



**FOOD POLICY
COUNCIL**
of Buffalo & Erie County

SUMMER NEWSLETTER 2023



SUMMER'S DIGEST

Welcome!

We are excited to begin a seasonal newsletter full of recipes, fun facts and helpful tips to eating local.

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About the Food Policy Council of Buffalo and Erie County (FPC)

We envision a healthy local food system that works for all people. To get here, we advocate for an equitable and sustainable food system for the people of Buffalo and Erie County. We meet monthly using Zoom. Connect with us to learn more about joining the FPC or joining our meetings.

A RECIPE TO SHARE



Grilled Corn and Tomato Salad

This quick and easy three step Grilled Corn and Tomato Salad recipe is one of the many recipes available on the [American Heart Association recipes page](#). Requiring no special equipment, this easy recipe will give enough food for 6 servings. As a bonus, the salad provides great nutrients with 5 grams of protein and 1 gram of fiber, while only being 110 calories per serving.

[Click here](#) for an ingredient list and steps to make. You can find some items from local farms on the [Erie Grown Produce Finder](#).

Red and underlined text is a link. Click on the red text to be taken to the linked website.

ERIE GROWN

Erie Grown is a fun way to explore Erie County agriculture and find the freshest farm goods!

It is high summer and our farmers are working hard. Visit a farmer this week for in-season fruits and vegetables. Learn more at erie.gov/eriegrown.

Erie County Farmers Markets

Please confirm locations are opening before visiting. Email agriculture@erie.gov with updates to this map. Updated 5/26/23.

- 1 Alden Farmers Market**
May-Oct. | Saturdays 8:30-1pm
13059 Broadway, Alden
Facebook
- 2 Clarence Hollow Farmers Market**
June-Oct. | Saturdays 8am-1pm
10717 Main St, Clarence
clarencefarmersmarket.com
- 3 Clinton Bailey Farmers Market**
Year Round | Hours Vary
1443-1517 Clinton St, Buffalo
clintonbaileymarket.com
- 4 D'Youville Farmers Market**
June-Sept. | Mondays 12-4 or 4-6pm
On D'Youville Campus
- 5 Delevan-Grider Farmers Market**
Every other Thursday 4-7pm
877 E. Delavan Avenue, Buffalo
- 6 Downtown Buffalo Country Market**
June-Oct. | Thursdays 10-2:30pm
Main St, Downtown Buffalo
<https://www.buffaloplacem.com/>
- 7 East Aurora Farmers Market**
May-Nov. | Wed. and Sat. 7-1pm
123 Grey Street, East Aurora
eastaurorafarmersmarket.com
- 8 Eden Farmers Market**
June-July | Tuesdays 3:30-7:30pm
2912 Legion Drive
edenfarmersmarket.com
- 9 Elmwood Village Farmers Market**
May-Nov. | Saturdays 8-1pm
Bidwell Park at Elmwood Ave, Buffalo
elmwoodmarket.org
- 10 Hamburg Farmers Market**
May-Oct. | Saturdays 7:30-1pm
45 Church St, Hamburg
southtownsregionalchamber.org
- 11 Holland Farmers Market**
May-Oct. | Saturdays 9-1pm
Route 16 (next to fire hall)
- 12 Kenmore Farmers Market**
June-Oct. | Sundays 9-1pm
2919 Delaware Ave, Kenmore
villageofkenmore.org
- 13 Providence Farm Collective**
July-Oct. | Saturdays 10-1pm
130 Grant Street, Buffalo
providencefarmcollective.org
- 14 South Buffalo Farmers Market**
June-Sept. | Sundays 9-1pm
Cazenovia Park, Buffalo
southbuffalofarmersmarket.com
- 15 West Seneca Farmers Market**
May-Sept. | Thursdays 4-7pm
1250 Union Road, West Seneca
westseneca.org
- 16 Williamsville Farmers Market**
June-Oct. | Saturdays 8-1pm
5583 Main St, Williamsville
williamsvillefarmersmarket.com

Erie Grown PASSPORT
EXPLORE ERIE COUNTY AGRICULTURE
erie.gov/eriegrownpassport

SPONSORED BY: Cornell Cooperative Extension Erie County, TASTE NY, Erie County, Erie County, Erie County, Erie County

CONNECT WITH US

FOOD POLICY COUNCIL of Buffalo & Erie County

- www.erie.gov/fpc/
- Facebook: [@BufaloErieFPC](https://www.facebook.com/BufaloErieFPC)
- Instagram: [@fpcbuffaloerie](https://www.instagram.com/fpcbuffaloerie)
- fpc@erie.gov

Scan to receive updates in your inbox

FIND US AT UPCOMING EVENTS

- [Erie County Fair: August 9-20](#)
- [Urban Farm Day: August 26](#)

DOUBLE UP FOOD BUCKS NYS



[Double Up Food Bucks New York State](#) (DUFBNYS) is operated by [Field and Fork Network](#). DUFBNYS allows over 2,000 Erie County residents using SNAP-EBT to get \$1 for every \$1 (up to \$20 a day) in fresh fruits and vegetables. There are locations across the entire state, and 13 here in Erie County!

- Signing up is easy and takes 3 steps:
1. [Click here to find a participating DUFBNYS near you.](#)
 2. Bring your SNAP card with you to the location.
 3. Ask the manager, cashier or information desk how to sign up for Double Up Food Bucks.

Live Well Erie (LWE) is a data driven health and human services initiative with a specific focus on the [social determinants of health](#). LWE's vision is to make sure no one in Erie County is left behind and that all residents reach their full potential. LWE collaborates with over 100 community partners to implement strategies within the community that focuses on three populations: working families, children, and older adults. This initiative is a continually evolving effort to improve the lives of Erie County residents. To learn more, please visit [our website](#) or email us at livewell@erie.gov.

COOKING MEASUREMENTS & CONVERSIONS

Member's Corner

"During my childhood, while assisting my mother in the kitchen, she rarely relied on measuring cups and spoons. Instead, she would incorporate small amounts of ingredients with a "dash of this" and a "pinch of that", utilizing a teacup as her measuring tool.

Presently, most home cooks employ kitchen measuring cups and spoons that have measuring markings for both standard and metric units. Here you will find a list of frequently used measurements and their corresponding conversions. Please note these are using an American cup, ounce, teaspoon and tablespoon."

Della Miller, Community First Commission

GENERAL MEASUREMENTS

- A pinch = 1/8 teaspoon (tsp)
- 3 tsp = 1 Tbsp
- 2 cups = 1 pint
- 4 cups = 2 pints = 1 quart
- 16 cups = 8 pints = 4 quarts = 1 gallon

KEY: tsp=teaspoon, Tbsp=tablespoon, oz=ounces, ml=milliliter
*Milliliters are rounded up to zero

Cup	1	3/4	1/2	1/3	1/4	1/8
tsp	48	36	24	16	12	6
Tbsp	16	12	8	5 1/3	4	2
oz	8	6	4	3	2	1
ml	240	180	120	79	60	30

Visit [this website](#) to convert between other units, such as the American and Metric cup.



Free!



SUMMER MEALS

For All Kids Ages 18 & Under. Children must consume meal at the site.

BREAKFAST AND LUNCH TIMES VARY AT EACH SITE. PLEASE VISIT THE SITE FOR THE SPECIFIC TIME OF SERVICE. **APPROXIMATE TIMES OF SERVICE ARE (Subject to change):**

BREAKFAST: 8:00-10:00 AM - LUNCH: 11:00 AM-1:00 PM - SNACK 2:00-4:00 PM

Most of the sites are open Monday to Friday, with the exceptions of a few.

SEE BELOW TYPE OF SERVICE PER SITE: BREAKFAST (B), LUNCH (L), & SNACK (S)

EXAMPLE: SITES OFFERING BREAKFAST AND LUNCH ARE IDENTIFIED WITH **B&L** NEXT TO THE SITE NAME BELOW

14201 Belle Center – B&L 104 Maryland Street	14211 Ferry Grider Homes – L only 976 East Ferry Street George K. Arthur – B&L 2056 Genesee Street MLK Park – L only 778 Best Street Save Our Kids of WNY – B&L (8/17) 858 East Ferry Street Schiller Park Gazabo – L only 93 Satler Avenue Science Magnet School 59 – B&L 1 MLK Parkway
14202 New Beginnings COGIC – B&L 828 Genesee Street Salvation Army – B&L 960 Main Street Urban League – B&L 638 Michigan Avenue	14212 Lincoln Field House – B&L 10 Quincy Street
14204 Commodore Perry Projects – L&S 279 Perry Street JFK Community Center – B&L 114 Hickory Street SS Columba Brigid – L&S 75 Hickory Street Urban Christian Ministries – L only 967 Jefferson Avenue	14213 Asarese Matters Center – B&L 50 Rees Street Prince of Peace – L only 190 Albany Street West Side Community S. – L only M-Th 161 Vermont Avenue
14206 Greater Royal – B&L 1335 Clinton Street Hennepin Park – L only 54 Ludington Street	14215 Cornerstone of Wisdom – L only 1565 Delavan Avenue Delavan Grider Community Ctr. – B&L 877 Delavan Avenue Edward Saunder Community Ctr – B&L 2777 Bailey Avenue Leroy R. Cole Library – L only 1187 East Delavan Avenue Martha Mitchell Community Ctr – B&L 175 Oakmont Ave St. Lawrence Church – L only 1520 East Delavan Avenue
14207 Northgate Community – L&S T-F 60 Hertel Avenue Northwest Buffalo Comm. Ctr. – B&L 155 Lawn Avenue Shaffer Village – L&S 112 Isabelle Street Riverside Park – L only 2607 Niagara Street	14220 Cazenovia Park – L only 25 Cazenovia Street
14208 Cold Spring Bible Chapel – B&L 100 Northland Avenue Lutheran Church – B&L 26 Brunswick Boulevard	14225 New Cedar Grove Church – B&L 100 Old Maryvale Drive Cheektowaga

Have a Great Summer!

Note: Several versions of this flyer have circulated. Please check with your preferred location before arriving.

FREE YOUTH SUMMER LUNCHES

Organizations across Erie County participate in the Federally-funded free summer lunch program for youth. Meals and snacks are offered to youth and teens at no cost. You do not need to be enrolled in that school district to participate. Additional programming may be available in some places. Locations may offer grab and go or delivery. Use the resources below to find a location close to you.

>> Check with the location before you visit to make sure they are open and offering meals. Each location will have different start dates and operating hours.

- [USDA Food and Nutrition Service Find Meals for Kids map](#)
- [Cheektowaga Town Park](#)
- [Lackawanna Recreation Department](#)

Sign up to receive updates from the FPC!

<https://bit.ly/3PYOXtp>