



Mission: Serving immediate needs. Supporting long-term solutions.
Vision: Strong, self-sufficient Native American communities.

Program Partner Highlight

Pinedale is a small, rural community located on the Navajo Nation 30 miles northeast of Gallup, New Mexico. Sylvia Largo is the Community Health Representative (CHR) for the Pinedale area and has worked with the Gallup Service Unit as a CHR since 2016. She had watched a previous CHR receive incentives from PWNA, so when Sylvia took the position, she decided to become a program partner.

Sylvia is currently utilizing the Healthy Living service and is grateful to receive incentives for her clients during home visits. At first, she was surprised by the variety of PWNA products and noted that Elders were more open with her during home visits. The clients listened to health tips, built a good rapport and looked forward to the next visit.

Sylvia has also utilized PWNA holiday services to bring the community together around a Thanksgiving meal. Her Elders were also happy to receive holiday Elder Bags, and they express their appreciation for the variety of items they receive.

Sylvia is thankful for her PWNA partnership, as the Healthy Living service has allowed her to reach clients she would not normally access and boost continuing participation in the CHR program. This allows for stronger relationships between the CHR and the families, which means a better outlook for the program to achieve its health education goals.

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Sylvia Largo
Pinedale CHR Program

**PWNA DELIVERS ONLY
NEEDED GOODS AND SERVICES**

We want to make sure the products we send fit your needs.
If they do not, please call us so we may better serve you.

What Best by, Use by and Sell by Dates Really Mean

Know Your Expiration Dates

SELL BY:
Last date stores should sell it.

USE BY:
Dates the manufacturer recommends using it by to enjoy at its best

BEST IF USED BY:
Refers to quality, not safety. Food is safe but may not be at peak taste or appearance after this date

cookingclarified
Cooking Made Simple

Confused by “best by,” “sell by” and “use by” dates? You’re not alone. In fact, [a Harvard University study](#) found that more than 90 percent of Americans throw away perfectly good food due to label confusion—resulting in [398,000 tons of food waste](#) each year. As it turns out, those eggs with a sell-by date don’t suddenly turn rotten at midnight.

Understand what food date labels really mean. All “sell by,” “use by” and “best by” dates are determined by the food manufacturers as their best guess about food quality—not food safety. Basically, the dates indicate how long the manufacturer guarantees their product will still be at *peak* quality to enjoy. And there’s no governmental authority policing how those dates are used — though Congress has tried (and failed) to pass legislation to standardize labeling and clear up the confusion. Depending on the product and how it has been managed, most foods are perfectly safe to eat for days or weeks after their sell by, use by or best by date has passed.

Ignore the “sell by” date. According to the Natural Resources Defense Council, “the sell by date is literally just for the stores themselves,” so the manufacturer can let them know when a product may be past its prime and ready to be taken off store shelves. (Again, the food may still be perfectly safe and tasty for long past the sell by date.)

Inspect your food. You can usually tell quickly when a food item has gone bad — there’s mold on the bread or the milk smells sour. “Check the quality of the specific product by smell, taste... if it’s visually okay... there’s no mold or discoloration,” says Stacey Antine, MS, RDN, founder of HealthBarn USA. Keep in mind that bad things can “happen even before the use by or sell by date,” especially if it’s a perishable food such as milk, meat or eggs that may have spent time at an unsafe temperature.

Stop the clock. Do you have food you know you won’t finish before it goes bad? Just chill. “If you are getting close to the indicated date... put it in the freezer,” Antine suggests. “It sustains the product, extends its life, and reduces food waste.”

The above is an excerpt of an article published in Reader’s Digest: [This Is What Best-By, Use-By, and Sell-By Dates Really Mean.](#)

PWNA Staff Spotlight



Deion Benally
Warehouse Associate

Deion Benally began working with PWNA’s Southwest office in February 2023. His main duties as a warehouse associate are to process inbound supplies and prepare outbound deliveries to partners.

What has surprised Deion about PWNA is that we give back to communities on the different reservations in Arizona and New Mexico.

Deion grew up in Northern New Mexico on the Navajo Nation and played basketball in high school, competing in tournaments in Chicago and Las Vegas. Something you might find surprising about Deion is that he likes to cook and makes almost everything from scratch.

As part of the PWNA team, Deion looks forward to assisting you with your distributions.

Report Deadlines

Due 30 days after delivery:

Healthy Living
Community Events
Food Pantry

Due 90 days after delivery:

Residential
Standard Food
Animal Welfare

New in Your Delivery Packet

During COVID-19 years, PWNA temporarily allowed the Program Partner Contact to fill out the Participation Sign out sheet for their participants versus having the participants sign their name. Now that COVID restrictions have lifted, PWNA will once again require that the individual participants sign the Participant Sign-Out Sheet when they receive incentives.

The Participant Sign-Out sheet has room for 25 signatures. PWNA prefers that you use our Sign-out Sheet when you are distributing the incentives. It provides us with the necessary information we need to be good stewards to our donors. It also lets your participants know where the incentives are coming from.

You may use your own sign-out sheet instead, but we ask that you please include all the same information on it as PWNA's sheet.

If you have any questions regarding the Participant Sign-Out Sheet, please call our office at 1-877-281-0808 and we'll be happy to help.

Participant Sign-Out Sheet

During the COVID-19 pandemic, PWNA temporarily allowed the Program Partner contact to fill out the Participant Sign Out Sheet for their participants versus having them sign their names. Now that all COVID-19 restrictions have been lifted, we once again require that the participants sign the Participant Sign-Out Sheet when they receive incentives.

The form has room for 25 signatures. PWNA prefers that you use our Sign-out Sheet when you are distributing the incentives. It provides us with the necessary information we need to be good stewards in our donors. It also lets your participants know where the incentives are coming from. You may use your own sign-out sheet instead, but we ask that you please include the same information on it.

Please see the example below to guide you with the language on our Participant Sign-Out Sheet.

MEMBERSHIP 0114 NATIVE AMERICANS

Participant Sign-Out Sheet

Type of Activity (ex. Community Event, Class, Home Visit, etc.): _____ Health Fair

Activity Description: _____ Attended 3 hours and then came to job incentives

Date	Name	Signature
1/2/23	Terry Yarrin	[Signature]
2/2/23	Sarah Leo	[Signature]
3/2/23	Ruby Johnson	[Signature]

Annotations:

- The type of activity is what you did - was it a Health Fair, home visit or did you have a class?
- The activity description is a description of what the participants did to **EARN** incentives.
- It is important to have the participant sign the sign-out sheet. Please **DO NOT** sign for them anymore.

Featured Products/Recipe

The items below are available in our warehouse and may be of interest to your participants. Be sure to ask your PDC about the items during your follow-up call.

- Beverages/Drinks
- Clothing
- Fitness equipment
- Miscellaneous items
- Pet Supplies
- Ready Meal (apples)

Here's a recipe you can try using the Ready Meal (apples).

Apple Crumble: <https://bakeatmidnite.com/>

Total Time: 20 minutes

Servings: 4

INGREDIENTS:

- 21 oz can apple pie filling
- 1 tsp lemon juice
- 1/2 tsp cinnamon

TOPPING:

- 1/2 cup flour
- 1/4 cup softened butter
- 2 tbsp brown sugar
- 2 tbsp chopped nuts (walnuts, pecans)

COOKING INSTRUCTIONS:

1. Preheat oven to 450 degrees F.
2. Mix pie filling with the lemon juice and cinnamon. Spread in the bottom of a 1-quart casserole dish or 8 x 8-inch square baking pan.
3. Mix all topping ingredients. Drop small amounts evenly over top of apple mixture.
4. Bake at 450 F for 15 minutes. Serve warm.

Contact Us!

Southwest Office
1310 E. Riverview Drive
Phoenix, AZ 85034
Tele: (602) 340-8050
Fax: (602) 340-8055

Richard Miller
Director of Programs, Material Services
rmiller@nativepartnership.org

Denise Suchy
Special Projects Coordinator
dsuchy@nativepartnership.org

Questions about PWNA services, requests,
or reports:

Cassandra Herrera
Assistant Program Manager
cherrera@nativepartnership.org

Savannah Jacobs
Partnership Development Coordinator (PDC)
sjacobs@nativepartnership.org

Brandi Johnson
Partnership Development Coordinator (PDC)
bjohnson@nativepartnership.org

Reminders

During the 2022 program year, staff revised **all** the PWNA forms, please begin utilizing the revised forms. The bottom right corner will have the revision date.



Program Partners, holidays are right around the corner. Please keep in mind there is a window of opportunity for you to submit a Thanksgiving and/or Holiday (Christmas) request. If you need help with this, please call us at 877-281-0808.

- Thanksgiving: Requests accepted from July 1 through September 15, the 3rd Friday.
- Holiday (Christmas): Requests accepted from August 1 through October 20, the 3rd Friday.

Submitting a request is **not a guarantee that it will be approved. ALL requests are reviewed and approved based on established selection criteria. PWNA will notify all Program Partners well in advance about the determination for your request.



For any PWNA report/request forms, visit www.swnativepartners.org or call 1-877-281-0808.