

Table Talk

News from The Food Bank for Central & Northeast Missouri



March 2016



Boxes of nutritious food make a difference in lives of older adults

Pat Cassaday raves about the cheese she receives each month through her Commodity Supplemental Food Program box.

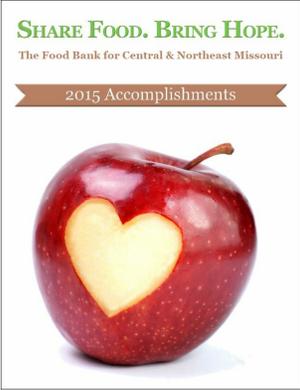
"I could not afford the cheese. It's such a good product, there's no way I would be able to have it if I did not get it through this program," she said. "The canned beef stew is also a very good meal. We get cereal, milk, vegetables. One box a month lasts me quite a while."

CSFP is a U.S. Department of Agriculture program that works to improve the health of low-income senior citizens by supplementing their diets with nutritious food. The Food Bank helps distribute nearly 2,000 of those boxes each month to agencies in 22 counties.

Pat receives her CSFP box through Douglass Community Support Services in Marion County. The agency, which also provides emergency food and other social services, distributes 215 so-called senior boxes each month, said Stacey Nicholas, the RSVP



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A report of "2015 Accomplishments" should have reached your mailbox last month. If you did not receive it and would like a copy, please stop by The Food Bank at 2010 Vandiver Drive, Columbia, or call us at (573) 474-1020.

Agency News

Adair County
A new Mobile Food

coordinator at the center.

"It provides good quality nutrition," she said. "For some low-income seniors, it's a gateway to get them interested in more nutritious food from the food pantry."

And for many, she said, the boxes allow older adults to remain on their own.

"Many are fighting illnesses, and good health is key to keeping immune systems strong," Stacey said.

For Pat, who also works at Douglass Community Support Services, the additional benefit helps her remain financially independent.

"I try to make it all work," she said. "I do pretty well, but if I didn't have this job to help me and the food given out, it would be different."

"The food helps make me strong. Milk makes you grow tall." - Buddy Pack recipient at Northwest Elementary School in Houstonia, Pettis County R-V

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Individuals donate truckloads and trunk loads

Years ago, Keith Koppenall relied on food from The Food Bank for Central & Northeast Missouri to get through a rough patch.

"I went through a divorce, and The Food Bank helped me out through the years I was going through hard times with the kids," he said.

He has spent the last three years on the other side.

In December, he and his team from Mid-City Electric—including daughter, Brittany, and brother, Warren, brought a truckload of food to The Food Bank's One-for-One Holiday Drive. The total donation? Roughly 670 pounds of food.

"It's my way to give back to the community," he said. "They've given me so much over the years, it's a little payback. I'm doing pretty well now, but I know there are families struggling."

"We were amazed to see this truckload of goods pull up

Pantry will provide food from 10 - 12 p.m. on the third Wednesday of every month at Faith United Methodist Church, 1602 East Illinois Street, Kirksville.

Cole County

The Food Bank has added an additional mobile pantry in Jefferson City. The first pantry was held Saturday at Jefferson City Day Care and will be held once a month.

Randolph County

Christos Center received a table full of groceries from a girl who turned 10 and asked family and friends to purchase food instead of presents for her birthday.

Saline County

The Sweet Springs Food Pantry is in the process of raising funds to renovate a vacant convenience store into a senior center for the community. The pantry board has purchased an old Casey's and hopes to convert it into a gathering place where hot lunches will be served daily.

Schuyler County

The Schuyler County Food Room received several cases of meat sticks donated by Western's Smoke House in Greentop. Additionally, the Queen City Baptist Church donated a

to our food drive, and were even more amazed to hear his inspiring story," said Lindsay Young Lopez, executive director. "It is so great to hear when people have bounced back from hard times and are able to then give back."

It does not take a truck, however, to make a difference. Last month, Sharon Gardner was simply cleaning out her shelves at home when she realized she had more canned soup than she could eat.

"You see things on sale and just load up," she said.

Sharon's shopping skills did not go to waste. Rather than tossing the name-brand goods, she drove a box full to Central Pantry in Columbia. And it did not take long for clients inside to snatch up the 31 pounds of Progresso soup and other items.

"It does not take a large quantity of food to make a difference," Lopez said. "For a person who is hungry, a can of soup is all it takes."

Spotlight on Staff



Michael Yetman

"It doesn't matter what day of the year or what kind of morning I'm having, it doesn't take long for me to be happy when I'm here. Somebody is bound to make me smile."

At Work: As outreach coordinator, Michael Yetman wears a number of hats at The Food Bank, from helping co-workers navigate their computer drives to managing social media. For the past couple of months, Michael has taken on additional roles as the communications coordinator position was vacant and another co-worker was on family leave. Michael has worked at The Food

generous amount of items including canned food and toiletries for emergency needs.

Scotland County

Scotland County Ministerial Alliance is enjoying its new building after working out of a small space. The new facility allows the pantry to serve more families in the area.

Tres Leche Cake

Cake base:

- 1 box of yellow cake mix
- 1 box of vanilla pudding mix
- 1 cup milk
- 1 cup vegetable oil
- 4 large eggs

Milk syrup:

- 1 can sweetened condensed milk
- 1 can evaporated milk
- 1 cup cream
- 1 teaspoon vanilla
- 1 teaspoon rum (optional)

Topping:

- 1 cup cream
- ¼ cup powdered sugar

Preheat oven to 350. Spray 11x13 cake pan with vegetable oil spray.

Mix cake mix, pudding, milk, oil and eggs on medium speed for 2-3 minutes, scraping sides of bowl as needed. Pour into prepared pan. Bake 30-35 minutes. Remove from oven to cool.

Bank for nearly three years, starting as the food drive coordinator and working as digital media specialist before assuming his current role.

Outside of Work: Michael is an accomplished stand-up comedian and has one of the most well-known weekly routines in Columbia. He also paints, draws and is exploring ways to incorporate music into his comedy.

As Part of The Food Bank Team: When he moved to Columbia from Cape Girardeau, where he worked in radio, Michael said the mission of The Food Bank was easy to get behind. But he fell in love with the people here, too. "This can be a tough environment, but everybody is ready to work. We know we're all in this boat together. I hope the community knows how committed everyone is to the job. It becomes part of your life."

Once cake is completely cool, poke holes in cake with tines of fork or a wooden skewer. Mix milk syrup ingredients together and spoon over cake letting the syrup soak in between spoonfuls. Place cake in refrigerator for at least 2 hours and top with sweetened cream.

Topping:

Mix cream in mixer for 1-2 minutes, add sugar and beat for an additional 2-3 minutes until stiff peaks form.

This month's recipe comes from Charity Snell, director of finance.

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