

SPECIAL INGREDIENTS

A Publication of The Food Bank for Central & Northeast Missouri

FALL 2010



Full Stomachs Prepare Students for Success!

When children in Northeast and Central Missouri started school a few weeks ago, many were excited to reconnect with friends and share stories of summer vacation. Others were anxious to meet their teachers and learn new subjects.

But many kids looked forward to starting school simply because it meant they would have access to regular meals again. Joyce Everett, new counselor at Linn Elementary in Osage County says, "Before I had a chance to get permission slips sent out, kids came asking if we were doing Buddy Packs again this year. To me that says they didn't get enough to eat over the summer."

This is Everett's first year running the program and she was shocked to learn that 47% of her students qualify for free school meals. While it may be shocking, the reality is that her school is near the average. Across The Food Bank's 32-county service area 46%, or approximately 49,000 children qualify for free and reduced-priced meals.

Finding the students who need help is not as easy as it seems. Linn Elementary School Principal, Steve Helton, says, "Sometimes it's hard to tell which students are in need. A young girl can be well-dressed with nice things, and still be on our list."

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The Food Bank is dedicated to ending hunger and strives to bring together community resources to feed those in need through empowerment, education and partnership.

So far this year, more than 20 million pounds of food have been distributed to 135 hunger-relief agencies and 100 Buddy Pack schools throughout Central and Northeast Missouri.

Sharing food. Bringing hope.



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A Note from Peggy

Executive Director

I attended a Buddy Pack school meeting recently and was struck by a variety of emotions — nearly all at once.

The purpose of the gathering was to start a “Buddy Bank” – a place where volunteers would regularly meet to pack Buddy Pack food in plastic bags, called pre-packs. The pre-packs would then be transported to various school locations to be inserted in back packs for Friday distribution to the students.

What was stunning was the depth of compassion I encountered. At one table was the school volunteer coordinator, a school board member, district superintendent, two donors who financed the start of the Buddy Pack program in the county and a Food Bank board member. All of these people have given abundantly of their time, talent and resources for children and ultimately the families these precious ones belong to.

The school representatives didn’t think twice about taking on more work to help neighboring school districts in their county. Stories were told of the fear that would grip students if they thought they wouldn’t get their Buddy Packs on Friday due to school being cancelled for bad weather. To alleviate the worry a plan was put in place to distribute the packs of food earlier in the week if the weather forecast seemed ominous. I heard how teachers would take care of their students if they appeared exceptionally hungry during the week by giving them Buddy Pack food.

I saw a spirit of cooperation in this group of people who made time to see the need of neighbors trapped in the throes of a recession. There was evident pride in a job well done. Abundant generosity as we talked about covering the financial costs. Genuine warmth and friendship flowed as we discussed the next steps to helping more children.

As I drove out of the school lot it dawned on me. I had just witnessed love in action.

Love, many times, comes disguised as helping hands, a can of food, or a bowl of soup. The giver can be young or old, black or white, of any shape or size.

You, our partners, continue to overwhelm me with your amazing generosity and compassion. Thank you for continuing to see the need around you and for putting your love into action. I pray God will bless you abundantly for all you help us do!

Warmest Regards,

Peggy Kirkpatrick
Executive Director

“I had just witnessed love in action.”



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A WILL TO GIVE

Two important tools in your estate planning are the preparation of your Will and a Living Trust. These instruments allow you to name guardians for your minor children and to determine who will receive your property after your death, in specific amounts and proportions and under specific circumstances. Tax considerations may also affect the provisions of your Will and Living Trust.

You have an opportunity in your estate plan to provide not only for your family and friends, but also for a charity. When writing or updating your Will or Living Trust, you can make a real difference in the fight against hunger in Missouri by naming The Food Bank for Central and Northeast Missouri as a beneficiary. You can take comfort in knowing that your gift will make a positive impact on this earth even after your death.

Food Bank Partner Pantry Keeps a Small Town Alive

From the outside, Lea Ann and Lonnie Moore of Monroe City seem just like everyone else. Lea Ann has operated a daycare out of their home for more than 20 years. They have a son starting high school, a beautiful home and three grown working children. But inside, they find themselves in an economic bind.

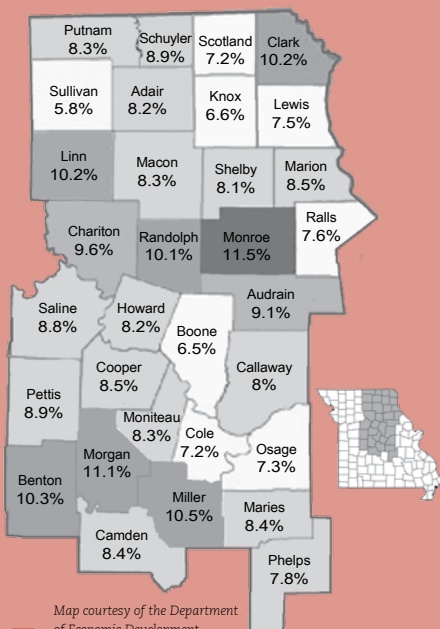
One morning in 2007, Lonnie couldn't perform his factory job because he could only feel one side of his body. When he and Lea Ann later found out that a brain tumor had caused his loss of feeling, it was too late and his company health insurance had already expired. Then just before Thanksgiving in 2009, Lea Ann was diagnosed with breast cancer and feared she wouldn't be able to keep her daycare while undergoing treatment.



Lea Ann Moore outside her home in Monroe City.

“I never thought I would need to go to the pantry. But I had to do what was best for my family.”

AUGUST UNEMPLOYMENT RATES IN THE FOOD BANK'S SERVICE AREA



Map courtesy of the Department of Economic Development

Faced with rising medical bills, complications with state health coverage and disability coverage and a threat to their only source of income, the Moores stayed strong. A regular volunteer at the Monroe City Food Pantry, a partner agency of The Food Bank, Lea Ann knew where she could find help. “I never thought I would need to go to the pantry. But I had to do what was best for my family,” she says.

The Moores are not the only family facing a hard time in the area. Monroe City, formerly considered a regional employment center, has experienced several economic punches in the last few years. In July of 2009, Pace Industries closed a plant that had been operating since 1951 (formerly Kuhlman Die Casting). When the plant

closed, it left 190 employees out of work. The closure followed three previous factory layoffs. Within just a few months, more than 10% of the 2,500 Monroe City residents suddenly found themselves without a job. In July of 2010, Monroe County's unemployment rate was at 12.3% and the pantry was experiencing a steady increase in clients.

Although residents are going through a tough time, they would never consider leaving their community. As LeaAnn says, “This is home. That's what you have to do is stay and support your hometown.” Volunteers are grateful for the food they receive from The Food Bank and consider the organization an important partner in getting through a tough time. The town is filled with hope and Lea Ann says, “There are enough good, smart people in this town that I know we'll be fine. We'll find something.” As for Lea Ann, she received a grant to attend nursing school in the fall. She says she'll use her new skills to continue helping her community. □

Thank you! Thank you!

The Food Bank would like to thank everyone who shared food, time or money in the last few months. Below are highlights from the summer.



The First Annual John Anderson Celebrity Golf Invitational donated a tremendous gift of \$30,000 to the Buddy Pack program. John Anderson, an ESPN anchor, MU alum and co-host of *Wipe Out!*, brought together greats, like former MLB player, Lou Brock; MU Basketball Coach, Mike Anderson; former MU quarterback, Chase Daniel and several other Missouri celebrities to raise money for the Buddy Pack program.

A July 31st production of *My Fair Lady* at Arrow Rock's Lyceum Theatre raised \$11,179.

The National Biker's Roundup and Harley Davidson donated \$3,331 to The Food Bank in August.



145 shooters took a shot at hunger at the 16th Annual Rock Bridge Lion's Club Clay Shoot sponsored by Bass Pro and Commerce Bank. The event raised \$20,885.

Boone Electric Cooperative collected \$750 & 25 backpacks.

The Kirksville High School Football Booster Club donated the proceeds from their home opener, raising a total of \$560 and 450 pounds of food.

110 MU law students repackaged cereal on August 17.



The United Way Day of Caring brought more than 100 volunteers on September 17 to "Live United".

ABC 17 & Hy-Vee collected 359 pounds and raised awareness for the Buddy Pack program.

UMC Healthcare donated 9,657 pounds of food!

Share the Harvest

Share the Harvest (STH) is a program in which deer hunters can have their deer processed and donated to local pantries for free or at a very low cost. Since 1992, STH has coordinated the donation of venison to local food banks and pantries, but a significant portion of processing costs were the responsibility of the hunter. Thanks to a new agreement between the Conservation Federation of Missouri and the Missouri Food Bank Association, more money has been made available to subsidize processing. The result is little or no cost to hunters and a doubling of capacity. Donated venison will provide lean protein to the hungry Missourians who need it most. A link to a list of participating processors can be found at www.sharefoodbringhope.org.



New Partner Pantries

The Food Bank is pleased to announce the addition of the following new hunger-relief partners in Central & Northeast Missouri: Second Missionary Baptist Church in Mexico, The Mexico Food Pantry, Choices for People in Rolla, United Methodist Food Pantry in California and Holt Summit Soup Kitchen.

Mobile Pantry in Russellville

On August 10, The Food Bank began sending a mobile pantry to Trinity Lutheran Church in Russellville every second Tuesday of the month. With high numbers at pantries in Cole county and limited resources in western Cole and eastern Moniteau County, it was critical to start a mobile pantry in the area. Mobile pantries are refrigerated semi-trucks filled with food that are meant to provide food assistance when a bricks-and-mortar pantry is not available. Pastor David Carlson of Trinity Lutheran Church says, "I think this is a good thing and I am happy to support the effort."

SCORE Against Hunger

Club Out Hunger, a luncheon in Jefferson City and Columbia, invited civic clubs to kick off the SCORE Against Hunger campaign with a little friendly competition. Clubs chose contestants to compete in Tiger Football Jeopardy. With support from generous donors, The Food Bank is well on its way to a goal of \$600,000 for this football season. Coach Pinkel & the MU Tigers thank those supporters who have already made a commitment to SCORE Against Hunger!



Increased Effort in Phelps County

Effective August 2010, The Food Bank will serve all of Phelps County. The Food Bank had been sharing service of the county with Ozarks Food Harvest Food Bank out of Springfield. "We've been supplying food to Phelps County Faith Distribution, Inc. and St. James Caring Center for several years, so transitioning into supplying food to agencies across the whole county should be very smooth and there is definitely potential to grow the Buddy Pack program," said Peggy Kirkpatrick, Executive Director of The Food Bank for Central & Northeast Missouri. Pastor Dave Hagni of Phelps County Faith Distribution says, "We couldn't have helped provide food for thousands of families for over 11 years without what The Food Bank in Columbia has provided. I look forward to continuing and strengthening our partnership for the benefit of people and communities in Phelps County."



Five months ago, Wal-Mart Stores Inc. announced a commitment to significantly increase donations to the nation's food banks. The company plans to donate a total of \$2 billion over the next

five years, the bulk of which will come in the form of 1.1 billion pounds of food.* The Food Bank for Central & Northeast Missouri has already seen great returns on Wal-Mart's increased efforts.

"Our stores are truly dedicated in their support of The Food Bank's mission, we are excited about what this announcement means for our ability to grow our partnership even further," says Steve Maloney, Wal-Mart Market Manager and Food Bank Board Member. All together in 2010, area Wal-Marts have donated more than one million pounds of food to the network.

Wal-Mart Food Donor Spotlight Local Stores Share ONE MILLION pounds in nine months.

Seventeen Wal-Marts are located within The Food Bank's 32-county service area and every one of them has donated more than 15,000 pounds of food, with a few donating more than 100,000 pounds. The Food Bank has connected more than 50 partner pantries with Wal-Mart stores. Volunteers at those pantries collect the donated food from the stores and bring it to their facilities, ensuring that food goes directly to the clients that need help.

"We distribute once a month, so until distribution day we have a freezer full of food from Wal-Mart," says John Kirby of

LOVE Inc. in Kirksville. "Our volunteers are on a first name basis with the Wal-Mart. Tommy has been very good to us to over there." The Food Bank and Wal-Mart look forward to combining their resources to help even more hungry Missourians in the next few years.



*Information provided by Feeding America

Buddy Banks

With the Buddy Pack program growing rapidly, increasing efficiency is high priority for The Food Bank. Mini Food Banks or "Buddy Banks" will make restocking Buddy Packs more convenient for partner schools and more efficient for The Food Bank. Buddy Banks will store product in bulk and volunteers will assemble the items into Buddy Packs at the site. This allows The Food Bank to drop off large quantities of food once a month rather than making several trips.

Locations in Jefferson City, Hannibal and Sedalia will start this fall and future plans include locations in Kirksville and the Lake of the Ozarks. Several pickup locations may make trips shorter for schools that have been coming to Columbia to pick up food.

"Kids came asking if we were doing Buddy Packs again."



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Helton thinks need is not immediately evident among students because their families are experiencing situational poverty, or find themselves newly in need due to a job loss. He said, "One mother called to tell me that this was the first school-year her children had qualified for a free or reduced-priced lunch and she didn't know what to do."

Although it may be hard to pick out which students are in need just by looking at them, Helton says he definitely notices a change in students after starting the program. "It's made a huge difference in discipline. A child doesn't

care at all about disrupting class or getting punished when he has bigger problems on his mind, like not knowing where his next meal will come from."

Helton says he also noticed students have a stronger sense of responsibility with Buddy Packs. Not only are students responsible for picking up their bag on Friday and bringing it back on Monday, but some are contributing to family meals. "I can think of two little boys who have offered a can of soup or a jar of peanut butter to help the whole family through a tough time." The contributions may be small, but they offer more

than something to eat. They offer struggling kids the feeling that they can do something. They offer hope.

The Food Bank has already surpassed the expectation to provide more than 5,000 backpacks each week in 2010-2011. Currently more than 5,600 students and 100 schools across all 32 counties are signed up for the program. With continued support from generous donors, volunteers and partner schools, it will not be long before The Food Bank is helping more than to 10,000 students each week. □



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UPCOMING EVENTS

Make a Difference Day Food Drive

Elementary & high schools will have the opportunity to collect food for their communities as part of national Make a Difference Day. The food drive takes place at participating schools October 14-21.

Cranberry Crawl

Go the distance with The Columbia Track Club on Saturday, November 13th. The club will host the 7th Annual Cranberry Crawl, a 5K/10K Walk/Run to benefit the hungry. Keep an eye out for registration information on www.sharefoodbrnighope.org.

Partnership Against Hunger Food Drive

Cumulus Broadcasting plans to set up camp outside Schnucks & Wal-Mart stores in Columbia, Fulton & Jefferson City all day on Tuesday, November 23 to collect food to help families through the holiday season. Tune in on the radio or stop by to say hello!

One for One Food Drive

Zimmer Radio Group will be broadcasting live and collecting food in Columbia and Jefferson City all day on December 16. You can warm them up with some holiday cheer and a sack of food!

Check Out Hunger

Participating grocery stores will have scan cards at each register allowing you to add \$1 or more to your bill each time you buy groceries in November and December. For a list of stores, visit www.sharefoodbrnighope.org.

For more information on upcoming events visit ShareFoodBrnighope.org, call (573) 474-1020 or become a fan of The Food Bank for Central and Northeast Missouri on Facebook.



If you would like to sign up for future e-newsletters, email newsletter@sharefoodbrnighope.org.

Hope for Children

Hunger can affect a child's ability to concentrate. It is affecting children in your community right now. Inside this newsletter, learn how partners of The Food Bank help prepare kids of today for tomorrow.



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