

Food Justice Committee Meeting Minutes
November 7, 2018

In Attendance

Caitlyn Ashton, Roberta Balsam, Eric Borgstrom (chair), Mimi Kahn, Jeannine Kienzle, Gail Lloyd, Kentu Malik, Jack Malinowski, Chaone Mallory, Megan McCrea, Steven Roberta, Jon Scaffidi, Ed Segal, Mary Segal, Lauren Todd, Shaline Webb, Norman Weiss

1. Introductions

2. Minutes from October Approved

3. Guest Speaker — Roberta Balsam, UUH (Unitarian Universalist House) Outreach Program

Roberta is a Social Worker at UUH Outreach Program. UUH assists older adults in NW Philadelphia with the goal of letting them remain independent in their own homes. Roberta talked about the Holiday Food Drive and the ways people can help by donating food and/or volunteering to sort, pack bags, or deliver items. See attachment for details.

4. Affordable Dinner Program

Both Jon and Cait made affordable dinners for the FJC members to sample. Jon made two versions of scalloped potatoes: one with ham and one without (see attachment). He priced it out at \$1 per person for the ham version and \$.66 per person for the vegetarian version. Cait made a smoky harvest chili with items (beans, vegetable juice, mushrooms, onions, sweet potatoes) from the Co-op. She priced it out at \$2.16 - \$3.24 per person.

Jon recommended a cookbook by Leanne Brown called *Eat Well on \$4/day Good and Cheap*. It exists in a free PDF format. <https://cookbooks.leannebrown.com/good-and-cheap.pdf>

Eric solicited names for the affordable dinner program. Two people submitted suggestions so far. Eric will continue to collect ideas from others.

Eric asked for volunteers to prepare meals for the December meeting.

5. Food For All Task Force Update

Eric provided a detailed summary of what the Task Force hopes to accomplish over the next few months in preparation for the September 2019 re-launch of the Food For All program. Here is a link to his Prezi presentation <https://prezi.com/view/JkhOrywv9ecYSH02uY2W/>

Interviews/Focus Groups:

Shaline and Mimi will head this component, which will occur in Dec-Jan with about 20 FFA participants, each of whom will receive a \$10 Co-op gift card. Roberta mentioned that she has about five seniors, who signed up for the FFA program when WW recently made a presentation at UUH, and can connect them with us. Sample interview questions were reviewed. A suggestion was made to add questions about foods in particular.

Town Hall:

Flo is organizing the Town Hall, which will be held to inform WW members about, and to generate grassroots interest in, the FFA improvement and relaunch. The Town Hall is scheduled for Wed. January 9, 2019 at the Summit Presbyterian Church Parlor Room from 6-7:30 PM. The Town Hall will be advertised via the Shuttle, FB, email, in-store announcements, etc. This event will be in lieu of the regular monthly (January) FJC meeting.

Opt-Out:

Discussion focused on how to get the word out to WW members about this option, which involves gathering the names of WW working members who are willing to forego their 5% discount to help increase the FFA discount from the current 10% to 15% or 20%. Lauren volunteered to create a Google document for people to express their interest. Norm volunteered to be the liaison to Jon Roesser as we work with management to determine the feasibility of the opt-out idea.

Working Member Hours Bank:

Suzanne Weltman will head this effort, which involves designing the program and addressing Jon Roesser's questions.

Calendar:

See the Prezi link for the calendar.

6. Nominations/Elections FJC Leadership

Amelia is now teaching fulltime in the Department of Geography and Urban Studies at Temple University, and is unable to devote adequate time to chairing the FJC. Thus, we are looking for nominations for a new chair or co-chair. Please submit names to Eric.

7. Lay of the Land/Philly Foodscape Announcements

Flo has been very involved with PIHN (Philadelphia Interfaith Hospitality Network). Their 20th annual Empty Bowl Dinner Fundraiser is Wed, Nov 14th. Information and tickets are available on their website. <http://philashelter.org/>

Jeannine reminded everyone that November's "Giving Tuesday" supports Sunday Suppers, for which she is the FJC liaison. Since the meeting Jeannine informed us that this past Giving Tuesday at the Co-op \$1,383,97 was raised for Sunday Suppers!

8. Up-Coming Meetings

Mon. Nov. 19th 6 PM – Food for All Task Force Meeting (Ocean room at Nexus)

Wed. Dec. 5th 6 PM – Food Justice Committee Meeting (Ocean room at Nexus)

Wed. Jan. 9th 6 PM – Food for All Town Hall Meeting (site TBD)

Note – There will be no FJC meeting on Wed. January 2nd



UU House Outreach Holiday Food Drive Make Their Holidays Brighter

UU House Outreach launches its 17th Annual Holiday Food Drive
Thursday, October 25. **There are many ways to help.**



Your congregation or office can **be a collection site** for the non-perishable food and paper goods. If you are in Philadelphia we can arrange to provide a box and/or pick up items when your box is full.

You can **volunteer mornings (10-11:30am) or afternoons (1:30-3pm) to sort, pack bags or deliver items** in Northwest Philadelphia.

In November:

- **Sorting** will be Monday, November 5 through Friday, November 9.
- **Sorting and Packing** is Monday, November 12 to Friday, November 16.
- **Deliveries** in Northwest Philadelphia are Monday, November 19 to Wednesday morning, November 21.

In December:

- **Sorting and packing** will be Monday, December 10 through Friday, December 14.
- **Packing** is Monday, December 17 and Tuesday, December 18.
- **Deliveries** in Northwest Philadelphia are Wednesday, December 19 to Friday morning, December 21.

Please contact Erika at either 215-843-5881 or outreach@uuhouse.org about what tasks you are willing to do and when you are available. Sorting and packing takes place at the Philadelphia Outreach office in Germantown. Deliveries are limited to the program service area of NW Philadelphia.

OVER —>

UUH Outreach Program Holiday Food Drive 2018

We will kick off our annual food drive at our Open House on Thursday, October 25 and will accept donations* for our older adult clients through Friday, December 14.

We deliver non-perishable groceries to Outreach clients throughout NW Philadelphia.

*Suggested donations include: cereal, paper goods, beans, small serving sized cans, and shelf stable items.

Our deliveries are done by staff and volunteers. Our donations are collected by organizations in the community.

Please contact us if you would like to have a collection box at your location:

215-843-5881 or outreach@uuhouse.org

OVER —>



The UUH Outreach Program is a non-denominational service made possible by the Lycoming Fund.

We make a living by what we get
But we make a life by what we give.
- *Winston Churchill*

Ham and Scalloped Potatoes

Ingredients

3 tablespoons butter or margarine
1 small onion, finely chopped (1/4 cup)
3 tablespoons all-purpose flour
1 teaspoon salt
1/4 teaspoon pepper
2 1/2 cups milk
6 medium peeled or unpeeled potatoes, thinly sliced (6 cups)
1 1/2 cups cubed fully cooked ham
1 tablespoon butter or margarine
Optional: 1 clove garlic, 4 oz cheese, chives for garnish

Steps

- Heat oven to 350°F. Spray 2-quart casserole with cooking spray (or grease with butter).
- In 2-quart saucepan, melt 3 tablespoons butter over medium heat. Cook onion in butter about 2 minutes, stirring occasionally, until tender. Stir in flour, salt and pepper. Cook, stirring constantly, until smooth and bubbly; remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute.
- Mix potatoes and ham in casserole; gently press down so surface is even. Pour sauce over potato mixture. Cut 1 tablespoon butter into small pieces; sprinkle over potatoes.
- Cover and bake 30 minutes. Uncover and bake 1 hour to 1 hour 10 minutes longer or until potatoes are tender. Let stand 5 to 10 minutes before serving (sauce thickens as it stands).

<https://www.bettycrocker.com/recipes/ham-and-scalloped-potatoes/1af39dc4-5297-4312-b579-9bc8b3cdc83f>

Smokey Harvest Chili

Ingredients from Weaver's Way Co-op

1 can Westbrae Natural Low Sodium Black Beans (25 oz)- \$3.39

1 can Westbrae Natural Low Sodium Pinto Beans (25 oz)- \$3.39

1 bottle RW Knudsen Very Veggie Low Sodium Vegetable Juice (32 oz) \$3.95

Organic Chipotle Powder- 2 TBSP (Purchased from bulk department)- \$2.03

¼ cup dried oyster mushrooms (purchased from bulk dept.) \$1.04

1 grab bag from produce dept: 5 sweet potatoes, 1 yellow onion, and 2 red onions- \$4

Directions

Dice sweet potatoes and onions.

Combine all ingredients in a medium-large pot and bring to a boil, stirring frequently.

Reduce heat to low and simmer for 45 minutes, stirring occasionally.

Serving Size

4-6 people

Cost

\$17.80 (\$2.96-4.45 per person)

BONUS

1 cup of dehydrated veggies from bulk department hydrates to 2.5 cups of veggies and only costs \$1.85! Great way to add more texture, color, and girth to Chili!

This recipe is low sodium, vegan and gluten free!

I like to add ground lamb or turkey to my chili at home to add an earthy, lean component

Smokey Harvest Chili (if using dried beans)

Shopping list

- 1 cup organic dried black beans (purchased from bulk dept)- \$0.84
- 1 cup organic dried pinto beans (purchased from bulk dept.)- \$1.11
- 1 bottle RW Knudsen Very Veggie Low Sodium Vegetable Juice (32 oz) \$3.95
- Organic Chipotle Powder- 2 TBSP (Purchased from bulk department)- \$2.03
- ¼ cup dried oyster mushrooms (purchased from bulk dept.) \$1.04
- 1 grab bag from produce dept: 5 sweet potatoes, 1 yellow onion and 2 red onions- \$4

Directions

Soak black and pinto beans in 4 cups water overnight.

Dice sweet potatoes and onions.

Combine all ingredients in a medium-large pot and bring to a boil, stirring frequently.

Reduce heat to low and simmer for 45 minutes, stirring occasionally.

Serving Size

4-6 people

Cost

\$12.97 (\$2.16- 3.24 per person)

BONUS

1 cup of dehydrated veggies from bulk department hydrates to 2.5 cups of veggies and only costs \$1.85! Great way to add more texture, color, and girth to Chili!

This recipe is low sodium, vegan and gluten free! I like to add ground lamb or turkey to my chili at home to add an earthy, lean component)