

SPECIAL INGREDIENTS

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Blazing a Trail of Hope

Mariel Liggett is a trailblazer.

Over the course of her life and career, Mariel has made a difference in the lives of others, many of whom she will never meet. In the early 1970s, she carved a path for women when she became a certified public accountant, a predominately male occupation at the time. She forged a road at the firm of Williams-Keepers, where she was the first female hired on its professional staff and went on to be its first female partner.

Now, she is the first living person to become a member of the Heirloom Society, a pacesetter society for those who intend to make a planned gift to The Food Bank.

Mariel is both a Past Treasurer and Past President of the Board of Directors at The Food Bank, having served on that Board for more than a decade. She credits her mentor, George Keepers, for getting her involved in a cause she is passionate about. She remembers him telling her to "give back to the community that has given so much to you."

"The Food Bank's mission tore up my heart, and so I wanted to be a part of it," Mariel says. "After joining the Board of Directors, I visited the food pantry and couldn't believe what people were going through. My heart ached and yet was happy at how caring and considerate The Food Bank made it for people to access the food they needed so desperately. And knowing those school kids get their Buddy Packs

brings a smile to my face as they are so happy to have something to eat over the weekend."

Recently, she made another investment in The Food Bank by expressing her intention to make a planned gift. She joins other inaugural members of the Heirloom Society, which includes individuals who left bequests to The Food Bank. Like Mariel, they wanted their legacies to make a transformational difference in the lives of others for generations to come.

Mariel is also practical. Leaving planned gifts ensures that individuals are able to allocate their assets the way they want and not leave those difficult decisions to family members. As a CPA, she is well-versed in the tax benefits of doing so. Using such options as charitable gift annuities, charitable remainder trusts and charitable lead trusts makes leaving either a lifetime or post-lifetime donation more powerful.

Mariel, now retired, remembers asking her clients what they wanted to accomplish and then worked with them to achieve it in the most tax-efficient way.

"Depending on your particular situation and objectives, there are usually several ways for you to accomplish your goals," Mariel says. "And we all have goals."

Mariel's goal is to share food and bring hope to future generations. That's just how she is.

Mariel Liggett is a trailblazer for sure.

A Note from Lindsay

A child goes to school on Monday morning hungry, not having had enough to eat since school lunch on Friday. His discomfort makes him act out, which disrupts a math lesson. A grocery store clerk skips lunch before her shift to make sure her children have enough to eat. She has low energy and is slower than usual, frustrating customers. An elderly neighbor uses her Social Security check to buy medicine, leaving little left over for food. She is growing weaker every day and eventually has to give up volunteering at church.

Hunger impacts all of us whether we experience it directly or not. We know that one in six adults and one in five children in our service area face food insecurity on a regular basis. These are not strangers in a distant land—they are our co-workers, our community members, the children in our public schools, the senior adults with whom we attend church.

Every day, we hear from the people we serve about the challenges they are facing. They are heartbreaking stories, but we are grateful to be able to provide hope for a better tomorrow.

We are also inspired on a daily basis. We are inspired by people such as Mariel Liggett who is blazing yet another trail by leaving a legacy for future generations. Inspired by Sarah Woodrow and the four generations of her family who show up every month to work at their local pantry with no expectation of pay or praise. Inspired by Richard and Rebecca Kiley who moved to Columbia and quickly invested in their new community.

September is Hunger Action Month, and we are so thankful for the many individuals who take action on behalf of those who do not have enough to eat. Whether you have given a monetary gift, donated a can of food or spent time in our Volunteer Room, we are so grateful for your support.

I hope the stories in this issue of Special Ingredients inspire you to consider taking action in the ongoing fight against hunger.

Gratefully,



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Maly Joins The Food Bank as Director of Programs

Eric Maly has joined The Food Bank as Director of Programs.

In his position, Maly will oversee agency relations, working with 140 partner agencies and will oversee operation of Central Pantry. He is also over children's programming, including Buddy Packs and summer feeding. Additionally, Maly is responsible for Veterans programs including the VIP Veteran Pack Program, as well as the volunteer program. The position replaces the associate director position, which was vacated when Bobbie Kincade retired earlier this year. Maly has a Bachelor of Arts in Psychology from the University of Nebraska – Lincoln and a Master of Science in Psychology from DePaul University. He has three children.



A Family Tradition

Some families get together over Sunday lunch. Others host game day parties or movie nights.

For Sarah Woodrow, quality family time can be found at the Ralls County Food Pantry in New London.

Every month, Sarah's grandparents, mom, sister, uncles, aunts and cousins gather at the New London First Baptist Church to help operate the pantry. On the first Monday of each month, the crew unloads items from The Food Bank truck. That takes most of the day—and sometimes runs into Tuesday. On Wednesday, they return to sort cans and packages and box them up based on household size. Then, on Thursday, they come back to help distribute food to people in need. Every family member has a task.

"I like pushing the carts," Sarah's cousin, 8-year-old Adilynne Snodgrass, says.

Four generations working together to share food and bring hope.

Sarah's mom, Lori Alexander, started the tradition some 20 years ago. A farmer, she was looking for something to do during the off season, and helping

others access healthy food is something she is passionate about.

"We know the benefit of nutritious food and were all raised on garden-grown vegetables," Lori says. "It's important that people have healthy meals."

That is a belief she has passed down to Sarah, 25, who has been volunteering at the pantry since she was a child.

Today, Sarah works for the University of Missouri Extension's Family Nutrition Education Program. A nutrition program associate, she provides taste tests along with nutrition education and materials about making healthy choices at food pantries, including the Ralls County Food Pantry. Recently, she shared a goulash recipe with clients—and saw success when a woman later said she made the dish and that it had been the first time she had used whole wheat pasta.

Sarah is thrilled that her job lets her carry on the family's legacy of helping the hungry.

"I feel like I've come full circle," she says. "It's great to come to work, help people and be with family."



University of Missouri Head Football Coach Barry Odom helped kick off the annual Score Against Hunger campaign. Pictured, from left, are Director of Operations for Mizzou Football Mike McHugh, Julie Dorn and Liz Townsend Bird, both of The Food Bank, Coach Odom and The Food Bank Executive Director Lindsay Young Lopez.

Score Against Hunger is Underway

Football season is upon us, and for many Mizzou fans, that means tailgates, party trays and plenty of food and fun.

Many of the people we serve at pantries, shelters and soup kitchens across central and northeast Missouri are Tiger fans, too. For a few hours on Saturdays, we will all cheer M-I-Z together.

Yet one in six of us will be hungry.

That is why Head Football Coach Barry Odom and the Missouri Tigers are again encouraging fans to Score Against Hunger by making a gift to The Food Bank.

"We are hungry for a great football season, but too many Missourians are hungry for their next meal," Odom says. "That's why my team and I are passionate about helping The Food Bank tackle hunger in central and northeast Missouri."

The Score Against Hunger campaign, presented by Mpix, asks fans to make an outright gift or pledge toward The Food Bank to help acquire and distribute food to neighbors in need.

As the largest annual fundraising campaign, Score Against Hunger is significant because it raises money to allow The Food Bank to purchase healthier food options—fresh, perishable items such as produce and protein that cannot be donated or collected at food drives.

Monetary gifts are a more efficient method of support, too, as The Food Bank is better able to stretch the value of a dollar. Because of our affiliations with Feeding America, retailers, wholesalers and growers, we can acquire truckloads

of bulk food at heavily discounted prices. In general, every \$50 donation is the equivalent of \$1,050 worth of groceries.

The Food Bank is the only one of six food banks in the state to provide food to partner agencies at no cost.

"We are grateful to be able to do that," says The Food Bank Executive Director Lindsay Young Lopez. "It takes all of us working together to make it possible to provide food at no charge. We appreciate Tiger fans for helping us score against hunger."

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

**"We are hungry for a great football season, but too many Missourians are hungry for their next meal."
- Head Coach Barry Odom**

Linthacum Co-Chairing Score Campaign

Helping children reach their full potential. Working with the community to solve hunger. Cheering on the Missouri Tigers. These are a few of Dr. Larry Linthacum's favorite things.

That's why Linthacum, superintendent of Jefferson City Public Schools, is thrilled to be serving as co-chair of this year's Missouri Tigers Score Against Hunger campaign alongside "Voice of the Tigers" Mike Kelly.

"I'm a huge Tiger fan," he says, adding that he feels blessed to have served as tight end for the team in the early 1990s. "The opportunity to partner with them in the fight against hunger in our schools is something I'm excited about and feel very strongly about."

Linthacum says he went into the field of education because he wants to make a difference. "That's the

mission of our school district—giving children hope for a better tomorrow by reaching their full potential."

The Score campaign raises money to help provide food for people in need, including 7,500 children weekly through the Buddy Pack program. That program provides bags of kid-friendly nutrition on Fridays to children who rely on subsidized school lunch.

"I'm so grateful for that program and what it provides for our community," Linthacum says. "Kids come to school who do not have hope at home. If we can be part of the solution and unite folks and work together on behalf of students in our community, we're going to make headway."



Score Campaign to Include New Tailgate Event



WHEN: 5-8 p.m. Thursday, Oct. 5, 2017

WHERE: North Concourse, Memorial Stadium, Columbia

HOW: Purchase your all-inclusive \$50 ticket at ScoreAgainstHunger.org

Have you ever wanted to run down onto Faurot Field and kick a ball? Or meet the Golden Girls, Truman the Tiger, Marching Mizzou or "Voice of the Tigers" Mike Kelly in person? The Food Bank and the Missouri Tigers are giving you that opportunity.

Taste of the Tigers is an event like no other that will allow participants to have on-field experiences, meet Mizzou celebrities and enjoy food and drink all at Memorial Stadium.

Some of Columbia's finest eateries will be set up for attendees to sample tailgate-inspired bite-sized creations. Beverage vendors will also be on hand to serve spirits and brews. Additionally, participants will have the chance to vie for prizes such as Mizzou

Athletics packages and other unique experiences. 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.

The Food Bank Executive Director Lindsay Young Lopez says she hopes to make this first-of-its-kind event an annual celebration among Mizzou fans.

"The Food Bank is the Official Charitable Partner of Mizzou Athletics, and we really wanted to find a way to bring that partnership to the community," she says. "This allows Tiger fans to get a truly unique football experience while also helping those in need. We hope to see everyone at the Zou!"





Leaving a Legacy

Making a Smart Investment

Since moving back to Columbia a year ago, Richard and Rebecca Kiley have already invested in the community by making a gift of stock to The Food Bank.

"I believe people who have enough have a responsibility to give to those who don't have enough," Richard says. "It's rewarding to know The Food Bank can do so much with your money, and that none of it is wasted. It goes to people who need it."

Richard is well-versed in food banking. In Norfolk Virginia, where he worked for Norfolk Southern, he began volunteering at the Foodbank of Southeastern Virginia and the Eastern Shore.

After a few volunteer shifts and donations, he was tapped to serve on the Board of Directors, where he eventually became vice president. He was in line to become board president when he retired and moved back to Columbia.

After taking a tour of The Food Bank here, the Kileys made a commitment to support the organization.

"I did not expect how nice this facility would be," he says. "And it's a large coverage area. Very

impressive. The executive director is very impressive."

"It's a wonderful place," Rebecca adds. "It seems to be a great place to volunteer and work."

The fact The Food Bank covers northeast Missouri is a bonus, Richard says. That is where he grew up. Richard would go on to earn a degree in agricultural economics from the University of Missouri, and Rebecca earned a degree in childhood education from Stephens College.

During his more than 30-year career at Norfolk Southern, the couple was transferred eight times before moving to Virginia in 2000, where they remained until last year.

Richard says the gift of stock made sense for not only The Food Bank, but also for him. Those who donate stocks do not pay tax on the value, making it an attractive option for those who have appreciated shares. The Food Bank may then sell the shares and utilize the entire value without paying taxes.

"It's something people should check into if they have stock," Richard says. "It makes sense to do it, and The Food Bank is able to use the full amount."



The Heirloom Society is comprised of truly visionary leaders who understand the importance of creating a lasting legacy of hope to share food with future generations in need. These committed individuals understand that while we make great strides daily to eliminate hunger, the need will likely continue for generations to come. The Heirloom Society honors those donors whose vision has led them to contribute to The Food Bank through a planned gift, ensuring that our mission and work will continue.

Coolley Left Mark on Mid-Missouri

Truman Coolley had given regularly to The Food Bank for years, doing so quietly and without much ado.

He passed away in 2015 at the age of 98, and the following year, The Food Bank discovered he had named the organization in his estate. Today, funds from that planned gift are still being used to acquire and distribute nutritious food.

“Mr. Coolley’s gift has truly been a blessing to the people we serve,” says Lindsay Young Lopez, The Food Bank’s executive director. “But it was also unexpected, and we regret not having the opportunity to thank Mr. Coolley personally for his generosity.”

This year, The Food Bank launched the Heirloom Society to provide a way to recognize those planning to leave a legacy through a charitable planned gift. Anyone who expresses intention to create a lifetime income agreement or leave a planned gift will be recognized.

Coolley was a lifelong farmer in Centralia and was active in the agricultural community, serving on the boards of M.F.A., 4-H and the Audrain Cattleman’s Association. He and his wife were named Centralia Agriculture Person of the Year in 2004, and he was inducted in the 4-H Hall of Fame in 2011. According to his obituary, Coolley’s favorite saying was “leave it better than it was found.”

He certainly did.

Planned Gift Options

Gifts from Your Estate

Gifts made through your will or trust enable you to retain control of your assets during your lifetime and determine the distribution of your assets upon your passing. Documenting these gifts assures you that your philanthropic intentions will be fulfilled.

Tax-Deferred Gifts

If you wish to defer your charitable gifts until the time of passing, the best assets to use may be your IRA, employer-sponsored retirement plan, annuity or other assets upon which income tax has been deferred. You may leave these assets to charity by simply naming the charity (such as The Food Bank) as the designated beneficiary.

Life Insurance

Gifts of life insurance enable you to make a substantial future gift by making small premium payments over time. Insurance proceeds go to The Food Bank.

Charitable Gift Annuity

A charitable gift annuity is a contract between you and The Food Bank. In exchange for your irrevocable gift of cash or appreciated assets, The Food Bank agrees to pay a fixed sum each year for life to one or two annuitants, whom you name. When the gift annuity ends, the remaining assets are used to share food and bring hope.

Charitable Remainder Trust

A charitable remainder trust is created when you transfer assets into an irrevocable trust and name a charitable beneficiary, such as The Food Bank. The trust invests the assets and pays an income to you (or other beneficiaries you select) for life or for a set term of years. When the term ends, assets remaining in the trust are used by the charity for the purpose you designate.

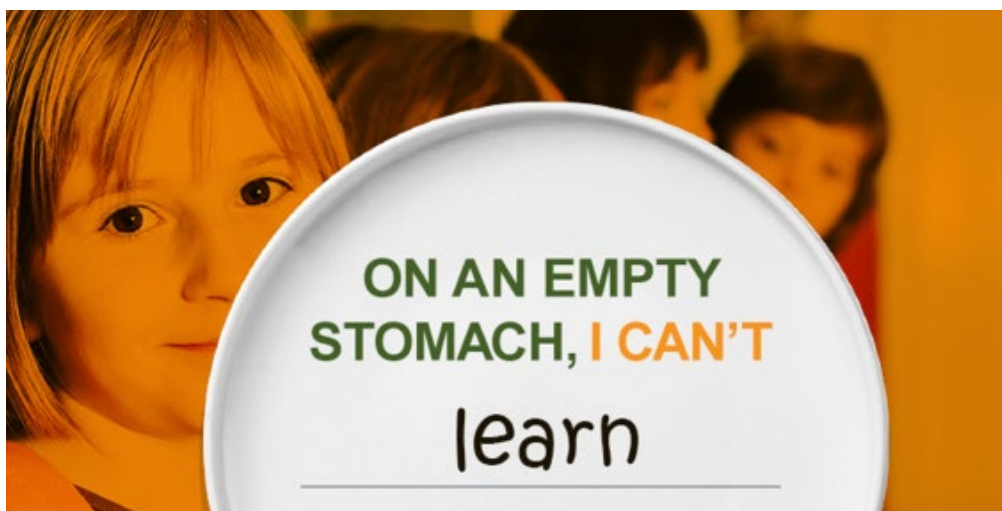
Charitable Lead Trust

A charitable lead trust enables you to make a substantial gift to The Food Bank over a period of years. These trusts, usually funded with income-producing assets that are expected to appreciate, pay an income to The Food Bank. At the end of a specified term, the assets can either revert to you or be passed on to other designates.

For more information, call (573) 474-1020



HUNGER ACTION MONTH



Time to Take Action Against Hunger

“What’s for dinner?” It is a question we often ask casually. Do we feel like having chicken this evening or would we rather make a casserole? Will the kids grumble about meatloaf or get excited about taco night?

Too many in our community are asking whether they will have dinner this evening. Some will skip a serving so that their children have enough. Others will add water to last night’s leftovers to make them last.

September is Hunger Action Month, a time to remember that one in six adults and one in five children in our community are hungry on a regular basis.

It is also a time to take action. This month’s campaign challenges people to consider what they would not be able to do on an empty stomach and also find ways to help end hunger.

What can you do to help share food and bring hope?

How to Help

- **Score**
Join Head Football Coach Barry Odom and the Missouri Tigers and score against hunger by making a gift to the campaign.
(ScoreAgainstHunger.org)
- **Taste of the Tigers**
Have a great time at Memorial Stadium while helping neighbors in need.
(ScoreAgainstHunger.org)
- **Sponsor a Buddy Pack**
Provide one Buddy Pack every weekend for a month for just \$15.
(BuddyPacksHelp.com)
- **Volunteer**
Help us sort and repack bulk food items, assemble Buddy Packs and more.
(ShareFoodBringHope.org)
- **Host a Drive**
Raise food and funds for The Food Bank.
(ShareFoodBringHope.org)
- **Follow Us**
Stay in touch. We are on Facebook and Twitter.
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