

Table Talk

News from The Food Bank for Central & Northeast Missouri



July 2016

Hensons invest in Otterville Food Pantry



To donors who make the work of The Food Bank possible, Cleota Cable of Otterville says thank you.

"I love them for blessing my life," she said last month waiting for the Otterville Food Pantry to open. "If it wasn't for them, I would go hungry. If it wasn't for her, we would all go hungry."

"Her" is Rita Henson. Henson, along with her husband, Jim, started the food pantry there three years ago after the local high school held a food drive and collected so much food, no one was quite sure how to distribute it.

The Hensons pitched the idea of a pantry to leaders at Otterville Presbyterian Church who agreed to provide space but told the couple they would be on their own in terms of operating it.

They were not on their own for long. Volunteers have come out in force to help, Rita said. And they are loyal, including Rick Miller, who drives to Columbia twice a month to pick up food from The Food Bank Warehouse.

Having the pantry in the church basement worked for a

Agency News

Benton County

The Benton County Food Pantry in Warsaw has expanded, allowing the operation to store and distribute more food. Additionally, the pantry received a donation of a four-wheel cart from Bob Clark. Manager Jeannie Arnold says the cart will be a great help.

Boone County

The Food Bank has launched a pilot program to assist low-income Veterans in Boone County. The VIP Veteran Pack program provides additional nutrition to Veterans at Central Pantry and through Welcome Home and Patriot Place, both of which house otherwise homeless Veterans. Read more in our [Summer 2016 issue of Special Ingredients.](#)

Miller County

After operating a pantry out of the small basement of Rocky Mount Baptist Church

few years, but posed challenges. There was barely room to store food, and steep stairs made it difficult for elderly or disabled clients to come, Rita said.

Several months ago, a storefront down the street became vacant.

Rita dipped into her personal savings to buy it for the pantry.

Why?

"Because God told me to," she said. "And God has continued to bless us."

Those blessings are trickling down to the nearly 400 families that have come to rely on the local pantry.

J.D. Farris uses food from the pantry to supplement what he can provide through hunting and fishing. "What little assistance I get pays the light bills and insurance, so this helps me out."

"I've never had one this way before," - 5-year-old Food 4 Kid participant who was trying a raw carrot for the first time.

Make a Donation



Lindsay Young Lopez accepts a \$5,000 donation from Dale Tidemann, plant manager of 3M in Columbia, and 3M employees during the team's recent trip to The Food Bank. The donation will help The Food Bank provide the equivalent of 937,500 meals to those in need.

Employees spent a couple of hours in the Volunteer Room where they repackaged 3,200 pounds of food. The group has since pledged to continue volunteering. "3M has done a lot for us in terms of donations of funds and supplies and in terms of volunteering," Lopez said. "We really appreciate their commitment to our mission."

Spotlight on Staff

for nearly 20 years, Dan and Marilyn Duckworth have opened the new brick-and-mortar pantry. Distribution began last month, and a grand opening was held last week.

Share Your News

If you oversee or work for an agency and have news to share with Table Talk readers, please let us know. Just [email Janese Silvey](#).



The Food Bank last month received a donation of 10 pallets of cage-free eggs from LH Poultry LLC out of Tipton. Owner Larry Higgins said he had the extra eggs and would have had to dispose of them had The Food Bank not been able to collect them. [Read more.](#)

Board of Directors

President Todd Weyler
Vice Pres. Laura Erdel
Secretary Ann Littlefield
Treasurer Judy Starr
Past Pres. Mariel Liggett

Wilson Beckett
Tina Dalrymple
Russell Freeman
Heather Hargrove
Shirley Johnson
Michael Kateman
Claudia Kehoe
George Kennedy
Dan Knight
Scott Maledy
David Nivens
Ken Petterson
Joe Priesmeyer
Stefanie Rome
Amy Schneider



Jonathan Pry

"I think it's good to give Veterans a helping hand. They helped us out; we should give them a boost."

At Work: Jonathon Pry, or J.P. as most people refer to him, will celebrate his one-year anniversary at The Food Bank in September. Prior to that, Pry worked as a toolmaker for 17 years then in the roofing industry. He says the unpredictable hours of roofing prompted him to come to The Food Bank, where he works regular shifts. Pry has a Class A license, allowing him to drive The Food Bank's larger semi trucks, which he uses to deliver food to pantries, soup kitchens and other agencies in the southern half of The Food Bank's service area.

Outside of Work: Pry enjoys exercise and spending time with his two sons, ages 24 and 28.

As Part of The Food Bank Team: Pry is known for coming in, doing his job to the best of his ability and leaving at the end of the day feeling good about the work he put in. He said he wishes more low-income people understood how easy it is to access The Food Bank's pantries. Pry knows of some recently unemployed individuals and assured them that they are eligible to receive food from our pantries.

Recipe of the Month

Zucchini Relish

12 c. grated zucchini
4 c. ground onions
1 red bell pepper
1 green bell pepper
1 jar pimentos
5 Tbsp canning salt
3 c. vinegar
4 1/4 c sugar
1 Tbsp dry mustard
2 Tbsp cornstarch
3/4 Tbsp nutmeg
3/4 Tbsp turmeric
3/4 Tbsp black pepper
2 tsp celery seed

Mix zucchini and onions.
Sprinkle with salt.
Soak overnight. Rinse well with cold water and drain.

Grind peppers and pimentos.

Cook all liquids and spices until thick.

Add zucchini mixture and ground peppers to liquid and cook 30-45 minutes.

This month's recipe is from Viola Smith, data entry clerk at The Food Bank.

The Food Bank for Central & Northeast Missouri

<http://www.sharefoodbringhope.org>

2101 Vandiver Drive
Columbia, MO 65202
(573) 474-1020

