



# Agency News

A Newsletter for Channel One On-Site Agencies

February 2012

## Scott's Hot Spot

Greetings to you all!

I hope the slippery roads and snow don't detour you too much. Theoretically, spring is only seven weeks away. I'm looking forward to it.

Everyone knows that food is getting harder to get and our shopping list reflects that. Please hang in there as we work to get more food. I know it is a burden for you especially as your numbers keep rising.

Remember the resources available from some of our partners like Hunger-Free Minnesota. Hunger-Free Minnesota will close the missing meal gap by providing grants to community partners for activities and projects that align with their action plan initiatives. Check out their website at [www.hungerfreemn.org](http://www.hungerfreemn.org). Organizations that have filled out their web form to join in the movement are eligible to apply for grants. I know some of you have already signed up and hopefully the rest will follow. Check out some of their other programs such as SNAP, Supplemental Nutrition Assistance Program. (We also included an article on Minnesota Seniors on page 2)

Here are just a few statistics on hunger in Minnesota.

- 40 percent are children under the age of 18 that are hungry.
- 35 percent of households seeking emergency food services include at least one employed adult.
- Hungry pregnant women are at high risk of delivering an underweight baby and/or a baby with severe birth effects.
- Hungry adults are two-and-a-half times as likely to be obese and twice as likely to be diabetic.

(These facts were taken from the Hunger-Free MN website)

*Scott*



### Notice to share latest information from Hunger Solutions

We do have some money available for grants for equipment for the food shelves (though it's starting to run a little short for the fiscal year) as well as the larger distributions such as the state grants and Open Your Heart summer grant programs. Because what is available depends on a number of factors, it would probably be best to refer inquiries to me, and I'd be happy to answer any questions from food shelves.

James Redmond at [jredmond@hungersolutions.org](mailto:jredmond@hungersolutions.org)

### Important Contacts at Channel One

Order Desk—Linda Risser: 507-287-2355

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## New Data Shows the Reality of Hunger for Older Minnesotans

*Seniors missing meals are often poor, alone and disabled.  
Fewer than half of those eligible are receiving Food Support.*

**Minneapolis** (October 5, 2011) Hunger-Free Minnesota ([www.hungerfreemn.com](http://www.hungerfreemn.com)) announced that new data shows a disturbing picture of Minnesota seniors who are going without food because they don't have enough money to buy food and still pay for other basic needs.

New data shows the need for senior food support is rising. There has been a 22% increase in senior households receiving Food Support from 2008 to 2010. Of the 88,000 seniors living below the poverty line, less than half accessed the Minnesota Food Support system. Those working in hunger relief programs say many seniors don't know they qualify for the Federal dollars.

The reality of senior hunger in the state may be surprising. Data shows that 90 percent of seniors accessing the Food Support system today live alone. More than half of the seniors in this group are living with a disability. They are likely to have at least a high-school education, and they may have some college education as well. A typical Minnesota senior receiving some Food Support to supplement their income is white, age 69, widowed or divorced.

### Home-Bound and Hungry

Ellie Lucas, chief campaign officer for Hunger-Free Minnesota says the food program is important to keeping seniors healthy and independent. "We want seniors in our state to enroll in the Minnesota Food Support Program if they cannot always afford enough quality food to stay healthy. Seniors who are hungry can be out of sight and out of mind. But our data shows that they are in our midst, and that too many of them are not getting the help they need."

Changes to state regulations have made it easier for seniors to apply. The Minnesota Food Help Line is a good place to start if there are questions about eligibility or the enrollment process. Seniors include Minnesotans at least 60 years of age. Eligibility is based primarily on income available for food. Seniors who own their own home may still be eligible. The Minnesota Food Help Line is 1-888-711-1151.

With the graying of Minnesota as the first baby boomers reach 65 in 2012, the numbers of seniors in our state will continue to grow. A continued economic downturn and the Senior Access Index data suggests that hunger among seniors will grow as well, unless participation in food support programs improves.

Unlike the problem of hunger among families with school-aged children, isolation contributes greatly to senior hunger. In rural areas, geographic isolation contributes to the hunger problem when family members move out of town or when a spouse dies. In cities, seniors may keep to themselves with limited contact with neighbors. .

Hunger-Free Minnesota is a coalition of community leaders and citizens, nonprofit agencies, food banks, food shelves and corporate partners including General Mills, Cargill, Hormel Foods, Blue Cross and Blue Shield of Minnesota, and others. Hunger-Free Minnesota already has obtained \$3.5 million in private funding to implement its strategic action plan comprising 22 statewide initiatives aimed at solving the missing meal gap in Minnesota. Initiatives include system-wide changes, new partnerships, education, policy changes, direct grants and other support for local participating organizations. The coalition encourages individuals and organizations to "Fight Hunger Where You Live."



An Article from Hunger-Free Minnesota  
giving us the most up-to-date statistics  
on Minnesota Seniors that may need our help

*Quips & Quotes*

**February Food Celebrations and Events : To name a few...**

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| <ul style="list-style-type: none"> <li>• National Canned Food Month</li> <li>• National Chocolate Month</li> <li>• National American Pies Month</li> <li>• National Cherry Month</li> <li>• National Potato Lover's Month</li> <li>• National Sweet Potato Month</li> <li>• National Hot Breakfast Month</li> </ul> | <ul style="list-style-type: none"> <li>African American History Month</li> <li>Wild Bird Feeding Month</li> <li>Valentine's Day</li> <li>Library Lovers Month</li> <li>Dental Month</li> <li>Wise Health Consumer Month</li> <li>Responsible Pet Owner Month</li> </ul> |
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**Cherry Cherry Cheese Pie**

- 1—8 oz cream cheese, softened
- 1 can sweetened condensed milk
- 1/3 C lemon juice
- Whipped topping

- 1 tsp vanilla
- 1—8" graham cracker crust
- 1 can cherry pie filling



Blend cream cheese, milk, lemon juice and vanilla until smooth. Pour into crust. Top with cherry pie filling and whipped topping. Chill 3 hours before serving. Can also use blueberry filling.

Deb (Walther)Aries

**Potato Casserole**

- 1 32 oz bag frozen hash browns thawed
- 1 tsp salt
- 1/2 C chopped onion
- 1 C milk
- 2 C grated cheddar cheese
- 1/2 C butter (for topping)

- 1/2 C melted butter
- 1/4 tsp black pepper
- 1 can cream of chicken soup
- 1 C sour cream
- 2 C cornflakes

Preheat oven to 350 degrees. Mix hash browns, salt, chopped onion, milk, grated cheese, 1/2 C melted butter, pepper, soup and sour cream and place in 9x13 pan. Cover top with mixture of cornflakes and butter. Bake at 350 degrees for 45 min. May be prepared the day before.

Deb (Walther) Aries

# Household Hints

## Clean-up Tips

### Clean-up Tips

**Oven:** Following a spill, sprinkle with salt immediately. When oven is cool, brush off burnt food and wipe with a damp sponge.

Sprinkle bottom of oven with automatic dishwasher and cover with wet paper towels. Let stand for a few hours.

A quick way to clean oven parts is to place a bath towel in the bathtub and pile all removable parts from the oven onto it. Draw enough hot water to just cover the parts and sprinkle a cup of dishwasher soap over it. While you are cleaning the inside of the oven, the rest will be cleaning itself.

An inexpensive oven cleaner: Set oven on warm for about 20 minutes, then turn off. Place a small dish of full strength ammonia on the top shelf. Put a large pan of boiling water on the bottom shelf and let it set overnight. In the morning, open oven and let it air a while before washing off with soap and water. Even the hard baked-on grease will wash off easily.

**Plastic cups, dishes and containers:** Coffee or tea stains can be scoured with baking soda. Or, fill the stained cup with hot water and drop in a few denture cleanser tablets. Let soak for 1 hour.

To rid foul odors from plastic containers, place crumpled-up newspaper (black and white only) into the container. Cover tightly and leave overnight.

**Refrigerator:** To help eliminate odors fill a small bowl with charcoal (the kind used for potted plants) and place it on a shelf in the refrigerator. It absorbs odors rapidly.

An open box of baking soda will absorb food odors for at least a month or two. A little vanilla poured on a piece of cotton and placed in the refrigerator will eliminate odors.



### Removing Stains from Carpets & Floors

**Repairing braided rugs:** Braided rugs often rip apart. Instead of sewing them, use clear fabric glue to repair. It's that fast and easy.

**Repairing a burn:** Remove some fuzz from the carpet, either by shaving or pulling out with a tweezer. Roll into the shape of the burn. Apply a good cement glue to the backing of the rug and press the fuzz down into the burned spot. Cover with a piece of cleansing tissue and place a heavy book on top. This will cause the glue to dry very slowly and will get the best results.

Spot remover for outdoor carpeting: Spray spots liberally with a pre-wash commercial spray. Let it set several minutes, then hose down and watch the spots disappear.

**Blood on the rug:** When you get blood on your rug, rub off as much as you can at first, then take a cloth soaked in cold water and wet the spot, wiping it up as you go. If a little bit remains, pour some ammonia onto the cool, wet cloth and lightly wipe that over the spot, too. Rinse it right away with cold water.

**Crayon Marks:** Use silver polish to remove from vinyl tile or linoleum.

**Spilled nail polish:** Allow to almost dry, then peel off of waxed floors or tile.