

NUTRITION IMPROVEMENT

AN EVALUATION OF THE NUTRITIONAL QUALITY OF MEALS
SERVED IN HRA FOOD ASSISTANCE AND DISTRIBUTION PROGRAMS

Consultant

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EXECUTIVE SUMMARY

New York City's Human Resources Administration (HRA) purchases, distributes, and serves food to low-income adults and children through programs in soup kitchens, food banks, homeless shelters, senior centers, foster care centers, and child care feeding sites. These programs provide food, meals, or money or vouchers to purchase food for many hundreds of thousands city residents who otherwise might well go hungry. These programs constitute a vital part of the "safety net" for people in need. That they make a significant difference in the ability of low-income people--especially children--to survive and function has been documented repeatedly.

In 1989, a report to HRA's Adult Services Administration (ASA) evaluated management aspects--efficacy, efficiency, and cost--of the agency's food service activities. In contrast, the study reported here examines programmatic aspects related to the food itself--its nutritional value, relation to health, and, social context.

This study was designed to evaluate HRA food assistance and distribution programs through review of previous reports, interviews with key personnel, site visits to sample programs in various locations, analysis of sample menus, comparison of the nutritional value of meals provided by the menus to national standards of dietary adequacy and to current dietary recommendations for health promotion and disease prevention, and recommendations for actions that could be taken by HRA to improve the nutritional quality of the foods provided by its programs.

Findings and Conclusions

1. HRA is committed to meeting the food and nutritional needs of its clients.

HRA's responsibilities for alleviating hunger among its low-income clients derive from humanitarian considerations--the positive human value placed by society on the provision of food to hungry people. They also derive from the need to maintain each site as a safe and receptive environment for provision of services.

2. HRA senior home economists and food service administrators are committed to producing menus and meals that meet appropriate standards of food safety, nutrition, and health promotion.

The long experience with and thorough knowledge of the HRA food service system make home economics and food service staff members an exceptionally valuable resource for the Department.

3. The organization of HRA food service is fragmented among agencies and units.

At least 11 food service programs are conducted by three principal HRA agencies (ASA, CWA, and FSA) and by at least eight units within those agencies. There is little interaction or coordination within these units and no HRA official is responsible for oversight of Department-wide food service activities.

4. HRA assistance and distribution programs provide food through distinctly different mechanisms:

On-site meals are prepared in kitchens located at the same place where they are served (some homeless shelters, and all senior centers, child care and foster care centers, and soup kitchens).

Off-site meals are prepared in central kitchens and delivered by van to other sites (home-delivered meals to seniors, most homeless shelters).

Pre-plated meals are similar to those served on airplanes. They are prepared by a vendor and delivered frozen to the sites at which they are re-heated and served (special needs shelters, family shelters).

Food packages are given to families as part of emergency food programs to relieve acute food shortages (food pantries, Needy Family Food Distribution Program).

Money or vouchers enable people to buy and prepare their own food (for example: Aid to Families with Dependent Children; General Assistance, Food Stamps, SRO hotels).

5. HRA food service is conducted under remarkably difficult circumstances.

Few HRA-supported kitchens are equipped or maintained adequately. The many, well-documented constraints on food service operations greatly limit the ability of staff to plan meals that meet appropriate safety and nutritional standards.

6. HRA on- and off-site meals meet and exceed basic nutritional needs.

Meals cooked on site at shelters, senior centers, and foster care homes provide adequate amounts of energy and essential nutrients.

7. Vendors of pre-plated ("airplane") meals are unreliable and do not always supply meals that can meet basic nutritional needs.

Although their menus are designed appropriately, pre-plated meals often fail to meet contract specifications; vendors do not always provide the number of items or weights agreed to in contracts.

8. HRA meal menus reflect current American eating patterns.

The proportions of protein, fat, saturated fat, and carbohydrate and the amounts of salt and cholesterol found in HRA meals are similar to those consumed in the typical high-fat, low-fiber American diet.

9. On-site food service staff generally are unaware of current dietary recommendations.

Like most Americans, HRA food service staff--as well as clients--prefer foods higher in fat, salt, and sugar than recommended by public health authorities.

10. Clients are not generally involved in meal preparation or service.

With few exceptions, HRA clients receive food but are otherwise uninvolved in menu planning, and food requisition, sanitation, handling, and service.

11. Obesity is noticeably prevalent among clients (especially children in foster care) and on-site staff.

This problem results from a chronic state of excess energy in the diet and too little physical activity.

12. HRA emergency foods provide a balance of basic foods.

Emergency foods are well chosen for nutritional balance and fill a nutritional gap in emergency food programs.

Recommendations

This study provides recommendations in three categories: those that can be implemented immediately from existing resources, those that should be able to be accomplished with minimal additional resources, and those that require substantial additional expenditures of public funds.

Category 1: recommendations that can be implemented immediately with existing resources

1. Coordinate food service activities within HRA.

Home economists and food service personnel in the various HRA units have similar responsibilities. All plan menus, order food and equipment, supervise staff, and monitor contracts. To be effective, coordination of these activities must take place at the level of the Commissioner's Office with adequate representation from each of the key programs.

2. Develop a Department-wide program for food service staff training.

Regardless of client population, the training needs are similar: sanitation, food handling, requisitions, basic principles of nutrition, relationship of nutrition to health, ap-

appropriate meal patterns, cooking procedures that preserve taste and nutritional content, appropriate food storage techniques, reduction of food wastage, and monitoring of vendor contracts.

3. Develop a Department-wide system for effective monitoring of food service contracts.

The ongoing problems with vendor contracts demand that a monitoring system be established before the Department makes any decision to increase the use of pre-plated meals.

4. Revise menus to reduce the content of fat, cholesterol, sodium, and sugar and to increase the content of complex carbohydrates and fiber.

The single most important dietary improvement would be to increase the availability of fresh fruits and vegetables. Many other changes would also improve nutritional quality.

5. Establish client committees to advise home economists and food service administrators about the acceptability of dietary changes.

The food preferences of clients should be considered in making dietary changes.

6. Lobby the USDA to improve the nutritional quality of the foods it donates through commodities programs and to improve the quality of its dietary standards for child nutrition programs.

Foods donated through USDA commodities programs are often high in fat, though low in cost. USDA should be encouraged to continue efforts to improve the nutritional quality of its food assistance programs.

Category 2: recommendations that require minimal additional resources for implementation.

7. Develop a pilot project to increase the use of fresh fruits and vegetables in the meals.

This recommendation requires development of a system for ordering, purchasing, delivering, and storing fresh foods.

8. Establish pilot projects to train clients in food service.

Menu planning and food ordering, and food preparation and service can be enjoyable activities as well as marketable skills.

9. Establish pilot projects for family-style meal preparation and service in foster care centers.

Food purchasing and meal planning and service are basic life skills well worth passing on to young people.

10. Develop pilot projects to increase opportunities for physical activity among children and staff in foster care.

Current research on childhood suggests that diets be avoided in this population and that, instead, children be encouraged to expand opportunities for other enjoyable activities.

Category 3: recommendations that require substantial expenditures to correct system deficiencies.

11. Develop a Department-wide system for replacing canned with fresh fruits and vegetables.

This action would immediately improve the taste of the food as well as improve its ability to reduce chronic disease risk.

12. Hire more staff.

Food service operations are severely understaffed at all levels and more supervisory and on-site staff are needed.

13. Bring existing kitchen and food storage facilities to code.

The numerous health and sanitation code violations observed in HRA kitchens and food storage areas should be corrected before disaster strikes.

14. Purchase an appropriate number of vehicles designed for food transport.

Vans used to deliver cooked food from off-site kitchens need to have adequate refrigeration capacity to avoid microbial contamination.

I. INTRODUCTION

New York City's Human Resources Administration (referred to in this report as HRA or the Department) purchases, distributes, and serves food to low-income adults and children through programs in soup kitchens, food banks, homeless shelters, senior centers, foster care centers, and child care feeding sites. Because these programs are designed to meet acute and chronic needs for food assistance, evaluations of their effectiveness have focused on their ability to deliver food to eligible clients. Although the purpose of these programs is to enable clients to consume an adequate diet, few studies have evaluated the nutritional quality of meals provided to recipients of food assistance.

This distinction--between food delivery and food quality--was emphasized in a 1989 study that had been commissioned by the Department to evaluate the efficacy and costs of food assistance activities of its Adult Services Administration (ASA):

"Food represents more than satiety. It has deep and lasting meaning to all members of society. Food is social, psychological, religious, age and gender specific, health related, financial, geographically defined and political.

Food Service is a business. A basic ASA decision needs to be made. Will ASA provide Food for its shelter population? Or will ASA provide Foodservice? (Giuffrida, 1989, p. 87).

This report and its response by ASA (ASA, 1990) evaluated food service aspects of the Department's food programs: personnel, procurement, equipment, sanitation, transportation, and cost. In contrast, the study described here provides an analysis and evaluation of the food served and distributed through HRA programs along with recommendations for actions that can be taken by the Department to improve the quality of the meals it serves.

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II. SCOPE OF SERVICES

As stated in the HRA contract for this study, "...the Department is committed to ensuring that all HRA food distribution and assistance programs meet the current dietary and nutritional levels recommended by public health authorities for the promotion of better health and disease prevention;" (HRA, 1990, p. 1).

To that end, this study was designed to:

- o Evaluate the Department's food purchasing and distribution system through review of reports and interviews with key personnel.
- o Evaluate the Department's sponsored food service through site visits to programs in homeless shelters, soup kitchens, Head Start programs, senior centers, and the food bank.
- o Make a nutritional analysis of sample meals based on menus and recipes used at the various sites.
- o Estimate the proportion of daily food intake accounted for by the food service programs based upon reports from staff and on-site personal observations.
- o Draw a comparison of the nutrient intake provided by the programs' meals to the national Recommended Dietary Allowances.
- o Compare the proportion of caloric intake from fat, saturated fat, protein, total carbohydrate, sodium, and sugar provided by foods served at program meals to the national dietary recommendations for chronic disease prevention.
- o Compare the cholesterol and fiber content of program meals to current dietary recommendations.
- o Make recommendations designed to improve the nutritional quality of food purchased and distributed by the Department.

- o Prepare a report that encompasses all of the foregoing and that includes the nutritional analyses, comparisons to dietary standards, and recommendations for making meal plans more consistent with dietary guidelines for health promotion.

This report describes the background, methods, observations, findings and conclusions, and recommendations based on this scope of services.

III. BACKGROUND

Poverty and Undernutrition

Rates of poverty, reports of hunger, and demands for food assistance have increased across the country since the mid-1970s, but these problems are especially severe in New York City. In 1987, 23.2 percent of city residents had incomes below the poverty level as compared to 13.6 percent nationally. The disparity between New York City and national poverty rates in 1987 was especially severe for the elderly (19.9 vs. 12.3 percent), Hispanics (41.6 vs. 28.3 percent), adult females (21.7 vs. 13.2 percent), and children (37.4 vs. 20.6 percent) (Dependency, 1988). Because poverty has been identified as the principal factor associated with nutrient deficiencies in individuals and in populations (USPHS, 1988), its presence suggests the need for programs to ensure adequate dietary intake. The federal, state, and city food assistance programs administered by or through HRA were designed to reduce the risk of malnutrition due to inadequate dietary intake by low-income individuals.

Nutrition and Chronic Disease

Chronic diseases such as coronary heart disease, certain cancers, diabetes, stroke, and atherosclerosis are among the ten leading causes of death in the U.S. Strong and consistent evidence links these conditions to dietary excesses and imbalances (USPHS, 1988; NRC, 1989a).

The highest prevalence of these conditions is found among low-income and minority groups. In New York City, rates of coronary heart disease and other chronic diseases exceed national rates and are exceptionally high in low-income, urban neighborhoods. In East Harlem, for example, where the median income is below poverty level and about 43 percent of residents are black and 47 percent Hispanic, rates of cardiovascular disease and cancer exceed national rates by 52 and 32 percent, respectively (NYC Department of Health, 1989).

To prevent chronic diseases, federal and other authorities recommend a diet that is lower in fat (especially saturated fat), cholesterol, salt, and sugar, and higher in foods containing complex carbohydrates and fiber, than is currently consumed by the U.S. population. Authorities also recommend special efforts to encourage healthy diets among low-income minority populations (USPHS, 1988).

Dietary Adequacy

By definition, an optimal diet should (1) supply amounts of energy and essential nutrients sufficient to prevent nutritional deficiencies, (2) provide proportions of fat, protein, and carbohydrate appropriate for chronic disease prevention, (3) provide amounts of fiber, cholesterol, salt, and sugar optimal for

disease prevention, (4) be palatable and acceptable, and (5) provide psychosocial and symbolic benefits of food. An analysis of food quality must address all of these issues.

Energy and essential nutrients

The ability of a diet to meet nutritional needs is commonly assessed in two ways: by comparing the total amounts of energy and essential nutrients provided by foods in that diet to national standards of nutritional adequacy--the Recommended Dietary Allowances (RDAs)--and by laboratory and other physiologic tests of nutritional status conducted on the individual consuming that diet. Each of these measures has limitations that affect interpretation of study results.

Recommended Dietary Allowances are "the levels of intake of essential nutrients that...meet the known nutritional needs of practically all healthy persons" (NRC, 1989b). As such, they are overestimations of amounts required by a person with average nutritional requirements; a diet can provide levels of essential nutrients below the RDAs and still meet the nutritional needs of most individuals consuming it. RDAs have been established for only about half the known essential nutrients. For the others, data are insufficient to estimate specific amounts needed to prevent deficiencies.

Assessment of the relationship of dietary intake to the nutritional status of an individual is limited by the lack of specificity of biochemical, clinical, or anthropometric measures--all can be affected by factors such as illness, medications, and drugs as well as by diet.

Previous Studies: The few studies that have examined the nutritional quality of meals served by food assistance programs indicated that they did not meet RDAs for all nutrients. By this criterion, a study of men attending a soup kitchen in Alabama reported deficiencies of vitamin C and folacin that were associated with laboratory evidence of such deficiencies (Laven and Brown, 1985). An examination of meals served in soup kitchens throughout New York State reported many of them to be deficient in various vitamins and minerals (Morris, 1987). Diets reported as consumed by individuals who attended food pantries and soup kitchens in Nevada did not meet RDAs for calcium, vitamin C, and thiamin (Lenhart and Read, 1989).

Two recent studies conducted in New York City confirm these findings. An analysis of the nutrient content of meals served in five soup kitchens found that meals served in four of them did not meet RDAs for folacin or thiamin (Carrillo et al., 1989). The diets reported as consumed by three groups--homeless participants in drop-in centers, residents of long-term shelters for the previously homeless, and tenants of a Single Room Occupancy (SRO) hotel--failed to meet the RDA for any nutrient except protein and were associated with physiological indices of poor nutritional status in a high proportion of study subjects (Luder et al., 1989). This same study evaluated the nutrient

composition of menus (seven days) from two shelter kitchens and found them to provide at least 90 percent of the RDA levels of all essential nutrients except magnesium and zinc (Luder et al., 1990).

Taken together, these studies suggest that the diets of persons using soup kitchens and homeless shelters may not always meet standards of nutritional adequacy. Even when meal menus are designed carefully, they may not be translated into nutritionally adequate meals. To our knowledge, no research to date has examined the relationship between menus and the meals actually served and consumed by these programs.

Fat, Protein, and Carbohydrate

Current dietary recommendations for chronic disease prevention emphasize the need to reduce the proportion of energy (Calories) from fat (especially saturated fat) and to increase the proportion of energy from foods containing complex carbohydrates (starch). The current U.S. diet contains about 37 percent of Calories from fat of which 14 percent comes from saturated fat. Dietary goals are to reduce fat to 30 percent of Calories or less, maintain protein at 12 percent, and increase carbohydrate to 58 percent or more (NRC, 1989a). [Note: Energy commonly is measured as kilocalories (kcal) or an equivalent term, Calories. This study uses both terms interchangeably.]

A study of five soup kitchen meals found that their proportion of fat range from 31 to 44 percent of total Calories, of protein from 12 to 22 percent, and of carbohydrate from 39 to 56 percent (Carrillo et al., 1990). Another study calculated the proportions of fat, protein, and carbohydrate provided by two shelter menus as 34, 19, and 49 percent, respectively, and 42, 16, and 43 percent, respectively, (Luder et al., 1990). These limited data suggest that foods provided by assistance programs are likely to be higher in fat and protein, and lower in carbohydrate than recommended by public health authorities.

Fiber, Cholesterol, Salt, and Sugar

Fiber: Current dietary recommendations emphasize increased consumption of fiber-containing foods as a means to prevent chronic disease. Although consensus has not been reached on quantitative targets for fiber intake, public health authorities recommend an increase over average consumption levels of about 12 grams/day. Some authorities recommend increasing fiber intake to 20-30 grams, not to exceed 35 grams per day (NRC, 1989a). Previous studies have not reported the fiber content of meals served in food assistance programs. One barrier to such an analysis is the lack of accurate methods for evaluation of the fiber content of foods; U.S. Department of Agriculture (USDA) data on food fiber content are still quite limited.

Cholesterol: Goals for appropriate cholesterol intake suggest no more than 300 milligrams (mg) per day. One previous study found that menus in two homeless shelters provided 459

and 749 mg of cholesterol daily, amounts considerably in excess of recommended levels (Luder et al., 1990).

Sodium: Most--but by no means all--sodium in the diet comes from salt (sodium chloride which is about 40 percent sodium by weight). At least two-thirds of the sodium in the U.S. diet comes from the salt and sodium-containing additives (e.g. monosodium glutamate, baking powder) that are added to foods when they are processed or served at the table. Fresh vegetables, for example, are low in sodium but salt is added to them to enhance flavor during freezing and canning. Table 1 shows how the sodium content of carrots increases with processing.

Current recommendations are to reduce sodium intake to 2,400 mg/day or less, equivalent to 6,000 mg/day of salt (NRC, 1989a). One previous study of two shelter menus found them to provide 2,885 and 5,619 mg/day. These amounts are in the foods alone and do not include salt added at the table (Luder et al., 1990).

Sugar: Current dietary recommendations suggest limitations on sugar intake only for children susceptible to tooth decay and for persons with diabetes mellitus (USPHS, 1988). At the present time, USDA food composition data do not distinguish sugars from any other form of carbohydrate in food and it is not possible to estimate the sugar content of most unprocessed foods. As shown in Table 2, even sweet fresh fruit is relatively low in carbohydrate (in this case, mainly sugar) but sugar is added to improve the flavor, texture, and storage qualities of the canned fruit.

Table 1

Effect of food processing method on content of selected nutrients.
Example: Carrots*

Processing Method			
Nutrients/carrot	Stage of Processing		
	Raw	Frozen	Canned
Calories	31	26	17
Sodium, mg**	25	43	174
Vitamin A, IU.	20,000	13,000	10,000
Vitamin C, mg	7	2	2
Folacin, micrograms	10	8	7

* One medium carrot or 1/2 cup.

** Does not include salt added in cooking or at table.

Table 2

Effect of food processing method on content of selected nutrients.
Example: Peaches*

Processing Method				
Nutrients	Raw	Canned in own juice	Canned in light syrup	Canned in heavy syrup
Calories	37	68	87	120
Carbohydrate (sugar), gms	10	18	24	32
Sodium, mg**	0	6	8	10

* One medium peach or two halves.

** Does not include salt added in cooking or at table.

Dietary Acceptability

Food must be eaten to supply energy and essential nutrients. Food preferences are for the most part culturally determined and are influenced greatly by family food patterns, religious prescriptions and proscriptions, advertising, and peer value systems; they are also determined by availability and cost.

Research in nutrition education emphasizes how difficult it is to alter lifelong dietary patterns. Even when required to change a diet because of illness, most people require substantial social and professional support over a long time period to succeed. These factors must be kept in mind when creating menus designed to improve eating patterns.

Symbolic Meanings

In all cultures, the act of eating represents far more than just satisfying hunger and nourishing the body. It also symbolizes the nature of personal relationships, provides a focus for community activities, expresses love and caring, proclaims group identity, relieves psychological and emotional stress, signifies social status, expresses religious beliefs, and represents security (Fieldhouse, 1986). Feeding the hungry has long been considered an action of great positive social, religious, and cultural value. The involvement of HRA in food assistance and distribution reflects this value system and succeeds to the extent that its programs meet symbolic as well as physiologic needs for food.

IV. METHODS

As required by the Scope of Services (Section II), this study employed the following methods:

Review of Reports

References (Section VIII) lists the reports and documents reviewed during the course of this study.

Interviews

Interviews were conducted in person or by telephone, formally and informally, with key individuals from HRA or related agencies. These individuals are listed in Appendix 1. In addition, numerous on-site interviews were conducted informally with food service personnel.

Site Visits

Site visits were arranged to observe the context in which HRA food service occurs. Appendix 2 lists the sites visited during the course of this study. These sites were selected by HRA or other staff; they constitute a convenience sample for the purposes of illustration and are not necessarily representative. All visits were accompanied, most by Lewis Straus of the Office of Food Programs and Policy Coordination. Visits to single adult homeless shelters and kitchens, family shelters, and senior centers were accompanied by Barbara Brice and/or Blivienne Brown, ASA Home Economists; those to foster care centers by Rosebud Pitt (CWA); and those to Brooklyn soup kitchens by Leslie Mikkelson of Food for Survival Food Bank. The visit to the Emmaus House soup kitchen was arranged privately.

Nutritional Analyses

Nutritional analyses were performed on menus provided by HRA using the Veterans Administration Medical Center Food Nutrient File computer program. This program employs the USDA Nutrient Data Base for Standard Reference (on magnetic tape), based on data from USDA Handbooks 8 (revised) and 456. These data are supplemented with additional items supplied by Veterans Administration Medical Centers. The program provides data for the content of 32 nutrients in more than 2,800 food items.

Whenever possible, nutrient analyses were performed on menus for meals for an entire week selected at random from the menu cycle. Nutrient analyses were obtained for each food item as illustrated in Table 3A-3C. The nutrients present in the individual foods were summed to obtain the totals for each meal (see Table 4A for an example) and for the three meals for each day (Table 4B). The nutrient content of meals for an average day are presented in Section V.

Limitations

Lack of information on specific food items: To be accurate, nutrient analysis requires precise information about the type of food and its weight or portion size. As can be seen in the various menus provided in Section V, this information was not always available. Therefore, missing data were estimated by substitution of standard weights, measures, and recipes.

Incomplete nutrient composition data: Complete nutrient data are available only for about half of the food items in the USDA data base. This means that the amounts of certain vitamins and trace minerals will be underreported in some food items because of insufficient data. Tables 3 and 4 illustrate this problem. Therefore, low nutrient values for a given menu may be due to missing data rather than to nutrient inadequacies. For this reason, the Tables in Section V are marked with asterisks where key data are missing.

Comparison to RDAs: The Tables and Figures in Section V compare nutrient levels to the 1989 RDAs (NRC, 1989b). As noted earlier, a value below an RDA level does not necessarily indicate that a menu is nutritionally deficient.

Assumptions

This study reports data for Calories and selected nutrients: protein, carbohydrate, fat, saturated fat, cholesterol, dietary fiber, sodium, and representative vitamins (vitamin A, ascorbic acid, thiamin, vitamin B6, and folacin) and minerals (calcium, iron). These nutrients were selected because they have been reported as deficient in previous studies or because of their relationship to chronic diseases as described by public health authorities (USDHHS, 1988). The selections assume that if the menu provides adequate amounts of thiamin, vitamin A, and iron, for example, then other water-soluble vitamins, fat-soluble vitamins, and trace minerals will also be present in sufficient quantities.

Caveat

As a result of these limitations and assumptions, the results reported in the Tables and Figures in Section V must be considered as estimations and approximations rather than precise descriptions of the nutrient content of meals provided by HRA programs.

Table 3. Example of Computer Print-Out of Nutrient Analysis for Breakfast Foods.

PINEAPPLE JUICE		Assume: 4 ounces	
RDA %		RDA %	
3A.			
Calories (1)	70 K	Vitamin A (1)	6.26 IU 40.1
Protein (1)	0.4 Gms 0.7	Ascorbic Acid (1)	13.40 Mg 22.3
Carbohydrate (1)	17.3 Gms	Vitamin E (0)	0.03 Mg 1.7
Fat (1)	0.1 Gms	Riboflavin (1)	0.07 Mg 4.9
Sodium (1)	1.25 Mg 0.1	Thiamin (1)	0.32 Mg 1.8
Potassium (1)	167.77 Mg 4.5	Niacin (1)	0.12 Mg 5.5
Calcium (1)	21.28 Mg 2.7	Vitamin B6 (1)	0.00 Mcg 0.0
Phosphorus (1)	10.02 Mg 1.3	Vitamin B12 (1)	28.92 Mcg 7.2
Iron (1)	0.33 Mg 3.3	Folacin (1)	0.13 Mg 2.3
Zinc (1)	0.14 Mg 0.9	Pantothenic Ac (1)	0.0 Mg
Magnesium (1)	16.28 Mg 4.7	Cholesterol (1)	0.0 Gms
Manganese (1)	1.24 Mg 33.1	Linoleic Acid (1)	0.0 Gms
Copper (1)	0.11 Mg 4.5	Linolenic Acid (1)	0.0 Gms
Crude Fiber (1)	0.1 Gms	Monounsatur. Fat (1)	0.0 Gms
Dietary Fiber (0)		Polyunsatur. Fat (1)	0.0 Gms
Water (1)	107.1 Ml	Saturated Fat (1)	0.0 Gms

SPECIAL K CEREAL		Assume: 1 ounce	
RDA %		RDA %	
3B.			
Calories (1)	110 K	Vitamin A (1)	1247.75 IU 25.0
Protein (1)	5.6 Gms 10.0	Ascorbic Acid (1)	15.00 Mg 25.0
Carbohydrate (1)	21.3 Gms	Vitamin E (0)	
Fat (1)	0.1 Gms	Riboflavin (1)	0.42 Mg 26.5
Sodium (1)	264.61 Mg 12.0	Thiamin (1)	0.37 Mg 26.3
Potassium (1)	48.96 Mg 1.3	Niacin (1)	4.98 Mg 27.7
Calcium (1)	8.21 Mg 1.0	Vitamin B6 (1)	0.51 Mg 23.2
Phosphorus (1)	54.90 Mg 6.9	Vitamin B12 (1)	0.01 Mcg 0.5
Iron (1)	4.50 Mg 45.0	Folacin (1)	99.90 Mcg 25.0
Zinc (1)	3.74 Mg 24.9	Pantothenic Ac (1)	0.15 Mg 2.7
Magnesium (1)	15.57 Mg 4.4	Cholesterol (1)	0.0 Mg
Manganese (1)	0.78 Mg 20.8	Linoleic Acid (0)	
Copper (1)	0.13 Mg 5.1	Linolenic Acid (0)	
Crude Fiber (1)	0.1 Gms	Monounsatur. Fat (0)	
Dietary Fiber (1)	0.2 Gms	Polyunsatur. Fat (0)	
Water (1)	0.6 Ml	Saturated Fat (0)	

BREAD		Assume: 2 slices white enriched	
RDA %		RDA %	
3C.			
Calories (1)	135 K	Vitamin A (1)	0.00 IU 0.0
Protein (1)	4.4 Gms 7.8	Ascorbic Acid (1)	0.00 Mg 0.0
Carbohydrate (1)	25.3 Gms	Vitamin E (0)	
Fat (1)	1.6 Gms	Riboflavin (1)	0.12 Mg 7.6
Sodium (1)	253.50 Mg 11.5	Thiamin (1)	0.20 Mg 14.2
Potassium (1)	52.50 Mg 1.4	Niacin (1)	1.66 Mg 9.2
Calcium (1)	42.00 Mg 5.3	Vitamin B6 (0)	
Phosphorus (1)	48.50 Mg 6.1	Vitamin B12 (0)	
Iron (1)	1.40 Mg 14.0	Folacin (0)	
Zinc (0)		Pantothenic Ac (0)	
Magnesium (0)		Cholesterol (1)	1.5 Mg
Manganese (0)		Linoleic Acid (1)	0.4 Gms
Copper (0)		Linolenic Acid (0)	
Crude Fiber (1)	0.1 Gms	Monounsatur. Fat (0)	
Dietary Fiber (0)		Polyunsatur. Fat (0)	
Water (1)	17.8 Ml	Saturated Fat (1)	0.4 Gms

Table 4. Example of Computer Print-Out of Nutrient Analysis for a Breakfast (4A) and Meals for an Entire Day (4B).

4A.

TUESDAY-BREAKFAST TOTAL

		RDA %			RDA %
Calories (8)	592 K		Vitamin A (7)	2005.10 IU	40.1
Protein (8)	19.5 Gms	34.8	Ascorbic Acid (7)	95.73 Mg	159.5
Carbohydrate (8)	98.1 Gms		Vitamin E (1)	0.41 Mg	4.1
Fat (8)	14.0 Gms		Riboflavin (7)	1.02 Mg	64.0
Sodium (8)	685.91 Mg	31.2	Thiamin (7)	0.89 Mg	63.4
Potassium (8)	965.84 Mg	25.8	Niacin (8)	8.31 Mg	46.2
Calcium (8)	421.99 Mg	52.7	Vitamin B6 (5)	0.78 Mg	35.3
Phosphorus (8)	368.64 Mg	46.1	Vitamin B12 (5)	0.89 Mcg	29.7
Iron (8)	6.77 Mg	67.7	Folacin (5)	149.78 Mcg	37.4
Zinc (4)	4.91 Mg	32.8	Pantothenic Ac (5)	1.43 Mg	25.9
Magnesium (5)	73.81 Mg	21.1	Cholesterol (7)	34.7 Mg	
Manganese (3)	2.05 Mg	54.6	Linoleic Acid (6)	1.2 Gms	
Copper (3)	0.29 Mg	11.8	Linolenic Acid (4)	0.2 Gms	
Crude Fiber (7)	0.8 Gms		Monounsatur. Fat (4)	2.8 Gms	
Dietary Fiber (1)	0.2 Gms		Polyunsatur. Fat (4)	0.9 Gms	
Water (8)	698.7 Ml		Saturated Fat (6)	8.1 Gms	

4B.

TUESDAY TOTAL

		RDA %			RDA %
Calories (20)	2391 K		Vitamin A (19)	9234.37 IU	184.7
Protein (20)	87.6 Gms	156.4	Ascorbic Acid (18)	129.00 Mg	215.0
Carbohydrate (20)	289.5 Gms		Vitamin E (3)	1.63 Mg	16.3
Fat (20)	100.8 Gms		Riboflavin (19)	2.38 Mg	148.5
Sodium (20)	4281.80 Mg	194.6	Thiamin (19)	1.74 Mg	124.5
Potassium (20)	3006.42 Mg	80.2	Niacin (20)	24.59 Mg	136.6
Calcium (20)	1501.91 Mg	187.7	Vitamin B6 (15)	1.87 Mg	85.2
Phosphorus (20)	1840.10 Mg	230.0	Vitamin B12 (15)	3.68 Mcg	122.6
Iron (20)	15.37 Mg	153.7	Folacin (15)	242.80 Mcg	60.7
Zinc (14)	12.92 Mg	86.1	Pantothenic Ac (15)	5.56 Mg	101.1
Magnesium (15)	241.57 Mg	69.0	Cholesterol (19)	224.7 Mg	
Manganese (11)	3.32 Mg	88.4	Linoleic Acid (18)	14.9 Gms	
Copper (11)	1.08 Mg	43.0	Linolenic Acid (14)	1.1 Gms	
Crude Fiber (19)	4.4 Gms		Monounsatur. Fat (14)	24.7 Gms	
Dietary Fiber (2)	0.4 Gms		Polyunsatur. Fat (14)	13.0 Gms	
Water (20)	3294.4 Ml		Saturated Fat (18)	43.1 Gms	

V. OBSERVATIONS

The Department administers food assistance and distribution programs through three agencies: the Adult Services Administration (ASA), the Child Welfare Administration (CWA), and the Family Support Administration (FSA). Figure 1 presents a diagram of the organizational relationships among these agencies and lists the food programs for which each unit is responsible.

1. Adult Services Administration

As shown in Figure 1, this agency administers food assistance programs under four divisions.

Special Services for Adults (SSFA)

Adult Shelters

HRA directly operates 22 shelters for homeless single adults. It also contracts with not-for-profit agencies who operate four additional shelters. Together, these shelters house up to 10,000 individuals daily. On September 17, 1990, for example, the shelters housed 7,028 men and 1,306 women for a total of 8,334 residents (ASA/BSO, 1990).

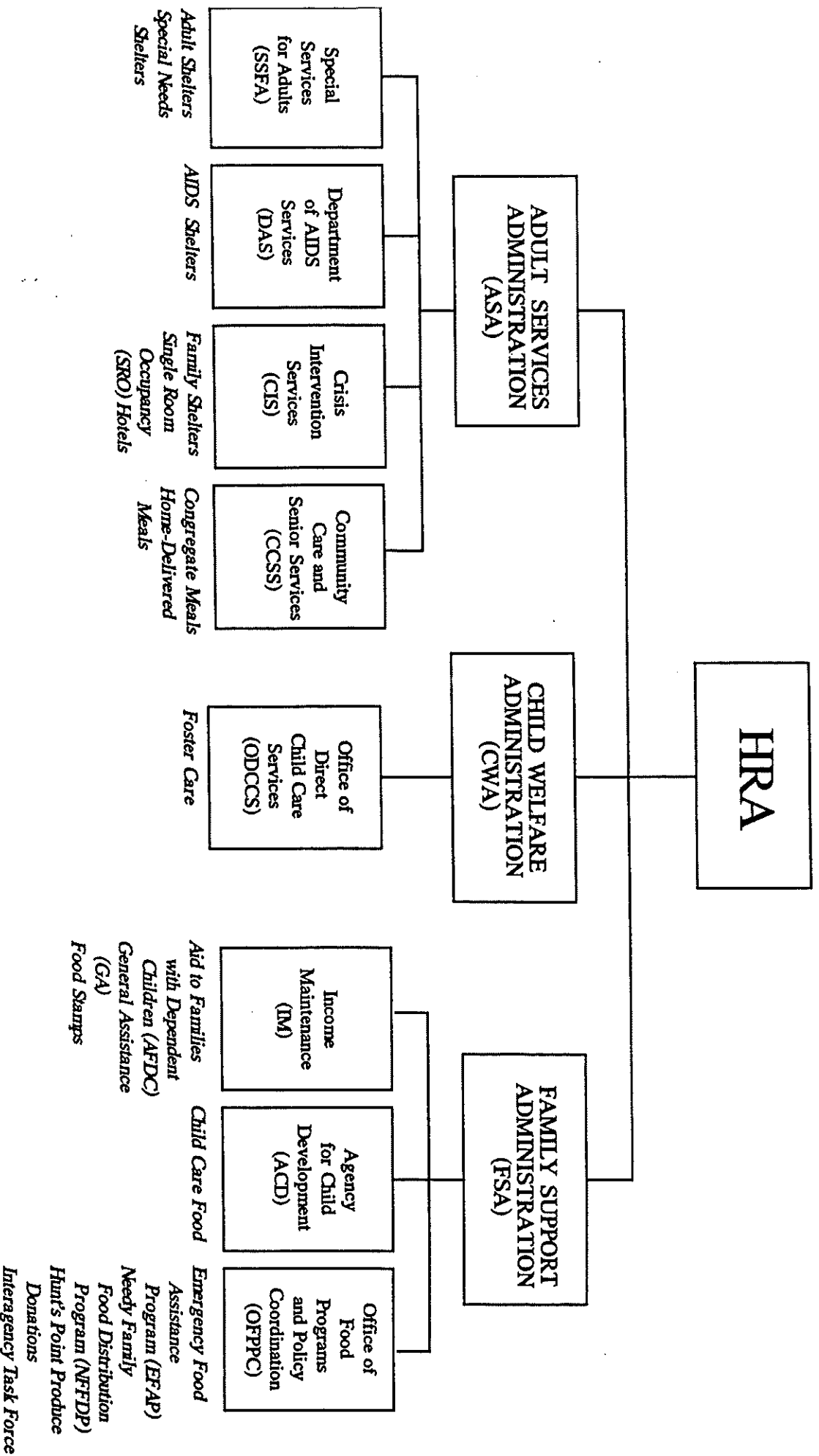
Food Service Operations: Food for residents of the 22 directly-operated shelters is prepared in seven kitchens. In August, 1990, six of these kitchens were located in shelters (on-site kitchens). One of these shelters closed recently but its kitchen remains functional (8 East 3rd Street, an off-site kitchen); the seventh kitchen is also a separate off-site facility. All of the kitchens prepare food for multiple shelters. The location of the kitchens, the shelters they serve, and the number of meals that can be produced by each kitchen are given in Appendix 3.

These kitchens produce three meals daily. Lunch contains some hot food items and dinner is a hot meal, but breakfast consists entirely of cold foods. This system requires two deliveries per day to shelters without kitchens; breakfast foods are delivered with the previous day's dinner. The food is transported in vans that are not equipped with refrigeration or heating capacity. Hot foods are transported in large, heavy (50-70 pound) insulated boxes and cannisters. Menus are planned for a four-week cycle (special diets follow a two-week cycle) and are designed to meet the minimal nutrient and energy intake standards of the USDA Thrifty Food Plan. Shelters are required to keep emergency food on hand sufficient to feed clients for three days.

FIGURE 1

HUMAN RESOURCES ADMINISTRATION

ORGANIZATION OF FOOD ASSISTANCE AND DISTRIBUTION PROGRAMS



ASA employs 445 individuals in food service operations and an additional 17 in transportation (Giuffrida, 1989). These people report to shelter directors or to various ASA administrative units. A Home Economics unit oversees food service in the adult shelters and the contracts in the special needs and family shelters. Because there are two staff vacancies at the moment, only four ASA staff members perform all functions: menu planning; food requisitions; monitoring of menu compliance, food quality, and sanitation; monitoring of contracts; on-site visits; technical and other supportive services; and staff training for the entire homeless shelter food service system.

As noted earlier, ASA food service costs and efficiency were examined in detail by a consulting firm in 1989 (Giuffrida, 1989) and by an agency Task Force the following year (ASA, 1990). The consultants' report noted the high cost of these operations (which it estimated at \$27 million annually); fragmented management; the long lead times and cumbersome methods required for food ordering (four to six months in advance); and difficulties with sanitation and transportation; it recommended either that ASA convert to a centralized food preparation and delivery system (in which food is flash frozen, transported frozen, and reheated on site) or that it contract out the entire operation. The ASA Task Force responded by recommending conversion to a system in which all meals are provided pre-plated by contractors (ASA, 1990).

Observations: As noted in Appendix 2, visits were arranged to three adult shelters--the Franklin Armory in the Bronx, Bellevue in Manhattan, and Greenpoint and the Atlantic Armory in Brooklyn. The cooking kitchen at 8 East 3rd Street in Manhattan was also visited. Information about these sites is provided in Appendix 3.

At all the shelters, security was a major concern. Visitors enter through metal detectors under signs stating "no metal" and then sign in. The Franklin Armory houses up to 900 men (668 on September 17) and is a site for release of prisoners from Rikers Island. The kitchen prepares meals (three per day plus a late snack) for shelter residents and another 140 for a shelter elsewhere. The kitchen is located on the ground floor adjacent to the sleeping area and appeared clean and well-managed despite crowded conditions and lack of storage space. There is no designated dining area and residents take their trays anywhere they can find a place to sit down. On the day of the visit, client counts were well below what is reported as normal but food deliveries continued according to contract; it was difficult to find a place to put it. The menu was followed, with some substitutions due to non-delivery of required items. The meal was served cafeteria-style on paper plates. Food was in excess, portions seemed adequate to generous, and clients were encouraged to return for seconds. Examination of trash cans after the meal revealed remarkably little plate waste; the clients eat what they take. The cooks appeared genuinely

suitable for food storage; conditions in summers were reported to be unbearable. The walls and floors were cracked, tiles were missing, and paint and plaster were peeling off the walls and ceiling--directly over the cooking vats. The paint was reportedly lead-based. These, rodent, and other health code violations were well known to staff as well as health authorities. Despite these problems, the kitchen turns out about 2,000 meals, three times daily, for delivery to several shelters, and the staff is proud of its work.

Nutritional Analysis: The week's menu analyzed for this study is Week I of a four-week cycle, revised July 1990. It is presented as Table 5. Recipes were provided for some of the lunch and dinner items. Portions sizes and ingredients were assumed to be standard when not included. Table 6 presents the nutritional analysis as compared to RDAs for adult males. Comparison to RDAs also is shown graphically in Figure 2. All nutrients except vitamin B6, for which values are missing, are present in quantities that exceed RDAs. This menu can be considered more than adequate for prevention of nutrient deficiencies.

Table 7 compares the nutrient composition of this menu to dietary recommendations for prevention of chronic disease. This menu provides a dietary composition almost exactly equivalent to the typical--though not the recommended--American diet. At 38 percent of Calories, total fat exceeds recommendations by eight percent; saturated fat exceeds recommendations by four percent. Carbohydrate content is correspondingly low. Sodium content is nearly double recommendations (recall: this content does not include sodium from salt added at the table). Dietary fiber content is one-tenth minimum recommendations and is significantly below the average intake level in the population (about 12 grams). Cholesterol content is low, however, more than meeting recommendations. This anomaly is explained by the frequent provision of margarine, peanuts, and other vegetable sources (which are cholesterol-free). Inspection of the menu suggests that sugar is unlikely to be excessive although the frequent use of canned fruit increases its content.

Table 6
Adult Services Administration: Single Adult Shelters

Average daily content of selected nutrients from foods provided by one seven-day menu cycle (week I, 1990), as compared to the 1989 Recommended Dietary Allowances for males, ages 25-50.

	Total/day	RDA*	% RDA
Calories	2437 k		
Protein	86 g	63	137
Carbohydrate	302 g		
Fat	103 g		
Saturated Fat	37 g		
Cholesterol	234 mg		
Dietary Fiber	2 g		
Sodium	4099 mg		
Calcium	1077 mg	800	135
Iron	17 mg	10	170
Vitamin A	7622 IU	5000	152
Ascorbic Acid	145 mg	60	242
Thiamin	2 mg	1.5	133
Vitamin B6 **	1.6 mg	2	80
Folacin **	276 mcg	200	138

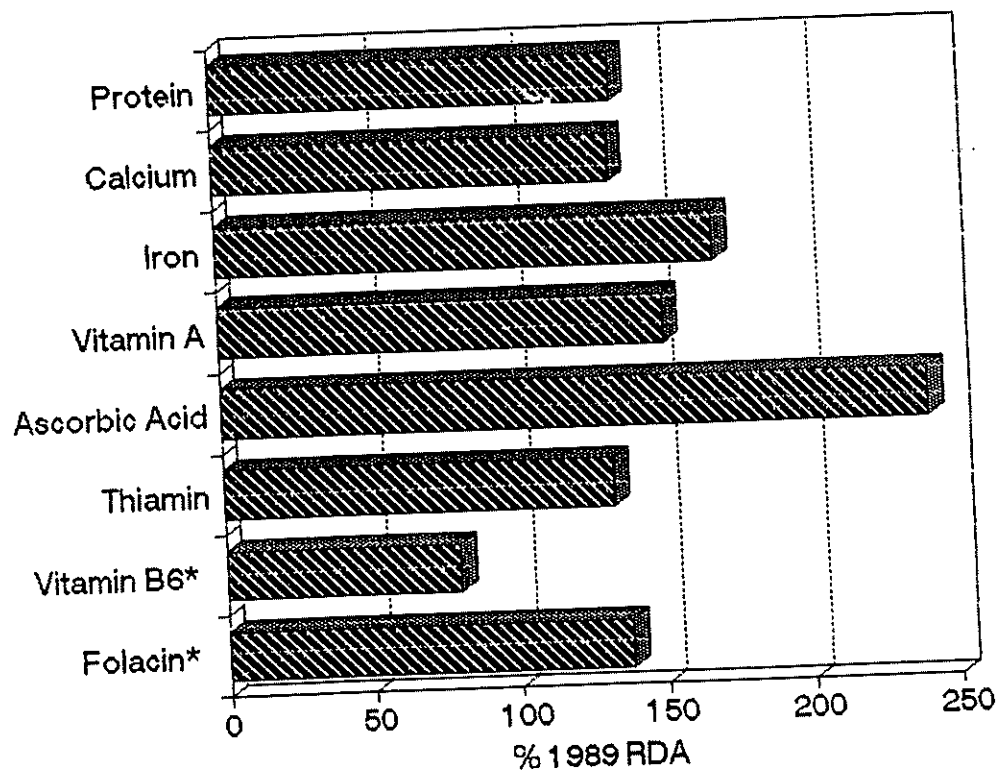
*Blank spaces indicate that no RDA has been established.

**Some values missing from data base.

Figure 2

Adult Services Administration: Single Adult Shelters

Content of selected nutrients provided per day by foods from one seven-day menu cycle, week I, 1990, as compared to the 1989 Recommended Dietary Allowances for males, ages 25-50.



*Some values missing from data base

Table 7**Adult Services Administration: Single Adult Shelters**

Comparison of daily nutrient content to current dietary recommendations for health promotion and disease prevention.

	Observed	Recommended
	% Calories	
Protein	14	12
Fat	38	30
Saturated Fat	14	10
Carbohydrate	50	58
Sodium (mg)	4,099	2,400
Cholesterol (mg)	234	300
Dietary Fiber (gms)	2	20-30

Special Needs Shelters

Shelters have been mandated by court order to serve special meals to residents with defined dietary needs as determined by a doctor. These meals include an 1,800 Calorie diet for treatment of diabetes, a low-sodium diet for treatment of high blood pressure (both of which are provided to eligible residents of all shelters and to about 150 homeless residents of a Special Needs Shelter at Bellevue), and a high-protein diet for treatment of tuberculosis (which is provided to about 85 homeless individuals at the Special Needs Shelter at Bellevue). Such meals are obtained from a contractor and are pre-plated, frozen, and ready-to-eat when heated in a microwave oven.

Observations: Meals at the Bellevue Special Needs Shelter are delivered as individual portions in disposable containers. Stacks of microwave ovens are used to heat meals. Cold foods and drinks are packaged separately. Service consists of distribution of the various containers onto a tray. No plates were used; people eat out of the containers.

When hearing that visitors were from Home Economics, the men immediately began complaining about not getting enough to eat. Complaints about breakfasts were especially frequent (breakfasts used to be hot; now they consist mainly of cold cereals). They also complained about some types of food items (in this case, eggs and greens): "Black folk don't eat that...." Inspection of the containers revealed that portions were inadequate by any standard. For example, the fruit dessert consisted of two very small slices of peaches, an estimated one-eighth cup. As might be expected, there was no plate waste.

Service personnel reported considerable client dissatisfaction with contracted meals: there are no extras or seconds, the meals are too inflexible (e.g. no picnics or special meals), and they are especially "dismal" on holidays. Vendors provide fewer items than called for by contract--70 cartons of milk delivered when 85 were ordered was one example given. When asked what they did when vendors failed to deliver on contract, the shelter staff seemed unaware of their responsibilities for monitoring contract compliance.

Nutritional Analysis: Table 8 presents the menu analyzed for this study. Breakfasts were assumed to be the same as those for the adult shelter menu. Portion sizes, type of fruit, and beverages were assumed, within the guidelines indicated under "comments." Table 9 presents the nutritional content and comparison to RDAs and comparison to RDAs is also illustrated in Figure 3. Our estimation of the nutritional content of this menu indicates that it meets the energy and sodium restrictions specified. The low vitamin B6 levels may be due to missing data and should not be a source of concern. Table 10 indicates that this menu is low in fat, sodium, cholesterol, and (by inspection) sugar as required by guidelines. It is, however, also low in fiber which is recommended for control of blood sugar levels in persons with diabetes.

Table 8. Adult Special Needs Shelters, Weekly Menu for Pre-Plated Reduced Calorie, Low Sodium Meals Modified for Treatment of Diabetes and Hypertension.

WEEK 1		SHELTER CARE CENTERS						COMMENTS
PATTERN	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Breakfast				FOLLOW REGULAR SHELTER MENU				- Cereal for Diabetic Diet Insweetened only
Lunch	Beef Stew Assume: 10.00 1 Bread Fruit Beverage	Turkey Tetrazzini Assume 7.00. 1 Bread Fruit Beverage	Macaroni & beef Assume 3.00. 1 Bread Fruit Beverage	Lasagna 7.00. 1 Bread Fruit Beverage	Roast Turkey 4.00 1 Bread Fruit App Beverage	Cod / Lemon 4.00. 1 Bread Fruit Beverage	Chicken Masala 4.00. 1 Bread Fruit App Beverage	
Dinner	Macaroni & Cheese 5.00 1 Bread Fruit Beverage	Cod / Creole 4.00 1 Bread Fruit Beverage	Salisbury Steak 1 Bread Fruit Orange Beverage	Chicken Fricassee 5.00 1 Bread Fruit Beverage	Meat Loaf 4.00 1 Bread Fruit Beverage	Skiloin Tip 4.00 1 Bread Fruit Orange Beverage	Spanish Meatballs 4.00 1 Bread Fruit Beverage	- Sugar Diabetic None Low salt- 2pkts. - Snacks Fresh Fruit or Unsweetened Juice only (no Fruit Punch)

Modified Diet Menu Based on Pre-Plate Frozen
Entrees - Specifications Available

Table 9

Adult Services Administration: Special Needs Shelters

Average daily content of selected nutrients from foods provided by one seven-day menu cycle (current 1990), as compared to the 1989 Recommended Dietary Allowances for males, ages 25-50.

	Total/day	RDA*	% RDA
✓ Calories	1668 k		
Protein	79 g	63	125
Carbohydrate	212 g		
Fat	56 g		
Saturated Fat	24 g		
Cholesterol	206 mg		
Dietary Fiber	9 g		
Sodium	1905 mg		
Calcium	759 mg	800	95
Iron	14 mg	10	140
Vitamin A	8601 IU	5000	172
Ascorbic Acid	140 mg	60	233
Thiamin	1.7 mg	1.5	113
Vitamin B6 **	1.3 mg	2	65
Folacin **	213 mcg	200	107

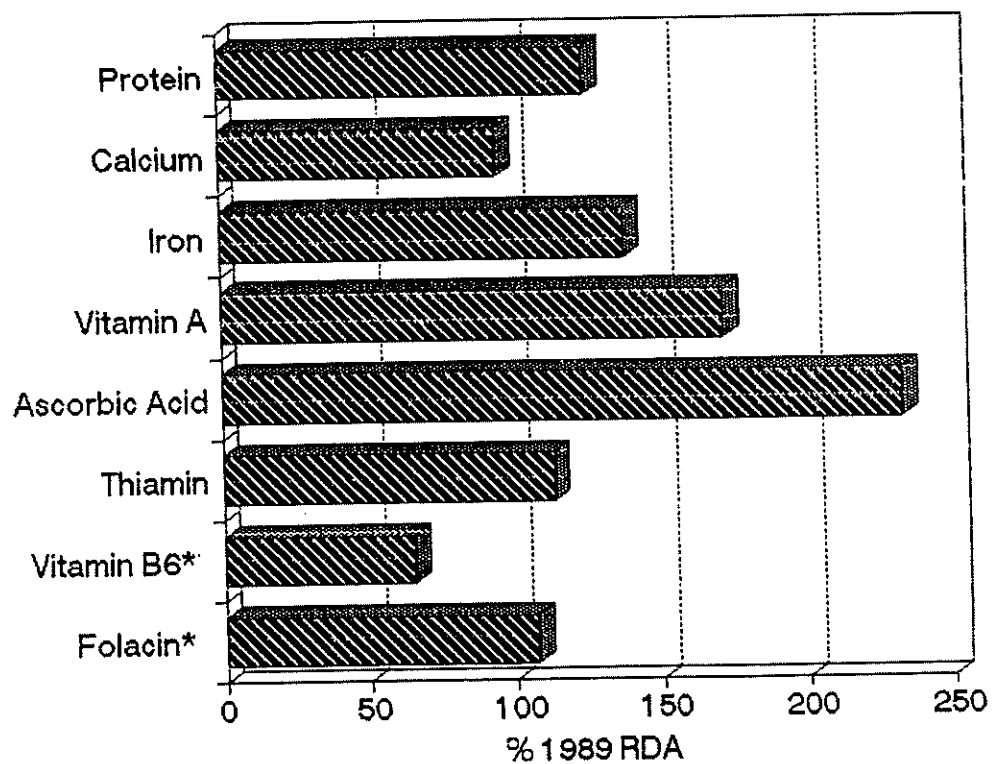
*Blank spaces indicate that no RDA has been established.

**Some values missing from data base.

Figure 3

Adult Services Administration: Special Needs Shelters

Content of selected nutrients provided per day by foods from one seven-day menu cycle, current 1990, as compared to the 1989 Recommended Dietary Allowances for males, ages 25-50.



*Some values missing from data base

Table 10

Adult Services Administration: Special Needs Shelters

Comparison of daily nutrient content to current dietary recommendations for health promotion and disease prevention.

	Observed	Recommended
	% Calories	
Protein	19	12
Fat	30	30
Saturated Fat	13	10
Carbohydrate	51	58
Sodium (mg)	1, 905	2, 400
Cholesterol (mg)	206	300
Dietary Fiber (gms)	9	20-30

economists revised the contract menu in April 1990. Table 11 presents the original breakfast menu for the second week of March 1990 along with its fat-modified revision. The revised menu was used for the purpose of this analysis. Appendix 5 contains the menu for lunch and dinner (Week I, March 1990). The menu calls for packets of salt, pats of margarine, and packets of sugar at each meal and these were included in the nutritional analysis. Table 12 presents the analysis and Figure 4 illustrates comparison to RDAs. All nutrients (except vitamin B6 for which data are missing) exceed RDAs and some exceed them substantially. This menu should be more than adequate to prevent nutritional deficiencies provided that it is followed by vendors.

Table 13 compares the nutrient composition of this menu to current dietary recommendations. Despite modifications of the breakfast menu, fat and saturated fat content exceed recommended proportions. If clients use the salt packets provided with their meals, available sodium exceeds recommended levels by a factor of four. The menus are high in cholesterol and low in fiber. Total carbohydrate, which includes sugar, is lower than recommended.

Table 11. Family Shelter Pre-Plated Breakfast Menu, March 1990.

Original Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Scrambled Eggs & 1 Ham & Cheese/Toast Fruit Juice Cereal Milk Salt/Pepper	Pancakes 2 Sausages Fruit Juice Cereal Milk Syrup	Scrambled Eggs & 3 Ham & Cheese/Toast Fruit Juice Cereal (Not Oatmeal) Milk Salt & Pepper
French Toast 4 Sausages Fruit Juice Cereal Milk Syrup	Scrambled Eggs & 5 Ham & Cheese/Toast Fruit Juice Cereal Milk Salt/Pepper	Pancakes 6 Sausages Fruit Juice Cereal Milk Syrup	French Toast 7 Sausages Fruit Juice Cereal (Not Oatmeal) Milk Syrup	Scrambled Eggs & 8 Ham & Cheese/Toast Fruit Juice Cereal Milk Salt/Pepper	Pancakes 9 Sausages Fruit Juice Cereal Milk Syrup	Scrambled Eggs & 10 Ham & Cheese/Toast Fruit Juice Cereal (Not Oatmeal) Milk Salt/Pepper

Menu Modified to Reduce Fat Content

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Cheese/Toast 1 Fruit Juice Cereal Milk Salt/Pepper	Pancakes 2 Sausages Fruit Juice Cereal Milk Syrup	Scrambled Eggs & 3 Ham & Cheese/Toast Fruit Juice Cereal (Not Oatmeal) Milk Salt & Pepper
French Toast Turkey Ham Fruit Juice Cereal Milk Syrup	4 Scrambled Eggs & 5 Hash Browns Fruit Juice Cereal Milk Salt/Pepper	Pancakes 6 Apple Sauce Fruit Juice Cereal Milk Syrup	English Muffin 7 /Jelly Fruit Juice Cereal (Not Oatmeal) Milk Syrup	Western Omelet 8 Toast Fruit Juice Cereal Milk Salt/Pepper	Biscuit 9 Sausages Fruit Juice Cereal Milk Syrup	10 Scrambled Eggs & 11 on Bagel Fruit Juice Cereal (Not Oatmeal) Milk Salt/Pepper

Table 12

Adult Services Administration: Crisis Intervention Services Family Shelters

Average daily content of selected nutrients from foods provided by one seven-day menu cycle (modified week 1, 1990), as compared to the 1989 Recommended Dietary Allowances for males, ages 25-50.

	Total/day	RDA*	% RDA
Calories	2685 k		
Protein	89 g	63	141
Carbohydrate	336 g		
Fat	108 g		
Saturated Fat	47 g		
Cholesterol	520 mg		
Dietary Fiber	8 g		
Sodium	9585 mg		
Calcium	1460 mg	800	183
Iron	14 mg	10	140
Vitamin A	8741 IU	5000	175
Ascorbic Acid	167 mg	60	278
Thiamin	1.9 mg	1.5	127
Vitamin B6 **	1.6 mg	2	80
Folacin **	224 mcg	200	112

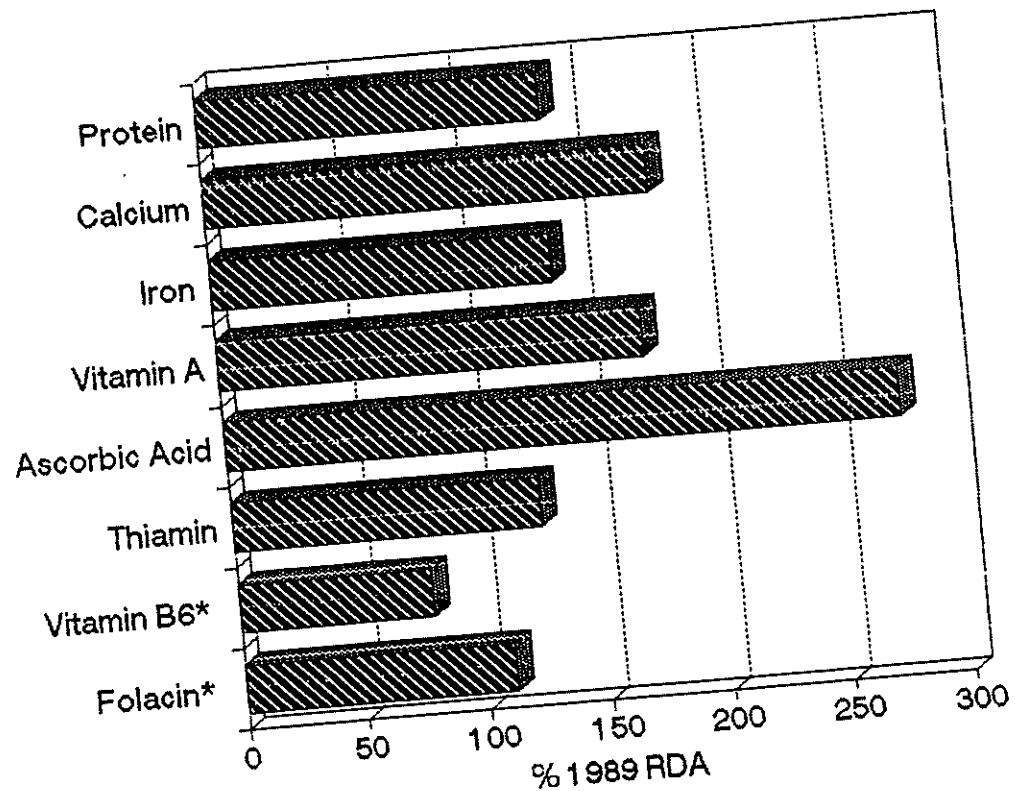
*Blank spaces indicate that no RDA has been established.

**Some values missing from data base.

Figure 4

Adult Services Administration: Crisis Intervention Services Family Shelters

Content of selected nutrients provided per day by foods from one seven-day menu cycle, (modified) week I, 1990, as compared to the 1989 Recommended Dietary Allowances for males, ages 25-50.



*Some values missing from data base

Table 13

Adult Services Administration: Crisis Intervention Services Family Shelters

Comparison of daily nutrient content to current dietary recommendations for health promotion and disease prevention.

	Observed % Calories	Recommended
Protein	13	12
Fat	36	30
Saturated Fat	16	10
Carbohydrate	50	58
Sodium (mg)	9,585	2,400
Cholesterol (mg)	520	300
Dietary Fiber (gms)	8	20-30

Single Room Occupancy Hotels

Apparently, the Department has had to move families into SRO hotels again. Cooking facilities in the hotels vary; there may be no kitchen, a small pantry kitchen, or a congregate kitchen. Residents receive food allowances to cook or eat outside the hotels. The Department contributes cash--not food--to these residents.

Community Care and Senior Services (CCSS)

Congregate Meals: Senior Centers

The Department monitors food service at 186 senior centers that provide meals and recreational, educational, health, and social services funded under Title III-C of the Older Americans Act. The city Department for the Aging runs another 160 centers. In 1986, nearly 110,000 seniors participated in these programs, 81,000 in those run by HRA. Of seniors eligible for such programs, less than 10 percent participate (Unfinished Business, 1989).

Of the HRA centers, all but 65 are contracted out to independent, voluntary agencies. Of these 65, all but one prepare food on site (the one exception is a kosher kitchen in a nursing home). Appendix 6 lists the locations and participation levels in the HRA-operated Congregate Meals programs. These programs serve about 4,000 breakfasts and 8,000 lunches daily, and an additional 400 meals to home-bound elderly persons. They were designed to meet the social needs of the elderly as well as to improve their nutritional status.

The programs keep costs low by obtaining foods through multiple channels (centralized purchasing, commodities, private vendors, etc) and by employing a minimal staff supported by volunteers. Programs are monitored by four HRA home economists whose responsibilities include staff training and technical support as well as centralized requisitions.

Observations: The Goddard-Riverside Center is an HRA-operated program that serves breakfast to about 100 and lunch to about 200 elderly persons. A box in the hall was set out for voluntary contributions. The breakfast was served quickly--participants could obtain it only between 8:30 and 9:00 a.m. The kitchen was clean, very well-equipped, and staffed largely by volunteers; the cook is the only paid staff member. Staff concerns about the food service centered on inability to obtain paper products from central HRA stores, the excessive sodium levels in canned vegetables ("why can't we get low-salt vegetables?"), and the need to use double paper cups to prevent burns.

The Washington Heights program is contracted out to a large, active YMHA/YWCA. The program serves a maximum of about 300 people and prepares 100-200 take out meals (double: lunch and dinner) daily. Six paid staff run the kitchen. Lunch is served in the auditorium/hall by a large volunteer staff. Volunteers staff the sign-in table and request contributions they also prepare cold foods (every slice of bread is wrapped

individually), set the tables (meals are served family-style), serve the meals, and prepare packages for home delivery. Despite a small kitchen, minimal storage space, and the usual canned foods used in such operations, the food was notably good--kosher, attractively prepared, and served with style (since it was Friday, a paper medicine cup filled with wine was at every place).

Nutritional Analysis: Table 14 presents a typical menu for a senior center congregate breakfast and lunch meal cycle. Table 15 presents the nutrient content of an average day from this menu. The Table and Figure 5 compare these data to the RDAs for females age 51 and over. The two meals should be expected to supply two-thirds or more of the nutritional needs of elderly participants. For the most part, they do. Although calcium and vitamin B6 appear low in this analysis, they are not necessarily inadequate.

Table 16 compares this analysis to current dietary recommendations. This Table indicates that the menu provides more fat, saturated fat, and protein than is recommended. Excessive protein is of concern in the elderly because of its possible association with chronic kidney disease and osteoporosis. On the other hand, fiber content is undesirably low in view of the especially important need to prevent constipation in elderly individuals.

Home-Delivered Meals

In 1989, city programs delivered 11,700 meals 5 times weekly to homebound elderly. Most of these are provided by the Department for the Aging, through City Meals-on-Wheels, a collaborative private/public effort. HRA is responsible for about 1,000 home-delivered meals daily (Unfinished Business, 1989).

Table 14. Senior Center Menus for Congregate Lunches and Breakfasts.

APRIL, MAY, JUNE 1990		MENU CYCLE II - WEEK 2		REVIEWED S.M.		DATE Jan. 90	
CENTER STROVICH SR. CENTER		DIRECTOR MS. LYNN LA SALA		REVIEWED		DATE	
LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
DAY	4/9 - 5/21	4/10 - 5/22	4/11 - 5/23	4/12 - 5/24	4/13 - 5/25		
HEAT OR ALTERNATE 3 OZ. COOKED EDIBLE PORTION	ITALIAN SAUSAGES	MACARONI & CHEESE <i>3oz. cheddar used</i>	BEEF STEW	ROAST CHICKEN	BAKED FISH		
VEGETABLES / FRUITS 2-1/2 CUPS VIT. C. DAILY VIT. A 3X WEEKLY	TOSSED SALAD ORANGE JUICE	MIXED GREENS. BEETS	FROZEN MIXED VEGETABLES GRAPEFRUIT JUICE	GREEN BEANS SHEET POTATOES	KERNEL CORN STEWED TOMATOES		
BUTTER / FORTIFIED MARGARINE - 1 TSP.	✓	✓	✓	✓	✓		
WHOLE GRAIN OR ENR. BREAD OR ALTERNATE	SPAGHETTI	✓	RICE	✓	✓		
MILK - 1/2 PINT	✓	✓	✓	✓	✓		
DESSERT - 1/2 CUP	PEACHES	FRUIT CUP	FRESH FRUIT	FRUIT JELLO	PEARS		
BREAKFAST							
VIT. C. JUICE 4 OZ. OR FRUIT	GRAPEFRUIT JUICE	EN. PINEAPPLE JUICE	BLENDED JUICE	ORANGE JUICE	EN. APPLE JUICE		
CEREAL	WAFERS	PARTINA	SPECIALTY CEREAL	QUINOA	FRENCH TOAST		
PROTEIN - 2 OZ.	COTTAGE CHEESE	BEEF SAUSAGE	SL. CHEESE	EGG & PEANUT BUTTER	COTTAGE CHEESE		
BREAD	✓	✓	✓	✓	✓		
MARGARINE	✓	✓	✓	✓	✓		

MILK

1/2 PINT

Table 15

Adult Services Administration: Senior Center Congregate Meals

Average daily content of selected nutrients from foods provided by one five-day menu cycle (II, week 2, 1990), as compared to the 1989 Recommended Dietary Allowances for females ages 51 +.

Note: Two meals per day only.

	Total/day	RDA*	% RDA
Calories	1274 k		
Protein	60 g	50	120
Carbohydrate	142 g		
Fat	54 g		
Saturated Fat	28 g		
Cholesterol	227 mg		
Dietary Fiber	5 g		
Sodium	1727 mg		
Calcium	464 mg	800	58
Iron	7 mg	10	70
Vitamin A	4190 IU	5000	84
Ascorbic Acid	66 mg	60	110
Thiamin	1 mg	1	100
Vitamin B6 **	0.8 mg	1.6	50
Folacin **	114 mcg	180	63

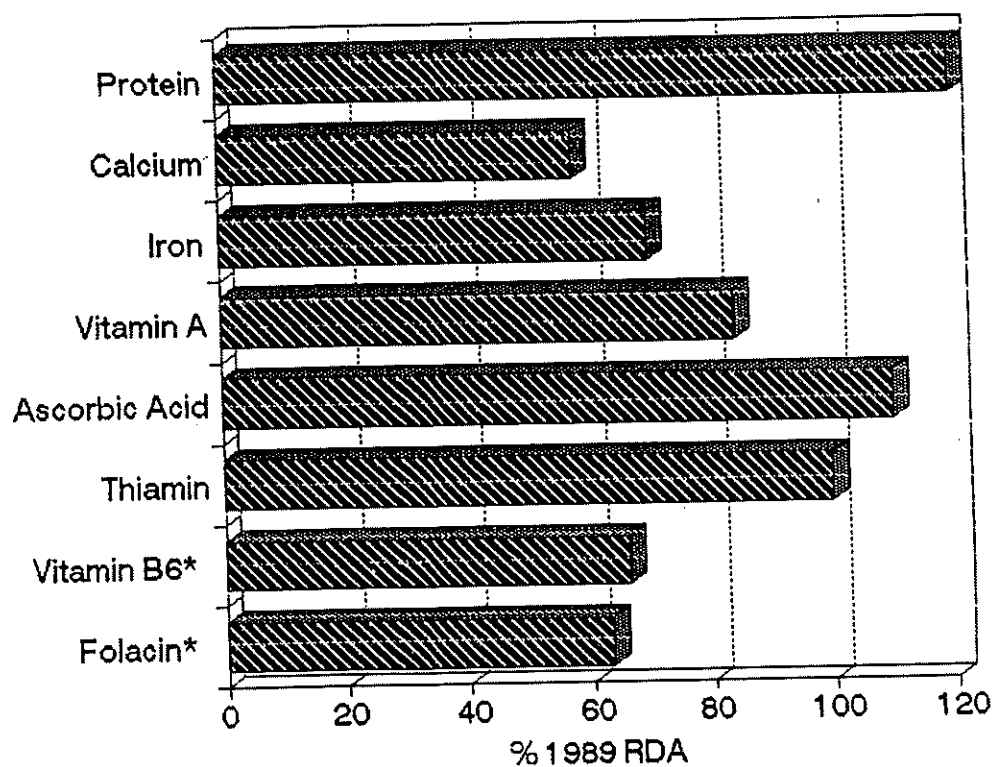
*Blank spaces indicate that no RDA has been established.

**Some values missing from data base.

Figure 5

Adult Services Administration: Senior Center Congregate Meals

Content of selected nutrients provided per day by foods from one five-day menu cycle, II week 2, 1990, as compared to the 1989 Recommended Dietary Allowances for females ages 51+.



*Some values missing from data base

Table 16**Adult Services Administration: Senior Center Congregate Meals**

Comparison of daily nutrient content to current dietary recommendations for health promotion and disease prevention.

	Observed	Recommended
	% Calories	
Protein	19	12
Fat	38	30
Saturated Fat	20	10
Carbohydrate	45	58
Sodium (mg)	1, 727	2, 400
Cholesterol (mg)	227	300
Dietary Fiber (gms)	5	20-30

2. Child Welfare Administration

Office of Direct Child Care Services (ODCCS)

Foster Care

This agency, through its Special Services for Children unit, supervises the care of nearly 45,000 foster children who reside in about 6,500 voluntary and about 500 HRA-sponsored boarding homes. The Food Service Division is responsible for oversight of meals at 63 Congregate Care facilities housing about 400 children. These include Agency-Operated Boarding Houses that house up to six children, Group Houses for seven to twelve children, Group Residences for 13-24 children, and Institutions (Residential Treatment Centers) housing more than 25 children.

Food Service Operations: The agency is responsible for providing a minimum of three meals, adequately spaced, with in-between-meal snacks to all children in congregate care. In addition, the agency is required to provide therapeutic diets as recommended by an attending physician. The mandating legislation specifies that meals are to be served in a quiet and relaxed atmosphere by a staff person trained in meal preparation and food handling. As of January, 1990, the agency was responsible for the service of three meals and three snacks daily to 200-250 children.

The four ODCCS Food Service staff members plan menus; requisition food through various contract services; prepare invoices and receiving reports; review, maintain, and monitor food inventories; monitor food service facilities; order kitchen equipment; monitor work order repairs for kitchen equipment; prepare reimbursement claims; prepare financial statements; provide in-service training and technical assistance to dietary staff, emphasizing food inventories, sanitation, and safe food handling; and perform on-site inspections of kitchen facilities. It should be immediately apparent from this list (and from the need to monitor 63 sites) that staff are spread rather thinly. Indeed, senior cooks help with site visits.

Menus are developed in four three-month cycles annually and are planned by an advisory committee composed of dietary staff and representative children. Many factors constrain the menus: a cumbersome requisition system that requires foods to be ordered months in advance; infrequent food deliveries; inaccurate food deliveries; insufficient storage and freezer space; the need for use of canned foods to control inventories; religious restrictions (e.g. on pork); and inadequately trained staff.

Observations: Four sites were visited, an Agency-Operated Boarding House, a Group Residence, and two Institutions, one of which housed children with special problems. All conveyed an institutional "feel" with basement entrances, security guards or other security measures, sign-ins, office equipment, and minimal personal items in the childrens' rooms.

Each site had its own cook. Cooks varied in training and involvement and appeared to range in skill from adequate to ex-

cellent. The better cooks were more involved and concerned about the food, equipment, and children. Food had just been delivered to all four sites and all of the cooks complained of lack of freezer space (freezers were packed tight). All kitchens were clean and neat, even when equipment was old. Temperature charts for refrigerators and freezers were missing or unused at all four sites.

Lunch was in progress at two sites. Both followed the menu for the day, for the most part, with some modifications due to non-delivery of required items. At neither site was there any attempt to serve or to eat food family-style, nor did teaching staff and children eat together in any organized way. Food was plentiful and served cafeteria-style on paper plates. At the institutional site, the only interaction between teaching staff and children during the meal occurred when children were misbehaving. Two members of the teaching staff were eating take-out meals purchased in the neighborhood because they did not like the menu for the day. At the second site, a home for six girls in a residential neighborhood, lunch was served from one end of a table piled high with food boxes that had just been delivered and the girls took sandwiches to their rooms or elsewhere. None had tasted figs from a tree growing in the front yard nor did they know what the fruit was called.

Especially striking was the high prevalence of severe obesity among children--and teaching staff--at all four sites. Equally striking was the lack of activity. Trips had been cancelled due to rain and the children were mainly lying on beds or watching television. Teaching staff seemed generally uninvolved.

On a more positive note, Mrs. Pitt, the Director of ODCCS Food Service, discussed these and other issues of concern in considerable detail with the managers, cooks, and food service staff at each site. She missed nothing. It was evident that such inspections are valuable and bear frequent repetition.

Nutritional Analysis: Table 17 presents the weekly menu evaluated for this study. Portion sizes were estimated. Table 18 presents the average daily content of energy and selected nutrients in foods prepared from this menu and compares these levels to RDAs for males ages 15 to 18 (these standards exceed those for younger children and for females of the same age). Figure 6 also illustrates comparison to these RDAs.

Even using high standards, the menu provided nutrients at levels that exceeded the RDAs by as much as 75 percent (ascorbic acid). Only two nutrients, vitamin B6 and folacin, occurred at levels below RDAs, perhaps due to missing food composition data. These menus are more than adequate for prevention of nutrient deficiencies, especially since food at foster care sites is plentiful and children may eat as much as they want.

Table 19 compares the nutrient content of the average day's menu to current dietary recommendations. The menu provided 40 percent of Calories from fat as compared to the recommended 30

percent, and 15 percent of Calories from saturated fat as compared to the ten percent recommended. Sodium and cholesterol also exceeded recommendations, but fiber content was well below average intake in the adult population (12 grams) and current recommendations.

Table 17. Child Welfare Administration Weekly Menu for Foster Care Centers.

WEEKLY MENU MAKER				
FOR	SUMMER 1990	PERIOD	JUNE/JULY/AUGUST/SEPTEMBER	
	BREAKFAST	NOON	EVENING	OTHER
M O N D A Y	Pineapple Juice Grilled Bacon & Cheese Sandwich Cold Cereal Milk/Coffee/Tea	Grilled Franks/Bun Sauerkraut Baked Beans Ice Cream Milk/Lemonade	Baked Ham/Raisin Sauce Candied Yams Buttered Spinach Waldorf Salad Rolls/Butter Strawberry Shortcake Milk	6/25 7/23 8/20 9/17
T U E S D A Y	Grapefruit Sections Poached Egg on Toast Milk/Coffee/Tea	Chef Salad/Dressing (L.O. Turkey & Ham) Italian Bread/Butter German Chocolate Cake Milk/Ice Tea	Cubed Steak Spanish Rice Collard Greens Bread/Butter Sherbert Milk	6/26 7/24 8/21 9/18
W E D N E S D A Y	Assorted Juices Cold Cereal Grilled Bologna Fried Apples Rolls/Butter Milk/Coffee/Tea	Cheeseburger on Bun French Fries Sliced Cucumber/Tomatoes Sliced Onions/Pickles Fresh Fruit Milk	Southern Fried Chicken Green Peas & Carrots Buttered Turnips Cole Slaw Corn Muffin/Butter Pudding/Topping Milk/Lemonade	6/27 7/25 8/22 9/19
T H U R S D A Y	Orange Juice Waffles/Butter/Syrup Crisp Bacon Milk/Coffee/Tea	Tomato Juice Egg Salad Sandwich Tossed Salad/Dressing Beet Pickles Pound Cake & Peaches Milk	Meatloaf Parsley Potatoes Smothered Cabbage Bread/Butter Apple Cobbler Milk	6/28 7/26 8/23 9/20
F R I D A Y	Blended Juice Assorted Cold Cereal Cinnamon Toast/Jelly Milk/Coffee/Tea	BBQ Chicken Wings Potato Salad on Lettuce Green Beans Bread/Butter Sliced Pineapple Milk	Salmon Croquets Succotash Sliced Tomatoes Rolls/Butter Jello/Topping Cookies Milk	6/29 7/27 8/24 9/21
S A T U R D A Y	CranApple Juice French Toast/Syrup Sausage Links Milk/Coffee/Tea	FISH FRY Fried Fish/Hot Sauce Macaroni Salad Tossed Salad/Dressing Bread/Butter Peach Cobbler Milk/Lemonade	Pizza Fresh Fruit Milk	6/30 7/28 8/25 9/22
S U N D A Y	Apple Juice Buttered Grits Scrambled Eggs Assorted Muffins/Butter Milk/Coffee/Tea	Roast Beef (Top Round) Buttered Noodles Glazed Carrots Cabbage & Apple Salad Bread/Butter Ice Cream Milk/Fruit Punch	Cold Cut Sandwich Fruit Jello Milk	7/1 7/29 8/26 9/23

Table 18

Child Welfare Administration: Foster Care

Average daily content of selected nutrients from foods provided by one seven-day menu cycle (summer 1990), as compared to the 1989 Recommended Dietary Allowances for males, ages 15-18.

	Total/day	RDA*	% RDA
Calories	2246 k		
Protein	92 g	59	156
Carbohydrate	220 g		
Fat	100 g		
Saturated Fat	37 g		
Cholesterol	496 mg		
Dietary Fiber	4 g		
Sodium	3870 mg		
Calcium	1287 mg	1200	107
Iron	13 mg	12	108
Vitamin A	6580 IU	5000	132
Ascorbic Acid	105 mg	60	175
Thiamin	1.7 mg	1.5	113
Vitamin B6 **	1.2 mg	2	60
Folacin **	181 mcg	200	91

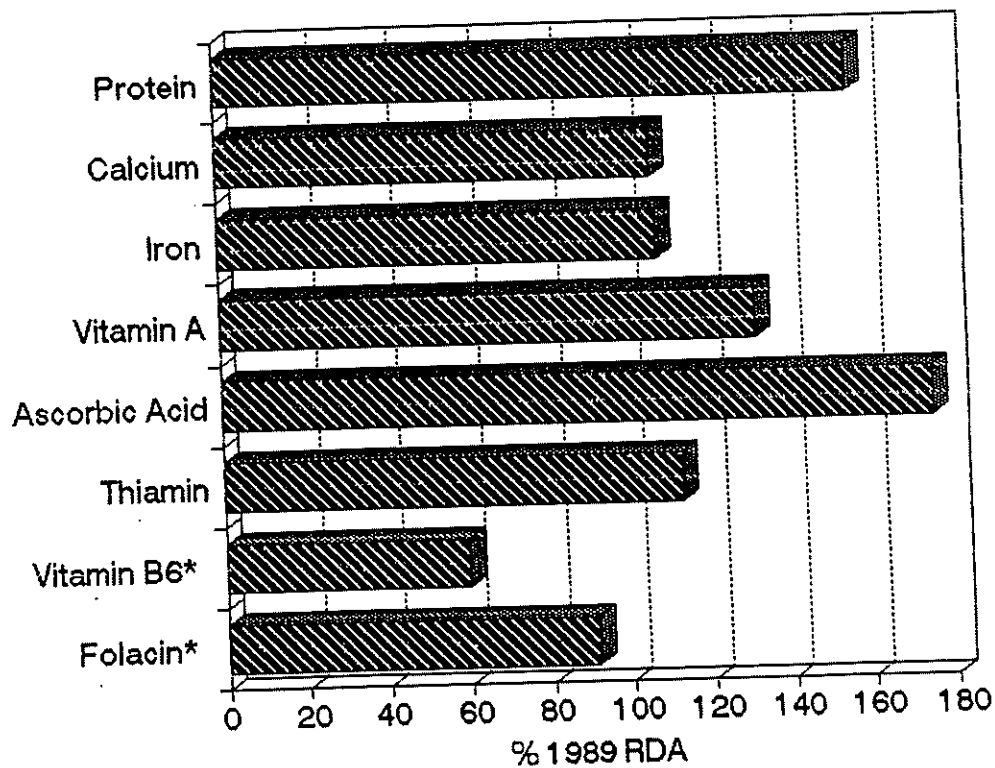
*Blank spaces indicate that no RDA has been established.

**Some values missing from data base.

Figure 6

Child Welfare Administration: Foster Care

Content of selected nutrients provided per day by foods from one seven-day menu cycle, summer 1990, as compared to the 1989 Recommended Dietary Allowances for males, ages 15-18.



*Some values missing from data base

Table 19

Child Welfare Administration: Foster Care

Comparison of daily nutrient content to current dietary recommendations for health promotion and disease prevention.

	Observed	Recommended
	% Calories	
Protein	16	12
Fat	40	30
Saturated Fat	15	10
Carbohydrate	39	58
Sodium (mg)	3,870	2,400 (adults)
Cholesterol (mg)	496	300
Dietary Fiber (gms)	4	20-30 (adults)

3. Family Support Administration

FSA sponsors programs to improve the nutritional status of the poor indirectly through cash assistance programs and directly through USDA food assistance programs and city emergency food distributions to soup kitchens and food pantries.

Income Maintenance (IM)

AFDC and GA: Cash Assistance

In June 1990, nearly 860,000 persons in New York City received Public Assistance at a cost of more than \$176 million. Of these, more than 650,000 received Aid to Families with Dependent Children. The maximum benefit provided by public assistance for a family of four was \$688 per month, an amount just over 60 percent of the poverty level (HRA Facts, 1990). These funds, which are administered through Income Maintenance, are designed in part to improve the ability of families to purchase food.

Food Stamps

In July 1990, more than one million individuals in New York City received Food Stamps as vouchers to purchase food (HRA Facts, 1990). Food Stamps are a federal entitlement and may be obtained by all eligible individuals. Nevertheless, participation rates in New York have remained below 50 percent. Recent changes in the economy and a highly visible subway poster outreach campaign may improve these rates. The type of food that can be purchased under this program is virtually unrestricted.

Agency for Child Development (ACD)

Child Care Food

HRA home economists (43) monitor and provide technical assistance, training, and information to food service personnel who work in programs that provide federally funded meals and snacks to more than 48,000 participating children at 500 sites. The programs include: Group Day Care, Family Day Care (7,500 children), Head Start (12,000 children), Project Giant Step (2,000 children), Limited Purchase of Service, Voluntary Family Day Care, and Vouchers (Blum, 1990; HRA Facts, 1990). In 1989, these programs earned nearly \$30 million in federal reimbursements (Blum, 1990). Because of lack of funds and facilities, only about 12 percent of eligible children are served by Child Care food programs in New York City (Unfinished Business, 1989).

The food and nutrition components of these programs are funded by the USDA; participating agencies must meet USDA meal pattern standards in order to claim reimbursement. These standards include guidelines stating that meals should avoid foods that are high in fat or additives (e.g. smoked and cured meats), fried foods, highly salted foods, and concentrated sweets (USDA, 1987). A summary of these menu planning guidelines is provided in Appendix 7.

HRA staff members provide technical assistance and training to ensure that agencies are in compliance with these standards. HRA directives note that menus should "...consider the nutritional needs of young children, provide a variety of foods selected from nutritious sources, reflect the ethnic or cultural group of the enrolled children, meet the minimum meal pattern requirements of the USDS/CCFP, and make optimum use of food program funds" (ACD, 1987).

Office of Food Programs and Policy Coordination (OFPPC)

This Office was established in 1987 to administer existing emergency feeding programs supported by HRA, to coordinate citywide emergency food programs, and to develop more efficient use of governmental and private food resources. It also is mandated to coordinate food and nutrition policies for the Department. A current staff of 38 (some positions are vacant) oversees the distribution of food and meals by 430 privately-sponsored food pantries and soup kitchens to many hundreds of thousands of people annually. The pantries and kitchens supported by the Department and the number of people they serve monthly are listed in Appendix 8.

Emergency Food Assistance Program (EFAP)

Since 1983, the city has allocated funds to purchase bulk foods for distribution to soup kitchens and food pantries through the Food for Survival Food Bank. The list of foods purchased through this program is given as Appendix 9. Foods are allocated to the sites on the basis of client census. The program is designed to supplement foods supplied by other sources and, in theory, should constitute only a small percentage of foods provided by the pantries and kitchens. Because these agencies function on the margin by piecing together food resources from multiple sources, the entire operation depends on each of them. EFAP donations are especially important because they provide basic foods that meet health recommendations (see Appendix 8). The maximum yearly donation is \$9,600 to soup kitchens and \$7,200 to food pantries.

Observations: Three EFAP-supported soup kitchens were visited during the course of this study (see Appendix 2). Although they differed greatly in location, sponsorship, population served, and complexity, they shared several features in common. All were staffed mainly, if not exclusively, by volunteers. All prepared food in relatively small, overused, but clean kitchens. Food storage areas were reasonably well maintained, considering the makeshift circumstances under which most of the programs operate, but freezer and cold storage space was never adequate. All relied on multiple sources of food: USDA commodities, fresh foods collected daily from local stores, breads and other foods donated from city enterprises, Food Bank donations, and EFAP; they purchased meats and some other foods.

Meals were prepared on an ad hoc basis (no menus) depending

on donations. By inspection, the meals ranged from adequate to more than sufficient in energy but they were not necessarily balanced and appeared high in fat and low in fiber. Butter, for example, was used in very large amounts (as much as an eighth of a pound on two slices of bread because it is available as donated government surplus commodities. Donated fruits and vegetables are difficult to serve because they are often bruised and soft. Staff at all sites were especially grateful for EFAP donations but wished larger quantities were available. One consistent observation was that on the days of the visits, the client census fell below that reported as average, reportedly because the clients had just received their checks and were eating elsewhere.

Needy Family Food Distribution Program (NFFDP)

This program is the city's component of the USDA's Temporary Emergency Food Assistance Program (TEFAP), which distributes millions of pounds of food commodities to 570 food pantries, churches, senior centers, and other community organizations that provide food to more than one million individuals with incomes at or below 185 percent of poverty.

Produce Distribution

Since 1987, the city-funded Hunts Point Produce Distribution Program has coordinated the collection, storage, and inspection of donated surplus fruits and vegetables for delivery to about 190 community-based organizations and emergency food providers.

Other Food Distribution Activities

The OFFPC supports activities of the Food for Survival Food Bank, a non-profit program that receives donations from food companies and distributes them to charitable organizations that sponsor food assistance programs. The Food Bank distributes more than ten million pounds of food annually and requests ten cents per pound for the food it distributes. The Office also supports the Food and Hunger Hotline, a telephone service that provides referral and technical assistance to clients and programs.

Interagency Task Force on Food and Hunger

The OFFPC Director chairs this Task Force, which was appointed by the Mayor in 1988 to develop policies to alleviate hunger and improve food services to low-income populations served by city agencies. The Office also has a limited role in coordination of food services within HRA. In 1989, the Task Force documented the city's needs for food assistance and recommended actions to improve its ability to meet these needs (Unfinished Business, 1989). Since the change in city administration, the Task Force has been inactive and its present status is uncertain.

VI. FINDINGS AND CONCLUSIONS

1. HRA is committed to meeting the food and nutritional needs of its clients.

The size, structure, and complexity of HRA food service operations are evidence of the Department's commitment to meeting its responsibilities for alleviating hunger among its low-income clients. These responsibilities derive from humanitarian considerations--the positive human value placed by society on the provision of food to hungry people. They also derive from the need to maintain each site as a safe and receptive environment for provision of services.

2. HRA senior home economists and food service administrators are committed to producing menus and meals that meet appropriate standards of food safety, nutrition, and health promotion.

The HRS home economists assigned to support this project were uniformly and impressively committed to producing meals of as good quality as possible under the exceedingly difficult circumstances described above. They noticed, reported, discussed, and followed up on observed instances of failure to meet standards of food requisition, storage, preparation, sanitation, and service. Their long experience with and thorough knowledge of the HRA food service system make them an exceptionally valuable resource for the Department.

3. The organization of HRA food service is fragmented among agencies and units.

Food service is conducted by at least three principal HRA agencies and by at least eight units within those agencies. There is little interaction or coordination within these units even when they are engaged in similar activities (e.g. food requisitions, staff training). No HRA official is responsible for oversight of Department-wide food service activities and it is uncertain whether anyone at HRA is aware of their full range.

The Office of Food Programs and Policy Coordination, which is mandated to coordinate food assistance and distribution programs within HRA and between HRA and other city agencies, has been assigned a position within the organization so peculiar (see Figure 1) as to make it virtually impossible for it to succeed in its mission.

4. HRA assistance and distribution programs provide food through distinctly different mechanisms:

On-site meals are prepared in kitchens located at the same place where they are served (some homeless shelters, and all senior centers, child care and foster care centers, and soup kitchens).

Off-site meals are prepared in central kitchens and delivered by van to other sites (home-delivered meals to seniors, most homeless shelters).

Pre-plated meals are similar to those served on airplanes. They are prepared by a vendor and delivered frozen to the sites at which they are re-heated and served (special needs shelters, family shelters).

Food packages are given to families as part of emergency food programs to relieve acute food shortages (food pantries, Needy Family Food Distribution Program).

Money or vouchers enable people to buy and prepare their own food (for example: Aid to Families with Dependent Children; General Assistance, Food Stamps, SRO hotels). This method is beyond the scope of this study.

5. HRA food service is conducted under remarkably difficult circumstances.

Few HRA-supported kitchens are equipped or maintained adequately; food storage space is minimal and poorly secured; some dining areas are used principally for other purposes and are uncomfortable and unattractive; in many locations, the size of the client population greatly varies from day to day making planning difficult; the food requisition system is cumbersome and inflexible, requiring many months of lead time; at some sites, cooked food must be prepared hours in advance to be transported considerable distances before being served; transport vehicles are not equipped for temperature maintenance; a very small administrative staff is responsible for food service at a great many sites serving an extraordinarily large client population. These constraints have been described in detail for ASA programs (Giuffrida, 1989; ASA, 1990) but they are endemic throughout the system. They greatly limit the ability of staff to plan meals that meet appropriate standards of food safety, nutrition, and health promotion.

6. HRA on- and off-site meals meet and exceed basic nutritional needs.

Meals cooked on site at shelters, senior centers, and foster care homes meet and exceed basic requirements for energy and essential nutrients. In general, the cooks at these sites follow menus to the extent possible (given the vagaries of food deliveries); are concerned about the quality of the food they prepare; and make sure (through conscious or unconscious over-ordering) that everyone gets enough to eat.

7. Vendors of pre-plated ("airplane") meals are unreliable and do not always supply meals that can meet basic nutritional needs.

Although the menus for pre-plated meals are adequately designed to meet energy and nutrient requirements, the meals--as delivered--repeatedly fail to meet contract specifications. Ob-

servations reveal a consistent pattern of shortages by vendors in numbers and weights of food items and heavy demands on site staff to count and inspect every single food item delivered. Although pre-plated meals are more convenient for the Department, their use is accompanied by reductions in nutritional quality and quantity and by the need for institution of a rigorous, systematic, and continuously enforced monitoring system.

8. HRA meal menus reflect current American eating patterns.

The proportions of protein, fat, saturated fat, and carbohydrate and the amounts of salt and cholesterol found in HRA meals are similar to those consumed in the typical American diet. This diet is considered by public health authorities to be too high in fat, saturated fat, cholesterol, sodium, and sugar, and too low in complex carbohydrates and fiber.

9. On-site food service staff generally are unaware of current dietary recommendations.

Like most Americans, HRA food service staff--as well as clients--prefer foods higher in fat, salt, and sugar than recommended by public health authorities. Their cooking and serving practices reflect these tastes.

10. Clients are not generally involved in meal preparation or service.

With few exceptions, HRA clients receive food but are otherwise uninvolved in menu planning, and food requisition, sanitation, handling, and service.

11. Obesity is noticeably prevalent among clients (especially children in foster care) and on-site staff.

Too many calories and too much fat in the diet, accompanied by too little physical activity, increase the risk of becoming severely overweight and, therefore, the risk of diabetes, hypertension, heart disease, stroke, and cancer--all of which are more prevalent among low-income and minority groups than the general population.

12. HRA emergency foods provide a balance of basic foods.

Emergency food programs sponsored by the Department address acute needs for food assistance. EFAP foods in particular are well chosen for nutritional balance and are appropriate for diets designed to reduce chronic disease risks.

VII. RECOMMENDATIONS

Although this study was not intended to examine the fiscal implications of its recommendations, it cannot avoid taking cost factors into consideration. Its findings occur at a time when the country's overall economic problems are producing their greatest impact in urban areas, when the city is experiencing a rising financial deficit, and when the number of individuals and families in poverty is rising rapidly at the same time that the remaining vestiges of the federal, state, and city "safety net" are in decline or disappearing. Under these dismal circumstances, the recommendations that follow consider costs. They are divided into three categories: those that can be implemented immediately from existing resources, those that should be able to be accomplished with minimal additional resources, and those that would be necessary to bring HRA food service system to its fullest potential but would require substantial expenditures of public funds.

Category 1: recommendations that can be implemented immediately with existing resources

1. Coordinate food service activities within HRA.

Home economists and food service personnel in the various HRA units have similar responsibilities. All plan menus, order food and equipment, supervise staff, and monitor contracts. Many--if not all--of these activities could benefit from shared experience as well as from joint action. To be effective, coordination must take place at the level of the Commissioner's Office with representation from each of the key programs from the three major agencies responsible for food service. If the OFPPC is to lead coordination activities, it should be moved to a position within the organization where it can be effective.

2. Develop a Department-wide program for food service staff training.

At present all food service programs are involved in training their own on-site staff--the individuals who are ultimately responsible for implementing dietary changes. Regardless of client population, the training needs are similar: sanitation, food handling, requisitions, basic principles of nutrition, relationship of nutrition to health, appropriate meal patterns, cooking procedures that preserve taste and nutritional content, appropriate food storage techniques, reduction of food wastage, and monitoring of vendor contracts. A Department-wide training program could draw on the strengths of staff throughout the agencies, would avoid duplication, and could increase the efficiency of training and the consistency of information conveyed.

3. Develop a Department-wide system for effective monitoring of food service contracts.

The ongoing problems with vendor contracts demand constant vigilance. They also demand that such a system be established before the Department makes any decision to increase the use of pre-plated meals in shelters.

4. Revise menus to reduce the content of fat, cholesterol, sodium, and sugar and to increase the content of complex carbohydrates and fiber.

The single most important dietary improvement would be to increase the availability of fresh fruits and vegetables; these foods are low in fat and high in fiber. This action is logistically difficult (see below) but there are many other changes that can be made to improve menus. Table 20 lists a series of rather simple changes that might be made in current menus. Figure 7 shows how a recipe now in use might be edited to improve its nutritional value. Since standard recipes are used across HRA programs, home economists could pool efforts to make such changes.

5. Establish client committees to advise home economists and food service administrators about the acceptability of dietary changes.

The food preferences of clients should be considered in making dietary changes. Since foods vary in nutritional content, and no food uniquely provides any particular nutrient, there is no point in serving foods that clients dislike. Many of the suggestions in Table 20 should be able to pass a client "taste test." Involvement of clients in dietary decision-making has a positive value in itself.

6. Lobby the USDA to improve the nutritional quality of the foods it donates through commodities programs and to improve the quality of its dietary standards for child nutrition programs.

Foods donated through USDA commodities programs are often high in fat. These foods are obtained at no or low cost. HRA staff should work with USDA to increase the availability of donated healthy foods. In recent years, the USDA has altered its standards for child nutrition programs to make meals healthier. HRA should encourage USDA to continue these efforts.

Table 20. Suggestions for Nutritional Improvement of Food Service Menus.

To Increase Complex Carbohydrates and Fiber
Offer

More fresh fruits and vegetables
More pasta, rice, baked potatoes, whole wheat breads
More beans in salads, soups, casseroles
Rice and bean mixtures
Graham crackers and oatmeal cookies
Whole grain cereals
Chili

Purchase

Fresh and frozen fruits and vegetables
Brown rice
Cornmeal
Whole wheat flour
Baking potatoes
Fresh sweet potatoes

Food Preparation

Add grains, pasta, rice to soup
Add whole grains as meat extenders
Use whole wheat bread crumbs

To Reduce Fat, Saturated Fat, and Cholesterol
Offer

Low-fat lunch meats
Tuna packed in water
Skinless poultry
Lean cuts of meat
✓ Gravy on the side
Low-fat cheese
✓ Less butter and margarine
✓ Reduced-fat milk
Oil and vinegar salad dressings
Angel food cake
Graham crackers
Cakes without icing

Purchase

90:10 (lean:fat) beef
Pulled chicken
Unbreaded fish
Lean cuts of meat

Food Preparation

Trim fat from meat
Discard hard fats
Drain meats during and after cooking
Limit fried foods
Roast, bake, broil, poach
Marinate less tender cuts
Use vegetable oils
Reduce amounts of shortening on vegetables

Substitute yogurt for mayonnaise
Flavor vegetables with spices

To Reduce Sodium

Offer

Foods flavored with spices
More fresh or frozen (rather than canned) foods

Purchase

Herbs, spices
✓ Fewer cured meats

Food Preparation

Do not add salt to cooking water
Reduce salt in cooked foods
✓ Dilute soy sauce, if used
✓ Avoid using monosodium glutamate and other sodium-containing additives
Season with tomato sauce, spices, lemon juice

To Reduce Sugar

Follow the guidelines listed above.
Purchase fruits packed in own juice.

Figure 7.
Recipe
Alteration.

64
Chicken
BAKED HAM, MACARONI AND TOMATOES
(Canned Ham)

L MEAT, FISH, AND POULTRY No. 72(1)

YIELD: 100 Portions (4 Pans)				EACH PORTION: 1 Cup
PAN SIZE: 12 by 20 by 2½-inch Steam Table Pan				TEMPERATURE: 350°F. Oven
INGREDIENTS	WEIGHTS	MEASURES		METHOD
Macaroni	4 lb 8 oz .	4½ qt	1. Add macaroni slowly to boiling water; stir occasionally, until water returns to a boil. Boil 10 to 15 minutes. 2. Drain. Set aside for use in Step 5.
Salt <i>omit</i>	2 oz	3 tbsp	
Water, boiling	3 gal	
Onions, dry, chopped	4 lb	3 qt	3. Sauté onions, peppers, mushrooms, and garlic in salad oil or melted shortening 10 minutes until tender. <i>use salad oil in moderate amounts</i>
Peppers, sweet, fresh, chopped	2 lb	1½ qt	
Mushrooms, canned, drained <i>washed to remove salt</i>	2 lb	1½ qt (2-jumbo cn)	

(OVER)

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Garlic, dry, minced	3 cloves	
Salad oil or shortening, melted	1 lb	2 cups	
Tomatoes, canned, cut up	19 lb 2 oz	2¼ gal (3-No. 10 cn)	4. Combine sautéed vegetables, tomatoes, sugar, salt, monosodium glutamate , and oregano. Bring to a boil; reduce heat; simmer 10 minutes. <i>omit MSG and salt</i> <i>chicken</i>
Sugar, granulated .	2½ oz . . .	5 tbsp	
Salt	3 oz	4⅔ tbsp	
Monosodium glutamate <i>omit</i> (optional)	2 tsp	
Oregano, ground	2 tsp	
Ham, canned, diced ½-inch cubes ✓	18 lb 19	7½ qt	5. Combine ham , sauce, and macaroni. 6. Place about 1½ gal in each pan.

Substitute Pulled Chicken

(CONTINUED)

Category 2: recommendations that require minimal additional resources for implementation.

7. Develop a pilot project to increase the use of fresh fruits and vegetables in the meals.

As noted earlier, the single most useful and healthy change in meal menus would be to increase amounts of fresh plant foods. This recommendation requires development of a system for ordering, purchasing, delivering, and storing fresh foods. It also requires adjustment of menus and training of cooks. This project could be tried on a pilot basis in selected locations.

8. Establish pilot projects to train clients in food service.

Menu planning and food ordering, and food preparation and service can be enjoyable activities as well as marketable skills. Pilot projects could be established in well-managed shelters to train interested clients in these skills. Models of such programs exist elsewhere (Emmaus House, for example). The training could include development of skills in both restaurant- and home-style food service and the methods developed in these projects applied to programs in other units of the Department. Such projects would require additional supervisory staff.

9. Establish pilot projects for family-style meal preparation and service in foster care centers.

Food purchasing and meal planning and service are basic life skills conveyed over time in families. Selected foster care congregate homes (especially those that serve older children) could initiate projects in which children learn to plan menus, shop for food, and prepare, serve it family-style (set the table, distribute food, etc.), eat it, and clean up afterward. Additional advantages include the ability to increase the availability of fresh fruits and vegetables in the diet and the involvement of children in their local communities (since they would be buying foods at local stores). This type of project would require considerable staff training and a budget for food purchases.

10. Develop pilot projects to increase opportunities for physical activity among children and staff in foster care.

Current research on childhood obesity suggests that diets be avoided in this population and that, instead, children be encouraged to expand opportunities for other enjoyable activities. Exploration of options to increase the play, sport, dance, or other physical activities for children in foster care should be a Department priority. While such projects could be initiated with current staff resources, it seems likely that considerable staff training would be required and, possibly, additional staff resources.

Category 3: recommendations that require substantial expenditures to correct system deficiencies.

11. Develop a Department-wide system for replacing canned with fresh fruits and vegetables.

This action, which would immediately improve the taste of the food as well as improve its ability to reduce chronic disease risk, would require new systems for food requisitions, delivery, and storage, along with menu revisions and re-training of cooks and service personnel.

12. Hire more staff.

Food service operations are severely understaffed at all levels. The size and complexity of food service operations demand far more supervision than is currently possible. On-site operations are greatly handicapped by lack of trained personnel. Determination of priorities for staff hiring could be a function of a Department-wide coordinating body.

13. Bring existing kitchen and food storage facilities to code.

The numerous health and sanitation code violations observed in HRA kitchens and food storage areas should be corrected before disaster strikes. Immediate needs are for adequate ventilation, vermin-proof storage areas, appropriate cooking and heating equipment, and serving areas. Priorities should be established by a coordinating committee.

14. Purchase an appropriate number of vehicles designed for food transport.

Vans used to deliver cooked food from off-site kitchens have no refrigeration capacity. This deficiency puts the food at high risk of microbial contamination and the client population at high risk of food poisoning.

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APPENDIX 1

LIST OF PERSONS INTERVIEWED

The following persons were interviewed either formally or informally regarding aspects of this study:

HRAAdministration

Barbara Sabol, Administrator/Commissioner
Linda R. Fisher, Executive Deputy Administrator, External Affairs

ASA

T.F. Norton, Acting Assistant Deputy Commissioner, Administrative Services
Barbara Brice, Director, Home Economics
Blivienne Brown, Home Economist
John Gentile, Director, Food Services
Mary Knight, Supervising Home Economist, Senior Centers
Theresa Ogiste, Home Economist, Senior Centers
Alice Moise, Food Service Manager, 8 East 3rd Street

CWA

Alma Carten, Interim Executive Deputy Commissioner
Rosebud O. Pitt, Director, Food Service ODCCS
Verna Eggleston, Director ODCCS Administrative Services
Bracha Graber, Special Assistant to the Deputy Commissioner

FSA

Mary Nakashian, First Deputy Commissioner
Lewis Straus, Director, Office of Food Programs and Policy Coordination
Pat Brownell, Executive Assistant
Pamela Green, Deputy Commissioner, Agency for Child Development
Terry Gregory, Director, Goddard-Riverside Senior Center

NY State Nutritionists

Jaye Helferd, Nutrition Department, Albany
Leslie Mikkelson, Nutritionist, Food for Survival Food Bank

Others

Agnes Molnar, Community Food Resource Center
Father David Kirk, Director, Emmaus House, Harlem
Andrea Lucas, Director, Washington Heights YMHA/YWHA Senior Center
Directors, food service personnel, cooks, and clients at the sites visited

APPENDIX 2

LIST OF SITES VISITED

Homeless Shelters

Franklin Avenue Armory, Bronx
Bellevue Shelter, Manhattan
Atlantic Armory, Brooklyn
Greenpoint, Brooklyn

Kitchen

8 East 3rd Street, Manhattan

Family Shelter

Metropolitan (Catherine Street) Family Respite Center

Senior Centers

Goddard-Riverside, 593 Columbus Ave, Manhattan
Washington Heights YMHA/YWHA

Foster Care Centers

Atlantic Avenue Center, Brooklyn
Ashford, Brooklyn
Hegeman, Brooklyn
Agency-Operated Boarding House, Brooklyn

Soup Kitchens

St. John's Bread and Life, Brooklyn
Christian Help in Park Slope, Brooklyn
Emmaus House, Harlem

Appendix 3. "

FOOD DELIVERY IN THE ASA SHELTER FACILITIES

8/90

HRA operates twenty (22) directly-operated single shelters and four (4) contracted shelters operated by not-for-profit groups.

HRA uses seven (7) kitchens to prepare its meals. Six (6) shelters have kitchens located on-site (Camp La Guardia, Shelter Care for Men (8 East 3rd Street), Shelter Care for Women (350 Lafayette Street), Brooklyn Women's Shelter, Franklin Avenue Armory and Greenpoint Shelter). One (1) kitchen is located off-site on the grounds of Creedmoor State Psychiatric Hospital in Queens. All kitchens prepare meals for multiple shelters.

The following is a list of directly-operated kitchens and the supportive shelters:

* Meal Capacity - Not Census Capacity

SOOM KITCHEN (COOKING KITCHEN)

8 East 3rd Street

New York, New York 10003

*2,200 Meal Capacity

$$16 + 228 = 244$$

(Kenton 170 + 80 from Camp Guardia)

Bellevue

400-430 East 30th Street

New York, New York 10016

850 (950)

Fort Washington

216 Fort Washington Avenue

New York, New York 10032

925 (950)

Harlem I

2960 Fredrick Douglass Boulevard

New York, New York 10032

125

Harlem Armory

40 West 143rd Street

New York, New York 10037

300 (500)

QUEENS CENTRAL KITCHEN (COOKING KITCHEN)

80-45 Winchester Boulevard

Building #72

Queens Village, New York 11427

2,000 Meal Capacity

Flushing Armory

137-58 Northern Boulevard

Queens, New York 11354

220

Jamaica Armory

93-05 168th Street

Jamaica, New York 11434

65

Atlantic Avenue Armory

1322 Bedford Avenue

Brooklyn, New York 11207

1,000

Sumner Avenue Armory

357 Sumner Avenue

Brooklyn, New York 11226

715

-2-

FRANKLIN AVENUE ARMORY (COOKING KITCHEN)
1122 Franklin Avenue
Bronx, New York 10456

980 Meal Capacity

663

Kingsbridge Armory
29 West Kingsbridge Road
Bronx, New York 10468

100

Willow Avenue
781 East 135th Street
Bronx, New York 10454

125

GREENPOINT KITCHEN (COOKING KITCHEN)
300 Skillman Avenue
Brooklyn, New York 11211

700 Meal Capacity

500

Greenpoint I, II, III

85 Lexington Avenue
85 Lexington Avenue
Brooklyn, New York 11238

100

Park Slope Armory
1402 8th Avenue
Brooklyn, New York 11215

70

SOOW (COOKING KITCHEN)
350 Lafayette Street
New York, New York 10012

300 Meal Capacity

35

Park Avenue Armory
643 Park Avenue
New York, New York 10021

105

Lexington Avenue Armory
68 Lexington Avenue
New York, New York 10010

160

BROOKLYN WOMEN'S SHELTER (COOKING KITCHEN)
116 Williams Avenue
Brooklyn, New York 11207

250 Meal Capacity

CAMP LA GUARDIA (COOKING KITCHEN)
Box 566
Chester, New York 10918

1,000 Meal Capacity

Appendix 1.

EXHIBIT II

FAMILY EMERGENCY ASSISTANCE PROGRAM (FEAP)
FAMILY EMERGENCY SHELTERS (FES)/FAMILY RESPITE CENTERS (FRC)

LOCATION ADDRESS	RESIDENT CAPACITY
A. Metropolitan (Catherine Street) FRC 78 Catherine Street New York, N.Y. 10002	540
B. Third Street FES 282 East 3rd Street New York, N.Y. 10002	156
C. Auburn Place (Cumberland) FRC 39 Auburn Place Brooklyn, N.Y. 11205	404
D. Forbell FES 338-40 Forbell Street Brooklyn, N.Y. 11208	330
E. 151st Street FES 151 East 151st Street Bronx, N.Y. 10451	189
F. Saratoga Prenatal 357 Saatchi Avenue Brooklyn, N.Y. 11236	75
F. Contingency for increased services, as the need arises during the term of this contract.	Combined Maximum Resident Capacity not to exceed: 175

ESTIMATED TOTAL RESIDENT CAPACITY: 1869

*Appendix 5. Family Shelter Pre-Plated Lunch and
Dinner Menus, Week I, March-1990.*

LUNCH MENU

SUNDAY

Sandwich: Turkey with Lettuce and Mayonnaise (Min. 3 ozs. of Meat)
6 oz. Bowl of Soup (Mixed Vegetable)
1/2 pt. Milk
Fresh Fruit (Banana)
4 ozs. Ice Cream (Vanilla, Chocolate or Strawberry)
Coffee and Tea
Include: salt & pepper (1 package ea.) margarine (2 pats) and
sugar (4 packets) or substitute (2 packets)

MONDAY

Sandwich: 3 oz. Portion of Chicken Salad
6 oz. Bowl of Soup (Chicken Noodle)
1/2 pt. Milk
4 ozs. Juice (Cranapple)
Fruit, Canned (Sliced Pineapple)
4 ozs. Ice Cream (Vanilla, Chocolate or Strawberry)
Coffee and Tea
Include: salt & pepper (1 package ea.) margarine (2 pats) and
sugar (4 packets) or substitute (2 packets)

TUESDAY

Sandwich: Cooked Hamburger (Minimum 3 oz. Portion) with Bun & 1
Ketchup Package
6 oz. Bowl of Soup (Tomato)
1/2 pt. Milk
Fresh Fruit (Apple)
1/2 Cup of Jello (Fruit Flavor)
Coffee and Tea
Include: salt & pepper (1 package ea.) margarine (2 pats) and
sugar (4 packets) or substitute (2 packets)

WEDNESDAY

Sandwich: 3 ozs. American Cheese, Lettuce & Tomato
6 oz. Bowl of Soup (Vegetable)
Slice of Pie (Apple, 9" - 1/8 Slice)
1/2 pt. Milk
Fresh Fruit (Peach)
Relish Tray, Fresh Vegetables (Cucumber, Carrot Sticks, Celery)
Coffee and Tea
Include: salt & pepper (1 package ea.) margarine (2 pats) and
sugar (4 packets) or substitute (2 packets)

THURSDAY

Sandwich: 3 ozs. Beef Bologna with Mayonnaise
6 oz. Bowl of Soup (Cream of Chicken)
Slice of Cake (Pound - Plain or Marble, 4 oz. Slice)
1/2 pt. Milk
Fresh Fruit (Apple)
Relish Tray, Fresh Vegetables (Cucumber, Carrot Sticks, Celery)
Coffee and Tea
Include: salt & pepper (1 package ea.) margarine (2 pats) and
sugar (4 packets) or substitute (2 packets)

LUNCH MENU 'CONTINUED

FRIDAY

Sandwich: 3 oz. Portion of Tuna Fish
6 oz. Bowl of Soup (Clam Chowder)
1/2 pt. Milk
4 ozs. Ice Cream (Vanilla, Chocolate or Strawberry)
Cole Slaw (2 oz. Portion)
Fresh Fruit (Sliced Melon Section)
Coffee and Tea
Include: salt & pepper (1 package ea.) margarine(2 pats) and
sugar(4 packets) or substitute(2 packets)

SATURDAY

Sandwich: 3 Strips of Bacon, 1 oz. Slice of American Cheese,
Lettuce & Tomato
6 oz. Bowl of Soup (Beef Noodle)
1/2 pt. Milk
4 ozs. Juice (Pineapple)
Slice of Pie (Cherry, 9" - 1/8 Slice)
Fresh Fruit (Strawberries/5 ea.)
Coffee and Tea
Include: salt & pepper (1 package ea.) margarine(2 pats) and
sugar(4 packets) or substitute(2 packets)

END LUNCH MENU

DINNER MENU - FIRST WEEK

SUNDAY

Frankfutters (3 oz. Portion) with rolls
 Mashed Potatoes with Butter (1/2 Cup Serving)
 1/2 Cup Corn & 1/2 Cup Beans
 1/2 pt. Milk
 4 ozs. Juice (Pineapple, Apple, Grape or Cranberry)
 Ice Cream (4 oz.)
 Coffee and Tea
 Include: salt & pepper (1 package ea.) margarine(2 pats) and
 sugar(4 packets) or substitute(2 packets) and wedge of lemon.

MONDAY

Roast Beef/w Gravy (3 ozs. of meat portion)
 Mashed Potatoes (1/2 Cup Serving)
 2 slices of Bread (white, rye or whole wheat)
 Fresh Fruit (apple)
 1/2 pt. Milk
 4 ozs. Juice (Apple, Pineapple, Grape or Cranberry)
 Coffee and Tea
 Include: salt & pepper (1 package ea.) margarine(2 pats) and
 sugar(4 packets) or substitute(2 packets) and wedge of lemon.

TUESDAY

Fried Chicken (3 oz. Portion)
 Rice (1/2 Cup Serving)
 1/2 Collard Greens
 1/2 pt. Milk
 4 ozs. Juice (cranberry, apple, Grape or pineapple)
 2 Slices of Bread (White or Whole Wheat)
 Slice of Cake or pie (4 oz slice)
 Coffee and Tea
 Include: salt & pepper (1 package ea.) margarine(2 pats) and
 sugar(4 packets) or substitute(2 packets) and wedge of lemon.

WEDNESDAY

Meatballs (3 oz. Portion)
 Pasta (1/2 Cup Serving) with Tomato Sauce
 1/2 Cup Spinach
 Sliced Tomatos w/Dressing (Italian, French or Russian)
 Hero Roll
 Pudding (Chocolate, Vanilla or Butterscotch) 4 oz. portion.
 1/2 pt. Milk
 4 ozs. Juice (grape, apple, cranberry or pineapple)
 Coffee and Tea
 Include: salt & pepper (1 package ea.) margarine(2 pats) and
 sugar(4 packets) or substitute(2 packets) and wedge of lemon.

DINNER MENU - FIRST WEEK CONTINUED

THURSDAY

Baked or Broiled Chicken (3 oz. portion)
Fried Potatoes (3 oz. portion)
Stringbeans (1/2 Cup Serving)
2 Slices of Bread (White or Whole Wheat)
Fruit Cocktail (1/2 cup serving)
1/2 pt. Milk
4 ozs. Juice (grape, apple, cranberry or pineapple)
Coffee and Tea
Include: salt & pepper (1 package ea.) margarine(2 pats) and
sugar(4 packets) or substitute(2 packets) and wedge of lemon.

FRIDAY

Fried Fish (Whiting, Cod or Flounder - 4 oz. Portion)
Tartar sauce
Mashed Potatoes (1/2 cup portion)
1/2 Cup Zucchini or Squash
2 Slices of Bread (White or Whole Wheat)
1 Slice of cake or pie (4 oz. portion)
1/2 pt. Milk
4 ozs. Juice (grape, apple, cranberry or pineapple)
Coffee and Tea
Include: salt & pepper (1 package ea.) margarine(2 pats) and
sugar(4 packets) or substitute(2 packets) and wedge of lemon.

SATURDAY

Veal Parmigiana (4 oz. portion)
Pasta with Tomato Sauce (1/2 cup portion)
Salad (Lettuce, 3 Slices of Tomato & French Dressing)
2 Slices of Bread (white or whole wheat)
Jello (1/2 cup portion)
1/2 pt. Milk
4 ozs. Juice (grape, apple, cranberry or pineapple)
Coffee and Tea
Include: salt & pepper (1 package ea.) margarine(2 pats) and
sugar(4 packets) or substitute(2 packets) and wedge of lemon.

END DINNER MENU - FIRST WEEK

Appendix 6. Senior Center Congregate Meal Sites.

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BUREAU OF PURCHASED AND SPECIAL SERVICES

EXHIBIT 1

FY '91

DIVISION OF SENIOR CENTERS

CENTERS	DIRECTORS	BREAKFAST	CONGREGATE	HOMEBOUND
ANDREW JACKSON 325 E. 158th St. Bronx, N.Y. 10451	Earl Webber 585-0233/3660	35	55	
BAYCHESTER 1220 E. 229th St. Bronx, N.Y. 10466	Maurice Fleischman 231-6250	65	120	
BOSTON SECOR 3540 Bivona St. Bronx, N.Y. 10475	Gloria Perlman 671-8550	55	115	
BRONX RIVER 1619 East 174th St. Bronx, N.Y. 10472	Ernestine Levi 328-2263/2413/3010	(90)	135	
CASTLE HILL 625 Castle Hill Ave. Bronx, N.Y. 10475	Mary Coleman 824-8910	70	130	
EASTCHESTER 1246 Burke Avenue Bronx, N.Y. 10469	Donald Bevona 882-8513/6575	80	160	
EDENWALD 1135 E. 229th Dr. So. Bronx, N.Y. 10466	Richard Ackerman 882-3815	45	70	
E. ROBERTS MOORE 515 Jackson Ave. Bronx, N.Y. 10455	Charles Gropp 665-1505/08	25	60	
DAVIDSON 950 Union Ave Bronx, N.Y. 10459	Karen Washington 328-2811	35	80	
GUNHILL 3445 Holland Ave. Bronx, N.Y. 10467	Alan Hacht 881-5589	50	100	
JAMES MONROE 1776 Story Ave. Bronx, N.Y. 10472	John Stoduto 893-3484/3575	30	90	
MORRIS 80 E. 181st. St. Bronx, N.Y. 10453	Isabel Rolon 220-6716/7	75	130	

EXHIBIT I

BUREAU OF PURCHASED AND SPECIAL SERVICES

DIVISION OF SENIOR CENTERS

FY '91

<u>CENTERS</u>	<u>DIRECTORS</u>	<u>BREAKFAST</u>	<u>CONGREGATE</u>	<u>HOMEBOUND</u>
PARKSIDE 644 Adea Ave. Bronx, N.Y. 10467	Morris Friedberg 861-7780	60	155	
WILLIAM HODSON 1320 Webster Ave. Bronx, N.Y. 10456	Tecla Brown 538-1515/3838	40	120	
<u>BROOKLYN</u>				
ALBANY 196 Albany Ave. Brooklyn, N.Y. 11213	Julie Lambert 773-3722/3848	50	115	
ATLANTIC 2550 Atlantic Ave. Brooklyn, N.Y. 11207	Robert Stefani 495-4917/7918	25	125	
ABE STARK 103-15 Farragut Rd. Brooklyn, N.Y. 11236	Frank Duca 272-5515/9518	110	125	
Diana H. Jones 741 Flushing Ave. Brooklyn, N.Y. 11206	Valerie Nichols-D 782-3603/4/1/2	90 95	265	55
GLENWOOD 5701 Avenue H Brooklyn, N.Y. 11234	Stuart Zirowsky 241-7711/20/21	155	185	
HAER 3024 West 24th St. Brooklyn, N.Y. 11224	Frank Neglia 372-5775/5731	65	95	3
MARIA LAWTON 400 Hart Street Brooklyn, N.Y. 11206	Alberta Stamps 452-7474/7495	35	60	
MARLEORO 2298 W. 8th St. Brooklyn, N.Y. 11223	Angelo Cuneo 373-6161/6174	55	190	
MENORAH 871 Bushwick Ave. Brooklyn, N.Y. 11221	Madge Atkinson 443-3000	30	40	
PENN WORTMAN 895 Pennsylvania Ave. Brooklyn, N.Y. 11207	John Bradman 649-5114/5115	20	55	

EXHIBIT I

BUREAU OF PURCHASED AND SPECIAL SERVICES

DIVISION OF SENIOR CENTERS

FY'91

<u>CENTERS</u>	<u>DIRECTORS</u>	<u>BREAKFAST</u>	<u>CONGREGATE</u>	<u>HOMEBOUND</u>
PINK HOUSES 2702 Linden Blvd. Brooklyn, N.Y. 11208	Leslie Taylor 6647-2490/2494	50	80	45
RED HOOK 6 Wolcott Street Brooklyn, N.Y. 11231	Catherine Conway 325-4844	30	60	
RIDGEWOOD BUSHWICK 319 Stanhope St. Brooklyn, N.Y. 11237	Pamela Fisher 366-3038, 3040	145	265	255
ROSETTA GASTON 450 Dumont Ave. Brooklyn, N.Y. 11213	Harvey Stone 345-5665/5666	40	115	3
SURF-SOLOMON 3001 W. 37th St. Brooklyn, N.Y. 11224	Demetra Douvas 449-6363/64/65	140	230	
TILDEN 630 Stone Ave. Brooklyn, N.Y. 11212	Robert Jones 498-2990/3082	20	70	
CHRISTOPHER C. BLENNAN 720 East New York Ave. Brooklyn, N.Y. 11203	Virginia Brown 773-7400/1	75	150	6
HAZEL M. BROOKS 460 Flatbush Ave. Brooklyn, N.Y. 11226	George Mussig 859-1013/2420	40	95	
VAN DYKE II 430 Dumont Avenue Brooklyn, N.Y. 11212	Margaret Morowitz 385-1110/5849	40	100	
HUGH ED GILROY 47 Kings Fourth Walk Brooklyn, N.Y. 11233	Paula Thornton 756-8400/86	40	100	
WILLOUGHBY 51 Monument Walk Brooklyn, N.Y. 11205	Winfred Sparks 643-0248/0230	40	100	
WYCKOFF 280 Wyckoff St. Brooklyn, N.Y. 11217	Garwood Norris 237-6506/6694	30	45	
VANDALIA 47 Vandalia Ave. Brooklyn, N.Y. 11236	Marta Murphy 495-7346/7348	90	150	

DIVISION OF SENIOR CENTERS

FY '91

<u>CENTERS</u>	<u>DIRECTORS</u>	<u>BREAKFAST</u>	<u>CONGREGATE</u>	<u>HOMEBOUND</u>
<u>STATEN ISLAND</u>				
BERRY HOUSES 211 Jefferson St. S.I., N.Y. 10306	Harvey Kaufman 979-0010	20	105	
CASSIDY COLES 125 Cassidy Place S.I., N.Y. 10301	John Braccia 273-6808/6838	25	175	
MARINER'S HARBOR 22 Roxbury St. S.I., N.Y. 10303	Maurice Mahoney 494-1816/9	15	45	
RICHMOND TERRACE 71 Jersey Street S.I., N.Y. 10301	Robert Cavallone 273-6680/2	30	80	
SOUTH BEACH 126 Lamport Blvd. S.I., N.Y. 10305	Eugene Cutolo 448-5854/56	15	120	
STAPLETON 189 Gordon St. S.I., N.Y. 10304	William Ash 981-8787	20	65	
WEST BRIGHTON 230 Broadway S.I., N.Y. 10310	Leonard Rutkowski 727-9763/93	15	60	
<u>MANHATTAN</u>				
A. PHILIP RANDOLPH 108 W. 146th St. N.Y., N.Y. 10039	Warren Blackman 283-7904/6/9/16	250	330	10
DYCKMAN 2754 10th Ave. N.Y., N.Y. 10034	Anna Goldstein 569-7790/2220	50	100	5
GODDARD-RIVERSIDE 593 Columbus Ave. N.Y., N.Y. 10025	Samuel T. Gregory 873-6600	70	175	
GREENWICH HOUSE 27 Barrow St. N.Y., N.Y. 10014	Doris Glicklich 675-3435/6129	75	85	

DIVISION OF SENIOR CENTERS

FY'91

<u>CENTERS</u>	<u>DIRECTORS</u>	<u>BREAKFAST</u>	<u>CONGREGATE</u>	<u>HOMEBOUND</u>
CITY HALL 253 Broadway N.Y., N.Y. 10007	Wellington Chang 240-6927,28	170	220	
LA GUARDIA 280 Cherry St. N.Y., N.Y. 10002	Kathryn Williams 732-3655	80	85	5
LEONARD COVELLO 312 E. 109th St. N.Y., N.Y. 10029	Guido Passagno 860-5287/8	80	115	
MARY MCLEOD BETHUNE 1970 Amsterdam Ave. N.Y., N.Y. 10032	Charles West 652-6700/1293 566-6923	55	120	
JACKIE ROBINSON 1301 Amsterdam Ave. N.Y., N.Y. 10027	Edmund Thomas 666-4910/5112	15	65	
SIROVICH 331 E. 12th St. N.Y., N.Y. 10003	Lynne LaSala 420-7763/69	180	230	
STANLEY ISAACS 415 E. 93rd St. N.Y., N.Y. 10028	William Dyer 360-5440,1	90	185	
CORSI 307 E. 116th St. N.Y., N.Y. 10029	Mervyn Goldstein 360-5436,38,39	60	105	
<u>QUEENS</u>				
ELMHURST-JACKSON HGTS. 87-11 Whitney Ave. Elmhurst, N.Y. 11373	Ralph Manolitano 478-7171/7376	110	220	
LAURELTON-ROSEDALE 33-21 232nd St. Laurelton, N.Y. 11413	Clarence Ford 527-7577/81/32	45	130	5
HANDEL 90-01 Rockaway Bch. Blvd. Rockaway Beach, N.Y. 1169	Irving Oppman 634-6799/4047	45	115	

EXHIBIT I

BUREAU OF PURCHASED AND SPECIAL SERVICES

FY'91

DIVISION OF SENIOR CENTERS

<u>CENTERS</u>	<u>DIRECTORS</u>	<u>BREAKFAST</u>	<u>CONGREGATE</u>	<u>HOMEBOUND</u>
POMCHOK 67-09 Kissena Blvd. Flushing, N.Y. 11367	Donald Pasternak 591-3378/79	95	170	3
QUEENSBURG 10-25 41st Ave. L.I.C., N.Y. 11101	Caryle Linda Rosenblatt 937-1086/93	25	85	
RAVENSWOOD 34-35A 12th St. L.I.C., N.Y. 11106	Richard Heinlein 786-1550/3471	20	90	5
SOUTH JAMAICA HOUSES 107-60 159th St. Jamaica, N.Y. 11433	Sammi Poole 739-4443/657-7554	15	30	
WOODSIDE 49-11 Broadway Woodside, N.Y. 11377	Hildonia Thomas 932-6918/11	30	115	
ROCKAWAY BOULEVARD 123-10 143rd St. Jamaica, N.Y. 11436	Loretta Huggins 835-0900/0991 /0184	105	145	
		<u>3,980</u>	<u>7,900</u>	<u>400</u>

about 90% of Seniors consume both breakfast and lunch

Appendix 7

MENU PLANNING GUIDELINES

Plan menus to adhere to regulatory requirements and nutrition program guidelines of both ACD and USDA/CCFP.

- Use Instructions and Informational for completing form ACD 4003, weekly Menu Plan Using Option I [Breakfast, Lunch, P.M. Snack] OR
- Use Instructions and Informational for completing Form ACD 4009, Weekly Menu Plan Using Option II [A.M. Snack, Lunch, Supper] OR
- If you have a combined preschool and school age program and have selected Option I for the all day program, you must also complete the Supper menu for the school age program during the school year. This is required by USDA/CCFP regulations.

Review your menu and check if they generally follow planning guidelines of both ACD and USDA/CCFP.

- **Nutritional Adequacy**

The meals and snacks should provide 1/2 to 2/3 of the children's daily nutritional requirements for vitamins, minerals, protein and calories, following recommendations of the National Academy of Science, National Research Council. Be sure to check for adequacy of protein, vitamin C, vitamin A, "B" vitamins, iron and calcium.

- **Inclusion of:**

Each of the food components required for each of the meals and snacks served by the day care program; e.g., fruit or juice AND milk AND bread or bread alternate for breakfast.

A vitamin C-rich fruit and/or vegetable or a vitamin C-rich juice daily;

A vitamin C-rich fruit or vegetable at lunch or supper when dried peas or beans or peanut butter are served as the source of protein;

Dark green, leafy vegetables, or deep yellow fruits or vegetables, 3 to 4 times weekly for vitamin A;

A fresh fruit or raw vegetable at least once daily to compensate for those nutrients lost in cooking, for texture variety and for chewing exercise;

Liver once monthly, as well as a wide variety of dark green, leafy vegetables AND whole-grain or enriched bread, grain and pasta products in the monthly menu plan to assure meeting the children's nutritional needs for iron;

- Varied menu patterns

Avoidance of the same food(s) on consecutive days;

Avoidance of the same food(s) on the same day of consecutive weeks;

Avoidance of monotonous patterns; i.e., chicken every Tuesday, eggs every Monday; or the same combination of foods, such as filleted fish, cole slaw and green beans, etc.

- Selection of menu items for complementary or harmonizing colors and flavors, variety of textures and contrasting shapes.
- Planning of food choices that are suitable and safe for young children; child-oriented foods, foods free of small bones and pits, avoidance of foods associated with choking accidents in young children.
- Avoidance of concentrated sweets, foods high in fats or additives, highly salted foods, fried foods, etc.
- Selection of foods from child's own ethnic group and other ethnic groups as one means of integrating the nutrition program into the educational curriculum, by helping children to appreciate their own ethnicity and to understand the culture, customs and food habits of other ethnicities.
- Planning new foods and menu items as one other means of integrating the nutrition program into the educational curriculum.
- Planning to use foods that are seasonally available.
- Planning for special occasions.
- Planning for food storage, equipment and cooking facilities.

Prepared By:

Ruth Karp, Director
Nutrition Services Unit
April 27, 1983
Revised: May 18, 1989

APPENDIX 8

EFAP-SUPPORTED SOUP KITCHENS AND FOOD PANTRIES

Groups are sorted by zip code and program name. Number of people served is average for January to May, 1990.

HEVID TYPE/PROGRAM	CONTACT	CONTACT PHONE	DISTRICT	DIST ZIP	STATUS	REPORTED SERVED JAN-MAY 90 AVG
40401 SK Holy Apostles Soup Kitchen	Fr. David Howard	212-274-0147	NY	10001	A	19,917
40737 FP St. John's Bread of Life	Father John Kiordan	212-703-8871	NY	10001	A	0
40184 FP Instantaneous Health Unit	Brunilda Santiznik	212-227-8101	NY	10007	A	674
40191 SK Lowery Mission	Tony Bedeau	212-674-3154	NY	10007	A	8,749
40193 SK Lowery Mission	Eric Roth	212-553-3700	NY	10007	A	6,490
40546 FP Lowery Residents Committee	Katie Mitchell	212-475-3341	NY	10002	A	109
40570 KFP United Jewish Council of the East Side	David Weinberger	212-233-4037	NY	10002	A	55
40777 FP American Indian Community House	Diane Dwyer	212-598-0100	NY	10003	A	52
41116 FP Calvary/St. George's Lunch Program	Barbara Barry	212-475-0830	NY	10003	A	697
40474 SK Calvary/St. George's Lunch Program	Barbara Barry	212-475-0830	NY	10003	A	173
41074 FP Church of the Nativity	St. Vincent DePaul	212-674-0710	NY	10002	A	1,397
40584 SK Grace and Hope Mission, Inc.	Heidi D. Brown	212-982-1230	NY	10003	A	190
40585 FP Grace and Hope Mission, Inc.	Heidi D. Brown	212-982-1230	NY	10003	A	0
41130 APP Middle Collegiate Church Life Program/Homelink	Gilbert Farley/Rev. Gordon Hight	212-768-7610	NY	10003	A	0
41131 APP Middle Collegiate Church Life Program/Homelink	Gilbert Farley/Rev. Gordon Hight	212-768-7610	NY	10003	A	145
40604 KFP Town & Village Synagogue	Rabbi Henry Glazer	212-484-7723	NY	10003	A	1,467
40557 SK University Community Soup Kitchen	Lorraine Wynn	212-267-9500	NY	10007	A	0
40559 KFP Metropolitan NY Coordinating Council of Jewish Community	Stacy Rubin	212-477-0757	NY	10009	A	978
41171 FP Lower East Side Food Pantry	Lewyn Weiss	212-228-5254	NY	10009	A	150
40613 FP Shelter and Food for the Homeless	Lewyn Weiss	212-228-5254	NY	10009	A	1,571
40814 SK Shelter and Food for the Homeless	Lewyn Weiss	212-228-5254	NY	10009	A	0
40816 SK T.S.B. Inc.	Kevin Lloyd	212-741-1923	NY	10010	A	0
40819 FP T.S.B. Inc.	Kevin Lloyd	212-741-1923	NY	10010	A	1,510
41020 FP Church of the Ascension Food Pantry	Rev. Jane Lockman	212-243-6524	NY	10011	A	2,305
40449 FP Metropolitan Community Church of NY	Rev. Paul Goodman	212-243-6524	NY	10011	A	235
40749 FP St. Francis Xavier Welcome Table	Rev. John Buck	212-627-2100	NY	10011	A	5,130
40750 SK St. Francis Xavier Welcome Table	Rev. John Buck	212-627-2100	NY	10011	A	500
40577 FP St. Peter's Food Pantry	Father Richard / Beth Rake	212-929-2390	NY	10012	A	1,397
40503 SK Catholic Center Soup Kitchen	Sister Mary Schellings	212-674-7234	NY	10012	A	302
40578 FP Franciscan Mission	Father Richard	212-674-7234	NY	10012	A	1,402
40740 SK St. Joseph's Soup Kitchen	Pat Downey	212-678-8730	NY	10014	A	0
40645 FP East Midtown Food Pantry	Brother Raymond Baglioni	212-683-1475	NY	10014	A	0
40609 FP Murray Hill 3rd Precinct for Older People	Nirala Canchis	212-683-2522	NY	10016	A	177
40726 FP SNM - N.Y. Volunteer Parent Aides Association	Catherine Danico	212-710-4176	NY	10017	A	218
40736 SK St. James Soup Kitchen	Perry/Kelly Edwards	212-594-4464	NY	10019	A	201
41167 FP Sacred Heart of Jesus Church	Kevin Nolan	212-765-5020	NY	10019	A	871
40718 FP Sacred Heart of Jesus Church	Kevin Nolan	212-765-5020	NY	10019	A	0
40719 SK Sacred Heart of Jesus Church	Sister Elizabeth Hughes	212-765-5435	NY	10019	A	0
40743 FP St. Michael's Food Pantry	Rev. Christopher Dunlop	212-765-5435	NY	10019	A	0
40744 SK St. Paul's House Inc.	Rev. Christopher Dunlop	212-747-3311	NY	10019	A	0
40745 FP St. Paul's House Inc.	Rev. Christopher Dunlop	212-747-3311	NY	10019	A	106
40746 SK St. Thomas Church and Choir School	Nirala Canchis	212-677-1775	NY	10021	A	580
40816 FP Trinity Presbyterian Church (NY)	Nirala Canchis	212-677-1775	NY	10021	A	720
40746 SK All Saints Unitarian Church	Nirala Canchis	212-677-1775	NY	10021	A	566
40747 FP Christ Church United Methodist	Shirley A. Clairmont	212-535-8008	NY	10021	A	0
40810 SK Temple Shalom Leila	Shirley A. Clairmont	212-535-8008	NY	10021	A	0
41117 FP All Saints Episcopal Church	Shirley A. Clairmont	212-535-8008	NY	10021	A	3,117
40747 FP Central Synagogue Carrying Committee	Gilbert Farley	212-768-7610	NY	10022	A	391
40747 SK Central Synagogue Carrying Committee	Gilbert Farley	212-768-7610	NY	10022	A	371
41152 APP Homelink at St. Paul's	Gilbert Farley	212-768-7610	NY	10022	A	334
40776 APP Homelink at St. Paul's	Gilbert Farley	212-768-7610	NY	10022	A	334
41159 APP Homelink Project, Inc.	Gilbert Farley	212-768-7610	NY	10022	A	334
41198 APP Homelink Project, Inc.	Gilbert Farley	212-768-7610	NY	10022	A	334
40737 FP St. Bartholomew's U.F.P.	Elizabeth Rowe	212-751-1416	NY	10022	A	3,041
40740 SK St. Bartholomew's U.F.P.	Elizabeth Rowe	212-751-1416	NY	10022	A	1,706
41133 SK St. Peter's Church Breakfast Program	Josanna Bortnik	212-730-2200	NY	10022	A	380
41133 FP St. Peter's Church Breakfast Program	Patrick Hall	212-730-2200	NY	10022	A	0
40507 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	183
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	395
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	1,397
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	177
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	1,737
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	197
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	177
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	731
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	574
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	3,229
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	300
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	1,577
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	10,765
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	2,313
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 FP THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg	212-730-0763	NY	10022	A	0
41118 SK THE SALVATION ARMY CENTRAL OFFICE	Lt. & Mrs. Phillip Wittenberg					

HEWID	TYPE/ORGAN	CONTACT	CONTACT PHONE	DISTRICT	DISTRICT	STATUS	REPORTED	SERVED
80795 SK	St. Anthony's Soup Kitchen / Enter. Inc.	Stephanie Powell	212-860-7400	NY	10029	A		4,331
80744 FP	St. Cecilia's Parish Services	Sister Theresa Christine	212-348-0400	NY	10479	A		256
80801 FP	Yorkville Coogan Pantry	Debby Schindler / Iris Patterson	212-476-7324	NY	10029	A		7,513
80862 SK	Yorkville Coogan Pantry	Debby Schindler / Iris Patterson	212-476-7324	NY	10029	A		0
81140 AFP	Yorkville Coogan Pantry - Lunch for Live (NIDS)	Iris Patterson	212-476-7324	NY	10029	A		0
80531 SK	Colonial Park Community Service Inc.	Mr. John Barlow	212-670-5002	NY	10029	A		0
80532 FP	Colonial Park Community Service Inc.	Mr. John Barlow	212-670-5002	NY	10029	A		0
80573 FP	Harlem Baptist Ministry	Michael J. Williams	212-862-8612	NY	10030	A		0
80574 SK	Harlem Baptist Ministry	Michael J. Williams	212-862-8612	NY	10030	A		0
80712 FP	Rockin' Rappers' Sports Association	William J. Brown	212-862-7681	NY	10030	A		2,948
80741 FP	Common Avenue Baptist Church	Hildred Webster	212-231-6747	NY	10031	A		516
81125 FP	New Covenant Temple	Iris Fischer	718-433-8080	NY	10031	A		175
80694 SK	Phase Plooy Bach	Barbara Foray	212-231-1660	NY	10031	A		415
80673 FP	Phase Plooy Bach	Barbara Foray	212-231-1660	NY	10031	A		182
81448 FP	Produce, Inc.	Gloria Fontana	212-862-3427	NY	10031	A		0
80743 FP	St. Catherine of Genoa Food Pantry	Rev. Robert Ritchie	212-876-6130	NY	10031	A		0
81072 SK	The Community League of West 159th St.	Lustile Turner/E.S. Annell	212-781-8210	NY	10032	A		0
80841 FP	Washington Heights Ecumenical Food Pantry	Elynn Rosenthal	212-781-8328	NY	10032	A		2,310
80584 FP	Good Shepherd Food Pantry	Liz Carrión	212-974-5808	NY	10032	A		0
81206 SK	Manhattan Bible Church	Mr. Jewel Jones	212-567-2274	NY	10034	A		3,701
80545 FP	Emmaus House - Harlem	Annie Iron/Alma Makhala	212-410-6006	NY	10035	A		80
80546 SK	Emmaus House - Harlem	Annie Iron/Alma Makhala	212-410-6006	NY	10035	A		8,200
80571 FP	Esperanza Y Buen Samaritano Ministries	Rev. Victor Roma	212-299-6872	NY	10035	A		1,028
80603 SK	Harlem Welcome Table	Rev. J. Morrison	212-289-6151	NY	10035	A		807
80677 FP	Little Sisters of the Assumption	Sister Christina	212-289-6151	NY	10035	A		498
80710 SK	Resurrection House Family Service Center	Walter Dixon	212-348-3535	NY	10035	A		560
80709 FP	Resurrection House Family Service Center	Walter Dixon	212-348-3535	NY	10035	A		227
80781 FP	St. Paul's Parish Pantry	Sister Genevieve	212-534-4472	NY	10035	A		0
80721 FP	The Salvation Army Manhattan Citadel	Shoshanna Wolff	212-860-3308	NY	10035	A		206
80722 SK	The Salvation Army Manhattan Citadel	Shoshanna Wolff	212-860-3308	NY	10035	A		1,217
80826 FP	United For A Better Area, Inc.	Edward Geronzi	212-709-7072	NY	10035	A		1,707
80576 SK	Grace Developmental Services For Women	Dr. Linda Teekah	212-203-1558	NY	10036	A		2,705
80573 FP	Grace Developmental Services For Women	Dr. Linda Teekah	212-203-1558	NY	10036	A		1,063
80605 FP	Holy Cross Church Saturday Lunch	Arthur Blatin	212-746-4739	NY	10036	A		142
80671 SK	Lamb's Manhattan Church of the Nazarene	Penny Bakewell	212-575-0300	NY	10036	A		2,072
80670 FP	Lamb's Manhattan Church of the Nazarene	Penny Bakewell	212-575-0300	NY	10036	A		188
80748 FP	Harlem Parents Association	Alfonso Johnson	212-279-3385	NY	10037	A		2,477
80744 FP	St. Mark the Evangelist Church	Reginald Purcell	212-203-4843	NY	10037	A		796
80742 FP	The Salvation Army Harlem Temple Corps	Captain & Mrs. Timothy Thomas	212-203-3066	NY	10037	A		0
80745 SK	Radio Church of God / OSC	Sheby Sullivan	718-529-5157	NY	10037	A		2,054
81034 SK	Project Hospitality, Inc.	Kirk Vandenberg	718-248-0165	NY	10037	A		1,762
81043 FP	Project Hospitality, Inc.	Kirk Vandenberg	718-248-0165	NY	10037	A		753
81073 FP	Coalition For Individual & Family Inter.	Shirley Lee	718-865-7700	NY	10038	A		0
81039 FP	The Salvation Army Stapleton Corps	Lt. & Mrs. Gurnon Macke	718-448-8400	NY	10038	A		70
81017 FP	All Saints Church	Rev. Janet L.A. Hovey	718-698-1320	NY	10038	A		810
81025 FP	Children's Center - Victim Services	Ellen Malachuk	212-681-6611	NY	10038	A		54
81048 SK	The Salvation Army Bronx Citadel	Mrs. Jane	212-687-0172	NY	10038	A		0
81137 FP	The Salvation Army Bronx Citadel	Mrs. Jane	212-687-0172	NY	10038	A		0
80073 SK	Grand Concourse 50th Church	Laura Miller	212-797-6272	NY	10038	A		776
81115 FP	Grand Concourse 50th Church	Laura Miller	212-797-6272	NY	10038	A		156
81077 FP	Midchester Community Life Center	Carole Viter	212-288-7475	NY	10038	A		107
80134 FP	David Shurt Church	Rev. Willie Brown	212-293-2746	NY	10038	A		353
80139 FP	UNH - New York	Rev. L. N. N.	212-220-2170	NY	10038	A		295

80060 FP	Faro Puerto Rico Inc.	Maria Hillet	212-773-8700	NY	10450	A		0
80061 SK	Faro Puerto Rico Inc.	Maria Hillet	212-773-8700	NY	10450	A		0
80006 FP	Abundant Life Ministries	ROBERTA PATRICK/BURKE BYRON	212-773-8700	NY	10450	A		0
81062 SK	NY Brothers Place	Robert Vlahi	212-773-8700	NY	10450	A		1,036
81061 FP	NY Brothers Place	Robert Vlahi	212-773-8700	NY	10450	A		0
81200 SK	New Beginning Outreach Ministry	Reinaldo Ramirez	212-228-5564	NY	10450	A		449
80145 FP	Pueblo En Marcha, Inc.	USPHERE ANTONETTI	212-663-7272	NY	10450	A		180
80150 SK	St. Ann's Church of Morrisania	Nidia Landry	212-583-5637	NY	10450	A		1,188
80149 FP	St. Ann's Church of Morrisania	Nidia Landry	212-583-5637	NY	10450	A		2,287
80153 SK	St. Benedict the Moor Community Center	James Roundtree	212-665-9693	NY	10450	A		5,329
80029 FP	Uroch Temple of S.O.B. Church	Mrs. Kathleen Holmes	212-677-5290	NY	10450	A		1,294
80187 SK	Brown's DMH Community Meal Program	Carrie Wilkerson	212-538-4020	NY	10450	A		0
80182 FP	United Bronx Parents, Inc.	OSCAR RIVERA	212-771-7700	NY	10450	A		111
80015 FP	Bible Church of Christ	Evangelist Sue Jones	212-588-2201	NY	10450	A		276
80040 FP	PARISH CHURCH	Michael Jackson/Dr. J. Robinson	212-607-6066	NY	10450	A		1,370
80087 SK	Holy Tabernacle Church Inc.	Rev. Herbert Thomas	212-842-0140	NY	10450	A		0
80088 FP	Holy Tabernacle Church Inc.	FRANCIS L. JORDAN	212-377-1481	NY	10450	A		0
80087 FP	L.A.S.O.N.	FRANCIS L. BROWN	212-377-1481	NY	10450	A		0
80052 FP	Martin Luther King Jr. Alcoholism Program	MARTHA CRISTIANI	212-273-3011	NY	10450	A		0
80107 FP	New Zion Pilgrim Baptist Church	Judith Annell	212-940-2137	NY	10450	A		316
80119 FP	Paralete Foundation	Rev. Robert Lane	212-231-7271	NY	10450	A		375
81174 SK	Paralete Foundation	Sister Mary Jane Jensen	212-328-8620	NY	10450	A		442
80157 SK	St. John's Lutheran Church	Rev. John Helmweier & Lorraine	212-273-0300	NY	10450	A		442
80449 FP	2700 Tribout Block Association	Lowell Hatch	212-933-0176	NY	10450	A		176
80076 FP	Brexa Seventh Day Adventist Church	Rev. Angel Rios	212-827-0021	NY	10450	A		1,784
80050 FP	Damascus Christian Church Food Pantry	Rev. Angel Rios	212-827-0021	NY	10450	A		0
81141 FP	Fellowship Chapel	Rev. Angel Rios	212-827-0021	NY	10450	A		194
80069 SK	Guiding Light of Truth, Inc.	Bishop Mary White	212-583-6041	NY	10450	A		487
80075 FP	The Guiding Light of Truth Church	Bishop Mary L. White	212-583-6041	NY	10450	A		0
81220 SK	The Salvation Army Truett Corps	Lt. & Mrs. Federico Larrinaga	212-581-6250	NY	10450	A		0
80126 FP	The Salvation Army Truett Corps	Lt. & Mrs. Federico Larrinaga	212-581-6250	NY	10450	A		0
80121 SK	Part of the Solution (P.O.S.)	LOUIS LUTHER	212-288-6790	NY	10450	A		4,341
80021 FP	Cardinal McGuckey Family Outreach	Timothy Dean	212-798-2441	NY	10450	A		206
80039 FP	Christian Church John 3:16	Anna Varma/Chabuelo Rincon	212-991-4222	NY	10450	A		167
80131 SK	Resurrection Rehabilitation Center	Javier Roman/Trinidad Gonzalez	212-326-3222	NY	10450	A		761
80133 SK	Resurrection Rehabilitation Center	Lindell Gonzalez	212-326-3222	NY	10450	A		345
80142 FP	St. Anthony of Padua Church	Christine Johnson	212-542-1292	NY	10450	A		0
80172 FP	St. Anthony of Padua Church	Rev. Peter Clement	212-542-1292	NY	10450	A		0
80045 FP	Orthodox Apostolic Church	Ursula Corbin	212-682-7451	NY	10450	A		1,107
80172 FP	Orthodox Apostolic Church	Ursula Corbin	212-682-7451	NY	10450	A		0
80143 SK	Shiloh Temple Pentecostal Church	Bertha A. Goto	212-654-5273	NY	10450	A		711
80147 FP	St. Thomas Ministry Church	Rev. Peter Clement	212-542-1292	NY	10450	A		0
80051 FP	Truett Little League, Inc.	JOSE LUTHER	212-288-6790	NY	10450	A		1,280
80053 FP	East Bronx Hunger Program	Elvis Patterson Ellis	212-407-0526	NY	10450	A		407
80066 FP	Truett Little League, Inc.	JOSE LUTHER	212-288-6790	NY	10450	A		0
80167 FP	St. Paul's Lutheran Church	Rev. M. L. L. R. Hoffman	212-477-7446	NY	10460	A		202
80177 FP	St. Paul's Lutheran Church	Rev. M. L. L. R. Hoffman	212-477-7446	NY	10460	A		0
80177 FP	St. Paul's Lutheran Church	Rev. M. L. L. R. Hoffman	212-477-7446	NY	10460	A		0
80177 FP	St. Paul's Lutheran Church	Rev. M. L. L. R. Hoffman	212-477-7446	NY	10460	A		0
80177 FP	St. Paul's Lutheran Church	Rev. M. L. L. R. Hoffman	212-477-7446	NY	10460	A		0

[illegible]

MEMO TYPE/PHYSIAN	CONTACT	CONTACT PHONE	DISTRICT	CLAZZ	STATUS	REPORTED SERVING
00359 FP Emergency Food Program/Council of Churches	Rev. Richard Miller/John Krawiec	710-375-8184	OK	11221	A	144
A1221 SV Home of Foreign Missions	Clayton Horton/Rev. H.C. Nasher	710-443-5784	OK	11221	A	0
A1223 FP Home of Foreign Missions	Olivia Horton/Rev. H.C. Nasher	710-443-5784	OK	11221	A	0
00363 FP James United Methodist Church	Clairie Locklear	710-453-7316	OK	11221	A	0
00316 FP Airforce Airman's Home Post Kitchen	Victoria Dickerson	710-453-8111	OK	11221	A	0
00316 SK Airforce Airman's Home Post Kitchen	Victoria Dickerson	710-453-8111	OK	11221	A	0
00318 FP Metropolitan Assembly of God	F. Ardaya, N. Zarif	710-453-3552	OK	11221	A	0
00372 FP Mount Sinai Spiritual Church of God	Mirtha Baumbach/Richard Ford	710-468-3575	OK	11221	A	0
00372 SK Mount Sinai Spiritual Church of God	Mirtha Baumbach/Richard Ford	710-468-3575	OK	11221	A	0
00378 FP Open Door Outreach Ministry	Rev. Jerry Kure	710-471-8366	OK	11221	A	747
00378 FP Our Lady of Good Counsel	Another Richard	710-443-7911	OK	11221	A	0
00378 SK Second Church Baptist Church	Rev. Luther Alston	710-443-1292	OK	11221	A	0
00378 FP Second Church Baptist Church	Rev. Luther Alston	710-443-1292	OK	11221	A	0
00378 SK Second Church Baptist Church	Rev. Luther Alston	710-443-1292	OK	11221	A	0
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00378 FP Second Church Baptist Church	Rev. Luther Alston	710-443-1292	OK	11221	A	0
00378 SK Second Church Baptist Church	Rev. Luther Alston	710-443-1292	OK	11221	A	0
00378 FP Second Church Baptist Church						

*Appendix 9.*FOODS PURCHASED FOR THE EMERGENCY FOOD ASSISTANCE PROGRAM
(MAY - AUGUST 1990)FOR SOUP KITCHENS

Macaroni	20 lb. Bulk
Peas & Carrots	6/#10 cans
Tomato Sauce	6/#10 cans
Veg. Baked Beans	6/#10 cans
Peaches	6/#10 cans
Tuna in Water	6/66 1/2 oz cans
Peanut Butter	6/#10 cans
Beef Stew	6/#10 cans
Meat Balls in Sauce	6/#10 cans
Rice	26 lb bulk bag
Pineapple Juice	12/#3 cans
Dry Powdered Milk	12/8 qt.
String Beans	#10 cans
Fruit Cocktail	#10 cans
Rice - Brown	25 lb. bulk
Canned Corn	6/#10 cans
Apple Sauces	6/#10 cans
Orange & Grapefruit Blend	46 oz.

FOR FOOD PANTRIES OR SOUP KITCHENS

Enfamil Ready To Feed
 Enfamil with Iron
 Isomil Infant Formula
 Similac Infant Formula Reg.
 Similac Infant Formula w/Iron

FOR FOOD PANTRIES

Macaroni	1 lb. boxes
Peas & Carrots	24/16 oz.
Spaghetti Sauce	12/15 oz.
Veg. Baked Beans	24/16 oz.
Peaches	24/16 oz.
Tuna in Water	48/6 1/2 oz.
Peanut Butter	12/18 oz.

Beef Stew	12/15 oz.
Corned Beef Hash	24/15 oz.
Rice	1 lb. boxes
Citrus Juice	48/6 oz cans
Dry Milk (USDA Pantry only)	
String Beans Low Sodium	24/303
Tomatoes Low Sodium	24/303
Rice Long Grain Brown	30 - 1 lb.
Canned Corn	24/303
Pineapple Juice	60 oz/48 cans
Applesauce	24/303 cans
Canned Boned Mix in Chicken	24/5 oz cans
Granulated Sugar	24/1 lb
Wheat Cereal	12/28 oz
Baby Food - Strained Peaches	24/3.5 oz
Baby Food - Strained Plums	24/3.5 oz
Baby Food - Apple Sauce	24/3.5 oz
Baby Food - Bananas	24/3.5 oz

FOR KOSHER PANTRIES

Elbow Macaroni	24/8 oz
Gefilte Fish	12/28 oz
Borsht	12/qt
Meatless Tomato Sauce	12/15 oz
Twist Spaghetti in Sauce	24/15 oz
Kasha	24/13 oz
Apple Juice	48.6 oz
Veg. Blend Soup Mix	24/6 oz
Chulent Mix	36/16 oz
Rice	36/16 oz
Northern Beans	36/16 oz
Tuna in Water	48/6.5 oz
Sliced Peaches	24/2/5 cans
Apple Sauce	12/35 oz
Cut Green Beans	24/#303 cans
Sweet Peas	24/16 oz
Canned Corn	24/#303 can
Peanut Butter	12/18 oz
Powdered Milk	60 pkg/1 qt.
Mayonnaise	12/1 qt.
Granulated Sugar	24/16 oz
Vegetable Oil	12/qt
Sardines	3-3/4 oz
Peas and Carrots	24.16 oz
Victors Chicken or Beef	base 12/16 oz pkg
Bow Tie Pasta	12/16 oz
Rice Cakes-unsalted	
Puffed Wheat Poly	

Synopsis: Agreement to Disclose¹

Execution of this Agreement to Disclose has been mandated by the federal government under the regulations (OMB Circular A-124) governing the implementation of Public Law #96-517, "The Patent and Trademark Amendments of 1980." New York University must require all persons, other than clerical and nontechical employees, who perform any part of the work under any contract, grant or cooperative agreement between the University and any federal agency to sign this invention agreement. Directors of projects funded by federal agencies are required to secure signatures to the agreement at the time of appointment from all applicable persons, including themselves, working on the projects and to file the agreements with the Office of Sponsored Programs, 665 Broadway Suite 801.

Name Jeannette Beasley
School/Department Nutrition and Food Studies

Invention Agreement²
for New York University Academic Staff and Students
Engaged in Sponsored Research

I have been informed that New York University ("the University") enters into various agreements for research by reason of which the University may incur obligations to third parties with respect to any inventions relating to the work thereunder. I am also aware that the University may itself acquire rights with respect to inventions involving the use of funds or facilities administered by it.

In order that the University may fully carry out its obligations and in consideration of either (a) my present or subsequent employment by the University, or (b) the availability to me of opportunities to perform sponsored research or to use funds or facilities administered by the University, I hereby agree that I shall promptly communicate to the Office of Sponsored Programs, or such other person as may be designated by the Chancellor or the University, (1) all discoveries or inventions made by me in the field of work or any sponsored program in which I participate, which I may conceive during the term of my work on the program or which may be first actually reduced to practice in connection with the program, and (2) all discoveries or inventions made by me, the conception or actual reduction to practice of which involves the use of funds or facilities administered or maintained by the University, whether provided by the federal government or by the University.

I further agree to do whatever is necessary to apply for and take out patents on any such discoveries or inventions, and to assign all rights to discoveries or inventions and any and all patents and patent applications thereon, to New York University (or its designate) as and when requested in order that the University may fulfill the obligations referred to above or the provisions of the University's patent policy. It is understood that the cost and expense of prosecuting patent applications and preparing assignments thereof shall be paid by others than myself.

Signature _____
Date _____
Witness _____

June 3, 2025
Jeannette Beasley

1. This is required only for applications for federal funding and relates to the disclosure of inventions which may arise under such funding.
2. Inventions previously conceived (even though a patent application has been filed or a patent has been issued) are subject to this agreement if they are first actually reduced to practice under the circumstances state in (1) or (2) above.