



FEEDING FAMILIES FUELING HOPE MONTHLY

February 2021



Thanks for choosing Interfaith Food Ministry for your nutritional needs! The goal of our newsletter is to share distribution news and updates. You will also find recipes, health information, and nutritional content about the food provided at IFM. Please enjoy!

DISTRIBUTION UPDATES

Regular Food Distribution Days are Mon, Wed, Fri
10am-1pm, drive-thru only, rain, snow or shine.

Dates open in February: 1, 3, 5, 8, 10, 12, 15, 17, 19, 22,
24, 26

Saturday, February 13th is Food Access Saturday (every
2nd Saturday) 10am-12pm with United Way.



LOCAL FOOD PRODUCER OF THE MONTH: RUMIANO CHEESE IN WILLOWS

IFM will now be offering delicious and locally made Rumiano Cheese on a regular basis! Rumiano Cheese is the oldest family owned cheese maker in California, since 1919 to be exact. The cheese comes to IFM from just a 1.5 hr drive distance in Willows, CA. IFM will be providing the pepper jack, colby, mild cheddar, and provolone cheeses throughout the year, thanks to a fantastic deal between Rumiano distributors and IFM, that makes it possible for IFM recipients to have the wholesome nutritious home-grown cheese every month in their distributions. Find out more about Rumiano Cheese at: <https://rumianocheese.com/>

Debunking Expiration Dates

Sell By, Pack Date, Expiration Date, Best By.....what do they really mean? Here are some definitions to better understand these terms and how they might apply to food at IFM.

Expiration Date (Examples: "Expires 11/15/11" or "Do not use after 11/15/11") Look for it on: Baby food and formula, medicines, vitamins, yeast, baking powder. What it means: Do not distribute infant formula, baby food, vitamins, or medicines after the expiration date!

Pack Date (Examples: "Packed on 03/01/2012" or "22:5306412" or "KL064") Look for it on: Canned food, crackers, cookies, spices. What it means: This is the date the food was packaged. A code is often used that cannot be understood by the general public, often numbering days sequentially such that January 1 is day 001 and December 31 is day 365 (366 in leap years). Usually this food is of good quality and safe to eat for a long time past the date.

Sell By Date (Example: "Sell by January 1, 2012". Also called "Pull Date") Look for it on: Refrigerated foods such as milk, yogurt, cottage cheese, eggs, lunch meat, packaged salad mixes. What it means: The store must sell these foods before the code date listed and often donates these foods when they are close to date. If the food has been handled properly it is still safe to eat and the quality is good. IFM staff monitors this food to ensure that it remains good.

Use By or Quality Date (Examples: "Best if used by 1/1/12" or "Use Before 1/1/12") Look for it on: Crackers, cookies, cold cereals, and other dry, shelf stable food. What it means: This date is the manufacturer's recommendation for how long the food will be at peak quality. After the quality date, the food is still safe to eat but slowly begins to lose nutrients and the quality begins to lessen.

Clean Egg Cartons Are Reused and sometimes the date does not get crossed off. The eggs are fresh! We Offer Fresh Indate Milk but will offer additional older milk for those who will consume it within two days. Most of the donated items are close to or just past the 'sell by' or 'best by' date when we get it. As long as it meets the USDA requirements we will distribute it unless it is unsalvageable. These donated items are currently going in an extra produce bag separate from the purchased or 'fresher' produce. When these items are consumed within a few days, they are still perfectly safe to eat.

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