



October 2016

## Join the Missouri Tigers and Score Against Hunger

Join the Missouri Tigers in the fight against hunger this fall. Columbia Orthopaedic Group presents the Missouri Tigers Score Against Hunger allows you to get in on the action by supporting The Food Bank's work in your community. Click below to make a gift and score against hunger in your county.

A promotional graphic for the "Score Against Hunger" campaign. On the left, it says "COLUMBIA ORTHOPAEDIC GROUP PRESENTS THE 2016 MISSOURI TIGERS SCORE AGAINST HUNGER" and "THE OFFICIAL CHARITY OF MIZZOU ATHLETICS". In the center is a green football field with yard lines and yard numbers (-10 to 50). A black arrow points from the left side of the field towards the right. On the right side of the field, there are several 'X' and 'O' markers representing a play. To the right of the field is a portrait of Coach Barry Odom. Next to his portrait is the text: "I invite you to join me this season as we score both on the field and against hunger in central and northeast Missouri." Below that is "— Head Football Coach Barry Odom". At the bottom right is a green button that says "Click to get started".



Volunteers of all ages helped harvest more than 1,000 pounds of apples from Huffstutter's Orchard last month. This annual event is a fun way to help provide fresh produce to those in need. Special thanks to all involved.

### Agency News

**Boone County**  
The Food Bank welcomed representatives from all 133 partner agencies to Columbia during the annual Agency Relations meetings this past month. There, agency partners completed required training, learned about new regulations and met The Food Bank staff members.

**Cooper County**  
The Food Bank for Central & Northeast Missouri has received



## After losing food stamps, school bus driver relies on pantry to help feed family

Brandy loaded bags of green apples into her cart at Central Pantry.

Last time she was at the grocery store, she said, apples were more than \$4 a bag. While she knows her four kids, ages 9 to 17, like apples, the school bus driver has to be frugal with her paycheck.

Brandy has had a route with the Columbia school system's bus service for ten years. She loves her job-"I love all the little kids on my route," she says-but it is not a full-time job. She adds charter routes when possible, but the bus schedule makes it difficult to tack on a second part-time job. Her 17-year-old son works at a restaurant to help out, but that also adds transportation costs to the family's monthly expenses.

Since losing food stamp eligibility earlier this year, she said Central Pantry has been a great resource to ensure that her children get healthy food - and a few treats as well.

During her recent trip to the pantry, Brandy grabbed a couple of bags of fruit-flavored gummy snacks, explaining that she never spends money on that sort of product at the store.

"This helps out a lot, providing the extras we can't afford or wouldn't otherwise buy," she says. "My kids get sick of rice, so it's nice to get new stuff here."

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**"When we are hungry with barely any food, I get my Buddy Pack and have beef stew." - Buddy Pack**

a \$10,717 grant from Caterpillar's philanthropic organization, the Caterpillar Foundation, to provide Buddy Packs to children.

In Cooper County, 63% of school children qualify for free or reduced price lunch during the school week. Buddy Packs ensure these same children have food on weekends and holidays.

"The Caterpillar Foundation is committed to alleviating poverty in the communities in which we live and work," said Michele Sullivan, president of the Caterpillar Foundation. "We are proud to partner with The Food Bank for Central & Northeast Missouri to support children in Cooper County who may not know where their next meal will come from."

### Randolph County

Some schools in Randolph County are having food drives this month. The food goes directly to pantries there.

Trinity United Methodist Church is hosting a 5K walk/run to benefit the Christos Center.

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## Pantry helps improve diet

For years, Alice resisted friends and

## Make a Donation

### Missouri Military Academy makes Buddy Pack packing a weekly bonding experience



Every Monday evening, cadets from the Missouri Military Academy in Mexico gather in the campus's gymnasium to assemble Buddy Packs.

Keith Morgan oversees the operation, which runs much like an assembly line—boys standing in a line, handing boxes of canned pasta, granola bars and other items to one another before packing the individual bags.

It is part of the academy's community service component, which requires at least 20 hours of giving back.

For cadets Mitchell Duing and Sky Thunderchild, it is also an opportunity for fellowship.

"It allows us to be part of the community by helping out, but it's also fun to get together," Mitchell said. "It bonds us together and it bonds us with the community."

Sky, who grew up on a reservation and has seen impoverished neighborhoods, agreed, adding that volunteering is a team building exercise.

"It helps us relate with our teachers and also with other cadets," he said. "It makes us stronger."

The Missouri Military Academy is one of many such volunteer operations across The Food Bank's 32-county

family members who encouraged her to visit Central Pantry to supplement what she could afford at the grocery store.

"I had a full-time job," she said. "It just did not feel right that I would need to go get food."

But Alice was also stretching her budget. She moved to Columbia following a separation and found herself juggling rent, transportation and other bills on her own.

A series of health incidents that forced her to take unpaid time from work made it even more difficult.

"It wasn't that I was going hungry, but I was eating frugally—lots of beans and rice."

Needing to improve her diet, Alice took her first trip to the pantry about seven years ago. There, she discovered the bins of fresh fruits and vegetables.

"I love produce, I just couldn't justify buying it all the time," she said.

Today, Alice continues to be thrifty, even with the food she receives at the pantry at no charge. Any produce she does not use immediately is canned or frozen for future use. "The pantry really

service area. Others were featured in the Fall issue of Special Ingredients. These groups are vital to The Food Bank's ability to distribute 7,500 Buddy Packs to children each week.

The Missouri Military Academy has a large international population, and many of the young men come from affluent households, Morgan said. That is what makes the Buddy Pack program a perfect service opportunity there.

"It exposes them to a part of a world they might not otherwise be exposed to," he said. "It's a great way to give back."

helps me a lot," she said. "I appreciate it so much. For me, it's made a huge difference."

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