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**FEEDING
AMERICA**

SPECIAL INGREDIENTS

A Publication of The Food Bank for Central & Northeast Missouri

FALL 2019

The Biggest Thanks We Can Give

THE FOOD BANK CELEBRATES VOLUNTEER APPRECIATION DAYS

Four years ago, Sue Baker retired, hoping to use her time to give back to the community. She found her way to The Food Bank. Now, she helps in our Volunteer Room two mornings every week and has put in a total of 524 hours toward ending hunger.

"Part of my retirement was wanting to volunteer, and The Food Bank was my first choice," Baker said.

Her story is like many others who come to help. People who want to give back to their community fill our Volunteer Room daily. They, along with donors, are the most fundamental piece of The Food Bank's work. That's why we're continuing a tradition — Volunteer Appreciation Days — to thank our volunteers and recognize those who dedicate themselves to ending hunger.

Once a month, The Food Bank adds someone to our Volunteer Hall of Fame, putting their name on a plaque at the entrance of our Volunteer Room. In July, we acknowledged Baker. The award is an honor, Baker said, but the best gift she's received here is the relationship she shares with her fellow volunteers.

"I like the people who volunteer. We have a good camaraderie — I've made some really good friends, and it's just a good team ... Everyone who comes is welcomed and included and becomes part of the group right off the bat," she said.



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Letter From Lindsay

ACTIONS TO END HUNGER ADD UP, BOTH BIG AND SMALL



I am continually inspired by the dedication to giving found here in central and northeast Missouri. We get a lot of help from the communities we serve at The Food Bank, especially during the holiday season. **Donations come in, big and small, and we are thankful for every person who decides to join us in working to end hunger.**

Before the start of school this year, we held the MEM Buddy Pack Match with our friends at Missouri Employers Mutual, who matched each dollar donated over a week up to \$25,000. **It was a tremendous success, raising \$162,796 to supply students throughout our service area with nutritious food.** That number includes donations ranging from \$5 to \$30,000. It proves every gift makes a difference and every donor matters.

Earlier this year, we received one of the most incredible donations in recent memory. **Riley, a member of the Show-Me Gymnastics team in Columbia, asked her family and friends to pledge jars of peanut butter for every landing she stuck at a championship meet. A few days later, she came to The Food Bank to drop off over 60 pounds of peanut butter.**

We work with thousands of pounds of peanut butter every year — it's a staple of our Buddy Packs and expensive for us to purchase. Riley's gift may seem small compared to the full size of our operation, but the peanut butter she collected made a significant difference to the children it went to help.

Hunger will not be solved by a few people taking bold actions. It will be the effort of many, across every community, that ends food insecurity. Each donor, volunteer and advocate is an ally in the work to feed those who need help. This Thanksgiving, I am thankful that you are one of them.

Gratefully,

Lindsay Young Lopez
President and CEO



End The Mizzou Football Season By Donating To Feed Missourians

JOIN THE FOOD BANK IN SCORING AGAINST HUNGER

With only a few weeks left this season, it's not too late to join the Mizzou Tigers in the effort to Score Against Hunger.

There are few partnerships we're more proud of than our relationship with Mizzou Athletics, which has worked with The Food Bank since the original Score Against Hunger campaign in 1995. **For 24 years, we have combined forces to turn Tiger spirit into a hunger-fighting force.** This season has been no different.



Food insecurity is a reality for almost 900,000 Missourians. For children, the reality is even more bleak — over 240,000 do not have reliable access to enough nutritious food. Hunger is found in all parts of our community, and only by our community coming together can we end it.

“ Too many Missourians are hungry for their next meal. Show me your commitment to sharing food and bringing hope — please make a gift today.

- Head Football Coach Barry Odom



Feeding Those Who Fed Us

SENIOR BOX PROGRAM SERVES AS A LIFELINE TO THOSE WHO NEED IT

Millions of seniors across the country are struggling to find the nutrition they need on a daily basis. They often face a choice between paying for necessities like medicine or groceries, both of which are essential to their health. The Food Bank distributes more than 2,800 Senior Boxes a month to supplement the food and supplies seniors need to get through the month.

“ I would not make it without The Food Bank. I am retired on Social Security, and by the time I pay my bills, I do not have money left over for groceries.

- Kathryn, from Jefferson City

Almost eight percent of seniors are food insecure in the United States. That means 5.5 million people over the age of 60 years do not have reliable access to the food needed for a healthy lifestyle. For seniors caring for grandchildren, it is often even more difficult.

Our Senior Boxes are possible through the Commodity Supplemental Food Program operated by the United States Department of Agriculture, an equal opportunity provider. But, it is because of you, The Food Bank's donors and volunteers, that we can continue to serve seniors in need here in central and northeast Missouri.



Nutritious Food *Essential* To Helping Kids Learn

EDUCATORS UNDERSTAND HOW HUNGER AFFECTS STUDENTS

Hunger stunts growth. Many children do not have reliable access to the nutrition they need, making it harder to learn and develop. People usually have very little control over the situations that make them food insecure. Kids have none.

"The reality of our kids is that when they come to school, and they are hungry, they can not learn," said Fairouz Bishara-Rantisi, principal of Gentry Middle School in Columbia.

That is why The Food Bank's Buddy Pack program is essential — to ensure students have food to take home over the weekend. No one understands this better than the educators who work with children daily.

The program is The Food Bank's most expensive, as the costs of procuring the nutritious food needed for the packs and transporting them adds up quickly. You can donate to help feed students. A gift of \$180 funds enough packs for one student for an entire year.



“**The reality of our kids is that when they come to school, and they are hungry, they can't learn.**”

“If students are hungry in class, learning is probably not their top priority,” said Larry Linthacum, superintendent of Jefferson City Public Schools.

The Food Bank partners with more than 150 schools across central and northeast Missouri as part of the program. Every week of the school year, Buddy Packs and school pantries feed 7,500 students identified as in-need, providing ready-to-eat meals, cereal, shelf-stable milk, and other nutritious food.

The food kids take home is not just helpful for them, but also for their families. Buddy Packs relieve some of the difficulties parents face when trying to budget for groceries.

"I mean, imagine being a parent and not being able to feed your kid. A simple thing like food — 'I can not give my kid enough food,'" said Cathy Cox, home-school communicator at Benton STEM Elementary School in Columbia.



Cathy Cox, home-school communicator at Benton STEM Elementary School.