

Special Ingredients

Fall 2018

A Publication of The Food Bank for Central & Northeast Missouri

Solving Hunger TOGETHER



MEM + The Food Bank = A great match!

Missouri Employers Mutual (MEM) is proud to be Missouri's #1 provider of workers compensation insurance, but that is not all they have to be proud of. This August, MEM went above and beyond to support their community and ensure that children have the food they need to succeed and thrive. They pledged to match every donation made toward the Buddy Pack program for an entire week, up to \$25,000.

"MEM decided that we wanted to do more to help The Food Bank and to help hungry kids," said Jennifer Peck, Vice President of Marketing and Communication for MEM and a member of The Food Bank's Board of Directors.

The MEM Buddy Pack Match raised a total of \$41,214.45 in external donations. Combined with MEM's gift, that is equivalent to providing

meals to 368 children for the entire school year. In addition to their generous financial donation, MEM employees donated their time to help hungry children in their community.

"There's always more to be done. More that we can do to help hungry kids in Mid-Missouri and to support The Food Bank in that work."

— *Jennifer Peck*

"Our employees showed up!" said Peck. "They gave 160 hours to the Summer Feeding Program, volunteering at the McKee Street Park site, and it was such a fun and rewarding experience."

MEM also helps with the Partnership Against Hunger drive during the holidays every year. The Food Bank is so grateful to have such an amazing partnership with MEM and thankful to all who volunteered or donated during the MEM Buddy Pack Match. One in five children in Missouri is food insecure. The need is real and generous donations of time and funds to The Food Bank can make a big difference.

A Note from Lindsay

When a child is hungry everything else seems unimportant. The math problem or art lesson their teacher is giving becomes background noise. How do you focus on learning and growing when your stomach is growling? One in five children in Missouri faces food insecurity. It is not only a distraction, but also puts debilitating limits on a child's ability to develop both intellectually and socially. This challenge to provide enough nourishment places a huge weight on parents as well, but together we can help ease this burden.

The Buddy Pack program is the most expensive to facilitate for The Food Bank for Central & Northeast Missouri, but it is also one we consider vitally important. Generous donations such as those raised through the MEM match campaign and countless volunteer hours like those put in by Future Farmers of America members and legislators at the Missouri State Fair ensure that children in need go home with nutritious, consistent food every weekend. With this help children are able to show up at school on Monday with a full stomach and a clear mind, ready to learn and grow.

We at The Food Bank are grateful every day for the support and help of the communities we serve. Throughout our 32-county service area there are amazing people helping us share food and bring hope to neighbors in need whether through monetary gifts, donations of food or volunteering their time. We are inspired time and time again by the willingness to lend a helping hand found all around us.

September is Hunger Action Month, and we are thankful to the many corporate partners and individuals locally and nationally helping to take action against hunger. I hope the stories we share in this issue of Special Ingredients inspire you to take action and help The Food Bank in its endeavor to share food and bring hope.

Gratefully,



Lindsay Young Lopez
Executive Director

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Governor Parson Supports Buddy Packs



The Missouri State Fair is 10 days of fun for everyone, but Governor and First Lady Mike and Teresa Parson took some time away from the festivities to help support The Food Bank's Buddy Pack program. The Governor wasn't the only person generously donating his time at this year's state fair. As part of the Drive to Feed Kids initiative, Missouri Farmers Care, Missouri Agriculture and local FFA members packed more than 100,000 meals to help share food and bring hope to neighbors in need. The Drive to Feed Kids also brought in food donations and presented a check for \$145,165 to Feeding Missouri, a coalition of six Missouri food banks.

TEAMWORK - MAKES THE - DREAM WORK

The dream... eliminating hunger. The team... an amazing group of volunteers donating their valuable time to helping The Food Bank share food and bring hope to 32 counties across central and northeast Missouri.

In the last year, volunteers dedicated more than 68,000 hours of their time to The Food Bank, the equivalent of 33 full time positions! We cannot thank them enough for making it possible to feed more than 100,000 people on an ongoing basis.

WHAT BETTER WAY TO GET TO KNOW EACH OTHER?

Working together toward a common goal is a great way for people to get to know each other, which is why it makes perfect sense that many groups of freshmen at area colleges and universities come to The Food Bank as part of their orientation. We endeavor to create a fun, open and kind environment in our volunteer room, making it the ideal place to meet and make new friends! We'd like to thank the freshman classes at Stephens College, the University of Missouri and Lincoln University for donating their time. The MU Law School has organized a volunteer shift for their first year students longer than anyone can remember, at least 18 years. Stephens College filled 145 volunteer shifts, where the entire freshman class consists of 150 students. What a turnout!

SUMMER FUN WITH THE FAMILY AT THE FOOD BANK!

This summer The Food Bank was excited to welcome families with children ages 4-12 to volunteer with us in a fun, kid-friendly environment from 10:30 a.m. to 12:30 p.m. Monday through Friday, known as the Family Shift. It was a wonderful time for parents and kids to spend together, learning about food insecurity and helping their neighbors in need. Forty families participated throughout the summer and the final Family Shift of the summer culminated in a pizza party on August 8.

GIVING BACK STARTS EARLY AT KIDS HELPING KIDS DAY!

You don't have to be big to make a big difference! Kids Helping Kids Day is a great opportunity for little ones with big hearts to give back to their community.



During Kids Helping Kids Day children ages 4-12 are invited to help by repackaging food in The Food Bank's volunteer room. There are two shifts available, one in the morning and one in the afternoon. Participants also receive a behind the scenes look at the warehouse where they learn about how much food goes out to those in need and how important it is to help share food and bring hope. Adding to the fun, Buddy the Backpack stops by to visit with the kids. Kids Helping Kids Day is a great way for children to experience the importance of giving back to the community at a young age.

Would your little ones like to participate in the next Kids Helping Kids Day? The upcoming dates are October 13 and December 8, 2018. Contact Melanie at (573) 447-6609 or melaniel@sharefoodbringhope.org to sign up. All the spots were filled at the August Kids Helping Kids Day, so don't wait. Sign up early!

mpix Presents

MISSOURI TIGERS SCORE AGAINST HUNGER

MIZ ... ZOU!

Score Against Hunger Kicks Off

Another football season is upon us, and it is time to don our black and gold to support the University of Missouri Tigers as they hit the field. For many of us, food is a big part of the fun and festivities that surround football season. Whether it is party trays and cook-outs at tailgates or delicious concessions during the game, certain foods are part of the experience, right? For one in six Missourians, that is not the case. Food insecurity can put a damper on even the most exciting game.

The Score Against Hunger campaign, presented by Mpix, asks fans to support The Food Bank's mission to share food and bring hope.

You can support this campaign in several ways:

- 🏈 Make an outright gift to The Food Bank
- 🏈 Pledge a dollar amount to The Food Bank for every point the Tigers score during the season: Cheer on the Tigers as they score all season and at the end of the season, convert points into a dollar amount to donate to The Food Bank.
- 🏈 Attend the Taste of the Tigers event on Thursday, October 4.
- 🏈 Donate to the fund drive at the Sack Hunger Game on Saturday, September 22

A monetary gift to The Food Bank is one of the most efficient ways you can help because we can stretch the value of every dollar. To put this into perspective, a \$50 donation to The Food Bank



University of Missouri Head Football Coach Barry Odom and Executive Director of The Food Bank, Lindsay Young Lopez

allows us to provide the equivalent of \$1,050 worth of groceries to those in need.

" We are hungry for a great football season, but too many Missourians are hungry for their next meal. That's why my team and I are passionate about helping The Food Bank tackle hunger in central and northeast Missouri. Show me your commitment to sharing food and bringing hope – please make a gift today. "

— Head Football Coach, Barry Odom

Score Against Hunger is the largest annual fundraising campaign for The Food Bank and is vital to raising money needed to allow us to purchase healthier food options including fresh, perishable items such as produce and proteins. These types of foods are not able to be donated during food drives, but are so important to providing nourishment to neighbors in need.

As the fans of Tiger Country come together to cheer on our team, we have an opportunity to join together in the fight against hunger as well. Join Missouri Tigers Score Against Hunger campaign co-chairs, "Voice of the Tigers" – Mike Kelley and Jefferson City Public Schools Superintendent – Dr. Larry Linthacum, in cheering on our Tigers and working to share food and bring hope.

Visit ScoreAgainstHunger.org or contact us at (573) 474-1020 to learn more about how you can score against hunger!

Let's sack hunger. Together!

While the Missouri Tigers take on the Georgia Bulldogs on September 22, let's sack hunger... together!



As part of the Score Against Hunger campaign, presented by Mpix, The Food Bank will be hosting a fund drive at the game. Stop by and do your part to help sack hunger across central and northeast Missouri. The Food Bank is the Official Charitable Partner of Mizzou Athletics and is grateful for the opportunity to cheer on the Tigers and score against hunger for another great season!



Presented by



WHEN: Thursday, October 4 | 5 - 8 p.m.

WHERE: East Concourse, Memorial Stadium, Columbia

HOW: Visit ScoreAgainstHunger.org to purchase your all-inclusive tickets - \$50 each

For sponsorship opportunities and auction donations, please contact Kimberly Kent at (573) 447-6633 or kimberlyk@sharefoodbringhope.org

Tailgating to End Hunger

Join us for the ultimate Mizzou football experience. Taste of the Tigers, presented by UMB Bank, is a one-of-a-kind tailgating themed event that will allow attendees to have a behind-the-scenes Mizzou football experience, meet beloved Mizzou celebrities and enjoy delicious food and beverages at Memorial Stadium.

Tiger Talk featuring Coach Barry Odom and Mike Kelly will be broadcast LIVE at the event. Area eateries will have delicious, tailgate-inspired creations for attendees to enjoy alongside local favorite brews and sips. The Mizzou cheerleaders and Truman the Tiger will also be in attendance!

Additionally, attendees will have the opportunity to vie for unique experiences, autographed Mizzou memorabilia and more at live and silent auctions. All proceeds from the event will benefit Score Against Hunger, The Food Bank's largest annual fundraising campaign to help share food and bring hope to neighbors in need.

Grants Make a Big Difference!

Listen 4 Good Grant: Your Voice Matters!

The Food Bank is a proud recipient of the Listen 4 Good grant from the Fund for Shared Insight for \$30,000. This grant allows The Food Bank to really listen to those we serve through our Your Voice Matters initiative. Over the course of the two year grant period, The Food Bank will conduct surveys at ten different pantries across our 32 county service area to find out how consumers are feeling about the services we provide and where there are opportunities to improve. This feedback is vital for identifying and continuing to fulfill the needs of those in our communities. To complete the feedback loop, The Food Bank and partner agencies will present survey results as well as inform individuals and families about how we are responding to what we heard. We are excited to embark on this truly collaborative way to improve our pantries. Stay tuned!

Mobile Pantries Deployed to Pettis County Thanks to a Grant from Tyson Foods

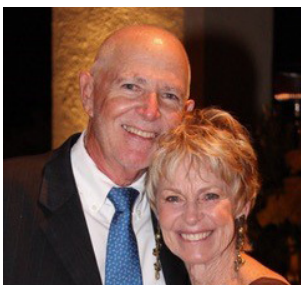
The Food Bank was thrilled to be awarded a \$40,000 grant from Tyson Foods, allowing us to facilitate two new mobile pantries in Pettis County, an area in need of support. The mobile pantries are located in LaMonte and Sedalia and deliver food to neighbors in need once a month at each location. The grant from Tyson will fund these mobile pantries for an entire year. This new initiative is already making a big impact.

" I have never seen someone so excited to receive fresh fruit," said a local community health worker speaking about one of her clients' experience at the new mobile pantry. "I wanted to express my sincere thanks to you and everyone involved for working towards fixing our food insecurity problem in this area! "

New Equipment and Repairs Made Possible by Feeding America Grant Funded by Walmart

The Food Bank is able to help several of our partner agencies with long-needed equipment and repairs with a grant we received through Feeding America that was funded by Walmart. With the \$25,000 grant we are able to provide equipment such as coolers, scales and walk-in freezer repairs – items necessary to providing fresh, nourishing food to neighbors. In one particular case, the Chariton County Cupboard is able to increase their efficiency and the amount of food they can receive from local retailers with the addition of a floor scale. Prior to this, the agency used "a bathroom scale rigged with a stool on it to hold the boxes so we can read the measurement." Not anymore! Recording donations is a requirement for agencies and a new scale allows them to do more to share food and bring hope in their community.

Learning Over Lunch



Tim and Betsy Vicente

The Food Bank for Central & Northeast Missouri Board Member, Tim Vicente and his wife, Betsy, hosted a luncheon for many of their friends to learn more about The Food Bank.

"As a Board Member and as donors, Bets and I are grateful for the new, health-conscience approach being taken by the Food Bank as we serve the Food Insecure population of Central and Northeast Missouri," says Tim Vicente.

"We personally want to do to all we can to help

spread the word about this new approach. The more ambassadors we have spreading the word on this huge need the better."

The Vicentes and 24 of their friends spent the early afternoon of July 16 touring the warehouse and learning about the ins and outs of all the programs supported by The Food Bank. We are grateful for their continued support. Thank you for helping The Food Bank share food and bring hope!

A New and Improved Summer Feeding Program

What do the children who rely on free and reduced lunch do for meals during the summer? The six week gap between summer school and the beginning of a new school year can be a scary time for the one in five children facing food-insecurity in our area. After observing low participation in the Summer Feeding Program last summer, The Food Bank joined forces with several like-minded agencies to create an Advocacy Team:

Advocacy Team

- Columbia/Boone County Department of Public Health and Human Services
- Columbia Square Town Homes
- Columbia Center for Urban Agriculture
- United Community Builders
- Operation K.I.T.E
- Grow Well/MU Interdisciplinary Center for Food Security
- Columbia Farmer's Market

This group started meeting in the fall of 2017 and participated in quarterly roundtable discussions with the purpose of identifying areas in Columbia where there was a concentration of children facing food-insecurity and how to best address that need. The group shared data and insight and the City helped create maps to narrow down six sites where they believed the Summer Feeding program would be able to have the largest impact, only two of which were sites carried over from last year's iteration of the program.

The new sites were an inspiring success! The 2017 program fed an average of 42 children per day across all five sites. This summer's program averaged 80 meals per day, serving five days per week and saw 450 different children. This 75 percent increase would not have been possible without the support of the community and all the amazing volunteers who donated their time throughout the summer. A special thank you to the City of Columbia for helping to spread the word about the new sites through door hangers and a feature in the City Source newsletter.



In addition to the ability to serve more food to children in need, this year's program also sought to improve the overall experience for the children participating in the Summer Feeding program. Volunteers and site coordinators made an increased effort to get to know the children attending and encouraging them to come back. Activities were provided in partnership with:

Activity Partners

- Boone County Health Department - FitTastic Program
- Boone County Fire Department - Fire Truck Tours
- Daniel Boone Regional Library - Bookmobile & Literacy Tables
- City of Columbia: Parks & Recreation - Water Games
- ComoKIDSread
- Cheryl Moore- Farm to Table Fun
- Columbia Police Department- Community Outreach Officers Visits to Meet the Kids
- Columbia Public Schools- STEAM Bus

We are grateful for the partnership of the Advocacy Team members and site volunteers in making the 2018 Summer Feeding program so successful. We are also thankful for grant funding from No Kid Hungry and Feeding America – Enterprise that helped make this program possible. We cannot wait to see what next summer holds!



Hunger Action Month

How does an empty stomach hold you back? Does it make it harder to focus? Do you feel too tired to help the kids with their homework? Is it a challenge to stay positive? Hunger makes everything more difficult, and for one in six people it is a daily struggle.

September is Hunger Action Month, the perfect time to bring awareness to the need right here in our own communities. This campaign challenges you to consider what struggles people face on an empty stomach. What can't you do on an empty stomach?

Now is the time to take action against hunger!

Ways to Take Action Against Hunger:

Sponsor a Buddy Pack

For \$15 you can provide one Buddy Pack every weekend for a month. For \$180 you can provide one child with a Buddy Pack every weekend for an entire school year.

Visit BuddyPacksHelp.com

Help the Tigers Score

Join Head Football Coach Barry Odom and the Missouri Tigers score against hunger by making a gift to the campaign.

Visit ScoreAgainstHunger.org

Attend Taste of the Tigers on Oct. 4

Buy your all-inclusive ticket to this one-of-a-kind tailgate themed event held at Memorial Stadium and help share food and bring hope while you have a great time!

Visit ScoreAgainstHunger.org

Volunteer Your Time

Help sort and repack bulk food items, assemble Buddy Packs and more at our fun and welcoming volunteer room in Columbia.

Visit ShareFoodBringHope.org/Volunteer

Host a Drive

Raise food and funds for The Food Bank to help neighbors in need.

Visit ShareFoodBringHope.org/FoodDrive

Spread the Word

Follow us on social media and help us spread the word about the need in our communities.

Like us at [Facebook.com/TheFoodBankMO](https://www.facebook.com/TheFoodBankMO)

Follow us on Twitter @TheFoodBankMO

