

## St. Louis Area Foodbank Agency Directory

Many of our agencies have contacted the Agency Relations Department for a current copy of the St. Louis Area Foodbank Directory. The best way to get a copy of the current directory is to go to the St. Louis Area Foodbank web page ([www.stlfoodbank.org](http://www.stlfoodbank.org)) On the right side of the screen you will see (member agencies). When you click on this you will have an online directory.

[stlfoodbank.org](http://stlfoodbank.org)

All of our member agencies are listed here. You can search the agencies online or you can print this information to have the most up to date information about the St. Louis Area Foodbank's agencies.

**Don't forget, a listing of available inventory is posted daily on our website too!**

## Foodbank Closed for Annual Year-End Inventory

The St. Louis Area Foodbank will be closed from Monday, December 25, 2006 through Tuesday, January 02, 2007.



We will re-open for distribution to partner agencies on Wednesday, January 03, 2007 at 9:00 a.m.

The Foodbank staff wishes everyone a safe holiday season and a happy, healthy new year!

**Mission:** The St. Louis Area Foodbank will feed hungry people by distributing food through its member agencies, and will educate the public about the nature of and the solutions to the problems of hunger.

### Foodbank Staff

#### MANAGEMENT

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**TOLL FREE:**  
**1-800-229-3335**

**A food drive held in conjunction with a Season of Giving event at Anthem Blue Cross and Blue Shield in Missouri collected 6,663.5 pounds of food** -- almost three tons -- for the St. Louis Area Foodbank. Separate floors of employees competed to raise the most pounds of food, with the 4th and 5th floors winning a pizza party for all employees on those floors. "The food drive portion of our Season of Giving event represents our mission of improving the lives of the people we serve and the health of our communities by providing nutritious meals to those in need," said Dennis Matheis, president of Anthem Blue Cross and Blue Shield in Missouri. "I want to thank our employees for their generosity during this important time of the year."

*Greg Jarvis, one of the Anthem employees who led the food drive at the company, wrote the following poem about the event:*

### **Fourth Floor Fervor**

'Twas just days before Christmas, when on every floor,  
A rumor was stirring, too good to ignore;  
A food drive was happening to feed those in need,  
"Let's all work together and put aside greed";  
The associates collected cans, money and grains,  
While visions of pizza danced in their brains;  
And Paul with his scale and all of the stacks,  
Started to weigh what they brought in their sacks,  
When out by the 'vators there arose such a clatter,  
People were ranting, "something's the matter",  
Away to the store Jim and I flew like a flash,  
Chocked full my truck, now we had a real stash!  
We hustled on back, my ride riding low,  
And by 12 o'clock sharp our poundage did grow,  
And, what to my wondering eyes should appear,  
Packages of water so crisp and so clear,  
There was soup and some beans, juice, rice and some corn,  
Some soap, salts and peroxide, rubbing alcohol and more,  
Now as rapid as eagles Paul's helpers did help,  
And he whistled, and shouted, and called with a yelp;  
"Now, Judy! Now, Kara! Now, Kathy and Greg!  
Stop talking, keep counting, don't make me beg!"  
To each floor did we go! From floor 8 to floor one,  
As quick as it started, it was quickly all done  
So Paul with his scale, his paper and pen,  
Shushed all the crowd, quieted the din,  
And Deb with the numbers sent out an e-mail,  
"I knew we could do it, I knew we'd not fail!"  
And 6,663.5 pounds in all were collected,  
Anthem employees now feel oh so connected,  
To each other, to community, to family and friends,  
They can hardly wait to do this again!... and eat pizza...



*Kimberly Czapla, Diane Bassett, Barbara Fendler & Curtis Martin are pictured above with some of the three tons of food collected by Anthem Blue Cross and Blue Shield in Missouri at 1831 Chestnut St.*

*The Foodbank relies on companies like Anthem Blue Cross and Blue Shield in Missouri to help us maintain a steady variety of food available to our partner agencies.*

***Thanks!***

**During the 2006 All Agency Conference**, we asked for topics you would like more information on in the future. One of the most requested topics was food storage. Below is a chart detailing **maximum storage periods for dry goods**. In the next newsletter, we will include a refrigerator & freezer storage chart.

DRY GOOD

RECOMMENDED MAXIMUM STORAGE

**Baking Materials**

Chocolate, baking	6 to 12 months
Cornstarch	2 to 3 years
Yeast, dry	18 months

**Beverages**

Coffee, ground, not vacuum packed	2 weeks
Tea, leaves	12 to 18 months
Carbonated beverages	Indefinitely
Fruits (in general)	1 year
Fruit juices	6 to 9 months
Vegetables (in general)	1 year

**Dairy Foods**

Cream, powdered	4 months
Milk, evaporated	1 year
Fats and Oils	
Salad Dressing	10 to 12 months
Vegetable shortenings	2 to 4 months

**Grains and Grain Products**

Cereals, ready-to-eat	6 months
Macaroni, spaghetti, other noodles	2 years
Rice, parboiled	9 to 12 months
Dried Bread Crumbs	6 months
Flavoring extracts	2 years
Salt	Indefinite
Spices and herbs (whole)	2 years to indefinite
Seasoning salts	1 year

**Sweeteners**

Sugar, confectioners	18 months
Syrups, corn, honey, molasses	1 year
Dried beans	1 to 2 years
Dried fruits	6 to 8 months
Jams and Jellies	1 year

Source: [www.nvaging.net/grants/serve](http://www.nvaging.net/grants/serve)

## Setting the Table

St. Louis Area Foodbank  
5959 St. Louis Avenue  
St. Louis, MO 63120

[www.stlfoodbank.org](http://www.stlfoodbank.org)

## Holiday Food Safety

The holiday season is upon us and with it comes the traditional festive meals. However, the improper storing, cooking, and serving of ham and turkey can lead to the growth of harmful bacteria like salmonella, which can cause foodborne illness. Here are some tips for preparing traditional holiday foods safely:

### Ham

Fully cooked, ready-to-eat ham must be kept refrigerated. If heated for a meal, heat to internal temperature of 140°F. Use a meat thermometer to be sure the proper internal temperature has been reached. After the meal, cut the ham into thin slices and refrigerate promptly. Slices will keep up to four days in the refrigerator.

### Turkey

Thaw frozen turkey in the refrigerator. Allow one day for each five pounds of turkey. A twenty-pound turkey will take approximately four days to thaw. (Hint: Remove neck & giblets from inside the bird as soon as possible to hasten thawing.) Do not thaw on the kitchen counter. If you do not have time to thaw in the refrigerator, you can thaw the turkey in the kitchen sink, provided you refill the sink with cold water every half-hour. Cook fresh turkeys within two days, thawed turkey within four days. Read and follow the cooking directions on the label. Cook turkey until it is done (165°F). Do not slow cook overnight at low temperatures or partially cook. Some turkeys come with pop-up thermometers. They are to be used only as a guide to doneness; therefore, taking the temperature with a meat thermometer is still important.

Stuffing should not be prepared a day ahead and the turkey should not be stuffed until it is ready to cook. A quicker, safer method is to cook the stuffing separately in a casserole, using some of the pan juices to flavor and moisten the stuffing.

