



MEMBER OF
**FEEDING
AMERICA**

SPECIAL INGREDIENTS

A Publication of The Food Bank for Central & Northeast Missouri

SPRING 2019

Long-time Volunteers Inspire Youth Leadership Program

THE FOOD BANK TO GIVE TEENS LEADERSHIP AND ORGANIZATIONAL EXPERIENCE

Marion Ballard volunteered at The Food Bank for Central & Northeast Missouri as if it was his job — coming to pack and prepare food for distribution five days a week until he passed away in 2017. His wife, Shirley, continues to volunteer three days a week.

We have to educate and engage the younger generation to encourage more civic leaders like the Ballards ...

Their dedication to giving inspired The Food Bank to create the Ballard Buddy Youth Leadership Program. It will provide teens aged 14-18 years leadership experience while teaching them about food insecurity, poverty and the basis of need in the community.

Marion, a World War II veteran, and Shirley started volunteering more than a decade ago, and over the last 10 years, the value of their time at The Food Bank has passed \$100,000. They became a staple in our volunteer room, and young adults will need to become just as active if we are to end hunger. The Food Bank presented Shirley with a certificate of appreciation in April at the same time it announced the youth leadership program, marking how entwined the two had become with The Food Bank family.

"We have to educate and engage the younger generation to encourage more civic leaders like the Ballards," Volunteer Engagement Coordinator Chase Wyckwood said. "Through the program, kids

have the chance to lead other students and gain an understanding on all sides of food insecurity."

In the program, teens will be required to volunteer 81 hours — we were founded in 1981 — in a year at The Food Bank, working in all parts of our operation that brings food to over 100,000 people each month across central and northeast Missouri. That includes time in our volunteer room, where we pack and prepare food for distribution; at a mobile pantry, a food pantry on wheels that allows us to bring food where it is most needed; at the Central Pantry, where we serve the people of Columbia and Boone County; and at a special event, which are fundraisers hosted by The Food Bank taking place throughout the year.

Ballard Buddy volunteers will also plan a special event with a partner to raise funds, participate in one educational

Continued on pg. 3



Photo Courtesy of
Columbia Missourian

in this issue



pg 2
Letter From
Lindsay



pg 2
School Is Over —
The Need Isn't



pg 3
Keeping Kids Fed
When Classes
Are Over



pg 4
You Know How
You Need Help,
So We Listened



Connect With Us

@TheFoodBankMO



2019 Board of Directors

Michael Kateman **President**
Heather Hargrove **Vice President**
Amy Schneider **Secretary**
Judy Starr **Treasurer**
Todd Weyler **Past President**
Amanda Andrade
Dr. Wilson Beckett
David Coil
Andre Cook
Russell Freeman
Gina Gervino
Danny Hammack
Jennifer Hedrick
Claudia Kehoe
George Kennedy
Scott Maledy
Marty McCormick
David Nivens
Jennifer Peck
Joe Priesmeyer
Janice Serpico
Steve Sowers
Tim Vicente
Mary Winter

Letter From Lindsay



Earlier this year, we announced our new core values. Now, we are integrating them into everything we do at The Food Bank for Central & Northeast Missouri. We chose the values of Respect, Integrity, Stewardship and Compassion because we will need each to fulfill our vision of ending hunger in our community.

Marion and Shirley Ballard, two long-time volunteers, exemplify those values daily. Marion volunteered countless hours at The Food Bank for more than a decade before he passed away in 2017. Shirley, his wife, continues to contribute her time in our volunteer room three days a week. Their story is one of giving, and I am thrilled we were able to give something back to them. In April, we announced the start of The Ballard Buddy Youth Leadership Program. It carries their name because we hope the students who go through the program will become like the Ballards — dedicated civic leaders who understand the importance of fighting hunger in our community. Marion and Shirley inspire us daily.

To celebrate members of The Food Bank team who show exemplary dedication to our values, we started the Quarterly Core Value Award. Each quarter, we will focus on one value and the person who best displays it. For the inaugural award, Lee Johnson, our logistics coordinator, was chosen for the respect she shows to team members, partners and those we serve.

These additions help us root Respect, Integrity, Stewardship and Compassion into The Food Bank's framework. The values were already a fundamental part of our organization, but by making them the foundation of our growth, we hope to become an even larger positive force in the community.

More information about the Ballard Buddy Youth Leadership Program and the Quarterly Core Value Award, as well as stories about other programs, can be found in this newsletter. I hope it gives you a closer view of the work we do and how we strive to improve. None of it would be possible without you — our donors, volunteers and friends — helping us to share food and bring hope.

Gratefully,

Lindsay Young Lopez
Executive Director



School Is Over — The Need Isn't

Volunteers effectively double The Food Bank for Central & Northeast Missouri's workforce. Last year, they gave 105,873 hours keeping our programs going. That's a value of \$2.69 million. **We can never say it enough — thank you for the help.**

But, the need for volunteers never lessens. Every summer, our number of volunteers drops. The Food Bank typically has 300 volunteers register each week during the school year. Once classes end, that number shrinks to around 175.

Summer is one of our biggest seasons for foods that nourish. More fresh fruits and vegetables are coming into The Food Bank's warehouse than at any other time, and we need help preparing it for distribution. **Go to sharefoodbringhope.org to learn what you can do and register to volunteer.**

Living Our Core Values

LEE JOHNSON, LOGISTICS
COORDINATOR, RECOGNIZED WITH
QUARTERLY CORE VALUE AWARD

Keeping our operations running on time is a daily challenge. The Food Bank for Central & Northeast Missouri has nine trucks to carry food to our warehouse and distribute it across the 32 counties we cover. At the same time, vehicles from our partner agencies are stopping to pick up food. On average, we juggle almost 70 shipments coming in and out every week.

The person integral to that effort is Lee Johnson, logistics coordinator. She started at The Food Bank as a volunteer three years ago. Now, Johnson works with people inside and out of our organization to keep the food moving. Because of the respect she carries for team members, partners and those we serve, The Food Bank named Johnson the first-ever recipient of the Quarterly Core Value Award.



At the beginning of this year, The Food Bank announced a new set of core values — Respect, Integrity, Stewardship and Compassion. Each value is vital to our vision of ending hunger in our community, and each will be the basis of a Quarterly Core Value Award. Respect was the name of the spring quarter's award, and Johnson lives that value every day. Thank you, Lee!

Keeping Kids Fed When Classes Are Over

SUMMER FEEDING PROGRAM MAKES
CHANGES TO IMPROVE SERVICE

Children need foods that nourish. That holds whether schools are in session or not. Every year, the Summer Feeding Program ensures students who rely on subsidized lunches at school can still get a nutritional meal five days a week, for free, during the summer. For 2019, we're making a substantial change to the program in Columbia.

A pop-up restaurant will travel to each Summer Feeding location every weekday from July 1 to August 9, excluding July 4, to make meals. Kids will be able to order a customized burrito, rice bowl, or salad. Adults can also buy a meal for \$5. Before, pre-made meals were handed out by volunteers. Locations for the program this year in Columbia will be Valley View Park, Derby Ridge Elementary, Indian Hills Park and Bear Creek Park.



The Food Bank for Central & Northeast Missouri partnered with local caterer, Jheron Nunnely, working in collaboration with the Social Innovation Laboratory and No Kid Hungry, to add the feature to the program. We hope the pop-up restaurant will make the food we offer more appealing to children and help destigmatize receiving help through the Summer Feeding Program. By preparing food to order, The Food Bank should also be able to reduce waste.

Long-time Volunteers Inspire Youth Leadership Program

Continued from pg. 1

event a semester, and help lead a Kids Helping Kids Day. Six days a year, The Food Bank invites children ages 4-12 years old to tour our warehouse and help assemble Buddy Packs. Ballard Buddy members will coordinate with staff on Kids Helping Kids Days to help organize and lead the participants.

The Ballard Buddy Youth Leadership Program started in June, and its first year will end April 30, 2020. Students interested in the program can visit sharefoodbringhope.org to apply to join the program.





You Know How You Need Help, So We Listened

SURVEY DRIVES IMPROVEMENTS MOST ASKED FOR BY THOSE SERVED

help. **That's why we came to you to learn how to improve.** Thank you for telling us.

The Food Bank applied for the Listen4Good Grant last year, and we got it. The \$45,000 grant from the Fund for Shared Insight allowed us to start the *Your Voice Matters!* team, dedicated to the idea the people we serve are the experts of their own experience.

The team created a survey with 16 questions to be answered by people using our resources at partner agencies. Starting with Central Pantry and later going to six other partner agencies, the *Your Voice Matters!* team collected responses over the course of several days. We also invited some participants to join a focus group to give us even more in-depth information.

Overwhelmingly, people were appreciative of what The Food Bank provides. We also found many were food insecure because of reasons they could not control, such as disability or injury.

"It is easy for staff and volunteers to get so busy in the day to day business of serving

people in need that we lose sight of how it feels to be the recipient of our services," Director of Programs Eric Maly said. "The Listen for Good grant has been an exercise in empathy and a great way to make positive change in our pantries."

Here's what participants at Central Pantry had to say:

- 70% believed the pantry was meeting their needs "very well" or "extremely well."
- 58% had no suggestions or only positive things to say on what the pantry could do better.
- The most common suggestion was to ask for more fresh food.
 - We installed a display cooler in the pantry specifically to keep produce fresher longer.



HERE'S HOW WE DID IN 2018

Help us do even better this year!



**14,000
VOLUNTEERS**
working over
**100,000
HOURS**



**30,160,563
POUNDS**
of food shared.
A more than
\$50 MILLION
wholesale value



**100,000
PEOPLE**
served monthly,
with over
24 MILLION
meals provided



7,500
Buddy Packs
distributed weekly,
working with
**151
SCHOOLS**



Food shared with
**145 PARTNER
AGENCIES**
provided at no cost across
32 COUNTIES