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SPECIAL INGREDIENTS

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WINTER 2019

Mobile Pantries: Feeding Families Where They Are

A mobile pantry is essentially a food pantry on wheels, bringing food right where it is needed most. **The Food Bank for Central & Northeast Missouri operates 16 mobile pantry distributions monthly.** One of the primary benefits of a mobile pantry is the ability to bring food to families and individuals in need, focusing on neighborhoods lacking brick and mortar pantries or with more need than agencies in the area can handle. Another important benefit, due to the trucks' refrigeration, is stocking them with fresh, perishable items such as produce, meat and dairy, foods that encourage a healthy lifestyle.

"I have never seen an individual so excited about receiving fresh fruits and vegetables in my life..."

"I have never seen an individual so excited about receiving fresh fruits and vegetables in my life," said Anna Jones, a community health worker referencing one of her clients who receives food from a mobile pantry in Pettis County, a distribution made possible by a grant from Tyson Foods.

Many of our pantries and partner agencies do not have cooler or freezer capacity to get perishable foods to

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Letter from Lindsay



We all have values that are intrinsic in everything we do, our guiding principles. We may not have them defined or realized their impact, but they are always there, under the surface, setting the foundation for who we are. As an organization, we felt it necessary to define what drives us as we move forward.

The Board of the Directors, particularly the Strategic Planning Committee, spent a great deal of time in 2018 evaluating who we are, who we want to be and how we can get there. Their hard work along with input from staff members across the organization yielded a new Strategic Plan for 2019-2024.

The mission statement — ***Through empowerment, education and partnerships, The Food Bank for Central & Northeast Missouri brings together community resources to feed people in need*** — was reviewed and deemed to still be a great definition of who we are. Who we want to be, our vision statement, is an exciting addition to the Strategic Plan. ***Our vision is to lead and collaborate to end hunger in the communities we serve.***

A mission and vision are very important, but we cannot follow through on them without a strong foundation. Our core values set us up for success in fulfilling our mission and working toward our vision.

We thought it apt that **our core values of Respect, Integrity, Stewardship and Compassion** spelled out the acronym R.I.S.C. We deal with risk on a daily basis. The people we serve are facing challenges that put them at risk of not having enough food, and we as a non-profit organization walk a fine line to ensure we have the resources required to help feed our neighbors in need.

I hope that the stories in this newsletter give you a glimpse into the impact The Food Bank has on our communities. We could not do it without people like you. Thank you for supporting us in our mission, vision and values to share food and bring hope!

Gratefully,

Lindsay Young Lopez
Executive Director



The School Year Is Not Over Yet!

Children in our community still have a lot to learn in their classrooms. Buddy Packs make it possible for hungry children and families facing food insecurity to focus on learning and growing rather than their grumbling bellies. Consider a gift to the Buddy Pack program to help hungry kids get through the rest of the school year with full stomachs.

"Buddy Packs are a godsend for my family. There are days when we don't have anything but a bowl of plain white rice to eat for dinner, but with the Buddy Packs from school those days are much fewer and farther between."

— The mother of a Buddy Pack recipient

Kicking Off a Culture of Core Values

A new set of core values was recently introduced at The Food Bank for Central & Northeast Missouri. **This set of values, including Respect, Integrity, Stewardship and Compassion, is the foundation to support The Food Bank's mission and vision.**



The mission and vision will follow if the core values of respect, integrity, stewardship and compassion are present at all times..."

— Mike Alden

At a Culture Kickoff meeting held in mid-December, Food Bank staff participated in activities to learn about the core values. Working together in teams, the staff defined the values in their own words, identified how the values are exemplified in the work they do every day and created visual representations of the values.

Mike Alden, former Athletic Director for the University of Missouri, spoke to the group, sharing his story and how much being value-driven can mean to an organization. **He emphasized the importance of demonstrating the core values in everything we do, daily.**



Rescuing Food to Feed Families

If you have ever had to throw out a container of salad greens or a moldy orange you were not able to eat before it spoiled, then you know how bad it feels to waste food. Imagine that on a massive scale at a grocery store or food distribution center. That is what many of our retail partners would face on a regular basis without grocery rescue.

At The Food Bank for Central & Northeast Missouri, we are able to rescue food that is approaching or recently past its sell by date but still safe to eat. Most of the foods we rescue are fresh produce, protein and ready-to-eat items such as baked goods. We work on an agency-enabled model, meaning we can facilitate our partner agencies to receive grocery rescue from their neighborhood retailers in addition to receiving large quantities at our warehouse and Central Pantry in Columbia. These foods can then go to the many people facing food insecurity in our 32-county service area. Healthy, fresh foods that would end up in the landfill can instead feed hungry families.

Grocery rescue is a win-win-win. The individuals we serve get much needed nutrition, less waste goes into landfills and our partner retailers help their communities. They also save money; disposing of one ton of waste costs \$55, which can really add up. We work with retailers such as Hy-Vee, Gerbes, Walmart, Target, Lucky's Market and many more.

In 2018, we rescued more than 8.6 million pounds of food that would have been discarded if The Food Bank did not have the ability to distribute it to the people we serve. Thanks to our generous individual and corporate donors, we have the space, equipment and staff needed to keep food out of the landfill and into the mouths of the people we serve.

Mobile Pantries: Feeding Families Where They Are

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people facing food insecurity in their area. This limited access to nutritious foods perpetuates health issues and compounds challenges the people we serve are already facing. Mobile pantries are a useful tool in The Food Bank's toolkit to fight hunger.

While funding mobile pantries can be less costly than bricks and mortar pantries, it still takes substantial resources and is affected by variable costs such as fuel and vehicle maintenance. **Multiple grants have been helpful in facilitating mobile pantry distributions, but the need is ongoing.** If you would like to help keep our mobile pantries stocked and on the road, **please consider a gift to The Food Bank.**



"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not."

— Dr. Seuss



Little Ones Make a Big Difference

Now in its seventh year, The Food Bank's Kids Helping Kids volunteer program is a series of family oriented events that offer a peer-to-peer service opportunity to teach children the importance of giving back early. Children ages 4-12 are invited, along with their siblings and parents, to help package items that will be used in Buddy Packs for kids in the community facing food insecurity, thus the name — **Kids Helping Kids**.

There have been more than 2,000 registered participants over the years, 80% of which are new families, scout troops, youth groups or kids clubs. These civically-minded kiddos have given more than 8,000 hours of their time in the last two years to help share food and bring hope to their neighbors in need.

Kids Helping Kids Days are held on a Saturday every other month and are a wonderful opportunity for families to serve together and teach children about people who need help and how they can serve their community. The events are a fun way to get the whole family involved in giving back. The volunteer room offers a welcoming environment with music, raffles and commemorative photos. Participants are also given a tour of The Food Bank's warehouse to **learn about how we provide food to an average of 100,000 people every single month.**

If your family would like to participate in Kids Helping Kids Day, please visit ShareFoodBringHope.org/Volunteer for more information, or call (573) 474-1020.



AMAZING THINGS HAPPEN BECAUSE OF FRIENDS LIKE YOU



**114,144
HOURS**

*of service were
contributed by
Volunteers*



The equivalent of
**\$2.75
MILLION**

in labor costs



**2.5
MILLION**

*lbs of food
packaged*



390,000

*Buddy packs
assembled*



34,600

*Senior boxes
assembled*



1,600

*VIP Veteran
packs*

**2017 Data*