

SPECIAL INGREDIENTS

A Publication of The Food Bank for Central & Northeast Missouri

Spring 2016

A Growing Partnership



Spinach, lettuce, kale and collard greens being nurtured at the Columbia Center for Urban Agriculture greenhouse.

The Columbia Center for Urban Agriculture plants hope for Missourians

Kim Schooley picks up a packaged muffin from a box at Central Pantry, reads the label and puts it back.

Although the breakfast item has nutritional value, she is more interested in checking out the fresh produce. Those are the products she is less likely to afford at the grocery store, and Schooley, a nurse who is raising five children, understands the importance of proper nutrition.

"I come every three or four months to supplement what I can afford," she says. "When you're trying to be healthy, it's hard to eat for cheap. Junk food is cheaper at the store."

A new partnership between The Food Bank for Central & Northeast Missouri and the Columbia Center for Urban Agriculture will ensure more food pantry clients in Boone County will receive fresh fruits and vegetables in the future. The center is seeking individuals and companies willing to sponsor a row in its urban garden

for the pantry. Through the "Plant for the Pantry" initiative this season, the center aims to have 30 of its 50 garden rows sponsored, allowing for everything grown along those rows to be donated to the Central Pantry. The center ultimately wants all 50 rows to go toward hunger relief, says Billy Polansky, executive director.

As Central Pantry receives the donations, other fresh produce The Food Bank acquires will be able to be allocated to different agencies in central and northeast Missouri.

"This is a triple win," Lindsay Young Lopez, executive director, says. "Our Boone County clients will see beautiful fruits and vegetables straight from the garden, and we will be able to distribute more fruits and vegetables we receive from other farmers and partners across our 32-county service area."

Schooley is excited to hear about the partnership. As a nurse, she is just as

concerned about others as she is her own family.

"Overall, it will encourage people to eat healthier," she says. "The shelves of crackers and pasta are nice, but they don't fill all of the nutritional gaps."

Get Involved

🌱 Sponsor a row: Full, half and quarter row sponsorships are available, or sponsor a square-foot patch for \$5. Contact CCUA at (573) 514-4174.

🌱 Attend the Columbia Center for Urban Agriculture's Empty Bowls event. The soup lunch is noon to 2 p.m. and dinner is 5 to 7 p.m. Sunday, April 10, at Missouri United Methodist Church, 204 S. 9th St. Columbia. Admission is free; donations are encouraged.

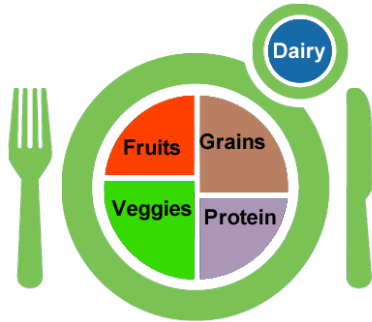
🌱 Have a garden? Dedicate a row to The Food Bank. See tips in this issue of Special Ingredients.

A Note from Lindsay

Friends,

We know from dietary guidelines—and from the way we personally feel after eating—that a healthy diet consists of lots of fruits and vegetables.

But many in our communities do not have access to fresh fruits and vegetables. That is why we are so grateful for every gardener, farmer and partner who donates extra produce. Every zucchini, tomato, cucumber or melon you drop off at your local pantry matters and will make a difference in someone's life.



Getting fresh fruits and vegetables into the hands of those who need them, as you know, is a priority for us. This past year, we were able to significantly increase the percentage of fresh produce we distribute across our 32-county service area. Of the more than 31 million pounds of food we distributed, 24% was in the form of fresh fruits and vegetables, up from 19% the year before. This year, we are striving to ensure that one-fourth of the food we

distribute is in the form of fresh produce.

We cannot do it without the help of so many in our communities. If you are harvesting and sharing from your backyard bounty, I want to personally thank you on behalf of the more than 100,000 people we serve every month. If you are not a grower but want to contribute, know that every dollar you give allows us to acquire enough food to provide 12.5 meals. (Imagine feeding a family of 12 on \$1!)

Thank you for partnering with The Food Bank this year.

Lindsay Young Lopez
Executive Director

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The Food Bank welcomes three new directors

The Food Bank welcomes Heather Hargrove, Michael Kateman and Amy Schneider to its Board of Directors.

Hargrove is sales manager at KRCG. She is a graduate of the University of Missouri and previously served as general manager of Holiday Inn Select Executive Center. She is a former chair of the Chamber of Commerce and past president of the Chamber's Women's Network.

Kateman is director of internal communications at the University of Missouri System. Previously, he served as executive director of development, alumni and public relations at Columbia College. Kateman holds a bachelor's in



business administration and a master's in journalism from MU, where he is currently pursuing his Ph.D.

Schneider has served as director of the Columbia Convention and Visitor's Bureau since 2011. Previously, she was a sales



manager for the CVB. She is a graduate of MU.

"These are dedicated professionals who all have a record of leadership," says Executive Director Lindsay Young Lopez. "We are thrilled to have them join our team."





ACT employees and participants receive recognition. From left, Karrie Mitchell, Kimberly Rodgers, Volunteer Coordinator Melanie Lake, Brittany L., Emily M. Davin Tipton and Executive Director Lindsay Young Lopez.



Lucy Zahler with Executive Director Lindsay Young Lopez.

Volunteer groups recognized for service

Volunteers from Alternative Community Training's Career Services program were recognized as Volunteers of the Month in January, and longtime volunteer Lucy Zahler received the honor in February.

ACT serves individuals with disabilities, including providing job preparation skills, says Davin Tipton, ACS Career Specialist. He coordinated the group's volunteer efforts at The Food Bank last year to allow job seekers to gain hands-on experience.

"The Food Bank is a welcoming environment," Tipton says. "We know we're appreciated and missed if we're not here."

Zahler, a retired dietitian has been volunteering for more than 10 years and currently comes in twice a week. She has also recruited volunteers from the Filipino American Society.

"I enjoy the people," Zahler says when asked what keeps her coming back. "You can't find a better group of people to work with."

ACT and Zahler enjoyed receptions during their respective months. They have also each been added to the Volunteer Hall of Fame, with recognition on the Hall of Fame plaque on display at The Food Bank.

Ballards turn volunteering into fitness routine

If you have already forgotten any New Year's resolutions regarding your health, Marion Ballard has a suggestion: Volunteer at The Food Bank.

"I come because it's kind of like going to the gym," Ballard, 91, says. "It gets me out of the house and away from the television."

Ballard and his wife, Shirley, have maintained The Food Bank fitness routine for more than a decade now. Shirley particularly enjoys coming in on days when they are asked to package food for senior boxes or Buddy Packs because it requires a little more walking. "I like to keep moving," she says.

The Ballards have experienced other side effects of volunteering at The Food Bank, namely fame. Their longtime service and dedication—they have volunteered

daily every week for 11 years—has caught the attention of mid-Missouri media over the past decade. They have been featured in Columbia publications and made news again last year when an anonymous donor contributed \$10,000 in their honor to support the Buddy Pack program.

When they are not at The Food Bank (or dodging the paparazzi) the Ballards enjoy their home at the Lake of the Ozarks and visiting their family of four children, eight grandchildren and, at last count, 10 great-grandchildren.

But most days, you will find them in the Volunteer Room chatting with fellow regulars and helping newcomers.

Ballard encourages anyone who has not yet volunteered at The Food Bank to give it a try. "It's a great place to volunteer," he says. "You have fun, and it's a lot easier to come here than to go to a gym."

Floating for The Food Bank for five years

Payne's brainchild becomes community tradition

About 30 years ago, Thomas Payne and his wife were traveling back to their home in Ohio, when they stopped for breakfast at a marina at Watkins Glen, N.Y.

There, he noticed a parade of people carrying cardboard boats.

"We sat at the window and watched as different community groups tried to float these things," he recalls. "It was pretty cool."

Today, Payne does not have to travel far to enjoy a similar cardboard regatta. His idea to recreate the event has become the annual Float Your Boat for the Food Bank, a community-wide fundraiser celebrating its fifth anniversary on April 30 at Bass Pro Shops Lake.

Payne has been pitching the idea of cardboard boat races since his fateful trip in 1996. He tried to convince his then-colleagues at Ohio State University to sponsor such an event, but few paid much attention.

When he began his tenure as dean of the University of Missouri's College of Agriculture, Food & Natural Resources, Payne resurrected the idea, this time to an interested audience. About 15 years ago, he had the opportunity to get his feet wet when a colleague held a private cardboard boat race at his home off Hulen Lake.

"We broke up into groups and had two hours to make a boat using cardboard, duct tape and spray paint," he says. "Some were smart and looked up instructions. I didn't. I created a top-heavy log that rolled right over."

Payne was equally unsuccessful in 2012 at the first-ever Float Your Boat event, where he toppled himself and his college's boat into the water at Phillips Lake in a matter of seconds.

The event has since moved to Bass Pro Shops Lake, an ideal venue, says Payne, who has been landlocked since his first voyage.

Payne's success has come in more meaningful ways. Since he and associate Kristen Smarr got the idea off the ground, the event has grown from 20 boats raising \$2,500 to more than 70 boats raising more than \$32,000, or the equivalent of 400,000 meals.



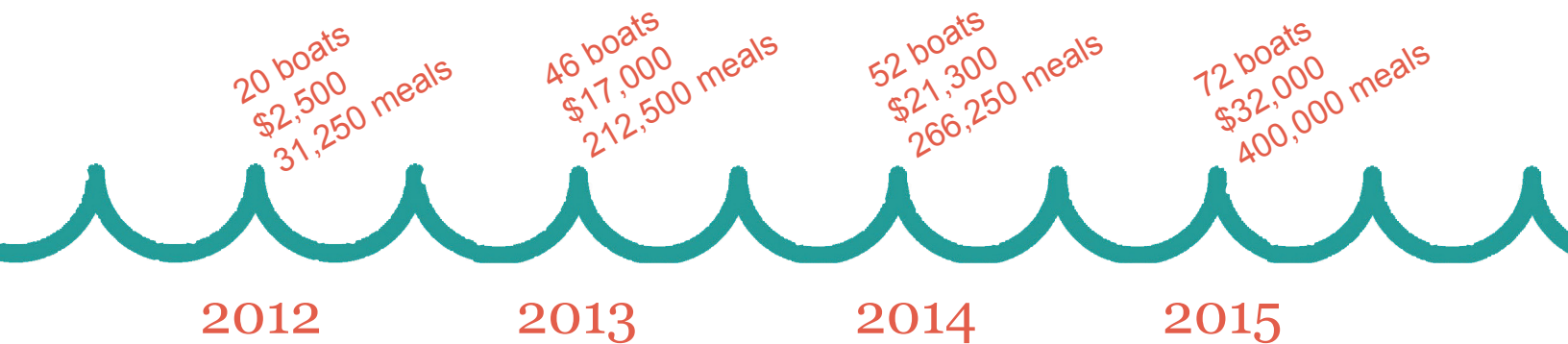
Dean Tom Payne, above, drops money into a "People's Choice Award" container at the 2015 Float Your Boat event to vote for a princess-themed entry. Photo by Morgan Lieberman | © 2015 Curators of the University of Missouri Inset: Payne.



This year, organizers are hoping to reach \$50,000, which would provide 625,000 meals for hungry Missourians.

"Partnering with The Food Bank was fantastic and gives purpose to the event," Payne says. "I'm very pleased that it's happened and hopefully, it just keeps growing."

Float Your Boat timeline: A brief history of success



2016 Goal

80 boats • \$50,000 • 625,000 meals

Event provides free fun for whole family

No sea legs? No problem.

Even if you are not equipped to set sail in a cardboard boat across a lake, there will still be plenty to see and do at the fifth annual Float Your Boat for The Food Bank event April 30 at Bass Pro Shops Lake.

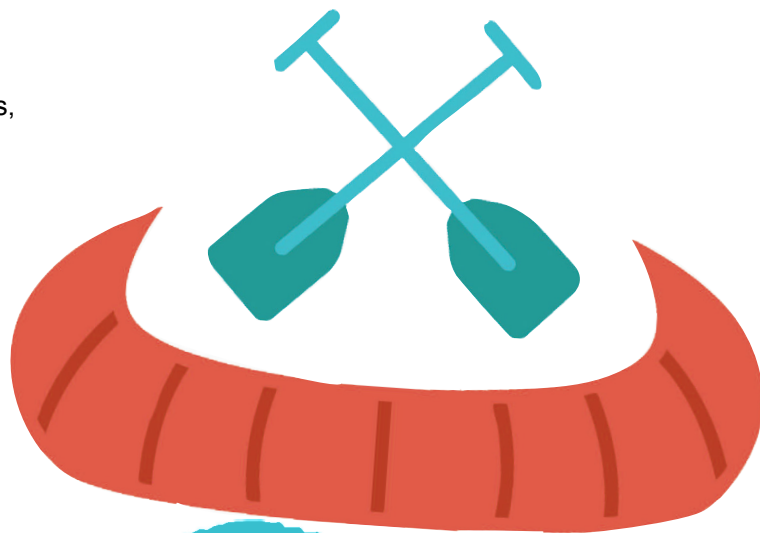
Attendees not participating in boat races are welcome to see all of the creative boats up close and personal before they hit the water, talk to team members who built them and enjoy plenty of concessions, including Fat Boyz Kettle Corn.

Vote for your favorite boat design as part of the popular "People's Choice Award," and watch the action as teams compete against one another to get to the end of the course...or to just stay afloat.

"This is a free community event that is fun for the whole family," says Michael Yetman, outreach coordinator at The Food Bank. "Our teams get pretty creative with boat designs, so make sure you bring a camera."

Attendees not participating in the boat races should plan to arrive around 10 a.m. to stock up on snacks before races begin at 11 a.m. The event will conclude around 2 p.m.

"This event has become a tradition in the community and it continues to grow every year," says Kristen Smarr, director of marketing and communications for MU's College of Food, Agriculture & Natural Resources. "It's a great way to support The Food Bank and have tons of fun too."



Williamson receives promotion, award for dedication

Allen Williamson, recently promoted to warehouse supervisor, is passionate about the mission of The Food Bank.

He remembers his own family relying on a pantry when he was young. His school bus would drive by the pantry in the afternoon, and he would see his mother and aunts waiting in line. While it prompted some ribbing from fellow bus riders, Williamson says that food supplemented what his parents could afford. He is proud of his upbringing and says his father, a school janitor, instilled in him a sense of work ethic.

Williamson has worked for The Food Bank for three years, starting as part-time and working his way up to a driver and warehouse

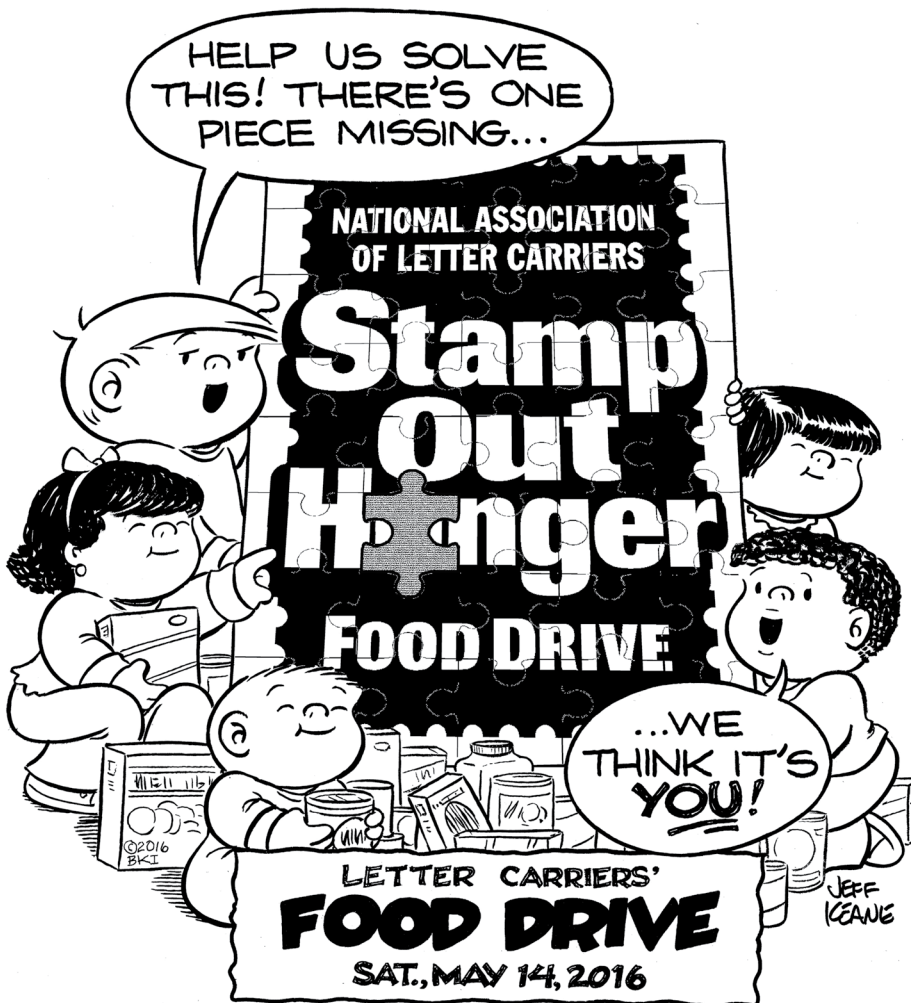


employee. His promotion was a welcome and unexpected surprise, he says.

"It means a lot," he says. "Hard work does pay off, and I'm glad that people recognize it."

The title change was not the only surprise in store for Williamson this winter. In January, he received The Food Bank's first-ever "Top Banana" award, an honor that will be given periodically to those who go above and beyond.

Williamson received the plaque during an all-staff meeting. "That was a moment," he says. "To be the first to actually achieve that—the promotion was great, but that had more value."



'Stamp Out Hunger' during national drive

Mail carriers around the country on May 14 will serve double duty by delivering mail and collecting donations to combat hunger.

The annual Letter Carriers' "Stamp Out Hunger"® Food Drive is the nation's largest single-day food drive and is a convenient way to donate.

Last year, the drive collected more than 60,500 pounds of food for The Food Bank for Central & Northeast Missouri

Non-perishable food items such as cereal, pasta, sauce, rice, canned items and peanut butter can simply be bagged and left outside of the home. The National Association of Letter Carriers will be distributing special bags in advance, however you may use any bag or box.

All food donated during the event stays within local communities.

Rocky Mount minister sees fruits of labor

After operating a pantry out of the small basement of Rocky Mount Baptist Church in Morgan County for nearly 20 years, Dan Duckworth is thrilled to be opening a new brick-and-mortar pantry this year.

“It’s a prayer come true.”



Equipped with support from The Food Bank for Central & Northeast Missouri and plenty of volunteer labor and materials, the new building will allow a seamless transfer of food and toiletries to those in need in the rural community six miles southwest of Eldon.

Duckworth has thought of everything. A waiting room area with wood heat will allow clients to keep warm while waiting for volunteers to package and deliver their boxes of goods.

A small office will provide space for three volunteers, including his wife, Marilyn, and includes a spot for clients to complete surveys in private. There are two restrooms, including a handicapped accessible restroom, for the public, as well as a separate kitchen and restroom area for volunteers. Two large freezers will allow for the distribution of more meat, and a large storage space will allow for more pallets of products.

There will even be a wisteria arbor separating the volunteer area from the client entrance—and Duckworth is just fine if people want to pick a flower on their way out.

Duckworth has been the pastor at Rocky Mount Baptist Church for almost 40 years. About halfway into his ministry, a friend’s father recommended he open a food pantry.

“I kept putting it off,” he said. “Then my father, who had been a pastor, too, passed away and I saw how little my mom had to live on. There are a lot of women in the church who don’t have enough to live on.”

Duckworth met with The Food Bank’s administration and secured a pantry that now serves roughly 2,000 in need in eastern Morgan County each month.

The new building has been in the works for more than two years.

He has been able to secure donated wood, a reduced-price wood stove and other materials at low costs.

“It’s been one blessing after another,” his wife, Marilyn, says.

Duckworth does it as part of his ministry. “Every month people say they wouldn’t be able to get through the month without the pantry,” he says. “It’s a prayer come true.”

The new building should be fully operational this summer.



Volunteers chat outside of the new Rocky Mount Baptist Church food pantry building, which should open this summer. The pantry has operated for nearly two decades.



Safe Handling Tips for Produce Donations

- 🌿 Harvest produce just-in-time. If possible, pick produce in the morning for same-day distribution
- 🌿 Pick some items before they are fully ripe. This will help extend the shelf life of the produce since it may take some time for it to reach its final destination.
- 🌿 Handle produce gently. Bruises, nicks, and cuts all cause the produce to spoil faster. When picking, place items gently into the bucket or box. Consider packing produce in boxes in the field to reduce handling injury.
- 🌿 Wash produce if needed. If the produce is dirty, consider giving it a rinse with potable water. After rinsing, set the produce out on screened tables in a shaded or covered area to drip dry. Produce should only come into contact with disinfected surfaces (no wood). Avoid washing tomatoes, cabbage, okra, summer squash, berries and peas. The extra moisture can promote spoilage.
- 🌿 Keep produce cool. After picking, keep produce in some type of refrigeration unit set between 32 and 40 degrees F. If that is not possible, keep produce in the shade or a cool room until it can be transported.
- 🌿 Wash and disinfect harvest bins, buckets and anything that comes into contact with produce frequently.

**Source: University of Missouri
Interdisciplinary Center for Food Security**



Giving makes gardening extra special

Numerous studies have shown that gardening is not only good for you physically, it is also good for mental health and overall wellbeing.

When you are able to share what you grow, there is added benefit, says Bill McKelvey, a program coordinator in the department of rural sociology at the University of Missouri.

"There's a lot of satisfaction you get when you give fresh produce from your garden," he says. "You grew it, so you know that it's good quality and healthy food."

McKelvey works with the Plant, Grow & Share project, part of the Interdisciplinary Center for Food Security's Grow Well Missouri initiative. Plant, Grow & Share encourages gardeners to share their harvest by donating fresh produce to food pantries.

"Missouri has high rates of hunger and there are a lot of people in need," he says. "I think that perishable food items can be harder to come by for people with limited means. When recipients receive fresh homegrown produce, they can tell the difference."

And recipients feel a sense of satisfaction, too, he says.

"It helps on both sides. For the recipient, it shows another demonstration that somebody cares and cared enough to donate produce from their own garden."

Interested in donating produce from your garden? Call The Food Bank for Central & Northeast Missouri at (573) 474-1020.

