue a successful food program for low-income New Mexicans, including seniors, women, and children. Wilson has begun a push in Congress to restore funding for the program.



*Congresswoman Heather Wilson, (R) NM, took time out of her busy legislative schedule, Friday, February 17th to meet with CSFP participants, and to announce her support for CSFP.*

"Congresswoman Heather Wilson has taken a stand today that will impact the lives of more than 16,000 New Mexicans in the most basic way possible - they will continue to receive food that is crucial to their very well being. We applaud Congresswoman Wilson for being the first Representative in the nation to make a direct appeal to the House Budget Committee to restore the funding for the Commodity Supplemental Food Program in the FY '07 Budget," says Sarah Kaynor, the Executive Director of ECHO, Inc., which is a non-profit organization that runs the food program in New Mexico and provides services directly to low-income seniors and women.

Wilson announced her support of the program today after touring Echo, Inc., the non-profit organization that runs the commodity program in New Mexico. Echo, Inc., which stands for "Economic Council Helping Others," is a 'Community Action Agency' that runs several programs aimed at helping low-income New Mexicans. Wilson toured their food warehouse today and met with Echo, Inc. staff and clients.

"By taking such a leading position, Congresswoman Wilson is fighting for the most needy and vulnerable among us - seniors, young children and moms. She is to be commended for having the courage to take this issue head on and in such a public way," concluded Echo Inc.'s Kaynor.

"Many elderly residents and low-income families in New Mexico depend on this program to provide food to meet basic nutritional needs," says Wilson. "If you sit here in this warehouse for just a few minutes, you'll see seniors and families coming by to get their groceries to feed their families. The program works and people depend on it." More information can be found on Congresswoman Wilson's website.

*Submitted by: Vicki Metheny  
ECHO, Inc.*

### CSFP State-by-State Participation October, Fiscal Year 2006

Program participation for the month of October, FY 2006 was 446,255. Seniors comprised approximately 89.7 percent of all CSFP participants.

State	October 2005	Average Participation	Tentative 2006 Caseload
New Hampshire	7,670	7,670	7,020
New York	32,760	32,760	30,045
Vermont	4,422	4,422	4,136
District Columbia	7,784	7,784	7,386
Pennsylvania	15,586	15,586	14,142
Kentucky	16,820	16,820	15,161
Mississippi	7,459	7,459	6,776
North Carolina	1,396	1,396	1,237
South Carolina	3,972	3,972	3,588
Tennessee	14,870	14,870	13,526
Illinois	15,853	15,853	14,926
Indiana	4,800	4,800	4,301
Michigan	83,627	83,627	75,921
Minnesota	14,724	14,724	13,581
Ohio	13,362	13,362	12,009
Red Lake	119	119	99
Wisconsin	5,529	5,529	4,844
<b>*Louisiana</b>	<b>5,564</b>	<b>5,564</b>	<b>76,291</b>
New Mexico	18,234	18,234	16,418
Texas	13,944	13,944	11,990
Colorado	19,935	19,935	20,202
Iowa	4,538	4,538	3,754
Kansas	6,163	6,163	5,582
Missouri	10,454	10,454	9,080
Montana	7,202	7,202	6,522
Nebraska	13,936	13,936	12,807
North Dakota	3,010	3,010	2,711
Oglala Sioux	707	707	631
South Dakota	3,000	3,000	2,724
Alaska	2,681	2,681	2,205
Arizona	17,212	17,212	16,052
California	58,761	58,761	52,090
Nevada	5,927	5,927	5,845
Oregon	1,679	1,679	1,325
Washington	2,555	2,555	2,230
<b>TOTALS</b>	<b>446,255</b>	<b>446,255</b>	<b>477,157</b>

**\*Due to the disruption caused by the recent hurricane(s), Louisiana CSFP participation levels negatively impacted the National October 2005 participation.**

**National CSFP Association Conference 2006 Update-continued**

Roger Szemraj, Chief of Staff for Rep. Marcy Kaptur (D-Ohio), Ellen Teller (FRAC), Jean Jones (America’s Second Harvest), and Dennis (Denny) McManus (NCSFPA Advocacy Consultant) discussed the current funding climate in Washington and potential opportunities and pitfalls that we may encounter as we meet the challenge of defending the CSFP through the 2007 appropriations process.



*Roger Szemraj and Jean Jones*

USDA/FNS representatives provided an overview of the other hot issue for CSFP...FY06 caseload reduction. During the conference, many were able to meet Laura Castro, the new Chief of the Policy Branch for the Food Distribution Division.



*Mark Lowry, Vicki Metheny, and Frank Kubik making calls.*

Denny lead a “newly developed” general session with first requesting attendees to pick up their cell phones and contact their Congressional leaders to express their shock with the President’s FY07 proposed budget elimination of CSFP. Conference attendees shared their conservations, which primarily reflected dissatisfaction from staffers when they heard the news and pledges of help.

After two-days of intensity the group was in grave need of some time to relax. Little did the conference planning committee realize the “Texas BBQ & Casino Night” would provide just what the doctor ordered. Jeans, boots and



*Mark Lowry in his Texas BBQ garb.*

cowboy hats were a-plenty, and a few people in full Western regalia were found here & there. This was followed by an evening at the casino, where professional dealers ran several tables of chance.



*Tim Robertson*

The conference wrapped up with a presentation on Civil Rights Training requirements and demonstrations of three CSFP systems currently being used in New Mexico and Minnesota, and rolled out in New Hampshire.

Tim Robertson, NCSFPA President sent the group off with words of encouragement and offers of assistance. Tim has been no stranger to adversity coming from New Orleans, LA.

The conference was a significant opportunity for the CSFP community to come together, and everyone left feeling energized and ready for the hard work in the months ahead.

## Before a Disaster Strikes—Feature 2 of a 4-part Series

Information obtained from: State Farm Insurance

### **BEFORE THE DISASTER:**

Regardless of how much time you have to react to the disaster, you can do things well in advance to prepare.

To prepare for any kind of disaster, pack a survival kit that includes:

- Non-perishable food,
- A first-aid kit,
- A radio & flashlight with fresh batteries,
- A container with fresh water,
- A portable cooking device,
- Extra clothing, including blankets, heavy work gloves, tools, & nails,
- All of your insurance policy numbers.

Make a complete inventory of your possessions.

Keep it in a bank safe deposit box or other safe place away from home.

### **HURRICANE:**

- Decide whether you will:
  - Go to a designated shelter,
  - Leave the area for a safer place inland, or,
  - Ride out the storm in your home (if local authorities permit you to stay).
- Plan an escape route.
- Stock plywood & materials you may need to board up windows before you leave.
- Move garbage cans & other large objects inside the house or garage.
- Shut off utilities.

### **TORNADO:**

Learn the difference between:

- A tornado watch (means tornadoes may develop) and,
- A tornado warning (means a twister has been sighted and you should seek shelter immediately).
- Learn your community's warning signals.
- Conduct drills with your family.

### **EARTHQUAKE:**

- Eliminate hazards in the home.
- Bolt down water heaters. Strap them securely to a wall.
- Be sure your house is bolted to the foundation.
- Make sure the chimney & roof are in good condition and well supported.
- Attach mirrors, picture frames, hanging plants, or lamps securely to a wall or ceiling.
- Keep beds away from glass or any hanging object that might fall.
- Brace tall furniture or bookcases & refrigerators, & attach to walls.
- Use sturdy latches on cabinets to keep doors from swinging open.
- Use flexible connectors for gas supply to gas fueled appliances.

# National CSFP News

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PAID  
STATE OF  
NEBRASKA

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## Recipe Corner



### Easy Chili—Makes approx. 12 1-cup Servings

2 pounds lean ground beef, 3 medium onions, chopped (about 1 1/2 cups),  
1 small green pepper, chopped (about 1/2 cup) , 1 tablespoon chili powder,  
3 cups tomato juice, 1/3 cup catsup, 2 (15.5 ounce) cans kidney beans, drained and rinsed

1. In a large skillet, over medium heat, brown beef, onions, and green pepper until beef is browned and mixture falls apart.
2. Drain and discard fat. Add chili powder. Tomato juice, catsup and beans.
3. Heat to a boil.
4. Reduce heat to low and cook 15 minutes.

<u>Nutrition information for each serving:</u>	Calories: 240	Calories from Fat: 103	Total Fat: 11.5 g.	Sugar: 16 g.
Cholesterol: 47 mg.	Saturated Fat: 4.3 g.	Calcium: 56 mg.	Iron: 3.2 mg.	Sodium: 1727 mg.
Total Carbohydrate: 43 g.	Vitamin A: 168 RE	Vitamin C: 34 mg.	Dietary Fiber: 5g.	Protein: 19 g.

*Recipe provided by Campbell's*

### Chicken Noodle Soup—Makes 6 Servings

2 carrots, diced, 1 medium onion, chopped, 2 stalks celery, chopped, 6 cups drained chicken, broth and water, 2 chicken bouillon cubes, 6 ounces uncooked noodles, 1 29-ounce can (3cups) cut-up chicken, 1/2 teaspoon salt, pepper to taste.

1. Chop carrots, onion & celery. Drain broth from canned chicken & add water to make 6 cups.
2. Put carrots, onion & celery, plus the broth, water & bouillon cubes in large pan. Heat to boiling.
4. Add noodles cover & boil gently about 10 mins. Until noodles are tender.
5. Add chicken, salt & pepper. Heat to boiling.

<u>Nutrition information for each serving:</u>	Calories: 233	Sodium: 415 mg.	Fat: 5 grams	Exchanges: 1 bread +
Cholesterol: 80 mg.	Carbohydrate: 23 g.	Potassium: 278 mg.	Protein: 24 g.	1 vegetable + 2 1/2 lean meat

*Recipe provided by Nebraska CSFP Cookbook*

### Baked Custard—Makes 4 Servings

1 1/2 cups fluid milk, 1/2 cup dry egg mix (packed), 1/2 cup warm water, 2-3 Tablespoons sugar (as desired),  
1/2 teaspoon vanilla, cinnamon or nutmeg (optional)

1. Heat milk until hot, but not boiling.
2. Put egg mix & water in a large bowl. Beat until lumps are gone.
3. Add sugar & salt.
4. Add milk slowly, stirring all the time.
5. Mix in vanilla.
6. Pour into a small baking pan so that mixture is about 1 1/2-2" deep.
7. Sprinkle with cinnamon or nutmeg. Bake at 300 degrees F. about 45 minutes until a knife stuck in the center comes out clean.

<u>Nutrition information for each serving:</u>	Calories: 104	Sodium: 84 mg.	Fat: 3 grams	Exchanges: 1 bread +
Cholesterol: 118 mg.	Carbohydrate: 13 g.	Potassium: 173 mg.	Protein: 6 g.	1/2 fat

*Recipe provided by Nebraska CSFP Cookbook*