

# Table Talk

News from The Food Bank for Central & Northeast Missouri



January 2017

## The Food Bank saves Rainbow House time, money

Without The Food Bank, central Missouri's only shelter for children would spend more resources putting meals on the table.

Rainbow House, which provides emergency housing for children and young adults up to age 22, is one of 133 partner agencies that receive food from The Food Bank at no charge.

That means Rainbow House can spend its funding on needs other than groceries.

"The Food Bank saves Rainbow House a lot of money," says Katelyn Sanders, a shelter advocate and youth specialist. "While we have a budget for it, there are lots of other things that money can go for."

In addition to providing food at no cost, The Food Bank also saves the staff there time and hassle, Sanders said.

"The Food Bank is super helpful for a lot of different reasons, one being grocery shopping," she said. "Sometimes we have as many as 14 kids and trying to go grocery shopping for 14 kids and having even a few of those kids in tow, it's not really run. With The Food Bank, there's an online system where the supervisor can go and see what's available right from her computer. She doesn't have to leave the shelter."

Rainbow House then picks up that food order every two weeks.

"Without The Food Bank, Rainbow House would spend a lot more time and money on groceries," Sanders said. "We would have less time to be hands on with the kids."

In 2016, The Food Bank distributed more than 5,700 pounds of food to Rainbow House. A distribution report showing all food allocated to The Food Bank's partner agencies will be available later this month.



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**"The way Buddy Packs helps me is that all the ingredients inside helps make lunch, dinner and breakfast."**

- Buddy Pack recipient from Callaway County

## Donor Spotlight

When Spencer and Carter Bumby-Rock Bridge High School graduates who now attend South Dakota State University-were given money for Christmas this year, they did not hesitate to donate it to The Food Bank.

"We were each given money to help people in need, and hunger is the most important thing to help fight," Carter said. "Everyone has to eat, but not everyone can afford to eat."

[Read more about their generous donation.](#)



# ENJOY 100% OFF

Imagine receiving a coupon for 100% off of groceries. We provide that coupon to our partner agencies year after year. In turn, they are able to provide nutrition to clients in need at no charge. We cannot do that without the help of those who invest in our mission. As we enter 2017, we want to thank you for your ongoing support. It allows us to provide food to 104,000 people every single month.

[Click here to see how we work in your county.](#)

The Food Bank for Central & Northeast Missouri

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The Food Bank for Central & Northeast Missouri | 2101 Vandiver Drive, Columbia, MO 65202

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