

URI Informed

THE URI EMPLOYEES' NEWSLETTER

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SUMMER 2025

URI Cooperative Extension Food Recovery for Rhode Island Program

by Kristen Curry

Applications are open for Food Recovery for Rhode Island at the University of Rhode Island (FRRRI), a community education program for Rhode Islanders offered through URI Cooperative Extension. The six-week course includes online coursework and field experiences that can be completed at participants' convenience.

Attendees learn how to make the most of their grocery purchases, preserving and storing them properly. Through hands-on experiences exploring the local food system on farms, community gardens, and in kitchens, participants will:

- Gain skills in canning, pickling, dehydrating and freezing the harvest
- Improve their home composting
- Get involved with community composting
- Rescue surplus food
- Network with inspiring organizations making changes at the grassroots level
- Learn about employment helping schools establish share tables and compost sorting stations in the cafeteria

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URI's Food Recovery Course aims to keep food waste out of the landfill for the good of the environment and local residents.

THE
UNIVERSITY
OF RHODE ISLAND

URInformed

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If you have a suggestion for an article about a co-worker or colleague, or perhaps information about an event, or simply have an interest in being involved with the newsletter, you may send your request to:

URInformed, 73 Upper College Road,
Kingston Campus
or contact us by e-mail at:
NGillespie@uri.edu

The editorial board reserves the right to select the material printed and to edit it to conform to space restrictions.

Please get involved! This is your newsletter and we need your support to make it work.

URI is an equal opportunity employer committed to the principles of affirmative action and values diversity.

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The reasons for making changes are clear. Wasted food is the most common item in Rhode Island's Central Landfill with 100,000 tons entering the landfill each year. Yet 38% of state residents experience food insecurity and the demand for food assistance has increased 9% in the past year. Each month, approximately 84,400 Rhode Islanders seek assistance at food pantries across the state.

All Rhode Islanders benefit from reduction of greenhouse gasses by diverting material from the state landfill. In the meantime, community members also benefit when food can be diverted to hunger relief agencies, helping to bolster the state's emergency food system.

One participant, Laurel Spears, is using what she learned in her work at the Tomaquag Museum, teaching the indigenous community about modern composting methods, exploring

traditional food preservation techniques, and promoting the importance of foraging, growing, and utilizing produce in its entirety.

"URI's Food Recovery Course expanded my awareness of how much food ends up in our landfills and the impact this has on both our communities and environment," says Kristi Maresco of South Kingstown, who completed the program last year. "The course provided me with the knowledge, tools and confidence to assist my family and to divert edible food to those in need and food scraps to a regenerative home. My home food habits have been transformed and I am now aiding a local organization in transforming theirs. When kept out of our landfills, food, no matter what state it is in, is life!"

Community needs, community impact

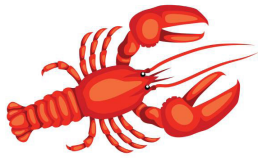
To date, 200 Rhode Islanders have enhanced their food literacy through the Food Recovery for Rhode Island program; they can then volunteer and can help educate others on how to adopt conservation behaviors and participate in projects that hit pause on the current food-to-landfill system. Course alumni stay engaged and continue learning through events like apple picking sessions, potlucks, and even a Zero Waste Trivia Night at a local brewery.

Thanks to the program, last year more than 230,000 pounds of surplus food went to hunger relief organizations and over 87,000

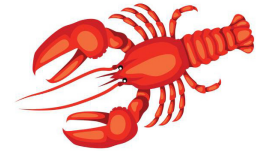
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SOUTH COUNTY RI TREATS SUMMER 2025



D	O	C	V	S	E	K	A	C	M	A	L	C
E	L	A	D	O	U	G	H	B	O	Y	S	A
L	L	B	A	U	T	O	C	R	A	T	Q	L
S	O	I	A	E	L	O	S	C	U	H	U	A
L	R	N	Z	K	R	D	S	N	O	M	S	M
E	R	E	Z	N	E	R	O	T	F	D	E	A
M	E	T	I	R	E	D	W	O	H	C	I	R
O	T	S	P	T	S	I	B	O	M	O	F	I
N	S	Q	S	E	E	S	W	E	M	D	F	G
A	B	Y	I	N	S	Y	G	U	A	S	U	G
D	O	L	E	A	T	U	R	I	A	N	T	Y
E	L	R	I	Z	E	P	P	O	L	E	S	S
A	S	E	K	A	C	Y	N	N	H	O	J	E

1. ALLIE'S DONUTS
2. AUTOCRAT
3. BAKED BEANS
4. CABINETS
5. CALAMARI
6. CLAM CAKES
7. COD (3x)
8. CORN
9. DEL'S LEMONADE

10. DOUGHBOYS
11. EAT
12. JOHNNYCAKES
13. IGGYS
14. HOT WIENERS
15. LOBSTER ROLL
16. MEWS (The Mews)
17. MOB (Matunuck Oyster Bar)
18. OYSTERS

19. PIZZA
20. RI CHOWDER
21. SAUGYS
22. SOLE
23. STUFFIES
24. URI
25. ZEPPOLES

DIRECTIONS: The object is to find the 25 hidden words within the grid. Words can be found horizontally, vertically, diagonally, backwards or forwards. Return the completed wordsearch to Nancy Gillespie, Communications and Marketing, Alumni Ctr, 73 Upper Coll Rd. Please include your name, address and e-mail with your entry. A drawing of all correct entries will determine the winner. A URI prize will be given to the winning entry.

The winner will be announced in the next issue of URInformed. Good Luck!

Name _____ Dept. _____

Campus Address _____

Phone Ext. _____ E-mail _____

Personnel Script

Job Opportunities

The classified and non-classified application process is now automated so that you can apply on-line for positions here at the University. You will also be able to review the status of your application during the recruitment process, update your on-line application, and apply for positions that become available in the future. For the job opportunities visit:

<https://jobs.uri.edu>

We Welcome the Following People to our Community...

Gail Alofsin (Strategic Initiatives), Timothy Amidon (Professional & Public Writing), Gabrielle Armin (GSO Research), April Bellafiore (URI Online), Fenina-Raphaella Buttler (Graduate School), Austin Calhoun (CELS Academic Unit 1), Stephanie Cavanagh (Vice Pres for Admin & Finance), Michael Chirillo (CELS Academic Unit 3), Kaitlin Dailey (Biomedical & Pharmaceutical Sc), Sheila Felice (Human Resource Administration), Wenhui Feng (Department of Public Health), Deborah Ferguson (Physics), Donna Kaba (Nursing Instruction), Ashley Katusa (Research Office), Robert Kiely (Human Resource Administration), Jaimee Knapton (Mail Services), Andrei Kostousov (International Recruitment), Abbie Lahmers (CELS Academic Unit 2), Doan Tuu Le (Dining Board Operations), Marc Maffei (Communicative Disorders), Shawn Mathews (Maintenance & Repair), John McCann (CELS Academic Unit 2), Nataraja Netaji (Controller), Satomi Ota (CELS Academic Unit 2), Pamela Plucinski (Nursing Instruction), Beatrice Price (Human Resource Administration), Tori Quinn (CELS Academic Unit 2), Molly Richard (Department of Public Health), Shelby Rinehart (CELS Academic Unit 2), Scotia Roopnarine (Info Tech Services), Rita Shah (Human Resource Administration), Liliana Sierra Castillo (CELS Academic Unit 2), Meg Simione (Communicative Disorders), Patricia Sparrow (Kingston Library), Emily Sperou (CELS Academic Unit 2), Robert Tiernan Jr (Maintenance & Repair), Jean VanderGheynst (Dean Environment & Life Science), Jaya Lekshmy Venugopal (Human

Resource Administration), Frances Webber (Mech. Ind. & Sys. Engineering), Guoyi Xu (Elec Computer & Bio Engr), Shanelle Zaino (Military Science & Leadership), Amaelia Zyck (CELS Academic Unit 3)

... and Say Goodbye to ...

Cassandra Barbato (Military Science & Leadership), Michael Bensink (Office of Equal Opportunity), Kallie Bonneau (Business Instruction), Curiney Cain (Dining Board Operations), Steven Campo (Business Instruction), Kyle Coleman (Capital Construction), Nicholas D'Errico (Dining Board Operations), Evan Drabik (Training Room), John Fils-Aime (Men's Football), Joshua Fishlock (Communication Studies), Jennifer Follen (Library Technical Services), Peter Freeman (GSO Coastal Resources Center), Eric Gempp (Emergency Management), Clayton Graham (CELS Academic Unit 2), Janet Hinton (Health Services), Patricia Kukulinski (Dean Pharmacy), Pamela LaBreche (Small Business Development Ctr), Damian Letellier (Dining ID Office), Callum Lewis (GSO Coastal Resources Center), Danwei Li (Languages), Jessica McCarthy (Business Instruction), Burhan Mirza (HRL M&R Facilities), Maha Mitrelis (Business Instruction), Henry Nguyen (Dining Board Operations), Jose Nunez (Mail Services), Jennifer Oliver (Enrollment Services), Frank Oliver (Waste removal & recycling), Wilfredo Ortiz Beriguete (HRL Security), Anita Rainey (Dining Cafe Operations), Jill Rasmussen (Info Tech Services), Jeannette Riley (Dean Arts & Sciences), Charlotte Roberts (Chemical Engineering), Melissa Roberts (Enrollment Services), James Roush (Dean Health Sciences), Jonathan Schrader (Computer Science), Dorothy Skierkowski (Psychology), Natalie Sorrentino (Dining Board Operations), Jakayla Steele (Dining Board Operations), Zachery Sutton (Dining Board Operations), Veena Vijayan (Biomedical & Pharmaceutical Sci)

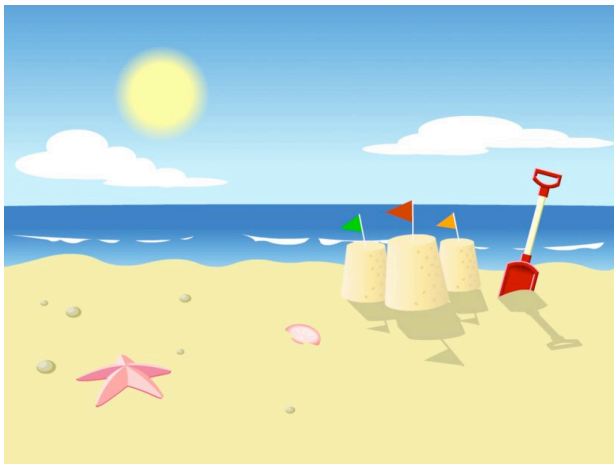
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... and Best Wishes To Those Who Retired

John Allen (Custodial Services), Tracey Altomari (Dining Catering Operations), Cynthia Bonn (Undergraduate Admissions), Donna Hayden (Professional & Public Writing), Cheryl Kocon (Mail Services), Mary Malakorn (Art), Michele Nota (Alumni Relations), Mary Lee Paola (HRL Residential Education), Susan Pelletier (HRL Facilities), Walter Roxin (Dining Board Operations)

In Memoriam

- ❖ Michael Barrus, Associate Professor, Mathematics



URInformed Word Search Winner

Congratulations to **Heidi Cooper, Facilities Services.**

Please contact Nancy Gillespie, Communications and Marketing (4-4508) to claim your prize.

Check out the Word Search on page 3!

Rhody Outpost Update

*from Barbara A. Sweeney
Food Security Outreach Coordinator*

Hello friends!

Happy mid-July! I hope you are all getting some well-deserved and much needed time off this summer. We have been extra busy at the Outpost since classes and exams ended in May. Keeping up with the demand is especially challenging this summer as our donations have slowed down considerably.

Since the beginning of May, we've had 725 visits to the Outpost, about 15% increase from the same period last year. We've distributed nearly 11,000 pounds of food and personal care items.

To that end, we are asking you to help spread the word about our most critical needs:

1. Paper bags with handles
2. Gift cards (regular or e-card versions welcome) to Walmart, Stop & Shop, Amazon, Dollar Tree, Job Lot - these allow us to distribute them directly to students who have additional need, or gives us the opportunity to easily replenish our empty shelves!
3. Peanut butter, jelly, rice, toothpaste, pasta, tomato products, dish soap are among our biggest needs from our wish list. It includes a link to our Amazon wish list for easy purchasing and shipping.

I am so grateful for your incredible support for the Outpost and our students! As always, we will gladly arrange for pickup of donations, or you can drop off directly at either the Dining Services warehouse (7-2, M-F during the summer) or the shed outside St. Augustine's Church on Lower College Road (accessible 24/7). Please feel free to share this message with friends, colleagues, and members of your community.

Wishing you a healthy, happy, and joyous July and August!

With care and thanks, Barbara

The Pets Corner

Send us your favorite photo of you and your pet.

We need a high resolution jpg.

Your name and department

Your pet's name, breed

One or two sentences about your pet.

Maybe the photo will tell us all we need to know.

Contact:

Nancy Gillespie

ngillespie@uri.edu



Save a *Lab* rescue boy **Chevy** - A future Rhody Ram! He is a black lab mix rescue. Chevy is now a year old. The photo is of him as a puppy with My Stuff a Ram that my Friend The late Maureen McDermott gifted me. I will treasure my Ram forever!

Chevy is smart and full of personality! He is affectionate and adores me, his brother Memphis and his felines!

-- **Brenda Celona**, owner of the hair salon in the Memorial Union.

Cook's Corner

Share your favorite recipes in the Cook's Corner

Mozzarella, Basil & Zucchini Frittata

This vegetable-studded frittata recipe is one of the quickest meals you can make. Have it for breakfast or serve it for lunch or dinner with a tossed salad and a slice of olive oil-drizzled crusty baguette.

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 ½ cups thinly sliced red onion
- 1 ½ cups chopped zucchini
- 7 large eggs, beaten
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ¾ cup pearl-size or baby fresh mozzarella balls (about 4 ounces)
- 3 tablespoons chopped soft sun-dried tomatoes
- ¼ cup thinly sliced fresh basil
- Sea salt and freshly ground pepper

Directions:

1. Position rack in upper third of oven; pre-heat broiler.
2. Heat oil in a large broiler-safe nonstick or cast-iron skillet over medium-high heat. Add onion and zucchini and cook, stirring frequently, until soft, 3 to 5 minutes.
3. Meanwhile, whisk eggs, salt and pepper in a bowl. Pour the eggs over the vegetables in the pan. Cook, lifting the edges to allow uncooked egg from the middle to flow underneath, until nearly set, about 2 minutes. Arrange mozzarella and sun-dried tomatoes on top and place the skillet under the broiler until the eggs are slightly browned, 1 1/2 to 2 minutes. Let stand for 3 minutes. Top with basil.
4. To release the frittata from the pan, run a spatula around the edge, then underneath, until you can slide or lift it out onto a cutting board or serving plate. Cut into 4 slices and serve.

Cook Time, 20 mins, Servings, 4, Serving Size 1 slice, Calories 292, Total Fat 21g, Saturated Fat 7g, Cholesterol 346mg, Sodium 513mg, Total Carbohydrate 8g, Dietary Fiber 2g, Total Sugars 4g, Protein 18g, Vitamin C 13mg, Calcium 227mg, Iron 2mg, Potassium 408mg,



Food Recovery...continued from page 2

pounds of wasted food was diverted from the landfill through community partnerships with Food Recovery volunteers.

A new partnership with the Rhode Island Schools Recycling Project also diverted more than 65,000 pounds from the landfill, with more than 8,300 pounds of surplus food going to children and families instead. An additional partnership with Harvest Cycle helped convert 4,000 pounds of food scraps into compost.

The Food Recovery program offers solutions to tackle food waste at home and helps attendees contribute to solutions within their communities. Participants get to pick a track that aligns with their interests: food recovery in the kitchen, composting, or recovering food in a school setting.

This year's program takes place September through October 2025, including online coursework and in-person field experiences on evenings and weekends. The course is open to all Rhode Island residents 18+. Apply for early acceptance by July 1; the final deadline to apply is August 1. Cost for the course and training materials is \$255; financial awards are available. Apply or learn more at uri.edu/coopext/foodrecovery or contact vanessa@uri.edu

URI Informed is now on the Web
at
<http://web.uri.edu/urinformed/>

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URI Informed**

URInformed

The URI Employees' Newsletter

73 Upper College Road, Kingston Campus



Ronda Hammond, Candy Dunn and Nancy Gillespie. We were judges for the millionaire game during URI Thanks You Day in June 2000.

Candy and I have worked together for 29 years producing the employee newsletter. We were on the committee that started the newsletter now known as the URInformed. The first issue of the "No Name Newsletter" was published in December 1996. Through the years the committee has dwindled down to just a few. From Human Resources supplying the Comings and Goings, Kathie McKinstry branding the newsletter for printing and the web, many have provided the word search over the years, recipes, the ever-popular pet's corner, and much more.

For many years the newsletter was printed, folded and stuffed in employee paycheck envelopes by HR. Now it's sent out digitally. We've come a long way and Candy and I have been there along with many others to make it happen.

It has been a pleasure to work with Candy. Her dedication and expertise have made the newsletter better with each issue.

Please join me in wishing Candy all the best in this next chapter of her life.

Nancy Gillespie, Editor