NUTRITION IMPROVEMENT

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

Consultant

Marion Nestle, PhD, MPH
Department of Nutrition, Food and Hotel Management
New York University
35 West 4th Street, 12th Floor
New York, NY 10003

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Human Resources Administration 250 Church Street New York, NY 10013

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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 lowincome 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, so-

cial context.

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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.

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

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.

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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 noticably 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-

propriate 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

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

Revise menus to reduce the content of fat, cholesterol, sodium, and sugar and to increase the content of complex car-

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

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

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

6. Lobby the USDA to improve the nutritional quality of the foods in 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

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Develop a pilot project to increase the use of fresh fruits resources for implementation.

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

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

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

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.

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.

Hire more staff. 12.

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

- 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.
- Purchase an appropriate number of vehicles designed for 14. 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 cause 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 satisty. 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.

<u>Food Service</u> is a business. A basic ASA decision needs to be made. Will ASA provide <u>Food</u> for its shelter population? Or will ASA provide <u>Foodservice</u>? (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 the 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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Project Staff

Marion Nestle, PhD, MPH, project director

Lisa Sasson, M.S., R.D., nutrition analyst

Teena Stiene, M.S., R.D., diet computer analyst

Alyce Conrad, secretarial support

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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.

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.

BACKGROUND III.

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. 1987, 23.2 percent of city residents had incomes below the poverty level as compared to 13.6 percent nationally. parity 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, 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

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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.

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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 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 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 Occupany (SRO) hotel—failed to meet the RDA for any nutrient except protein and were associated with physiological indices of cept protein and 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 carefulyy, they may not be translated into nutriare designed carefulyy, they may not be translated into nutriare designed carefulyy, they may not be translated into nutriare designed carefully.

Eat. Protein, and Carbonyurate
Current dietary recommendations for chronic disease prevention
emphasize the need to reduce the proportion of energy (Calories)
emphasize the need to reduce the proportion of energy (Calories)
from fat (especially saturated fat) and to increase the proporfrom fat (especially saturated fat) and to increase the proportion of energy from foods containing complex carbohydrates
tion of energy from foods containing about 37 percent of
(starch). The current U.S. diet contains about 37 percent of
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This study uses both terms interchangably. In the study of five soup kitchen meals found that their proportion of fat range from 31 to 44 percent of total Calories, of the protein from 12 to 22 percent, and of carbohydrate from 39 to 56 protein (Carrillo et al., 1990). Another study calculated the percent (Carrillo et al., 1990). Another study calculated the proportions of fat, protein, and carbohydrate provided by two proportions as 34, 19, and 49 percent, respectively, and 42, shelter menus as 34, 19, and 49 percent, respectively, (Luder et al., 1990). These 16, and 43 percent, respectively, (Luder et al., 1990). These limited data suggest that foods provided by assistance programs 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.

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Fiber: Current dietary recommendations emphasize increased 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 chronic disease. Although consensus has not been reached on chronic disease. Although consensus has not been reached on chronic disease over average consumption levels of about recommend an increase over average consumption levels of about recommend an increase over average consumption levels of about recommend an increase over average consumption levels of about recommend increasing fiber in12 grams/day. Some authorities recommend increasing fiber in12 grams/day. Some authorities recommend increasing fiber in1899a). Previous studies have not reported the fiber content of meals served in food assistance programs. One barrier to such meals served in food assistance programs. One barrier to such an analysis is the lack of accurate methods for evaluation of an analysis is the lack of accurate methods for evaluation of the fiber content of foods; U.S. Department of Agriculture the fiber content of foods; U.S. Department of Agriculture the 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 monosodium glutamate, baking powder) that are added to foods when they are processed or served at the table. Fresh vegetawhen they are processed or served at the table. Fresh vegetables, for example, are low in sodium but salt is added to them bles, for example, are low in sodium but salt is added to them to enhance flavor during freezing and canning. Table 1 shows to enhance flavor during freezing 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 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 ent 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. Sible to estimate the sugar content of most unprocessed foods. As shown in Table 2, even sweet fresh fruit is relatively low in As shown in Table 2, even sweet fresh fruit is relatively low in carbohydrate (in this case, mainly sugar) but sugar is added to 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*

| Process | sing Method | | |
|--|-------------------------------|-------------------------------|--------------------------------|
| | SI | age of Proces | sing |
| Nutrients/carrot | Raw | Frozen | Canned |
| Calories Sodium, mg** Vitamin A, LU. Vitamin C, mg Folacin, micrograms | 31 25 20,000 7 10 | 26 43 13, 000 2 8 | 17 174 10, 000 2 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*

| Proc | essing Method | | | |
|---|---------------|---------------------------|-----------------------------|-----------------------------|
| Nutrients | Raw | Canned in own juice | Canned in light syrup | Canned in heavy syrup |
| Nucrients | | | | |
| Calories | 37 | 68 | 87 | 120 |
| Carbohydrate (sugar), gms Sodium, mg** | 10 | 18 6 | 24 8 | 32 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 These factors must be kept in mind when creating menus designed to improve eating patterns.

<u>Symbolic Meanings</u>

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 The involvement of HRA in food assistance and cultural value. 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 were conducted in person or by telephone, formally 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, cies. 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
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 purother staff; they co

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Nutritional Analyses
Nutritional analyses were performed on menus provided by HRA
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
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 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.

This study reports data for Calories and selected nutrients: <u>Assumptions</u> protein, carbohydrate, fat, saturated fat, cholesterol, dietary fiber, sodium, and representative vitamins (vitamin A, ascorbic acid, thiamin, vitamin B6, and folacin) and minerals (calcium, 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.

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 | .1 |
|---|---|---|--|---|--|---------------------|
| 3A. | | RDA % | , | | | RDA % |
| Calories (1) Protein (1) Carbohydrate (1) Fat (1) Sodium (1) Potassium (1) Calcium (1) Iron (1) Zinc (1) Magnesium (1) Manganese (1) Copper (1) Crude Fiber (1) Dietary Fiber (0) Water (1) | 70 K 0.4 Gms 17.3 Gms 0.1 Gms 1.25 Mg 167.77 Mg 21.28 Mg 10.02 Mg 0.33 Mg 0.14 Mg 16.28 Mg 1.24 Mg 0.11 Mg 0.1 Gm | 0.7 0.1 4.5 2.7 1.3 3.3 0.9 4.7 33.1 4.5 | Vitamin A (1) Ascorbic Acid Vitamin E (0) Riboflavin (1) Thiamin (1) Niacin (1) Vitamin B6 (1) Vitamin B12 (1) Folacin (1) Pantothenic Acid Linolesic Acid Linolenic Acid Monounsat. Fat Saturated Fat | (1) 13 (1) (1) (1) (1) (1) (1) (1) (1) (1) (1) | 0.26 IU 0.40 Mg 0.03 Mg 0.07 Mg 0.32 Mg 0.12 Mg 0.00 Mcg 0.0 Gms 0.0 Gms 0.0 Gms 0.0 Gms | 0.0% 7.25 2.3 |
| | | | | | | , |

| | | SPECIAL K | CEREAL | Assume: I ovuce | ; |
|--|--|-----------|--|---|---|
| 3B. | | RDA % | | | RDA % |
| Calories (1) Protein (1) Carbohydrate (1) Fat (1) Sodium (1) Potassium (1) Calcium (1) Phosphorus (1) Iron (1) Zinc (1) Magnesium (1) Manganese (1) Copper (1) Crude Fiber (1) Dietary Fiber (1) | 110 K 5.6 Gms 21.3 Gms 0.1 Gms 264.61 Mg 48.96 Mg 8.21 Mg 54.90 Mg 4.50 Mg 15.57 Mg 0.78 Mg 0.13 Gms 0.2 Gms | | Vitamin A (1) Ascorbic Acid Vitamin E (0) Riboflavin (1) Thiamin (1) Vitamin B6 (1) Vitamin B12 Folacin (1) Pantothenic (1) Cholesterol Linoleic Acid Linolenic Acid Monounsat. F Polyunsat. F | (1) 15.00 Mg 0.42 Mg 0.37 Mg 4.98 Mg 0.51 Mg 0.51 Mg 0.01 Mc 99.90 Mc 0.15 Mg (1) 0.0 Mg (1) 0.0 Mg d (0) id (0) at (0) at (0) | 26.3 27.7 23.2 g 0.5 g 25.0 |

| | BRI | EAD . | Assume: 2 · | slices ite enriched |
|--|--|---|--------------------------------------|-----------------------------|
| 3C. | RDA % | | | RDA % |
| Calories (1) Protein (1) Carbohydrate (1) Fat (1) Sodium (1) Potassium (1) Calcium (1) Phosphorus (1) | 135 K 4.4 Gms 7.8 25.3 Gms 1.6 Gms 253.50 Mg 11.5 38.50 Mg 1.4 42.00 Mg 5.3 48.50 Mg 6.1 | Vitamin A (1) Ascorbic Acid (1) Vitamin E (0) Riborlavin (1) Thiamin (1) Niacin (1) Vitamin Bo (0) Vitamin Bi (0) | 0.00 (0.00 l 0.12 0.20 l | mg 0.0 mg 7.6 mg 14.2 |
| Iron. (1) Zinc. (0) Magnesium. (0) Manganese. (0) Copper. (0) Crude Fiber. (1) Dietary Fiber. (0) Water. (1) | 1.40 Mg 14.0 0.1 Gms 17.8 Ml | Folacin (0) Fantothenic Ac (0) Cholesterol (1) Linoleic Acid (1) Linolenic Acid (0) Monounsat. Fat (0) Folyunsat. Fat (1) Saturated Fat (1) | 1.5 0.4 0.7 0) | LaNS , |

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

TUESDAY-BREAKFAST TOTAL

| * | Λ |
|---|----|
| 4 | m. |

| | RDA | * | | | | RDA % |
|--|---|---|--|-------------------|---------------------------------------|-------|
| Calories (8) Protein (8) Carbohydrate (8) Fat (8) Sodium (8) Potassium (8) Calcium (8) Phosphorus (8) Iron (8) Zinc (4) Magnesium (5) Manganese (3) Copper (3) Crude Fiber (7) Dietary Fiber (1) Water (8) | 98.1 Gms 14.0 Gms 685.91 Mg 31 965.84 Mg 25 421.99 Mg 58 368.64 Mg 46 6.77 Mg 67 4.91 Mg 32 73.81 Mg 21 | | Vitamin A (7) Ascorbic Acid (7) Vitamin E (1) Riboflavin (7) Thiamin (7) Niacin (8) Vitamin B6 (5) Vitamin B12 (5) Folacin (5) Pantothenic Ac (5) Cholesterol (7) Linoleic Acid (6) Linolenic Acid (4) Monounsat. Fat (4) Polyunsat. Fat (4) Saturated Fat (6) | 0.2 2.8 0.9 | # # # # # # # # # # # # # # # # # # # | 25.9 |
| | | | | | | |

| TU: | ESDAY | TOTAL |
|-----|-------|-------|
|-----|-------|-------|

| л | 4/ |
|---|----|
| 7 | n, |
| | |

| 10' | | • | RDA % | | | | RDA ≯ | |
|---------------------|---------|------|-------|---------------------|---------|--------|-------|--|
| Calories (20) | 2391 | К | | 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 | Мд | 16.3 | |
| Fat (20) | 100.8 | Gms | | Riboflavin (19) | 2.38 | Ыğı | 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) | 1.67 | Мд | 85.2 | |
| Phosphorus (20) | 1840.10 | Mg | 230.0 | Vitamin B12 (15) | 3.68 | Mcg | 122.6 | |
| Iron (20) | 15.37 | իկը | 153.7 | Folacin (15) | 242.80 | Meg | 40.7 | |
| Zinc (14) | 12.92 | Mg | 86.i | Pantothenic Ac (15) | 5.56 | Mg | 101.1 | |
| Magnesium (15) | 241.57 | Νg | 69.0 | Cholesterol (19) | 224.7 | Mg | | |
| Manganese (11) | 3.32 | Mg | 88.4 | Linoleic Acid (18) | 14.9 | Gws | | |
| Copper (11) | 1.08 | Mg | 43.0 | Linolenic Acid (14) | 1.1 | Gms | | |
| Crude Fiber (19) | 4.4 | Gm s | | Monounsat. Fat (14) | 24.7 | Gm 5 | | |
| Dietary Fiber (2) | 0.4 | Gms | | Polyunsat. Fat (14) | 13.0 | Gms | | |
| Water (20) | 3294.4 | Ml | | Saturated Fat (18) | 43.1 | ចិត្តទ | | |

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

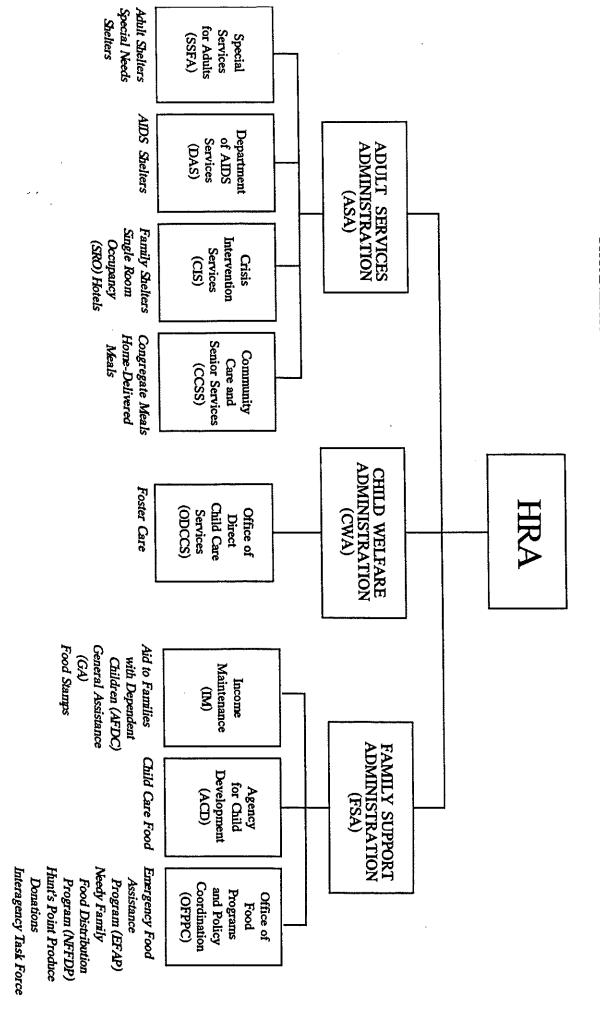
HRA directly operates 22 shelters for homeless single adults. It also contracts with not-for-profit agencies who operate four additional shelters. Together, these shelters house up to 10,000 individuals daily. On September 17, 1990, for example, the shelters housed 7,028 men and 1,306 women for a total 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 facilty. 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 $\underline{I}_{\underline{}}$ HUMAN RESOURCES ADMINISTRATION

ORGANIZATION OF FOOD ASSISTANCE AND DISTRIBUTION PROGRAMS



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Summer .

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 unites. 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 The kitchen is located on the ground floor shelter elsewhere. adjacent to the sleeping area and appeared clean and wellmanaged 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

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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 presented as Table 5. Recipes were provided for some of the presented 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 parison 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. 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 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.

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Table 5. Adult Shelter Weekly Menu, July 1990 (Week I).

| P. M. Shacks - Peanuts, Juice, Cookies. Note: Fresh fruits are changed to reflect fruits in season. | 1 cup coffee/Tea | 2 Servings Vegetables and/or Fruit 1 Serving-1/2 Op 2 Silices Bread 1 Tap. Margarins 1/2 Op Dessert | DINAER Protein | 1 (nap : Margaritan | 13 Servings Vegetables 12 Servings Vegetables 13 Servings Vegetables 14 Servings Vegetables 15 Servings Vegetables | | 1/2 pt. Whole Mik 1 Oup Office/Tea | Serving 2 Slices Broad 1 Tap Margarine | I/2 Op Julos 1 Op Julos 1 Op Boody to Eat 1 op South is Add on | NEEK I | प्रतम प्रकारक माठ्य |
|--|--------------------|---|----------------------------------|----------------------------------|--|--------|---------------------------------------|---|---|-----------|--|
| Snacks - Peasurs, Julos, Cookies. fruits are changed to reflect fru | Coffee/Tea | - | Pavioli with | Mixed Fruit | Prankfurter on * Roll (2) Cole Slaw (08) Baked Beens | | | Hargarine Hilk Coffee/Tea | Grapefruit Juice Assorted Cereal Bread | XADAX | |
| | COLLOS/100 | Rice Steemed Mistard Greens Vandila Pudding Eread/Margarine | Chili Bears | Hargarine Pear Balves Milk | Time Pish Salad on Lettuce (L132) Pickled Boots Salad (M37) | | | Margarine Milk Coffee/Tea | Orange Juice Assorted Orreal Bread | MADA | <u>.</u> |
| Assume: I ower premise becomes breaking asser | | hashed Potatoes ((57)) Kals Fruit Cocktail Bread/Marystins Coffee/Tea | Turkey W/Martand Chichen Crisp | Profe Pie | American Chocas Sandadch Desed Green Salad with | | | Hilk Outfoe/Toa | Juica Octaal | MASSELL | : |
| Tower peachts 4. Colorier obserted 5. Colorier obserted 5. Colorier obserted 6. Colo | | Socile Societies Sparine | Chicken Crisp | Chilled Peaches | Spicod Lunchern Heatt Sandwich Carpot & Raisin Salad | | | Coffee/Ton | Blended Juice Assorted Careal Broad Koroardna | MEINESDAY | |
| n equivalent = 1 cup | | Tomato (1/72) Foca: (4) Pineapple Slices Bread/hargarine Cuffee/Tea | *Baked Eva Macaroni and | Hargarine Opp Cake | Dyg Salad or (Mil) Omelet Potato Salad (M40) Shreaded Lettuce Bread | | | Hilk Cuffoe/Toa | Grapefruit Juico Assorted Octobl Broad Mergarine | THURSDAY | |
| Example: | | Potatoges (155) Green Beans Individual Pie Exced/Margarine Coffee/Tea | rish Buger w/ | BROADA | Sloppy Jos on Soft Bun Yumip Greece | | | coffee/Tos | Orange Juica Assorted Octaal Bread Manyarine | FRIDAY | Develope |
| Ona Fish | Revised July, 1990 | Potatoes (155) Forances (155) From Beans Individual Fis Apple Sauce & Cookles (2) Freed/Margarine Bread/Margarine Coffee/Tea Coffee/Tea | Corn Beef Bash Carrots & Peas | Fresh Fruit Milk | Bologna & Saland Sandadch Green Salad 047) - Besumo: - Dressing | | | Outles/Tea | • | | Developed by the Division of Home Economia |
| | 8 | *Bes or Lunchson Heat | potato/optional Style | | nna Salad or Loaf Potato/Fix Ortional Style | 2 Tup. | Orange Sugar for | Redsins or Peersit Butter or 1 Bunson | foods listed below to be desced daily: | COMMENTS | of Rome Economic |

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Street,

3.6.00

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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.

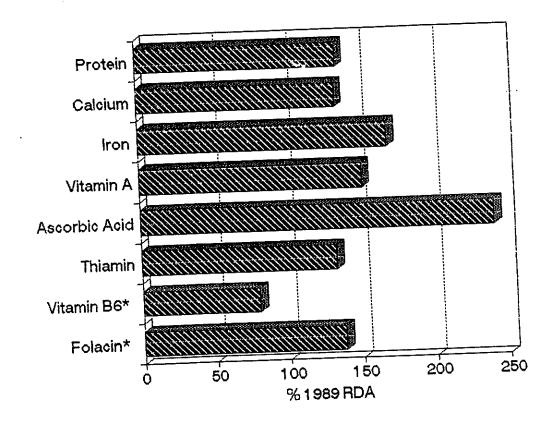
| | Total/day | RDA* | %RDA |
|---|---|--------------------------------|--|
| Calories Protein Carbohydrate Fat Saturated Fat Cholesterol Dietary Fiber Sodium Calcium Iron Vitamin A Ascorbic Acid Thiamin | 2437 k 86 g 302 g 103 g 37 g 234 mg 2 g 4099 mg 1077 mg 17 mg 7622 IU 145 mg 2 mg | 800 10 5000 60 1.5 | 137 135 170 152 242 133 |
| Vitamin B6 ** | 1.6 mg 276 mcg | 200 | 80 138 |
| Folacin ** | ======================================= | 1 | |

^{*}Blank spaces indicate that no RDA has been established.

^{**}Some values missing from data base.

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

Adult Services Administration: Single Adult Shelters

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

| | Observed | Recommended |
|---|----------|-------------|
| | % Calo | ories |
| - | 14 | 12 |
| Protein - | 38 | 30 |
| Fat | 14 | 10 |
| Saturated Fat Carbohydrate | 50 | 58 |
| | 4,099 | 2,400 |
| Sodium (mg) | 234 | 300 |
| Cholesterol (mg) Dietary Fiber (gms) | 234 | 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
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 readyto-eat when heated in a microwave oven.

Observations: Meals at the Bellevue Special Needs Shelter are delivered as individual portions in disposible 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 (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..." (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 reommended for control of blood sugar levels in persons with diabetes.

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

| | Dinner | burch | | PATTERN | NEEK I | |
|-------------------------------------|---|---|---|----------|-----------------------|--|
| Choese \$ ol 1 Bread Fruit Beverage | Macaroni 6 | Beef Stew Assume: 10 of 1 Broad Fruit Beverage | | XXXXX | | |
| 1 Bread Fruit Zeverage | Cod / Coole | Turkey Tetrazzini Assume 7 oz. 1 Bread Fruit Beverage | | HONDAY | | |
| 1 Bread Fruit Aunge Beverage | Salisbury | Macaroni & beef Assume 7:2. Assume 7:2. 1 Bread Fruit Beverage | FOLION RESI | XVGSENL | i (kn | · , |
| | Chicken | Lasegna 707. 1 Bread Fruit Beverage | FOLION REGILAR SHELTER MENU | MOCENTA | SHELITER CARE CENTERS | |
| 1 Broad Fruit Beverage | Meat : Loaf | RosstTurkey 4.3 1. Broad Fruit 499 Beverage | | THURSDAY | · · · | |
| 1 Bread Fruit Ongc Beverage | Strloin The | od / Lemon 4 of. 1 Bread Fruit Beverage | 1 | FRIDAX | | Modified Die |
| 1 Bread Fruit Beverage | Swedish | HICKET FESSIA 4 o 2 1 Bread Fruit Apple Beverage | | Minde | | modified Diet Menu Based on Pre-Plata Frozen Entrees Specifications Available |
| Julce only (no Fruit Purch) | Diabectic kine Low sod- 2pks. Snacks Fresh Fruit or Thesestened | (sugar free) or fresh only or fresh only a free or tea 1 offee or tea | - Cereal for Diabetic Diet Inswettened anly | | ON MONTH | e-Plate Fjozen lable |

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.

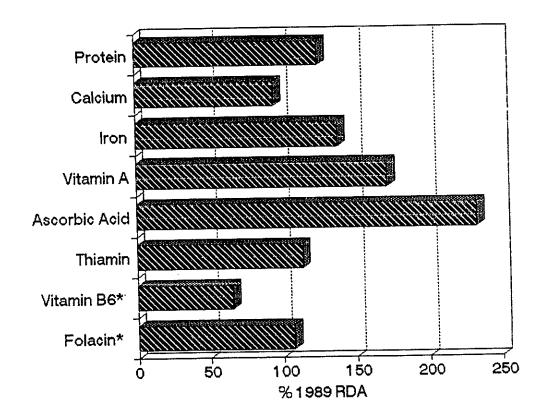
| | Total/day | RDA* | %RDA |
|---|---|-------------------------------------|--------------------------------------|
| Calories Protein Carbohydrate Fat Saturated Fat Cholesterol Dietary Fiber Sodium Calcium Iron Vitamin A Ascorbic Acid Thiamin Vitamin B6 ** | Total/day 1668 k 79 g 212 g 56 g 24 g 206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

^{*}Blank spaces indicate that no RDA has been established.

^{**}Some values missing from data base.

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

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 | |
| | 30 | 30 | |
| Fat Saturated Fat | 13 | 10 | |
| Carbohydrate | 51 | 58 | |
| Sodium (mg) Cholesterol (mg) | 1, 905 206 9 | 2, 400 300 20-30 | |
| Dietary Fiber (gms) | . | | |

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

| | MONDAY | TUERDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|---|---|---|
| SLAIDAY | · | | | Scrambled Eggs & 1 Ham & Cheese/Toest Fruit Juice Cereal Hilk Salt/Pepper | Pancakes Z Sausages Fruit Juica Cereal Hilk Syrup | Scrembted Eggs & 3 Nam & Cheese/Tonet Fruit Juice Cereal (NotOatmeel) Hilk Salt & Papper |
| french Toast 4 Sausages Fruit Juice Cerest Hilk | Scrambled Eggs & 5 Ham & Cheese/Toest Fruit Juice Cereal Hilk Salt/Pepper | Pancakes 6 Saumages Fruit Juice Cereal Hilk Syrup | French Toast 7 Sausages Fruit Julce Cereal (HotOntmeal) Hilk Syrup | Scrambled Eggs & & Ham & Cheese/Tosst Fruit Juica Ceresi Hilk Salt/Pepper | | Scrambled Eggs & 10 Hnm & Cheese/Toast Fruit Juice Careai (HatOatmoni) Hilk Stalt/Vepper |

Menu Modified to Reduce Fat Content

| YAGIRJE | MOMDAY | TUESDAY | HEDHE BDAY | THURSDAY | FRIDAY | BATUMDAT |
|--|--|--|--|---|---|--|
| | | | | Choose/Toost Fruit Juice Coreal Milk Salt/Popper | Pancakes ~ 2 Sausages Fruit Juice Cereal Hilk Syrup | Scrambled Eggs & 3 Nam 17,5 Teast Fruit Juice Cereal (MatOstmes!) Milk Salt & Papper |
| French Teest 4 Thirkey Ham Fruit Jules Cereel Hilk Syrup | Scrambled tage & 5 Hash Browns Fruit Juice Cereel Hitk Salt/Pepper | Pancokes Apple Sauce Fruit Juice Coresi Hilk Syrup | English Muffin Fruit Juice Cereal (HetOstmen) Hilk Syrup | Western Omelet ⁸ Toast Fruit Juice Cereel Hilk Salt/Pepper | Bisquit Seunoges Fruit Juice Cereal Hilk Syrup | Scrambled Rees 10 on Bagel Fruit Juice Cereel (NetOstment Hilk Selt/Pepper |

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 I, 1990), as compared to the 1989 Recommended Dietary Allowances for males, ages 25-50.

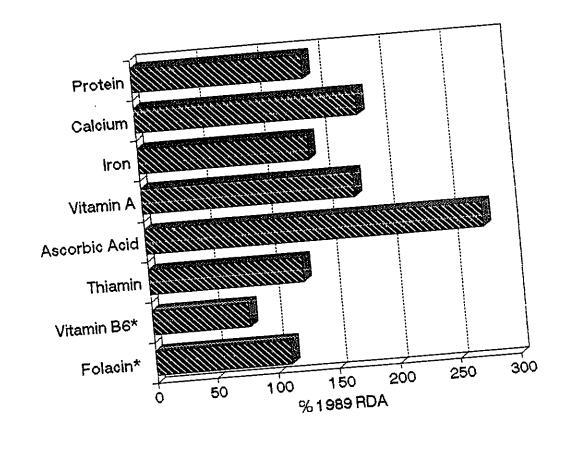
| | Total/day | RDA* | % RDA |
|--|----------------------------------|------------|------------------|
| Calories Protein Carbohydrate Fat | 2685 k 89 g 336 g 108 g | 63 | 1 41 |
| Saturated Fat Cholesterol | 47 g 520 mg | | |
| Dietary Fiber Sodium | 8 g 9585 mg | 800 | 183 |
| Calcium Iron | 1460 mg 14 mg 8741 IU | 10 5000 | 140 175 |
| Vitamin A Ascorbic Acid Thiamin | 167 mg 1.9 mg | 60 1.5 | 278 127 80 |
| Vitamin B6 ** Folacin ** | 1.6 mg 224 mog | 2 200 | 112 |

^{*}Blank spaces indicate that no RDA has been established.

^{**}Some values missing from data base.

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.



ıd

^{*}Some values missing from data base

Adult Services Administration: Crisis Intervention Services Family Shelters

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

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

Single Room Occupancy Hotels

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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 serv

The Department monitors food service at 186 senor 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 HRAoperated 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 audiorium/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 homedelivered meals daily (Unfinished Business, 1989).

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

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 |
|---------------|-----------|------|-------|
| | 1 | | |
| 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 mog | 180 | 63 |

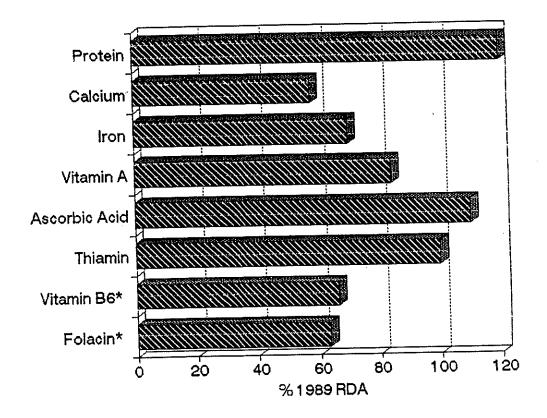
^{*}Blank spaces indicate that no RDA has been established.

^{**}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+.



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^{*}Some values missing from data base

Table <u>16</u>

Adult Services Administration: Senior Center Congregate Meals

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

| Observed | Recommended |
|----------|---------------|
| % Calo | ries |
| 19 | 12 |
| 38 | 30 |
| 20 | 10 |
| 45 | 58 |
| 1, 727 | 2, 400 |
| 227 | 300 |
| 5 | 20-30 |
| | 7. 727 227 |

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 inbetween-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. institutional site, the only interaction between teaching staff and children during the meal occurred when children were mis-Two members of the teaching staff were eating takeout 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 else-None had tasted figs from a tree growing in the front where. 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.

REEKLY HENU HAKER PERIOD___JUNE/JULY/AUGUST/SEPTEMBER SUMMER 1990 FOR EVENING BREAKFAST HOOH Baked Ham/Raisin Sauce Grilled Franks/Bun Pineapple Juice ы 6/25 Candied Yams Grilled Bacon & Cheese Saverkraut 0 7/23 Buttered Spinach Baked Beans Sandwich Waldorf Salad 8/20 Ice Cream Cold Cereal D Rolls/Butter 9/17 Milk/Lemonade .ilk/Coffee/Tea Strawberry Shortcake Milk Cubed Steak Chef Salad/Dressing Grapefruit Sections 6/26 (L.O. Turkey & Ham) Spanish Rice Poached Egg on Toast Milk/Coffee/Tea 7/24 8/21 Italian Bread/Butter Collard Greens German Chocolate Cake Bread/Butter 9/18 Milk/Ice Tea Sherbert Milk Cheeseburger on Bun Southern Fried Chicken Assorted Juices ١: 6/27 Green Peas & Carrots French Fries Cold Cereal Sliced Cucumber/Tomatoe 7/25 Buttered Turnips Grilled Bologna 8/22 Cole Slaw Sliced Onions/Pickles Fried Apples Corn Muffin/Butter 9/19 . Fresh Fruit Rolls/Butter Pudding/Topping Milk Milk/Coffee/Tea s Milk/Lemonade D Orange Juice Tomato Juice Meatloaf 6/28 Waffles/Butter/Syrup Parsley Potatoes Egg Salad Sandwich 7/26 8/23 Crisp Bacon Milk/Coffee/Tea Smothered Cabbage Tossed Salad/Dressing Bread/Butter 9/20 Beet Pickles Pound Cake & Peaches Hilk Apple Cobbler Milk Blended Juice Salmon Croquets BBQ Chicken Wings 6/29 Assorted Cold Cereal Potato Salad on Lettuce Green Beans Succotash R 7/27 Cinnamon Toast/Jelly Sliced Tomatoes B/24 Milk/Coffee/Tea Rolls/Butter Bread/Butter 9/21 Sliced Pineapple Jello/Topping Cookies Milk Milk CranApple Juice French Toast/Syrup FISH FRY s Pizza 6/30 7/28 Fried Fish/Hot Sauce Fresh Fruit Sausage Links Macaroni Salad Milk 8/25 Milk/Coffee/Tea Tossed Salad/Dressing Bread/Butter Peach Cobbler D Milk/Lemonade Apple Juice Roast Beef (Top Round) Š Cold Cut Sandwich Buttered Grits Buttered Noodles Ū Fruit Jello Scrambled Eggs Assorted Muffins/Butter Glazed Carrots Milk И B/26 Cabbage & Apple Salad D Milk/Coffee/Tea 9/23 Bread/Butter Ice Cream Milk/Fruit Punch

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

^{*}Blank spaces indicate that no RDA has been established.

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^{**}Some values missing from data base.

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.

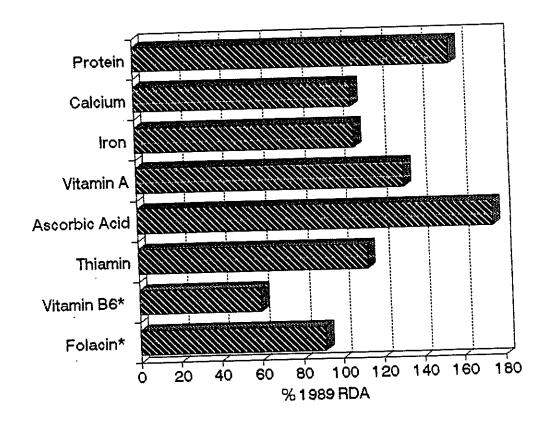


Table <u>19</u>

Child Welfare Administration: Foster Care

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

| Observed | Recommended | |
|------------|---|--|
| % Calories | | |
| 16 | 12 | |
| 40 | 30 | |
| 15 | 10 | |
| 39 | 58 | |
| 3,870 | 2,400 (adults) | |
| 496 | 300 | |
| 4 | 20-30 (adults) | |
| | % Cal 16 40 15 39 3,870 496 | |

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.

Incomé 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:

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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).

<u>Pre-plated meals</u> 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 dimit 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 overordering) 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 noticably 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. 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. <u>Develop a Department-wide program for food service staff</u> 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. <u>Develop a Department-wide system for effective monitoring of</u> 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 in 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

<u>Purchase</u>

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

 \bigvee Gravy on the side

Low-fat cheese

Less butter and margarine

J 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.

BAKED HAM, MACARONI AND TOMATOES (Canned Ham)

| MATERIAL . | | | | EACH PORTION: 1 Cup |
|---|---------------------|--------------------------|---------|--|
| YIELD: 100 Portions | (4 Pans) | | | |
| PAN SIZE: 12 by 20 | | h Steam Ta | ble Pan | TEMPERATURE: 350°F. Oven |
| INGREDIENTS | WEIGHTS | MEASURES | | METHOD |
| | 4 lb 8 oz . 2 oz | 4½ qt 3 tbsp 3 gal | | 1. Add macaroni slowly to boiling water; stir occasionally, until water returns to a boil. Boil 10 to 15 minutes. |
| Onions, dry, chopped | | 3 qt | ļ | Drain. Set aside for use in Step 5. Sauté onions, peppers, mushrooms, and garlic in salad oil or melted shortening 10 minutes until tender. |
| Peppers, sweet, fresh, chopped Mushrooms, canned, drained washed to rem | 2 lb | | | use salad oil in |
| washed to rem | ove. | jumbo cn) | | · |

(OVER)

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|--|---------|--|---|
| Garlic, dry, minced Salad oil or chertening, melted | 1 lb | 3 cloves 2 cups | |
| Tomatoes, canned, cut up Sugar, granulated. Salt. Monosodium | 3 oz | (3-No. 10 cn) 5 tbsp 4 ² / ₃ tbsp . | 4. Combine sautéed vegetables, tomatoes, sugar, salt, moncredium o glutamate, and oregano. Bring to a boil; reduce heat; simmer 10 minutes. |
| Oregano, ground | | 2 tsp | chicken |
| Ham, cannod, addited /2-inch | 19 Ib | | 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 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-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 dren) could initiate projects in which children learn to plan menus, shop for food, and prepare, serve it family-style (set menus, shop for food, etc.), eat it, and clean up afterthe 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 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 exploration of options to increase the play, sport, dance, or other physical activities for children in foster care should be 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. <u>Develop a Department-wide system for replacing canned with</u> 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:

HRA

Administration

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
Belleyue Shelter, Manhattan
Atlantic Armory, Brooklyn
Greenpoint, Brooklyn

Kitchen

8 East 3rd Steet, 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



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

| <u>S</u> | ∞ MK | LICH | N (| COOKING | KITCHEN) |
|----------|-------------|------|-----|---------|----------|
| 8 | East | 3rd | Str | reet | |

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

| | • |
|--|---------------------|
| FRANKLIN AVENUE ARMORY (COOKING KITCHE | • |
| 11/22 Franklin Avenue | 980 Meal Capacity |
| Bronx, New York 10456 | (7) |
| \cdot | 663 |
| | |
| Kingsbridge Armory | |
| 29 West Kingsbridge Road | 100 |
| Bronx, New York 10468 | |
| | |
| Willow Avenue | 125 |
| 781 East 135th Street Bronx, New York 10454 | 123 |
| • | |
| GREENPOINT KITCHEN (COOKING KITCHEN) | |
| 300 Skillman Avenue | 700 Meal Capacity |
| Brooklyn, New York 11211 | |
| · TT | 500 |
| Greenpoint I, II, III | |
| 85 Lexington Avenue | |
| 85 Lexington Avenue | . 100 |
| Brooklyn, New York 11238 | |
| | |
| Park Slope Armory | m A |
| 1402 8th Avenue | 70 |
| Brooklyn, New York 11215 | |
| SOCW (COOKING KITCHEN) | |
| 350 Tafavette Street | 300 Meal Capacity |
| New York, New York 10012 | |
| 4 | 35 |
| | |
| Park Avenue Armory | |
| 643 Park Avenue | 105 |
| New York, New York 10021 | |
| | • |
| Lexington Avenue Armory | |
| 68 TAXINGTON AVELUE | 160 |
| New York, New York 10010 | |
| BROOKLYN WOMEN'S SHELTER (COOKING KITCHEN) | |
| 116 Williams Avenue | 250 Meal Capacity |
| Brooklyn, New York 11207 | |
| · · | |
| CAMP LA GUARDIA (COOKING KITCHEN) | 1,000 Meal Capacity |
| Box 566 | 1,000 Mean calcord |
| Chester, New York 10918 | |
| a | |
| | |

ers Tris

Appendix 1. EXHIBIT II

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

| LOCAT | ION ADDRESS | RESIDENT | CAPACITY |
|-------|---|--------------------------------|---------------------------------|
| A. | Metropolitan (Catherine Street) FRC 78 Catherine Street New York, N.Y. 10002 | ; | 540 |
| | 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 |
| Ε. | 151st Street FES 151 Eest 151st Street Bronx, N.Y. 10451 | | 189 |
| F. | Saratoga Prenatal 357 Saatoga Avenue Brooklyn, N.Y. 11236 | | 75 . |
| F. | Contingency for increased Conservices, as the need arises during the term of this contract. | mbined Maximum Capacity not | n Resident to exceed: 175 |

ESTIMATED TOTAL RESIDENT CAPACITY: 1869

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

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
Juclude: 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 Nayonnaise 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
Hashed 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. Hilk
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.

Appendix 6. Senior Center Congregate Meal Sites.

EXHIBIT I

BUREAU OF PURCHASED AND SPECIAL SERVICES

| ٠, | enalet - | | | • . | FY'Šì |
|----|--|--------------------------------------|---------------------------------------|------------|-----------|
| - | DIVISION OF SENIOR CENTE | <u>RS</u> | · · · · · · · · · · · · · · · · · · · | | · 1 91 |
| | CENTERS | <u>DIRECTORS</u> | BREAKFAST | CONGREGATE | HOMESOUND |
| | ANDREW JACKSON 325 E. 156th St. Bronn, N.Y. 10451 | Earl Webber 585-0233/3660 | 35 | 55 | i. |
| | BAYCHESTER 1220 E. 229th St. Bronx, N.Y. 10466 | Maurice Fleischman 231-6250 | 65 | 120 | |
| | BOSTON SECOR 3540 Bivona St. Bronm, N.Y. 10475 | Gloria Perlman 671-8550 | 55 | 115 | , |
| | BRONX RIVER 1619 East 174th St. Bronx, N.Y. 10472 | Ernestine Levi 323-2263/2413/3010 | (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 | Richard Ackerman 882-3815 | 45 | 70 | |
| | E.ROBERTS MOORE 515 Jackson Ave. Bronx, N.Y. 10455 | Charles Gropp | 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 Hecht 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 | |

EMMIBIT I

BUREAU OF PURCHASED AND SPECIAL SERVICES

| DIVISION OF SENIOR CENT | ERS . | | | FY' 91 |
|---|--------------------------------------|-----------|--------------|----------------|
| CENTERS . | DIRECTORS | BREAKFAST | - CONGREGATÉ | HOMEBOUND |
| PARKSIDE 644 Adee Ave. Eronx, N.Y. 10467 | Norris Friedberg 881-7780 | 60 | 155 | V ₁ |
| WILLIAM HODSON 1320 Webster Ave. Bronx, N.Y. 10456 | Tecla Brown 538-1515/3838 | 40 | 120 | |
| BROOKLYN | | | • | |
| ALBANY 196 Albany Ave. Brooklyn, N.Y. 11213 | Julie Lambert 773-3722/3848 | · 50 | 115 | |
| ATLANTIC 2550 Atlantic Ave. Erooklyn, N.Y. 11207 | Robert Stefani 495-1917/7918 | 25 | 125 | |
| ABE STARK 103-15 Farragut Rd. Brooklyn, N.Y. 11236 | Frank Duca 272-9515/9518 | 110 | 125 | |
| Diana H. Jones 741 Flushing Ave. Brooklyn, N.Y. 11206 | Valerie Nichols -D 782-3603/4/1/2 | 2095 | 265 | 55 |
| GLENWOOD 5701 Avenue H Brooklyn, N.Y. 11234 | Stuart Zirofsky 241-7711/20/21 | 155 | 185 | · |
| HABER 3024 West 24th St. Brooklyn, N.Y. 11224 | Frank Neglia : .: 372-5775/5731 | · 65 | 95 | 3 |
| MARIA LAWTON 400 Hart Street Brooklyn, N.Y. 11205 | 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 | |

BUREAU OF PURCHASED AND SPECIAL SERVICES

| DIVISION C | SEMICK | CENTERS |
|------------|--------|---------|
|------------|--------|---------|

FY'91 BREAKFAST DIRECTORS HOMEBOUND CONGREGATE CENTERS 45 Leslie Taylor 50 80 PINK HOUSES 6647-2490/2494 2702 Linden Blvd. Brooklyn, N.Y. 41208 60 RED HOOK 30 Catherine Conway 325-4844 6 Wolcost Street Brooklyn, N.Y. 11231 Pamela Fisher RIDGEWOOD BUSHWICK 255 366-3038,3040 265. 145 319 Stanhope St. Brooklyn, N.Y.11237 3 115 Harvey Stone 40 ROSETTA GASTON 345-5665/5666 450 Dumont Ave. . Brooklyn, N.Y. 11213 Demetra Douyas 230 140 SURF-SOLCMON 449-6363764/65 3001 W. 37th St. Brooklyn, N.Y. 11224 Robert Jones TILDEN 498-2990/3082 20 70 630 Stone Ave. Brooklyn, N.Y. 11212 Virginia Brown CHRISTOPHER C. BLEWMAN 150 6 720 East New York Ave. 75 773-7400/1 Brooklyn, N.Y. 11203 95 George Mussig 40 HAZEL M. BROCKS 859-1013/2420 460 Flatbush Ave. Brooklyn, N.Y. 11226 100 Margaret Morowitz 40 VAN DYKE II 430 Dumont Avenue 385-1110/5849 Brooklyn, N.Y. 11212 40 100 HUGH ED GILROY Paula Thornton 47 Kings Fourth Walk 756-8400/86 Brooklyn, N.Y. 11233 100 40 WILLOUGHBY , Winfred Sparks 51 Monument Walk 643-0248/0230 Brooklyn, N.Y. 11205 MYCKOFF 30 45 Garwood Norris 280 Wyckoff St. 237-6506/6694 Brooklyn, N.Y. 11217 Marta Murphy VANDALIA 90 150 495-7346/7348 47 Vandalia Ave. Brooklyn, N.Y. 11236

N.Y., N.Y. 10034

GODDARD-RIVERSIDE

593 Columbus Ave. N.Y, N.Y. 10025

GREENVICH HOUSE

27 Barrow St. N.Y., N.Y. 10014

| ı | DIVISION OF SENIOR CENT | TERS | • | : | FY ['] '91 |
|----|--|------------------------------------|-----------|------------|---------------------|
| | CENTERS . | DIRECTORS | BREAKFAST | CONGREGATE | HOMEBOAMD |
| | STATEN ISLAND | • | | | |
| | BERRY HOUSES 211 Jefferson St. S.I., N.Y. 10306 | Harvey Kaufman 979-0010 | 20 | 105 | i, |
| ٠. | 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 494-1818/9 | 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 - 443-5854756 | . 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 | |
| | MANHATTAN , | | | | |
| | A. PHILIP RANDOLPH 108 W. 146ch St. N.Y., N.Y. 10039 | Warren Blackman 283-7904/6/9/16 | 250 | 330 | 10 |
| | DYCKMAN 2754 10th Ave. | Anna Goldstein 569-7790/2220 | 50 | 100 | 5 |

Samuel T. Gregory 873-6600

Doris Glicklich

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| CENTERS | DIRECTORS | BREANFAST | CONGREGATE | . <u>Homebound</u> |
| CITY HALL 253 Broadway N.Y., N.Y. 10007 | Wellington Chang 240-6927,28 | 170 . | 220 | \$. 3 |
| LA GUARDIA 280 Cherry St. N.Y., N.Y. 10002 | Kathryn Williams 732-3656 | 80 | 85 | 5 |
| LEONARD COVELLO 312 E. 109th St. N.Y., N.Y. 10029 | Guido Pessagno 860-5287/8 | 80 | 115 | · |
| MARY MCLEOD BETHUNE 1970 Amsterdam Ave. N.Y., N.Y. 10032 | Charles West 862-6705/1198 566-6933 | 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 | |
| QUEENS | | • | | |
| ELMHURST-JACKSON HGTS. 87-11 Whitney Ave. Elmhurst, N.Y. 11373 | Ralph Napolitano 478-7171/7376 | 110 | · 220 | |
| LAURELTON-ROSEDALE 33-21 232nd St. Laurelton, N.Y. 11413 | Clarence Ford 527-7577/81/82 · | 45 | 130 | 5 |
| HAMMEL . 90-01 Rocksway Boh.Blvd. Rockaway Beach, N.Y116 | | 45 | 115 | |

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| CENTERS | DIRECTORS | BREAKFAST | CONGREGATE | ноже вопир | | |
| POMCHOK 67-09 Kissena Blvd. Flushing, N.Y. 11367 | Donald Pasternak 591-3378/79 | 95 | 170 | ; 3 ; | | |
| QUEENSERIDGE 10-25 41st Ave. L.I.C.,N.Y. 11101 | Caryle Linda Rosen | blatt 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 | Hildonla Thomas 932-6916/11 | 30 | 115 | | | |
| ROCKAWAY BOULEVARD 123-10 143rd St. Jamaica, N.Y. 11436 | Loretta Huggins 835-0900/0991 /0184 | 105 | 145 | 400 | | |
| · | • | 3,980 | 7,900 | , | | |

about 91 % of Seniors Consume both breakfest and funch

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 filletted 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.

| ALD TALEDISCOURT | CURTACT | CONTACT PROMI | 0121000 | DISTAIN STATES PREPORTE | |
|--|--|------------------------------|---------------------------------------|---|--------------------------|
| | fr. bayed florested | 212-274-0167 | HY, | 10001 A | 19.917 |
| 1404 SK. Holy reportles Soup Attaken 1757 Ft. 31, John's Bread of Life | Father John Riordin Brunhilda Santiano | 717 703-8877 717-727-8101 | HY | 10067 7: | 8,767 |
| 0184 IP Hetances Health Unit | Tony Geocau | 217-674-3456 | HY HY | 10007 A 1 | E,430 ; |
| 0191 St. Lowery Residents Committee | Eric Roth Hittie Mitchell | 212-675-3341 | HY | 10003 V | 107 |
| 0540 FF Doubt Reference Church 0870 XFF United Jewish Council of the List Side | DRAIG MOTUDILINGS. | 212-233-6037 212-598-0100 | HY HY | 10002 A | 57 : |
| | Burbara Harry | <u> </u> | RT | 10003 A | 541 |
| 1116 FF Calvary/St. George's Lunch Program 0496 SF. Calvary/St. George's Lunch Program | Karbara Harry | 717-475-0830 | HY RY | 10003 A | 173 |
| told to church of the merialty | St.Yiskent Defaul Heinn D. 199995 | 212-782-1230 | HY | 10003 A | 1,377 |
| OURS SN - OFFICE AND TOPS HISSISH THE | Hilen II, hoever Gilbert Failev/Rev. Cordon Drint | 512-585-1570 | HY | 10003 A 💢 🖟 | 0 1 |
| 1113 ASK Hiddle Collegiate Church Life Program/Howenton 11131 ASK Hiddle Collegiate Church Life Program/Homeliton | Olibert Farley/Rev. Garden Brant | 211-100-10-0 | NT 20 | 10003 N | 145 |
| IN THE TOWN & VILLAGE SYNARKODE | Rabba Henry Ulaser | 217-477-8090 | HY HY | 10003 A 151 | 7.46/ |
| HB37 JK University Community Soup Kitchen HB450 RFF Hetropolitan My Guardinatina Council of Jewish My | Lorraine Wynns ovRuth Enstein | 212-267-2500 | HY HY | | 778 |
| CLASS COLLEGE FIRE SIGN FOOD PARTIES | | 212 477-0767 212-278-5254 | KY | 10009 A 6 | 1,571 |
| 10813 FP Shelter and Food For the Heating | Lvelyn Wraug | 212-228-1251 | HT HY | 10009 N | 1,3,6 |
| busic sk T.S.R.L. Inc. | kevin Lloyd | 217-741-1973 | нү | 10010 TAKEN | 1,510 |
| 10819 FP (.S.R.L. Inc. | Hav, Jane Rocksan | 217-243-6574 | NY NY | 10011 3/A9G85 1 | 2,303 |
| WALLE OF Metropolitan Community Church of his. | Hey, Pat Utenardner Hey, Julya Nicki | 217-627-7100 | KY | 10011 SARA | 3,138 |
| 80714 FP 31 Fibricis Kayter Metcome lable 80750 SK St. Francis Livier Molcome lable | Aev. Juhn Bucks | 712-527-7100 712-929-2396 | HY KY | 10011 / 1386 | 500 1 |
| 405/7 (P St. Pater's 1800 Parity | Father Nockay / Both Ruke | 212-674-7236 | HY | 10012 Hog | 1,397 |
| \$6503 Sh. Catholic Center Soup Ritchen, | " Father Barion | 217-674-5470 717-878-8330 | RY RT | 10012 10454 | 1,402 3. |
| MATCH SE St. Jeccoli's SOUD ATTENIA | Rugther Havacing Backgoing | 712-683-1675 | HY | 10010 448% | 0 : 1 |
| BOOKS IT CERT HIS OWN Regisest for Older People | HILLIAN COLUMNIA | 212-1187-444K | HY | 10016 A . E.; | 177 |
| BOILE FP SCAN - H.Y. Volunteer Parent Aides (MESC) ation | Catherino Danico | -212-210-1136 | KT | 10016 A.P. | 718 |
| NU. 16 SK St. Agnes Soup Ritteren | Perry/kelly Edwards | 717-394-4464 | HY KT | 10014 H 11001 | 101 ; |
| THE TAX SECTION HEART OF STONE CHAPTER | Kevin Helan | 212- 265-5020 | HY | 10017 H 12 | 871 1 |
| SOLLY SK SIGHED HAVE OF THE CHIEF | Sister Lizabeth Nas | 212-765-1510 | HY | 10017 A 125- | 0 1 |
| anter St. St. Paul's House His. | Rev. Cresiston Dunlen Rev. Cretaliton Dunlep | 717-763-2432 | MT | 10017 A 1 7 | 0 1 |
| HOTEL PART & Thomas Church and Chuir School | Gordon Ulca Hiriam Glaccer/Ur. Robert Hela | 212-747-3311 | HY | 10014 0 | 106 |
| milit ip linity precbyterian course this | Marietta Houkan | 217-677-1775 | HY | 10071 H 7 | 588 ; |
| Buill 38 All Sepis Uniterian Church RUSIR SK Christ Church United Bathodist | Riry Badi | 313-828-2026 313-828-2026 | KY | 10071 0. | sce : |
| BORGO SA Jemply Shouray Jefila | Shirtern Charmeta Valerto Homecon/Stocken Holte | N 212-750-0447 | 111 | 10077 A 10027 B | 3,177 |
| Still FP All Saints Episcopal Church Busti FP Central Evisionous Caring Committee | Sara Eriedean | 717-038-5177 | HY . | 19012 N | 3,177 1 |
| nost) 3K (entrat Symbolic Carato Committee | saca Triedelli Gribart farles | 717-768-7610 | HY | 10077 0 1 | 371 : |
| BITS of Presented at St. Paul's BOJZ Ack Resented at St. Paul's | Gillion Charley Gillion Charley/ Unit (GX) | 217-768-7619 217-768-7619 | NY NY | 10027 0 | 2.34 |
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| • | Ciliabeth fo-C | | | - 1001X A | |
| BOILD SK St. Bartholomen's U.F.P. | Elizabeth Nove | 212-751-1416 | , HA | 10072 A. X | 3,041 1,100 |
| THE RESERVE TO STREET AS A STR | Patrici, Hail | 717-935-2200 | HY | 10027 A 152-1 | 280 |
| 81131 FP St. Feter's Church Breakfast Program 81131 FP St. Feter's C | IL. E IUS. PHILID WILLERSON | 212 77-0763 | KY KY | 10055 V V | 0 |
| ALLIE SK The Salvation hray Central Citation | Lt. & Mrs. Philip Wittenberg | 217 758-0763 | P1 T | 10013 N | 375 |
| #1207 FF Blessed Surgaent Church #0470 3X Blessed Surgaent Church | Ted Corban | 212-940-2143 | HA | 10023 N | - 1 . 1. 1. 1 |
| THE RESERVE THE PROPERTY OF TH | hev. Renee Line | 217-678-3919 | HY | 10023 A 3 | 177 |
| #1135 SK Hetaphysics & Parapsychology Institute #1136 FF Hetaphysics & Parapsychology Institute | REV. PORE CIRE | 212-268-2610 | HA | 10023 0 | 197 |
| mines are monantum at Stephen with synamore | Githert tarley GIGERT FAFTEY | 311-108-1910 | - 11 | 10073 R 1227 | /31 |
| 60178 APP Homentins at Stephen wase syndynose | Roth Hyman | . 217-535-5700 | HY | | |
| HILLS IN HTCTONTI SENTEN SELLICES IO. 110. | Danes Burnes | 217-347-9301 | , KY | 10074 A 300.1 | 3,229 |
| 60170 SK All Anuels Church Strategic Lunch Frogram | RIN STEVENS | 212-302-3047 | KY KY | 10074 | 1,527 |
| annia sp Church of 516, Paulintulest seattles dominion | Actiniulian Holests . | \$75-313-3020 | 151 | 10014 K 1.86.4 | - 0 |
| BOYOZ TP Project Nasch Out | Kathy Kuhiman | 717÷241-3631 | KY HT | 10074 As (\$\frac{1}{2} \) | |
| | Candy Hatchir/Charles Burgar | 212 674-3750 | NY | 10024 24 6 32 2 | 10,783 |
| ## 1170 SK - WENE/ Haimstreas Mutrition & Health | Gred Shrider/Arthur-fooi No | | KY KY | 10015 35A | 2,313 |
| 80(7) SK Broadway Committy Contil Fredition | ENTER CHICALINE | 115, 115, 121, | | 10025 333 434 | . 0 |
| BOSTO FP Eleich of God of Hammercan | Decrees and Helling | 717-780-4925 | | 10025 115 N 2 1 1 1 1 | |
| | Latwetta Hontgomery | . 217 317-5420 | . HY | 10025 A A A A A A A A A A A A A A A A A A A | 3,624 |
| 81138 SK Holy Chost Pentaccetal Church ABBUL DK St. John The Blytne Catheoral | Sister Barie Bernard | 111-304-1014 | . RY | 10026 PATE | 1,043 |
| ANIMI EN MANNACA WITIAMS CULFUSCII CENTEI | SISTER BRITAIN | 717-866-037 | | 10026 A A | 10,403 |
| BITT FF Barbara William Chitrenen Conter Hotel SK Community Kitchen of West Hartes | Diane Ward | . 217-349-815 | | 10010 | |
| TARKS IP RINGELLY LIST FORCE ON HIDS | Clarence Stewart | 212 749-281 | r HA | 10026 | • |
| ROESS SK Minority lask force on Alos. ROESE FP H.Y.C. Council for Church L Social nection | Olabaninele Hosbanik | 712 682-770 717-876-163 | HY | 10026 - A.B. | 605 |
| NOCES FP Parents Help Center NDC77 FP Project Create - Matricoly House | norther orther | 712-318-500 | 0 HY | 10074 N. 1007 | 101 |
| PART ED PRINCIPALITY COMMUNITY BEDIEFOR CHARGE | Yordell Beinet | 717-427-783 | 111 | | 1,018 |
| - FILIDE 21 SALIMITIES COMPUTER DEBETOR CHARLES | Sinter Hosa Chiletti | 217 73(-171 | 9 HY | 10027 A. | |
| ROSIS FP Church of the Annuaciation | PARIOUS PRESIDES | 217-201-300 | | 10077 A | 72/ |
| button for Harles Community Orientation & Employment | PO NO. E TATERILE | 117 277 370 | (1 11 1 | 10077 1 | 1.511 |
| ANTE SK Soul Saving Station | Rev. Hobert Winley | 212-662-947 | · · · · · · · · · · · · · · · · · · · | 10011 | |
| HUTYY SK SC. (FORDITE OF THE HOTY FREITY CHUICH ROLF SK St. Hary's Episcopel Church Soup Altenen | Clindo-th Wright / Jamet D | orman 212-666-248 | E ENT HY | 10027 A | 866 |
| | nary anguant | 717-768-76 | | 10070 | 69 |
| B1124 AAR HOMENTIM AT ST. Stephen of Humary Church | Phyllip Hivox | | n HY | 111119-1 | 967 |
| no by Cr. Rear York, Council of Smaller Gourgeson | My Limito William | 717-876-76 | | | |
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| 0795 3k | 31. Anthony's Grup Kitchen / Enter, Inc. | Stephenic Powell | 712-860-7460 | RY | L0027 A | |
| | St. Ceritia's Barish Dervices | Sister Morrosa Christian | 212-340-0480 | HY | | 4,331 236 |
| | Yorkvelle Common Pentry | letay Schaidl/ tris fatterson | 212-410-2264 | χ | 10027 - 6 | 7,515 |
| 0862 "A | Yorkyille Common Pantry | bethy Scholdt/ Iris fullersun | 217-410-7244 | HY | 10029 | 7.713 |
| 1140 AFP | Yorkville Common Pentry - Lunch for Lite (AIDS) | Irto Pattermer | 217-410-2264 | RY | 10079 1 | - 25 |
| 0531 \$A | Colonial Park Community Strylee Inc | Kr. John Barlow | 212-670-5002 | H4 | 100.0 A | 47 |
| 0233 11. | Colonial Park Consumity Service Ira: | nr. John darrou | 212-470-5007 | NY | 10010 | - i - |
| 1373 FF | Harles Gaptist Hinistry | Hickey 1. Villians | 212-862-8617 | NY | 10030 - 0 | ŏ |
| | Harles Baptist Ministry | bicket I. Williams | 717-862-8617 | RY | 10030 | - |
| | Auckin Hagigians Sourts Association | William J. Brown | 717-462-7681 | HY | 10030 . A. | 2,948 |
| | Correct Avenue Baptist Shurch | Mildred Webbyr | 212-254-6747 | нү | 10031 A | 516 |
| 1175 FF | How Covenant Temple | lis fischer | 718-115-8080 | HY | 10031 A | 175 |
| 3694 SK | Phase Pippy Back | tarbara forgy | 712-234-1660 | NÝ. | 10031 A | 613 |
| | Plane Piggy Back | Marbara Forey | 212-756-1640 | HY | 10031 | |
| 14 8831 | Probase, Inc | Cloria fontanes | 717-062 3427 | -iii | 10031 | 187 |
| 743 FF | Si. Catherine of Genos Food Pantry | Hay Robert Mitchie | 212-826-6130 | НУ | 10031 .: #3 | |
| 072 3K | the Community league of West 159th St. | toritle tologr/6.5. Ammell | 217 761 0210 | NY NY | IDOTA * | - 0 |
| HAI FR | Wathington Heights Equachical Ford Pantry | Cllyn Rosenthal | 717-76)-8320 | RY | 10032 n h h 1 | |
| SRE FP | Good Shapherd Food Pantry | Lis (arrigo | 212-974-5808 | NY NY | TOOTS A RE 1 | 2,310 |
| 706 SK | Manhattan Bible Church | Ri . Jewel Jungs | 217-567-2276 | H.A. | 10031 A4- | 3.441 |
| 565 FP | Esmaus House - [ier]ca - | nonce Iroy/Rajed Hakkula | 313-410-8004 | NY. | 10034 1 4 M C | 3,201 |
| SEE SK | Eamins House - Harles | Annie Troy/Hajas Hukkuls | 217-410-4006 . | ИY | 10015 A 201 | . 80 |
| 571 FP | | - Nev Victor Russ | 717 299-1872 | HY | 1003574,425 | 8,200 |
| | Harles Velcome lable. | Kev J.Horrisca | 212-269-6157 | HY | 10035 NAT | 1,078 |
| | | - Sister; Christing | 212-289-6101 | HY | 10035 456 945 1 | 807 |
| #10 5K | Resurrection Houng Early Survive Center | Viulan Assen | 212-348-3535 | | 10022 MATA | 478 |
| 709 FF | Resurrection House Family Service Contir | - Vivian Divot | 712-318-3555 | HY | 10035 MA V 3: 511 | 560 |
| 786 FP | St. Paul't Parish Pantry | Sister Geneview | | NY | 10035 KTATU. | 771 |
| 721 FP | The Salvation Army Hanhottan Citadel | Shochanna IkioII | 212~554~4472 | KY | 10035 MAT W | 0 |
| 722 SK | The Salvation Army Hannattan Citadel | Sheehanna Udolf | 7(2-800-3200 | KY | 10025 10 43 | 706 |
| 824 FP | United for A Detter Area, Inc. | Edward Gereila | 212-840-3700 | HY | 10022 1/2 W.Z. 1 | 1,247 |
| 124 SK | Grace Developmental Servicus for Momen | Dr. Landa Teeksh | | NY | 10035 | 1,167 |
| 523 11 | Grace Developmental Services for Women | Dr. Linds leeksh | 212 203-1558 | нY | 10036 474 45. | 2.705 |
| COS FO | Holy Cross Church Saturday Lunch | father Biglin | 313 502-1228 | AT | 100:0 | 1,803 |
| 421 SK | Last a Kanhattan Church of the Hazareix | Poncy (ukowa) | 212-746-4732 | KY | 10036 . A | 147. |
| 620 LP | Luab's Kinhattan Church of the Hazarene | Peggy Bakewell | 313-232-0300 | KT | 1003C N- 1 | 2.02% |
| SUR FE | Harles Parents Association | Alfrico Julicon | 717-575-0300 | KY | 10036 A. | 1#8 |
| 76.4 3.14 | St. Hark the Evangelist Church | Reguald Purcell | 717-217-3385 | RT | 319037 K | 2,677 |
| 407 [0 | the Salvation Army Barles Temple Corps | Cuttin t lire. I mothy Bours | 217 203-4645 | ΗY | 10037 A | 77L |
| 205 FP | Radio Church of Ged /050 | Chelby Sulliven | 212-502-20CC | H? | 10037 | ft. |
| 116 78 | Project Hospitality, Inc. | | 710 529-5157 | KY | 10035 V (| 2.0>4 |
| 144 ED | Project Modifiality, Inc. | Kirk Vandansall | 118-44H-D1C2 | 31 . | 10301 N ; | 1,767 |
| 023 10 | Condition for Individual & family Inten. | Kirl, Yand (16.1) | 710 440-0165 | \$1 | 10301 A | 753 |
| D39 LU | the Salvation Army Stapleton Corps | | 115-863-7:00 | 31 | 10301 N | · · · · · · · · · · · · · · · · · · · |
| 317 CO | Alt Saints Church | Lt. & Bis. Gurnon Hodge | 718-446-6600 | 5 ; | 10304 6 | 70 |
| | Chi)dren's Center - Victia Services | Bey, Jiel L.A. Hovey | 110-638-1220 | 31 | 10314 | 515 |
| 040 216 | the Salvation fray flicent Citadel | then Palom | 717-681-6610/7 | θx | 10451 A : | 56 |
| 117 110 | No Salvation him Bronk Citadel | Hrs. Jones | 313-662-9132 | EX. | tutal form | V |
| B) 3 33 | retain Concourse 30s Classich | Hrs. Jene. | 217-665-8677 | 1:X | 10451 V | Q |
| 11 5 611 | Grand Coocourse Shi Church | Lann Hiller | 312-171-0712 | UX | 10157 6 | 776 |
| 27 10 | Bullication Community Late Center | teams Halter | 717-294-6213 | R7 | 10456 A 🚦 | 156 |
| 134 66 | Arend Burt Church | CALADI Virted | 717-101-17:2 | UX | 10457 H. | 101 |
| 110 11 | ZON - New York | fro twitte bevor | 711-775-17ec | L:X | 10172 A | 353 |
| | | | 2172770 3170 | 1:2 | 10727 5 | 135 |

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| that), the | Busch Provider Charen | Hart Carabean | 717-657-2573 | bx br | 10166 11 1 | 161 |
|------------------------|--|---|--|------------------|--|-------------|
| MD58 FP | Dismald Joseph | lurel Johnson | 231 174 - D/4 - | - Had- | 10100 11 | - 2.00 |
| 1177 11 | St. Paul & Untheran Church | Ber B Cataly /1979 R. Bolton | 217 - 077 -4 -35 | υi. | 10463 10 | 70 |
| CONTRACTOR | TOWISH COMMUNITY COMMUNICATION PORTIONS PORTIONS | TENTO HAT JUSTIFE TO THE DITTER | ************************************** | | 10467 A | 40' |
| 4622 LL | tiist Brong Hunger Proprie | Cherry Patterson nette | 717-123-13-13 | UX UX | 10.46 | |
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| 11127 717 | ACT THOMAS PRODUCE LABORER | Bertha Biborts | 212-654-53/5 | U X | 10166 A 2 | 71 |
| 0143 SX | Shijoh lemple Pentocostal Church | rath robats | 222 0 11 30/3 ··· | - p x | 10110 4 | * |
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| 1550 CK | the Salvation Alay Transmit Corps | tt. & Mrs. federios tarrinsus | \$11-303-F041 | ux. | | |
| طلحتناه | the Guiding Cient of Troth Course | Rishop Hary Wnite | 217-583-6041 | ■X | 10057 _ 在工作 | 46 |
| 00149 SK | Cuiding Light of Iruth, Inc. | MANUAL MANUAL AND | \$1\$1.202.4924\12 | | | 17 |
| TITTE | Tellowship Clupel | met turbet titos | 235-243-2550 | ■ X | 10157 A 112 | |
| 0050 FP | Damiscus Christian Church Food Pantry | WALK BISTL | -11-017-CV31 | V. | | 1.76 |
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| 1134 SK | Paraciste Foundation | ARRIES FOLL THE SUID SUID OF | 217-376-8030 | UX | | - 2 |
| 7117 0x | Paraulete Foundation" | Sister Hary Jame Jormon | 217-324-8620 | UΚ | 10456 _0_ | 31 |
| 01U7 IF | Hew flon Pligfin Bintist Church | HEY. HOOF C TAME | 414 431- 3371 | - LA | | 31 |
| יון צבטט חוואי דייי | Hartin Luther Kino Jr. Alcoholisa Program | Judith Antonolii | 217-940-2137 | ax . | 10454 A. 357 | 31 |
| OOMY IP. | L.A.S.O.R. | PARTITUDE CONTRACTOR | 212-272-3011 | - UX | The second secon | |
| OOSI IN | Huly labermeds Church Inc. | Frances L. Brewn | 217-379-14R4 | ex. | 10456 A #3 | |
| OU 5 2 5K | Holy labernacte Church Inc. | Frances C. uroan | 212-377-1989 | | | 1,37 |
| 0010 SK | Church of Gad / | Hev. Herbert Thuman | 217-842-0340 | DX . | | |
| | TATES CHAREN | MICHAEL SECKMANION, 3. (3)103/16 | 2 (14 PP) - COC# - | - 0X | 10456 N 154 | |
| | Sible Church Of Christ | Evangelict Suale Jones | 717-586-2201 | · KX | 10456 N R. | |
| O12 15 | United Brunz Parents, Inc. | CACAT RIVERS | 217-328-4050 | EX. | 10155 A 188 | 1,21 |
| 0187 SK | Brown's IXXX Community No.1 Program | Carrie Vilkerson | 212 538-4020 | BA | | |
| 0029 FP | VISOX MADE OF \$.0.0. Church | Old, KILIDOON BURNES | | MX | 10151A 255. | 3,32 |
| alsa sk | \$1. Benedict The Nour Community Center | James Roundtree | 717-363-3631 | - UX | 10134 1 5024 | 1.2 |
| 41 6110 | St. AM a Church of Borrisania | Ulaia (aakoy | 217-585-3437 | - 8X | 10454 # 1 | 1,1 |
| U150 3K | St. Ann's Church of Morrisania | Hibia Laskov | 211-663-1313 | O.A. | | - 1 |
| OLES FF | Poeblo En Barcha, Inc. | orbine surgistri | 712-292-5564 | υx . | 10154 A 34 | 4 |
| 1200 38 | Hew Deginning Outreach Kinistry | Reinaldo Ramilez | 711-771-1211 | ůx · | | |
| | My Brothers Place | ROSELT RIALI | 712-292-9321 | eχ | 19734 B | 1,0 |
| 1047 3K | My Brothers Place | Robert Wisi: | | | 70134 - ti - ; | |
| OOOL PP | fare Puertoriquene Inc. Abundant Life Lucernacie | Haria Hillot | 212-993-8700 | RX | 10172 H 🚉 | |
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| Alles AIP Homenium at Iranity daptist Church | Phyllis Haynes | 212-760-7610 | | 100 | | REPORTED SERVED |
| 1114 AND PARALUS AT PRINTING SHOULD Church | Phytis Havnes | 217-768-7610 217-768-7610 | ex ex | 10400 | A. Vir | |
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| Mild II Unutils Church of God Mild II Unurch of the Holy Resery | Catherine Chariton/Edris Johnson | 1 717-653-4640 | ВX | 10469 | A | 55 |
| 1007s If tirrent Pentecostal Octaverance Church | Nume Droukin Ray, isasah J. John | 717-377-4437 212-072-6727 | BX | 10127 | A | 77 |
| 11145 FP Fellouship Coverant Church | Ray, Jerry Hosby | 217 92 2116 | - 0X | 10477 | | 111 |
| 1077 FF Holy Cross food Pantry - Bronx 1093H FF Hew York School of Urban Ministry | fr. Zevin Wily OIK | 712 893-5550 | ЬX | 10433 | المون ٨ | 1.063 |
| 0707 ff: Western Owens Family Center/Catholic Charities | Kevin Novs Sister Hary George/Mady (Milit | 017,718-701-6471 716-679-8487 | OH . | 11101 | * 3 | 107 |
| 109/1 FP The Salvation Army Astoria Coaps | Sucak Suring | 718-937-2011 | - 02 | | | |
| 11196 9X The Salvetion Army Astoria Corps 10373 FP Horth Brooklyn Family Support Center | tt. Steven (war) | 718-937-5011 | CH | 11103 - | A | · 10 |
| 9384 FP \$1. Ann's Church | Ruth frances Ruth Arrao | 718-576-5500 718-675-3017 | SIL. | 11761 | A = 44 | 107 |
| 1736 SK Generations Senior Center | Clurabath Ireatio/Carol bartus | 718-853-3150 | BX. | 11201 | | . 0 |
| 1951 FP Christian Fellowship 30A Community Svcs. Food 6. 19741 SK Christian Fellowship 30A Community Svcs. Sous Li | ulBory) Cocku | 718-439-8536 | BK | 11203 | A-1-1 | 1,632 |
| 11255 AFP Congregation of the House of Israel | Rabbi F. Bradshaw | 710-462-3867 | DY. | 11703 | A 33 | 318 |
| 0784 SK God's Dattailon of Prayer Church | David Clarke | 738-756-6500 718-774-5404 | 8K 8X | | A | - 0 |
| 10785 FF God's Battalion of Frayer Church 1152 AFF Senior Citizens of Cast Flatbush | David Clarke | 718-774-5464 | øK . | 11703 | A 385 | . 36 |
| 03% If \$1. Cathering of Genoa Rosen Catholic Church | Anibi Juanph Wildberg Rev. Kirl Claver | 716-305 7100 | 9K | 11703 | 0 350 | 2,311 |
| 0782 IP Fort Ormene Food Pantry | Sister Bernadette | 718-630-7625 | UK UK | 11203 | | - 0 |
| 0399 SK Huly Sethel Lemple Inc. 0387 FF Institutional Church of Gud in Christ | Clinheth thaw | 718 643 859) | #X | 11205 | أستثق ا | 13 |
| 0377 FF 31. Hicknel - 31. Edward Church | Hrs. Liveria Williams Huth heres | 718-495-2014 | DX | 11707 | 1 45 | 0 |
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| 0718 FP Brooklyn Traple Jth Day Church 0735 IF Challenge Center Inc. | Hota Siler | 716-457-9335 | 0× | 11206 | ا تقد ۱ | 7,707 |
| 0121 FF Reat Italy Trinity Human Service Center | Cempanin Padilla Ir. Dennis Grussay | 718-3117-7547 | EK | 11.46 | 0 : | 77 |
| # 13 SK St. Juhn's Broad & Life Program | Howein Ladut | /163883176 /18-155-7370 | BK UK | 11206 | A 1 | 735 |
| 0192 ff Jt. John's Bread & Life Program | Hoscean Baadax | /10-455-95/0 | BX | 1120: | | 17,818 |
| 1773 Sk. St. Stephens Cutre.icli Ministry U612 SK. Summer Houses Tenant Association Senior Center | Jiwa Doaver/Instituti Jonking. Rr. Raywond Unitard | 118-304-5775 | l K | 11700 | <u> </u> | u |
| 02/6 IF Epitolishy Chapel Church of Gal in Christ | Geralding Braziles | 718 453-2088 718-647-7734 | lox lox | 11204 | A } | 650 |
| 0317 ff Hiller Avenue Scalor Citizen Center | Brs. Winterd History | 718-478-9ELB | UX | 11207 | ^ -: | 3(3 |
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| 80971 FP | St. Kevine Pastoral Care Office Corona 5.0.6. Church | Rosesary McMurray/ Judith Dogget | 1718-357-6203 | | 11358 | N St. | 654 | |
| 60813 FP | Electre Youth & Adult Activities Pantry | Midith Bown Heliene Moulford | | CH CH | 11388 | 77 | 1,710 | - |
| BIJIL FP | | Roos lind Milisan flora Culberson | 718-42Y-6207 | O-F | 11360 | 11 | 136 | ┼ |
| 50715 ff | Gir Lady of Sorrows Church | Rev. (ingeto #rogoti | | | | A: : : | 241 | 1 |
| 80937 KF | St. Gabriel R.C. Family Table P thorns Jewish Community Council | Nev. Lionel Labadie Rivka niron | | DH | 11369 | ă . I | 21 | 1 |
| 80871 F# | Consus Christi Food Pantry | Sister Hary Elens | 718-278-8114 | | 11377 | ή τ Λ.ξυ | 176 | |
| 81147 FP | Polonians Organized to Minister Cur Cossumity | Viller isomoc/Ms. Green Edward Lajkieski | | | 113// | 11.0 | מטט | - |
| 80974 FP 80935 FF | | Captain Maigaret Aften Hollier Colu Walker | 718-477-4555 | LFT | | /强 | 46 : | <u> </u> |
| BUTAL CP | St. Albans Youth Outreach | nichiel 1901 | | | 11111 | A SE | £28 ; | <u>:</u> |
| BOYAL FP | | fr. Ernie Rudloff Hartha W. Covinglati | 718-576-1220 | DI . | 11417 | 120 | 299 | í |
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| 80777 TP | Society of St. Vincent De Paul | David Grees | | | 11171 | ∧ ≩% | 6. 0 | <u> </u> |
| 80296 FP | Family Support Center Hortheast Gueens - Catholic Hollis Community Service Center | Stephanie Hoppins | /18-746-5079 | 7 H | 11123 | 够 | 94 | : - |
| 81755 SK | Greate: (withe) Ministries, Inc. | Hother Cora Wilker | | DH DH | 11479 | 3 | 535 | - |
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| #1177 FP | Providence house III | Valerie karie | | | 11437 11437 - | 家 | 180 | _ |
| 80976 EP | Providence House [1] Oucens Federation of Churches | Sister Kary Hors . | 718-731-1318 | M. | 11432 | RIG. T | 4,538 | Γ |
| 80227 IP | St. Hicholas of Tolentine Church food Pantry | John Bongiorau | | | | ^:: | 91. | _ |
| #0977 FP | The Salvation Mrsy Jamica Citadil Corps The Salvation Mrsy Jamica Citadel Corps | Daniel Diakama | 738-777-43811 | 71 | 11437 | 51 | | <u>-</u> |
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Appendix 9.

FOODS PURCHASED FOR THE EMERGENCY FOOD ASSISTANCE PROGRAM (MAY - AUGUST 1990)

FOR SOUP KITCHENS

Macaroni Peas & Carrots Tomato Sauce Veg. Baked Beans Peaches Tuna in Water Peanut Butter Beef Stew Meat Balls in Sauce Rice Pineapple Juice Dry Powdered Milk String Beans Fruit Cocktail Rice - Brown Canned Corn Apple Sauces Orange & Grapefruit Blend

20 lb. Bulk 6/#10 cans 6/#10 cans 6/#10 cans 6/#10 cans 6/661/2 oz cans 6/#10 cans 6/#10 cans 6/#10 cans 26 lb bulk bag 12/#3 cans 12/8 Qt. #10 cans #10 cans 25 lb. bulk 6/#10 cans 6/#10 cans 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
Peas & Carrots
Spaghetti Sauce
Veg. Baked Beans
Peaches
Tuna in Water
Peanut Butter

1 lb. boxes 24/16 oz. 12/15 oz. 24/16 oz. 24/16 oz. 48/6 1/2 oz. 12/18 oz. Beef Stew Corned Beef Hash Rice Citrus Juice Dry Milk (USDA Pantry only) String Beans Low Sodium Tomatoes Low Sodium Rice Long Grain Brown Canned Corn Pineapple Juice Applesauce Canned Boned Mix in Chicken Granulated Sugar Wheat Cereal Baby Food - Strained Peaches Baby Food - Strained Plums Baby Food - Apple Sauce Baby Food - Bananas

12/15 oz. 24/15 oz. 1 lb. boxes 48/6 oz cans

24/303 24/303 30 - 1 lb. 24/303 60 oz/48 cans 24/303 cans 24/5 oz cans 24/1 lb 12/28 oz 24/3.5 oz 24/3.5 oz 24/3.5 oz 24/3.5 oz

FOR KOSHER PANTRIES

Elbow Macaroni Gefilte Fish Borsht Meatless Tomato Sauce Twist Spaghetti in Sauce Kasha Apple Juice Veg. Blend Soup Mix Chulent Mix Rice Northern Beans Tuna in Water Sliced Peaches Apple Sauce Cut Green Beans Sweet Peas Canned Corn Peanut Butter Powdered Milk Mayonnaise Granulated Sugar Vegetable Oil Sardines Peas and Carrots Victors Chicken or Beef Bow Tie Pasta Rice Cakes-unsalted Puffed Wheat Poly

24/8 oz 12/28 oz 12/qt 12/15 oz 24/15 oz 24/13 oz 48.6 oz 24/6 OZ 36/16 oz 36/16 oz 36/16 oz 48/6.5 oz 24/2/5 cans 12/35 oz 24/#303 cans 24/16 oz 24/#303 can 12/18 oz 60 pkg/1 qt. 12/1 qt. 24/16 oz 12/gt 3-3/4 oz 24.16 oz base 12/16 oz pkg 12/16 oz

665 Broadway Sulte 801 New York, NY 10012 Office of Sponsored Programs

Beasley

Synopsis: Agreement to Disclose

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

School/Department Martin and Food School/Department

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

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

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

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

Witness Date Signature

This is required only for applications for federal funding and relates to the disclosure of inventions which may arise under such funding.