



National Relief Charities

Building Strong, Self-Sufficient American Indian Communities

Southwest Quarterly Newsletter

July 2014

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Open House in October

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Our Vision:

Our vision is **strong, self-sufficient Native American communities**, and our services work toward this goal.

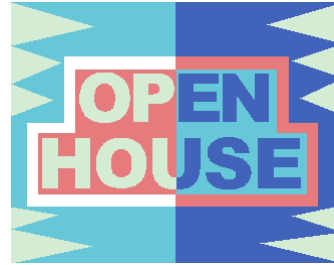
NRC DELIVERS ONLY NEEDED GOODS & SERVICES

We want to make sure the products we send fit your needs. Please call us if they don't so that we may better serve you!

Come one, come all! NRC is opening their doors to all NRC Program Partners for our fall Open House.

The purpose of our Open House is to give our hard working Program Partners a fun event, a chance to tour our warehouse and meet our staff, and a chance to network with other NRC Program Partners!

Lunch will be provided for all attendees by NRC. Throughout the day, games and raffles will be underway and everyone can get in on



the fun! We will also have a speaker who can share about their utilization of NRC services and how their program benefited.

Prior to the event, NRC will be providing information on hotel options near our Phoenix facility. All that we ask of you as NRC Program Partners is a prompt reply to our

invitation by the RSVP date of September 19th.

Please save the date to spend part of your day with us on **Thursday, October 9th** from 9 a.m. to 2 p.m.

We look forward to seeing as many of you as possible and to continuing the partnership we have established.

If you have any questions regarding the Open House, you may contact us toll-free at 1-877-281-0808 or call our main office line at 602-340-8050.

NRC Contact Information

Southwest Program Office

1310 E. Riverview Drive
Phoenix, AZ 85034
602-340-8050 Phone
877-281-0808 Toll-free Phone
866-682-7888 Toll-free fax

Richard Miller
Southwest Program Manager
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Denise Suchy
Administrative Assistant
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Questions about your existing requests:

Shannon Hadley, shadley@nrc1.org
Service Coordinator Zones 2 & 4

Leslie Escobar, lescobar@nrc1.org
Service Coordinator: Zones 1, 3 & 5

Questions about your reports:

Cassandra Herrera, cherrera@nrc1.org
Partner Support Specialist

Questions about services NRC offers:

Janel Striped-Wolf, jstriped-wolf@nrc1.org
Outreach Coordinator

NRC Product Highlight

Introducing the K-Cup, something new to brew! The K-Cup is compatible with the very popular Keurig machine where single serving cups of coffee can be brewed at your convenience. However, not everyone has the luxury of a Keurig machine, so we are offering some quick and simple tips on how you can still utilize these little cups of joy:

1. You will need a pair of scissors, a K-Cup pod, and your ordinary coffee filter machine or coffee pot.
2. Cut open the top layer of the K-Cup foil pod (careful now).
3. Peel off the foil lid.
4. Pour the finely ground coffee into the filter (or napkin) and add as many pods as you like (depending on how many cups you will drink or how strong you like it).
5. Add your water and start brewing!



Frequently Asked Questions



The questions below are from the comments/questions section of the annual Program Partner Surveys you returned to our office. Thanks for submitting comments or questions we can address throughout the year.

Q: “Why do you send expired food items?”

- A:** In the United States, several types of dates are placed on food items. Most of these dates are not controlled by Federal regulations but are offered by the manufacturer as a guideline for consumers. The only expiration dates that the government requires on packaging is for infant formula and some baby foods. Below, we list some other dates that manufacturers provide to consumers and how you can use them.
- ◆ **Sell By Date:** Manufacturers provide this date to guide grocery stores and other retailers about when to remove items from their shelves. The “sell by” date is used mostly on items with a short-shelf life, such as meat and dairy products. If stored properly, these products will remain fresh for approximately three (3) days past their “sell by” date.
 - ◆ **Best If Used By Date:** This date lets the consumer know the timeframe in which the item should be used for the best flavor or quality. However, the “best if used by” date is not a safety date and does not indicate by when the item must be consumed. In fact, items may be consumed for up to three (3) years after the “best if used by” date. Of course, the duration of usability depends on whether the food is properly stored.
 - ◆ **Use By Date:** The “use by” date indicates when the product will be at its peak quality. Similar to the “best if used by” date, the “use by” is not a safety date. However, it is seen more often on short shelf-life items like baked goods.
 - ◆ **Expiration Date (or Do Not Use After Date):** This date is always found on infant formula and often found on baby foods. Items used after the “expiration date” may be of poorer quality or lower in nutritional value. For more information, you can visit <http://www.fsis.usda.gov>.

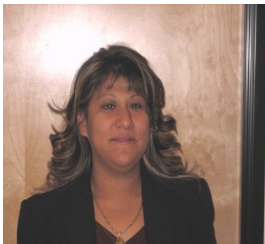
In the Spotlight



Rafael Tapia joined our Phoenix team in May 2014 as Training & Collaboration Coordinator for long-term solutions. He has extensive experience working with Native American communities, programs, tribes, and nonprofits. Rafael is motivated by seeing people succeed and take on

challenging issues to improve quality of life. He is Pascua Yaqui and from Tucson, AZ.

Janel Striped-Wolf is excited to join NRC as Outreach Coordinator. She is Lakota and just completed her Masters for Language and Culture Revitalization. Janel's main focus is education and startup for new Program Partners such as you!



Leslie Escobar is back and looking forward to working with NRC Program Partners once again. She will be handling Zones 1, 3, and 5. When asked how she feels about rejoining NRC, she says, "This is where I need to be."

Report deadlines:

Due 30 days from event date:

Healthy Living
Community Events
Bulk Distribution
Food

Due 60 days from event date:

CUBS

Due 90 days from event date:

Residential
Activities
Animal Welfare
New Baby

"Every passion has its destiny."

— Billy Mills

Upcoming Deadlines



Thanksgiving: The timeframe for requests begins on July 1st and ends on September 19th



Holiday (Christmas): The request timeframe begins on August 1st and ends on October 17th



Please turn in your requests on time



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1310 E. Riverview Dr.

Phoenix, AZ 85034

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Toll-Free: 877-281-0808

Toll-Free Fax: 866-682-7888

Our mission:

Serving immediate needs.

Supporting long-term solutions.

Our vision:

Strong, self-sufficient Native

American communities.

ADDRESS CORRECTION REQUESTED

Program Partners: Save the Date!



Games!



**Door
Prizes!**



**Lunch
Provided!**



**NRC Open House
in Phoenix**

October 9th, 2014

9:00 a.m. — 2:00 p.m.



**NRC
Info!**



**Warehouse
Tour!**



**RSVP by
Sept 19th**