

# SPECIAL INGREDIENTS

Fall 2016



*Southern Cherokee Chief Steve Matthews and his wife, Darla, help run a Mobile Pantry in Phelps County.*

## Supporting a Proud Population

Members of Southern Cherokee Tribe in Phelps County are proud of their culture and history. They describe their ancestors as courageous, honorable and loyal—traits they aspire to, as well.

They are also hungry.

The population of about 500 Southern Cherokee living in and around Phelps County is so impoverished that social service agencies in the area reached out to The Food Bank seeking assistance. The problem? Many members were reluctant to accept help from outsiders.

That is where tribal leaders have stepped in. Chief Steve Matthews and his wife, Darla, have worked closely with The Food Bank to

get food to fellow Tribe members. Many have warmed up to the idea of accepting food at a Mobile Pantry, where Matthews and other Southern Cherokee leaders volunteer.

"Tribe members wouldn't go otherwise," Matthews said. "When people they know are running it, they are more comfortable."

The pantry is now serving nearly 100 families, about a quarter of which are members of the Tribe.

"This really helps," said Travis, a client and volunteer. "A million times, thank you to those who donate and the generosity of those who help with this."

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Ancestors of the Southern Cherokee were among the first Federally Recognized Band of the Cherokee Nation and the group that ultimately followed

Major Ridge to Oklahoma prior to the Trail of Tears.

The Tribe later sought refuge in Southern Missouri. The state was not welcoming, forcing many to live in isolation. The result has been limited access to education, nutrition-related health issues and generational poverty.

"We relied on hunting and fishing, and to a great extent, many of us still do," Matthews said. "But the Mobile Pantry helps out a lot. Everybody loves it."

# A Note from Lindsay

I am so honored and humbled to lead this wonderful organization into a new era of bringing hope as The Food Bank enters into its 35th year. What began as a group of residents sharing food with neighbors in need has become a lifeline for many populations, from the working poor to the 7,500 children we feed weekly to seniors to our Southern Cherokee friends. By providing food to 104,000 individuals monthly, you are truly helping us make a difference.



It is, indeed, a perfect time to announce that we have become the official charity of the University of Missouri Athletics Department. After partnering with Missouri Tigers football for more than two decades through the Score Against Hunger campaign, this is an honor for which we are extremely grateful. Additionally, we are so grateful for Columbia Orthopaedic Group for joining us as the presenting sponsor of this year's campaign.

Sharing food brings hope for a better tomorrow. Jeff Rogers certainly understands that, as he has been able to transition from client to donor. He is one of many we have served over the years who has overcome the odds and ultimately give back.

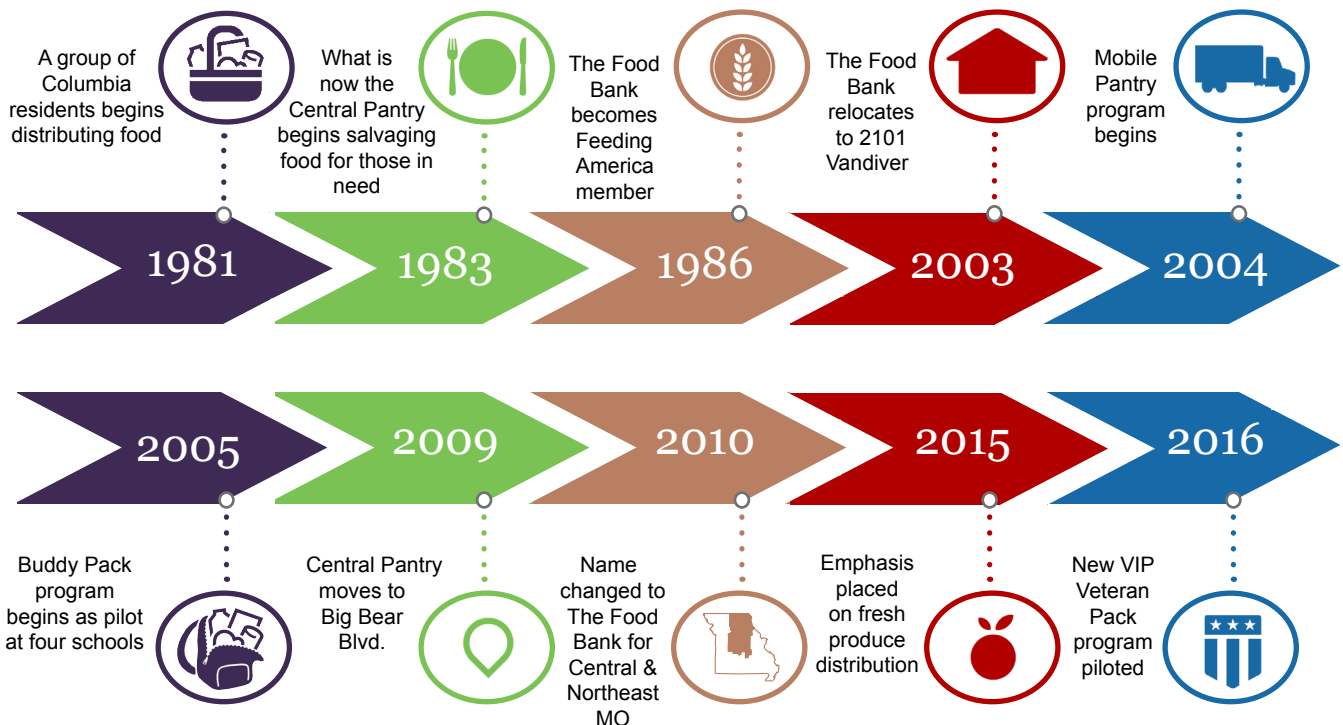
I hope you and your family have a wonderful holiday season. Thank you for all you do to make our mission possible.

Lindsay Young Lopez  
Executive Director

## Board of Directors

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## A Brief History of The Food Bank for Central & Northeast Missouri





# Food shared, *hope realized*

Jeff Rogers vividly recalls the canned food he received from The Food Bank's Central Pantry when the organization was just getting off the ground in the 1980s.

And Rogers—now a designer and manager at the City Channel in Columbia—is still thankful.

"When you're hungry and you get some food, you're so grateful you don't forget about it," he says.

In the 1980s, Rogers moved to Columbia from the St. Louis area to attend college. He grew up in a middle class environment and did not experience hunger as a child.

When he dropped out of school, though, Rogers found himself working in food service making less than \$5 an hour. Not wanting to burden his family, he tried to support himself but found it impossible to make ends meet.

Hunger, he says, is just one symptom of the complex nature of poverty. "Hunger is not a bullet point," he says. "There is a whole mindset around it. You feel like you're stuck. You don't necessarily feel great about yourself for being



*Jeff Rogers takes a break at City Hall in Columbia, where he has worked for 15 years. Rogers continues to be grateful for The Food Bank.*

at a pantry, but you need the food."

Rogers ultimately returned to college and completed a bachelor's degree. For the past 15 years, he has worked for the City of Columbia and today, he and his wife are raising a daughter.

"Jeff is truly the face of hope realized," says Lindsay Young Lopez, executive director of The Food Bank. "Food that was shared with him three decades ago got

him through, brought hope for the future and now he is contributing to his community."

He also contributes to The Food Bank. When asked to make a payroll deduction for charity at work, Rogers designates his gift to helping others facing hunger.

"Giving to The Food Bank, you know where your dollars are going," he says. "They're going where you expect them to go."



*Commerce Bank employees were recognized as the "Volunteers of the Month" in August. The bank regularly contributes both in the Volunteer Room and through generous financial support.*



*The Buddy Pack program exists to ensure that children relying on subsidized meals at school have food at home during the weekends. The Food Bank heads the program but would not be able to do so without the support of thousands of community partners. As we celebrate 35 years of bringing hope, we recognize that we have not done it alone.*

## THE FIGHT AGAINST CHILDHOOD HUNGER

Every week during the school year, volunteers from various organizations meet at Central Christian Church in Fulton to assemble Buddy Packs for local school children.

The program began in Callaway County with a handful of volunteers, but it has not taken much for Pastor Bill Nigus to grow the operation. A school bus driver on the side, he simply has to tell someone he is trying to recruit about the time a little girl showed him her Buddy Pack and proudly declared: "I get to eat this weekend."

In Fulton, members of the church rotate with other groups to make sure Buddy Packs get built every week. Employees from XVIII Wheelers Truck Washes take one week of the month; Callaway County Special Services and Fulton High School take the

others. Local 4-H groups help when needed, and William Woods University and Westminster College students also participate.

"I think they've caught the vision," Nigus said. "They see that it is something that is making a difference. It breaks people's hearts when they know there are kids going hungry. They see this is a program that is specifically for children who are innocent in the process of getting food in their bellies."

Similar scenes play out across The Food Bank's 32-county service area with volunteers coming together to help distribute Buddy Packs to children who might not otherwise have food to eat on weekends.

"We would not be able to provide Buddy Packs



without the support of our communities,” said Stacey Brown, children’s program coordinator for The Food Bank. “Donors, volunteers, school officials—all of these individuals play key roles in making sure this program works. We are so grateful for our friends and partners.”

Buddy Packs are bags of nutritious, kid-friendly food given to children who rely on free or reduced-price lunches during the school year. The children’s identities are not revealed, however they are asked to fill out short questionnaires. And some recipients write “Thank You” letters on their own.

This past school year, The Food Bank heard from one child in Iberia who reported that both parents lost their jobs and the Buddy Pack helps, adding “we don’t eat much.” Another child knew the family “barely gets food stamps” and noted that grocery options were limited. That child especially enjoyed cereal and milk.

“The stories about children and their Buddy Packs are heartbreaking,” said Ann Littlefield, a member of The Food Bank’s Board of Directors who volunteers on behalf of Cole County.

“I feel better when we finish packing knowing those kids won’t be hungry that weekend.”

In Jefferson City, volunteers split up into teams to pack about 1,200 Buddy Packs every week.

“I think most people who give their time to pack do it because they

*‘They see this is a program that is specifically for children who are innocent in the process of getting food in their bellies.’*

want to make a difference in the lives of our community children,” she says. “I get more back from packing than I ever give.”

Littlefield says she is grateful for those who make the program possible. “As a board member, I want every person who helps us feed people to know that we could never do what we do without each of them,” she said.

That includes Rich McKinney, a pianist from Kirksville who donates to the program. This summer, he hosted a benefit concert for the program, as well, that raised funds for Buddy Packs.

“More importantly, perhaps, is that it heightened awareness about hunger,” he said. “Children are not responsible for feeding themselves.”

Sometimes, he said, those who are responsible are not able to make it work.

“So it is up to us to help feed children,” McKinney said. “I don’t like to see anyone hungry, but a child going hungry is a very sad thing.”



*Volunteers assemble Buddy Packs in Kirksville. Inset: Jefferson City volunteers, including Ann Littlefield, left, take a break.*



Hunger can also be detrimental to a child who is trying to learn. Kathy Oelschlager, a counselor at Osage Beach Elementary, knows first-hand the effects of growling tummies on a school day. “There would be times when kids would say they were hungry,” says Oelschlager, a former classroom teacher. “We would take a break and get a snack out. When they are hungry, they can’t focus. Even if they are good kids, they have a rough time concentrating.”

Nigus, the pastor from Fulton, says support for the Buddy Pack program has united communities across Callaway County.

“I’ve never seen anything quite like this before; communities rallied behind a project so whole-heartedly,” he says. “The Buddy Pack program has pulled our school districts together in a way no one ever anticipated. People get involved and stay involved because they know it is truly helping children who are not responsible for the predicament they are in.”

Celebrating 35 Years

# Area leaders help celebrate anniversary

The Food Bank is celebrating a milestone this month as we enter our 35th year.

Founded Sept. 10, 1981, The Food Bank has a rich history of implementing creative and effective strategies to feed the hungry.



Barry Odom, Head Coach  
Missouri Tigers Football

"I am so honored to be at The Food Bank as we celebrate this milestone" said Lindsay Young Lopez, who became executive director in 2014. "We are very much looking forward as we enter a new era focused on distributing nutritious meals to working families, senior citizens, Veterans, children and other populations."

September is also Hunger Action Month. To celebrate both, The Food Bank recruited county

and city officials, community leaders, media partners and other area celebrities to tell us what they cannot do on an empty stomach and also what they can do to help solve hunger.

See more photos and stories at [sharefoodbringhope.org](http://sharefoodbringhope.org).



Marissa Hollowed, Joey Parker, Anchors, KMIZ 17 News



COLUMBIA ORTHOPAEDIC GROUP  
PRESENTS THE 2016

**MISSOURI TIGERS**  
**SCORE**  
**AGAINST HUNGER**

## Group partners with The Food Bank to Score

Columbia Orthopaedic Group has become the presenting sponsor of the 2016 Missouri Tigers Score Against Hunger campaign, which will be held throughout The Food Bank for Central & Northeast Missouri's entire 32-county service area for the first time ever.

Score is The Food Bank's largest fundraising effort. It challenges University of Missouri football fans to get in on the action by pledging a dollar amount per point scored or by directing an outright gift to the Tigers' campaign.

Missouri Tigers Score Against Hunger began in 1995. This year, Head Coach Barry Odom has decided to carry on the tradition.

Donations from Score go directly into the acquisition and distribution of food to those in need.

"Columbia Orthopaedic Group has been a tremendous partner to us over the years," Lopez said. "Their generous sponsorship of our Score Against Hunger campaign is just another way they continue to make a difference in the lives of Missourians. We are so thankful for their support, and we hope the group's example inspires others to join us in the ongoing fight against hunger in our communities."



# *Making the holidays **bright***

Roasted turkey with sweet potatoes, green beans, hot rolls and corn, complete with a slice of pumpkin pie. Yes, the holidays are upon us and for many, that means bountiful family meals. For those with limited resources, however, the holidays can be extra stressful. Whether you are able to purchase and donate food for a family in need or make a donation, your support makes a difference. Here are five ways to give this season.

## **1.** *Share a Meal*

Not sure what to do with all of those holiday leftovers? Have an extra turkey leg to spare? Wrap up what is left behind and share it with a neighbor, senior acquaintance or someone who might not have family around during the holiday season.



## *Make a New Family Tradition*

## **2.**

If you and your family have a winter break, considering volunteering at The Food Bank! Volunteering is a fun way to bond with loved ones in a unique setting while also playing a critical role in our mission. Come during the week, or mark your calendar and plan to take the young ones to Kids Helping Kids Day on Saturday, Dec. 10. The event includes a tour of The Food Bank and a visit from Buddy the Backpack.

## **3.** *Participate in a Food Drive*

We have many food drives during the holidays. In Columbia, look for our annual Partnership Against Hunger in November, a 12-hour drive held in conjunction with Cumulus Radio, Walmart, Schnucks and KOMU. Then, in December, stop by



One For One Holiday Food Drive at the corner of Broadway and Providence where we will be collecting donations of \$1 or one food item per family member along with Zimmer Radio, The Networks of Mid-Missouri and Inside Columbia Magazine.

## **4.** *Make an Extra Store Purchase*

Cannot make it to a food drive? That is OK! If you live in Columbia, any of our major grocery stores have The Food Bank bins at the front of the store. Simply purchase an extra box or can and drop it in the bin on your way out.

## **5.** *Let Us Do The Shopping*



We are what you might call bargain hunters. Because of our affiliation with Feeding America, we are able to purchase high-quality food at minimal costs. In fact, for every \$10 donated, we are able to purchase \$210 worth of groceries!

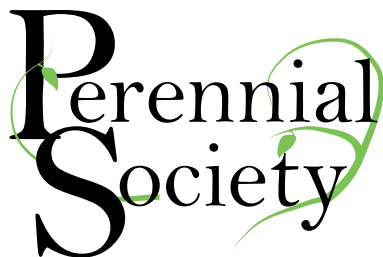
**Visit [ShareFoodBringHope.org](http://ShareFoodBringHope.org) to register to volunteer or make an online gift.**



# Societies recognize special friends

The Food Bank is launching a society program to distinguish donors who have given in special ways.

“So many people are involved in making this mission possible, from those who buy and donate extra groceries to those who attend our events,” Lindsay Young Lopez, executive director, said. “We are grateful for every gift; we truly could not do it without your help. These giving societies provide The Food Bank with the opportunity to recognize The Food Bank friends who have gone above and beyond.”



GROWING THE FIELDS OF HOPE

operation to thrive and grow. Because of the generosity of Perennial Society members, The Food

The Perennial Society will recognize those who have made gifts totaling \$10,000 or more over time. These individuals have truly made The Food Bank a part of their lives while making it possible for our

Bank is able to serve, on average, 104,000 people each month.

“Inaugural members of this prestigious society have shaped The Food Bank and will continue to play a role in the future of this organization,” Lopez said.

The Annual Club recognizes those who have made gifts of \$1,000 or more within a fiscal year and will be included in The Food Bank’s annual Honor Roll.

Additionally, The Food Bank is creating the Heirloom Society for those who make planned gifts. Planned giving is a creative way to leave a lasting impact on future generations.

“We are so appreciative of all of our donors, volunteers and supporters,” Lopez said. “While we will be acknowledging members of each of these societies, we certainly invite anyone to contact us to learn more about ways in which you can partner with The Food Bank, including ways in which you may join a club or society.”

## SIGN ME UP

I want to help shape the future of The Food Bank for Central & Northeast Missouri

I WANT TO:

☐ Help provide food to those in need through a gift.

☐ \$50 ☐ \$100 ☐ \$250 ☐ Other \_\_\_\_\_

☐ Designate my gift to the Buddy Pack program.

\_\_\_\_\_  
Please specify county.

☐ Make my gift part of Score Against Hunger

\_\_\_\_\_  
Please specify county.

\_\_\_\_\_  
First, Last Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City, State, Zip

\_\_\_\_\_  
Email

\_\_\_\_\_  
Phone

☐ I want to learn more about planned giving.

☐ Have a development officer contact me.



The Food Bank for Central & Northeast Missouri  
2101 Vandiver Drive, Columbia, MO 65202 (573) 474-1020 [ShareFoodBringHope.org](http://ShareFoodBringHope.org)

