Flyers' Fresh Market

FLYERS' FRESH Market

FeedMore wny

Meet the Team

Kelli Cookfair, LCSW, School Social Worker 6-12th grade

Nicole Floss, Middle School Instructional Data Coach

Lori Meyer, RN, High School Nurse

Sara Koziol, Intermediate Special Education Teacher

Cheri Pula, High School Special Education Teacher

Leah Hoffman, Middle School Special Education Teacher

Amanda Boos, Spanish Teacher

Kevin Andzik, Special Education Teacher

Michael Harper, High School AIS Teacher

Our Partners

FeedMore wny

Healthy Schools and Community Grant

NEW YORK STATE

Mission

To eliminate hunger and food insecurity in the Maryvale School District by providing access to food, promote nutrition, increase self-sufficiency, and instill hope.

Vision

To engage the community to find solutions to hunger and food insecurity in the Maryvale School District. We will provide awareness through education and resources to acknowledge that the struggle against hunger, poverty, injustice, and hopelessness are one in the same.

Family Choice

- Families choose their food
- Both students and caregivers can shop
- Pre-packaged specials or bags will be available at request or for special holiday meals
- Volunteer opportunities for students!

The USDA defines food insecurity as:

- A lack of consistent access to enough food for every person in a household to live an active, healthy life. This can be a temporary situation for a family or can last a long time.
- More than 34 million people, including 9 million children experience food insecurity in the United States.

Food insecurity can have a wide impact:

Health issues when people have to choose between spending money on food and medicine or healthcare.

Make it more difficult for a child to learn and grow.

Lead to difficult decisions like choosing between food and rent, bills, and transportation.

So we had this idea .....

FeedMore wny

nutrition assistance

for kids

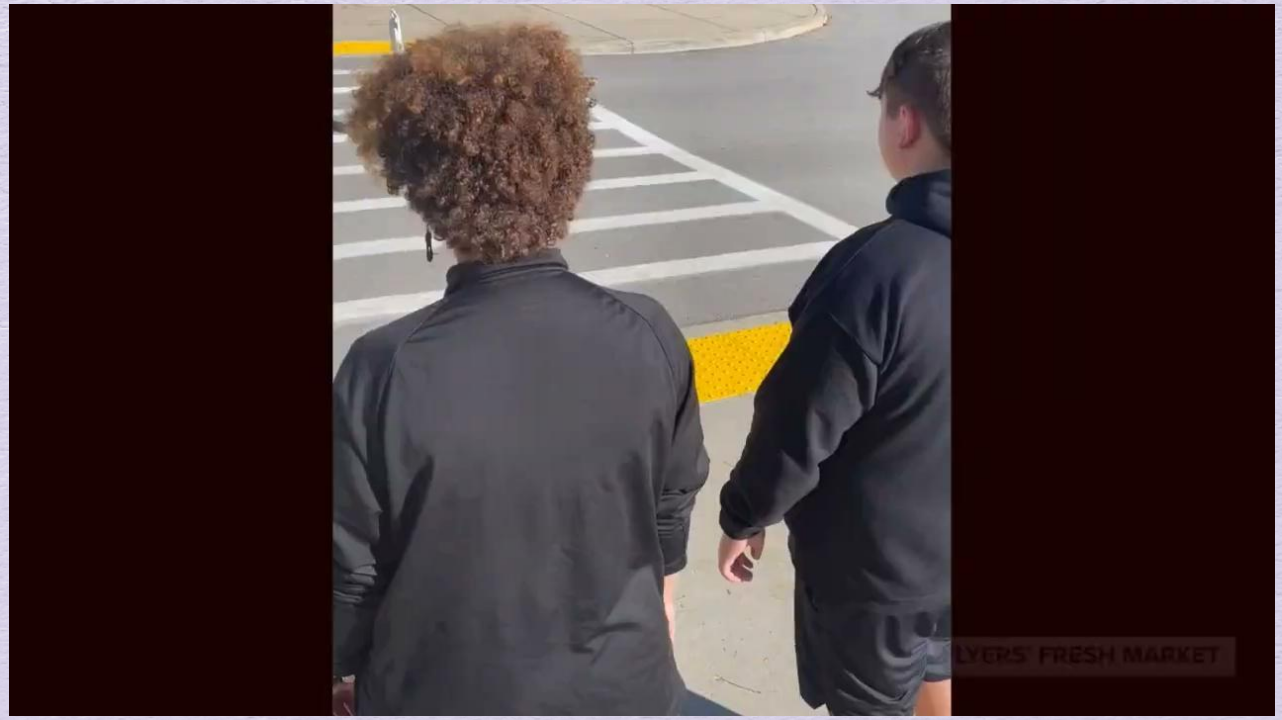
FeedMore WNY also offers additional youth-related programs to support kids and their families in Western New York that are in need of both healthy and accessible meals.


Fruits, Vegetables, Proteins, Canned Goods, Hygiene Supplies, Detergents and Cleaning Supplies


TAKE CARE OF


Meal
Planning
Tool
MANDARIN
ORANGES


MANDARIN
ORANGES



Our shopping experience.mp4

Flyers' Fresh Market

Watch our new commercials made by our students!

FLYERS' FRESH
Market

We are open to any 6th -12th gr student or their family on the 2nd and 4th Thursday of every month 2:00pm-4:00pm.

*emergency hours available via email

Located in Rm 48 of Maryvale High School (across from the main office, next to the nurse)

Monthly Reports!

November: Meals 1269
Individuals 141

December: Meals 1251
Individuals 139

January: Meals 748
Individuals 187

February: Meals 1413
Individuals 157

Program Name:	Maryvale Schools FEBRUARY REPORT 1050 Maryvale Drive Cheektowaga NY 14225				Agency Number:	40026	
	# of individuals served by age						
Date of Month	# of Households	# of < 2 yrs	# of 2-5 yrs	# of 6-17 yrs	# of 18-59 yrs	# of 60+ yrs	Total Individuals
1							0
2							0
3							0
4							0
5							0
6							0
7							0
8							0
9							0
10							0
11							0
12	12		2	24	28	1	55
13							0
14							0
15							0
16	22		2	43	40	13	98
17							0
18							0
19							0
20							0
21							0
22							0
23							0
24							0
25							0
26							0
27							0
28	1			3	1		4
29							0
30							0
31							0
	Households	< 2 yrs	2-5 yrs	6-17 yrs	18-59 yrs	60+ yrs	Individuals	Total Meals
	35	0	4	70	69	14	157	1413

Program Name:	Maryvale Schools FEBRUARY REPORT 1050 Maryvale Drive Cheektowaga NY 14225				Agency Number:	40026	
	# of individuals served by age						
Date of Month	# of Households	# of < 2 yrs	# of 2-5 yrs	# of 6-17 yrs	# of 18-59 yrs	# of 60+ yrs	Total Individuals
1							0

Mobile Food Pantry Totals

*Only complete this section if you host a Mobile Pantry- do not duplicate pantry statistics *

Households:	<2 yrs	2-5 yrs	6-17 yrs	18-59 yrs	60+

Total Individuals: 0

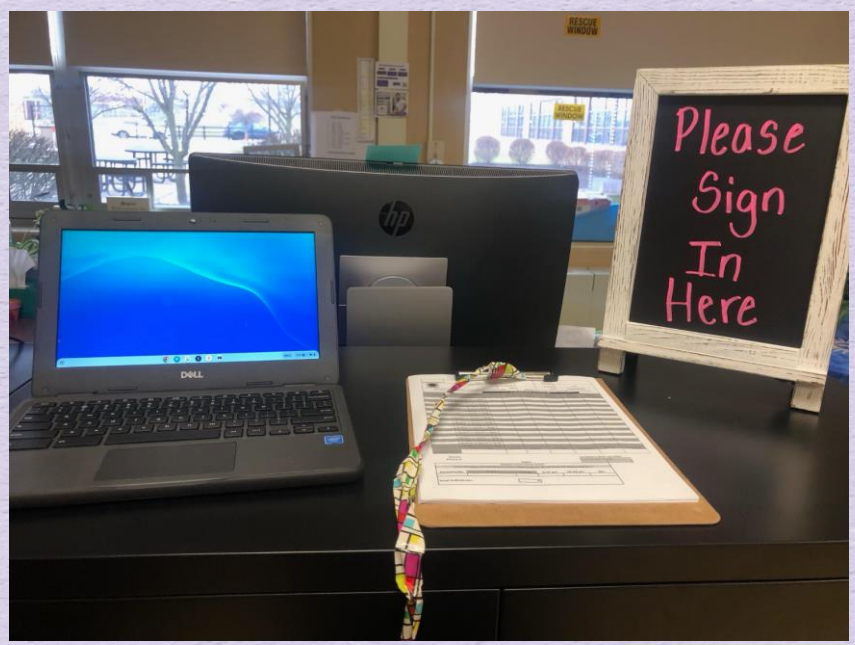
Flyers' Fresh Market Intake Form

Thank you for filling out this private and secure form if you are interested in visiting our pantry. Our 6th-12th grade students and parents will have direct access to shop at no cost several times a month or as needed on an emergency or individual basis.

Email *

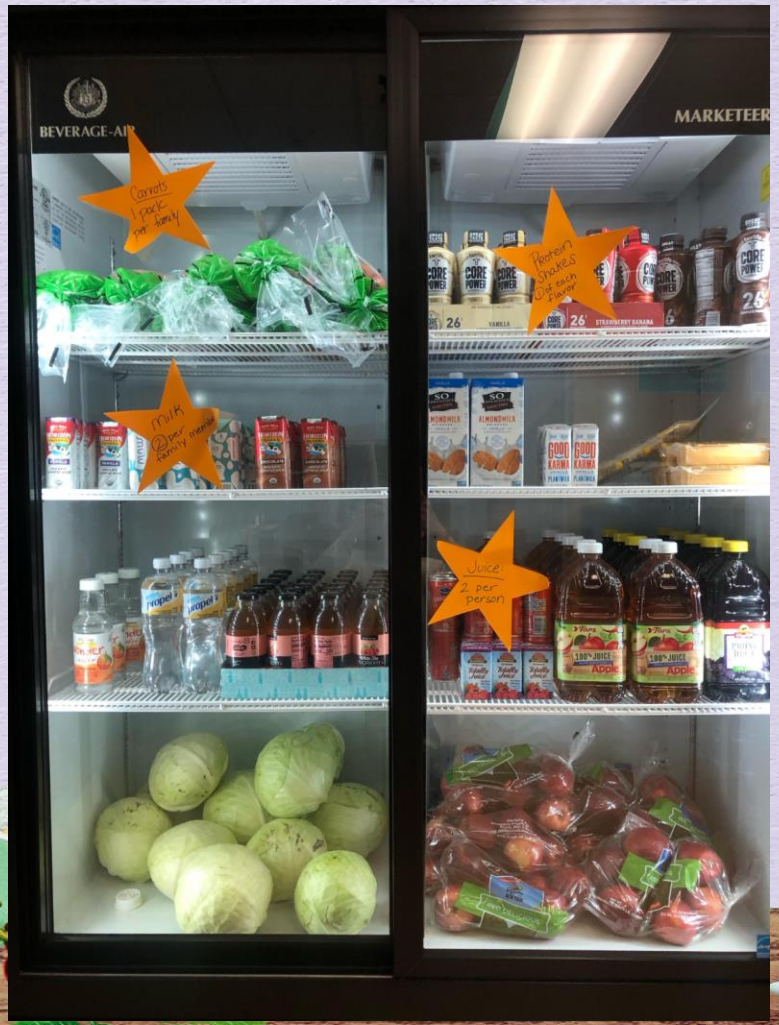
Valid email


Please
Sign
In
Here
RESCUE
WINDOW


Please
Sign
In
Here
RESCUE
WINDOW


POWER BOWLS
Ground Beef
2 pkg per family
Meatballs
2 per family
Chicken
1 pack per family


Did you remember your reusable bag?
Quantity Guides
Meal Planning Tool
FAMILY SIZE
Corn Chex
Honey Nut Cheerios
ORIGINAL
THREE WISHES
grain free cereal
THREE WISHES
grain free cereal
QUAKER
QUAKER
QUAKER
QUAKER
QUAKER
FLAVOR VARIETY


BEVERAGE-AIR
MARKETEER
Carrots 1 snack per family
Protein Shakes 2 of each flavor
Milk 2 per family member
Juice 2 per person


North Star Premium Foods
5068
100% GROUND BEEF
Safe Handling Instructions
NET WT. 1 LBS


GreenWise
2 BURGERS
MEATLESS BURGER
19 g PLANT PROTEIN PER SERVING
MADE WITH PEA PROTEIN
GLUTEN FREE
SOY FREE
CONTAINS 0 mg OF CHOLESTEROL*
*SEE NUTRITION INFORMATION FOR TOTAL FAT AND SODIUM CONTENT
NET WT 8 OZ (227 g)


CORE POWER
26g
STRAWBERRY BANANA


AXE
V05
TAROCCO
Vaseline
MEN
EXTRA
STRENGTH
CLINIQUE
Tampons
equate
Pure Silk


dairy
1 choice =
protein
2 choices =
fruits and vegetables
1 choice =
Stove Top
Stuffing Mix
Stuffing Mix
MASHED POTATOES
Taco Seasoning
Wheat Waters
Wheat Waters
BANANA
flame baked pita chips
flame baked pita chips

Sample Recipe

Meatless Chili

Preparation time: 5 minutes | **Cook time:** 25 minutes | **Cost:** $4.00

Ingredients:

- 2 teaspoons **oil**
- 1 **onion**, chopped
- 3 **carrots**, chopped
- 2 tablespoons **chili powder**
- 2 (15 ounce) cans **low-sodium black beans**, drained and rinsed
- 1 (15 ounce) can **low-sodium corn**, drained and rinsed
- 1 (28 ounce) can **low-sodium diced tomatoes**
- 3 cups **water**
- ½ teaspoon **salt**

Directions:

1. Heat oil in a large pot over medium heat.
2. Add onion. Cook for 4 minutes.
3. Add carrots. Cook for 5 minutes, stirring a few times so they do not burn.
4. Add chili powder. Stir to coat onions and carrots. Cook for 1 minute.
5. Add beans, corn, tomatoes, water and salt. Stir to mix chili.
6. Bring chili to a boil. Reduce heat to low. Simmer for 15-20 minutes.

Makes 6 servings

Nutrition Facts

6 servings per container
Serving size 1 cup

Amount per serving
Calories 250

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 500mg	22%
Total Carbohydrate 44g	16%
Dietary Fiber 14g	50%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 93mg	8%
Iron 4mg	20%
Potassium 614mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

HEART HEALTHY · DIABETES FRIENDLY · GLUTEN FREE · VEGETARIAN · 30 MINUTES OR LESS

Meatless Chili

Enjoy one meatless meal each week to help improve your health. Meatless meals often have more vegetables and are lower in fat.

Try Meatless Chili with ½ cup cooked brown rice or a baked potato.

More recipes are available at pittsburghfoodbank.org/recipecards

Greater Pittsburgh community food bank
412-460-3663 | pittsburghfoodbank.org

Drain and rinse beans and corn to reduce salt.

Try using different beans. Beans are a good source of protein and fiber.

Cook onions and carrots. Stir them a few times so they do not burn.


MARKETEER
GOYA

Nutrition Assistance

kids in the kitchen

Kids in the Kitchen is a hands-on program where children learn about cooking and healthy nutrition practices.

This five-week course is free of charge and offered to children between the ages of 5-18. Students learn how their eating habits affect their health as they prepare simple, nutritious meals and snacks. At the end of each class, they will be provided with recipes and ingredients to recreate those meals at home.

Groups may enroll through schools, community centers, and FeedMore WNY's member agencies.

We also offer these classes virtually.

For more information about Kids in the Kitchen, contact Perry Schmidt at pschmidt@feedmorewny.org or at (716) 822-2005 ext. 3104.

good cookin'

Adults of all ages can participate in a free, five-week cooking course to learn about cooking and healthy nutrition practices.

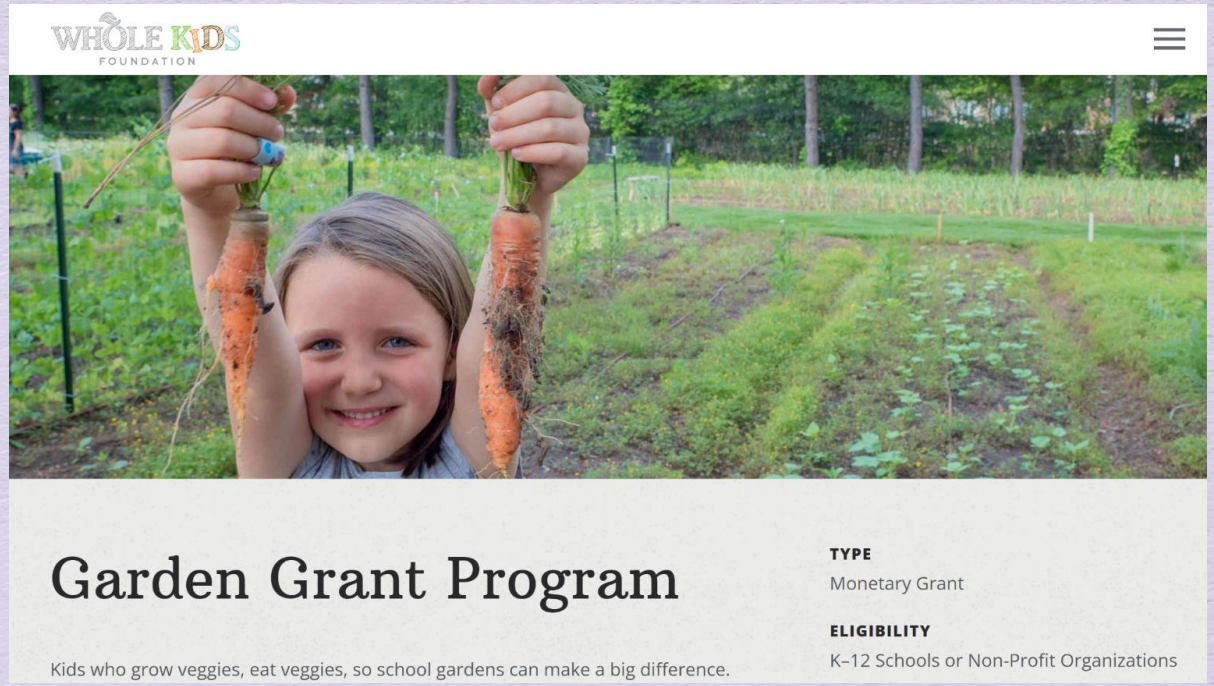
Here, they will learn about the new trends in nutrition and easy ways to prepare healthy, well-balanced meals and snacks. Participants will also receive tips about shopping on a budget and, at the end of each class, they will be provided with recipes and ingredients to recreate those meals at home.

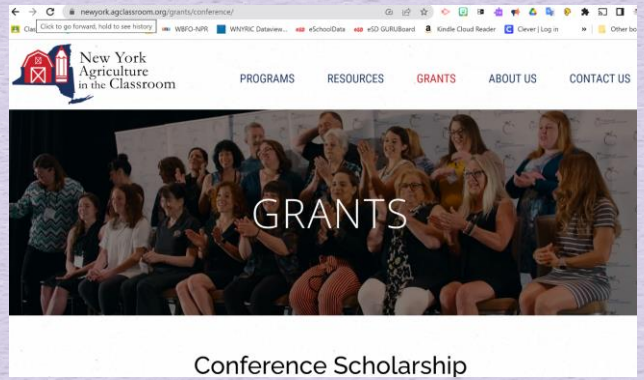
If you're interested in participating in our Good Cookin' program, contact Perry Schmidt at pschmidt@feedmorewny.org or at (716) 822-2005 ext. 3104.

Plan for a fresh addition:

- The STEM Girls Club is starting to experiment with our first lettuce tower to supplement our Flyers' Fresh Market with fresh lettuce.
- We just applied for a additional grant to try to buy a second tower.

Learning and looking for partnerships and grants...





Grants

- Agriculture in the Classroom (National)
- Agriculture in the Classroom (Illinois)
- The Home Depot - Home Depot Foundation
- America's Farmers Grow - Bayer Fund
- SARE
- StateFarm - Good Neighbor Citizenship
- FFA Organization (National)

Just a maybe for the future, but it's something to work toward.

Thank you for your support.

– The Flyers' Fresh Market Team