

# Inside Scoop

Prepared for the staff of The Food Bank for Central & Northeast Missouri

March 2016



The operations team welcomed a new addition to The Food Bank fleet. A new box truck will help serve our 32-county area.

## The Food Bank staff to sponsor garden patches for Central Pantry

Food Bank employees are invited to participate in sponsoring a patch of urban garden to benefit our Central Pantry clients.

It is part of the Columbia Center for Urban Agriculture's Planting for the Pantry campaign, an initiative that would ultimately allow for 100 percent of the produce grown at the Urban Garden in Columbia to be donated to the pantry.

A donation of \$5 would sponsor a square-foot patch. It would require 60 donations of \$5 to be able to sponsor a quarter row.

"This idea came about from a conversation," said Michael Yetman, outreach coordinator. "Some of us were talking about the initiative, then, one by one, we started saying 'I'll contribute \$5.'"

We decided to open it to all staff."

Of course, a donation is not mandatory.

The CUA this year hopes to have 30 of its 50 rows sponsored for The Food Bank. Those rows of fruits and vegetables are currently sold at the Farmer's Market at the Arc on Saturdays during the summer. The goal is to have all 50 rows sponsored for donation by 2020.

The center is kicking off the initiative next month with a lunch and dinner event. Empty Bowls will be a meal held Sunday, April 10, at Missouri United Methodist Church on 9th Street. Soup and bread will be served from noon to 2 p.m. and again from 5 to 7 p.m. The meal is free, but donations are encouraged. Bowls created and decorated by students will be available for purchase.

## Get Fit kicks off Monday

The third annual Get Fit Challenge will kick off with health screenings on Monday, March 7.

The 13-week challenge, sponsored by the Employee Council, aims to inspire staff members to focus on their health and wellness. Boone Hospital will park the Know Your Numbers truck in the west parking lot starting at 8:30 a.m. and will be here until 10:30 a.m. Blood work will check blood glucose, cholesterol, triglycerides, HDL and LDL, as well as blood pressure. A body composition analysis will also be provided, and for best results, fast 8 to 12 hours before screening.

All screenings are free, and appointments are not necessary.

The first Get Fit weigh-in will be 8:15 a.m. Friday, March 11, in the warehouse. A designated Employee Council member will take every participant's weight, and the information will remain confidential.

Progress of percentage lost will be tracked through weekly weigh-ins.

Neal Loyd was last year's winner, earning a cash prize at the end of the challenge. He lost 10 pounds in the first week and made lifestyle changes that ultimately resulted in a 45-pound loss in 25 weeks. Loyd found that eating small portions at least six times a day, including two apples and deli meat for protein, kept him satisfied while also leading to weight loss.

"Most of us know as we get older we need to eat healthier and watch our weight," he said. "The challenge

**See Get Fit on Page 2**

# Staff photos to be taken for new online directory

The communications team at The Food Bank is creating an online employee directory that will allow Food Bank staff to more easily identify and contact one another.

The directory will feature photos of all staff. Clicking on an individual photo will bring up that person's title, department and contact information. The site will also have a search feature that will allow users to search by name if they are not able to identify based on a photo.

A student photographer from Stephens College will be on site Wednesday, March 9, and Friday, March 11, to take head shots of every employee.

Staff should expect to stop by the Community Room between 2 and 4 p.m. for a quick photograph on Wednesday or from 2 to 4 p.m. on Friday.

"It is imperative that everyone participate," said Bobbie Kincade, associate director. "This is a resource that will benefit everyone as long as it is a complete directory."

Those who will not be in the office on those days should contact Janese Silvey or Michael Yetman to schedule an alternative time.

The database should be online and functional by the end of the month. Look for a web address in next month's Inside Scoop.



Employees enjoyed a variety of sweet treats at the Employee Council's Dessert Extravaganza, a post-Valentine's Day get-together on Feb. 19. Pictured top are Barbara Borntreger and Kyle Hughley and, bottom, Melissa Schulte and Nic Rogers.

---

## Get Fit: Continued from Page 1

is a way to compete not only with other coworkers but also with ourselves."

For Stacey Brown, the external competition proved key to her success in losing 15 pounds during last year's challenge on top of the 40 pounds she'd lost prior following the birth of her last child.

"I already knew what I needed to do, so just getting started again was the challenge for me," she said. "I'm very competitive so having others in the challenge who I was trying to beat helped me."

Prizes will be awarded at the six-week milestone and at the end of the challenge to contestants who have lost the largest percentage of body weight.

Employees who do not need to lose weight are welcome to participate and set individual goals such as being more active or eating healthier.

# Ross joins universities for 11th annual world hunger summit

Central Pantry Supervisor Sean Ross participated in the 11th annual Universities Fighting World Hunger's 11th annual summit.

Ross was a panelist at a Saturday afternoon session about stigmas associated with those who receive food at pantries or other agencies.

While co-panelists, all academics, discussed the problem surrounding stigma, Ross focused on solutions he has implemented at Central Pantry. One of the first moves he made as supervisor was changing the wording, referring to clients as people rather than "members," and families rather than "households."

Moving into the current facility has also helped. Ross talked about the grocery store set up that allows individuals to shop at their will rather than having to wait for volunteers to package food for them.

Central Pantry staff also make a point to create a welcoming environment where individual needs are taken into consideration. A man who is in between homes, for instance, might be living in an inexpensive hotel, at which he would need more food that may be eaten directly from a package.

The two-day summit, "From Poverty to Promise," was held at the Deaton Institute on the University of Missouri campus and attracted international attendees. Other speakers included the deputy executive director of the World Food Programme and Nick Droege, the MU graduate who worked to launch Tiger Pantry on campus in 2012.

Also during the summit, Ross hosted a small group discussion during which he said most participants asked about logistics of running a successful pantry.

# Employee Council Events

## St. Patty's Pot Luck Luncheon

12 p.m. Friday, March 18  
Community Room

*Employee Council will provide meat. A sign-up sheet will be available at the front desk for those wishing to bring sides and desserts.*

## March Birthdays

T.J. Labencki - March 10  
Don Moore - March 13  
John Tucker - March 17  
Nic Rogers - March 24

## Warehouse Notes

- The AIB audit is Friday
- Welcome new staff member Kimball Salisbury
- New mobile pantries have been established in Cole and Adair counties

# Staff participate in take a child to work day



Employees whose children were off school on President's Day were invited to bring them to work that morning. Above, Lindsay Young Lopez with her daughter, Kate. Right: Viola Smith with daughter, Emily, and granddaughter, Katherine.

