

# 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.

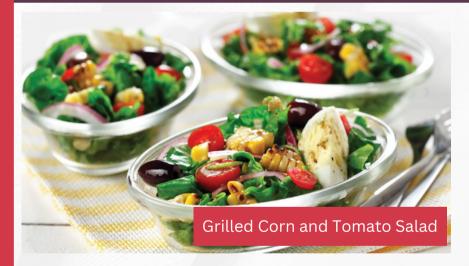
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### About the Food Policy Council of Buffalo and Erie County (FPC)

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



This quick and easy three step Grilled Corn and Tomato Salad recipe is one of the many recipes available on the <u>American Heart Association recipes page</u>. 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.

<u>Click here</u> for an ingredient list and steps to make. You can find some items from local farms on the <u>Erie Grown Produce</u> 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 <a href="mailto:erie.gov/eriegrown">erie.gov/eriegrown</a>.

#### Erie County farmers Markets 1 Alden Farmers Market May-Oct. | Saturdays 8:30-1pm 13059 Broadway, Alden Hamburg Farmers Market May-Oct. | Saturdays 7:30-1pm 45 Church St, Hamburg Clarence Hollow Farmers Market Holland Farmers Market June-Oct. | Saturdays 8am-1pn 10717 Main St, Clarence May-Oct | Sundays 9:30-1pm Route 16 (next to fire hall) 2 Kenmore Farmers Market June-Oct | Sundays 9-1pm 2919 Delaware Ave, Kenmore villageofkenmore.org Clinton Railey Farmers Market ALDEN 1 1443-1517 Clinton St. Buffalo (B) Providence Farm Collective July-Oct. | Saturdays 10-1pm 130 Grant Street, Buffalo providencefarmcollective.org WEST SENECA O'Youville Farmers Market June-Sept.| Mondays 12-4 or 4-6pm On D'Youville Campus Delevan-Griders Farmers Market South Buffalo Farmers Market ne-Sept. | Sundays 9-1pm izenovia Park, Buffalo uthbuffalofarmersmarket.com 0 PARK Downtown Buffalo Country Marke 10 15 West Seneca Farmers Market 8 East Aurora Farmers Market Williamsville Farmers Market Eden Farmers Market June-July | Tuesdays 3:30-7:30pm 2912 Legion Drive edennyfarmersmarket.com Eris Grown Elmwood Village Farmers Market May-Nov. | Saturdays 8-1pm Bidwell Park at Elmwood Ave, Buffalo elmwoodmarket.org ease confirm locations are opening before visiting. Email agriculture@erie.gov witl Idates to this map. Updated 5/26/23.

Zoom in to see details about each Farmers Market, or <u>click</u> <u>here</u>. You can find a list of farms in Erie County by going to <u>erie.gov/eriegrown</u>.

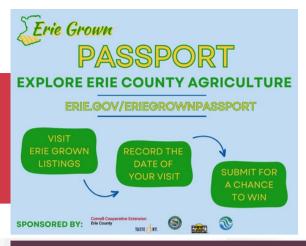
### DOUBLE UP FOOD BUCKS NYS



Double Up Food Bucks New York State (DUFB) is operated by Field and Fork Network. DUFB 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 DUFB 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.



### CONNECT WITH US



- www.erie.gov/fpc/
- Facebook: <u>@BuffaloErieFPC</u>
- Instagram: <u>@fpcbuffaloerie</u>
- fpc@erie.gov

Scan to receive updates in your inbox



### FIND US AT UPCOMING EVENTS

- Erie County Fair: August 9-20
- <u>Urban Farm Day: August 26</u>



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**

### Memberis 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

## Free! SWMMER 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 SEE NEXT TO THE SITE NAME BILDOW

14201		14211			
Belle Center – B&L	104 Maryland Street	Ferry Grider Homes – L only	976 East Ferry Street		
14202		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		
New Beginnings COGIC - B&L	828 Genesee Street	Schiller Park Gazabo - L only	93 Satler Avenue		
Salvation Army – B&L	960 Main Street	Science Magnet School 59 - B&L	1 MLK Parkway		
Urban League – B&L	638 Michigan Avenue	14212			
14204		Lincoln Field House – B&L	10 Quincy Street		
Commadore Perry Projects - L&S	279 Perry Street				
JFK Community Center – B&L	114 Hickory Street	14213			
SS Columba Brigid – L&S	75 Hickory Street	Asarese Matters Center – B&L	50 Rees Street		
Urban Christian Ministries - L onl			190 Albany Street		
14206		West Side Community S. – Lonly M-Th   161 Vermont Avenu			
Greater Royal – B&L 1335 Clinton Street		14215			
Hennepin Park – L only	54 Ludington Street	Cornerstone of Wisdom – Lonly 1565 Delavan Avenue			
1420	7	Delavan Grider Community Ctr. – B			
14207		Edward Saunder Community Ctr - B&L 2777 Bailey Avenue			
Northgate Community - L&S T-F	60 Hertel Avenue	Leroy R. Cole Library - L only 1187 East Delavan Ave			
Northwest Buffalo Comm. Ctr. – B&L 155 Lawn Avenue		Martha Mitchell Community Ctr - B&L 175 Oakmont Ave			
Shaffer Village – L&S	112 Isabelle Street	St. Lawrence Church - L only 152	St. Lawrence Church - L only 1520 East Delavan Avenue		
Riverside Park – L only	2607 Niagara Street	14220			
14208		Cazenovia Park – Lonly	25 Cazenovia Street		
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.

### **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 <u>this website</u> to convert between other units, such as the American and Metric cup.

### 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.
- <u>USDA Food and Nutrition Service Find</u>
   <u>Meals for Kids map</u>
- Cheektowaga Town Park
- <u>Lackawanna Recreation Department</u>

Sign up to receive updates from the FPC! https://bit.ly/3PY0Xtp