

## Food Banks Setting a Better Table



It's one thing to see the hand writing on the wall, but quite another to pick up the pen and write your own script. That's what the Food Bank of Central New York has done. Under the leadership of Elizabeth Campbell, a registered dietician and Director of Member Services, her Food Bank has instituted a "no soda and no candy" policy with no repercussions from their existing food donors. In addition to a healthier inventory, the Food Bank established an educational garden, a garden shares program, portable gardens in a bucket, and a produce purchase program from local farm markets.

On the home front, Sandra Morales from the Second Harvest Food Bank of the Lehigh Valley and Northeastern PA started a healthy foods buying program with funds provided by local grocers. Additionally, her Food Bank started two school food pantries and provides food-stuffed backpacks for children when school meals are unavailable.

Project SHARE in Carlisle makes nutrition its highest priority. They collaborate with local farmers and do gleaning to distribute a box with \$150 worth of healthy food to clients. Director Elaine Livas said: "The end result is worth the extra effort that it takes to assure a high quality food box. We want our folks to receive fresh fruits, vegetables and meats. We want them to be able to *really* feed their families."