

SPECIAL INGREDIENTS

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Food empowers at True North

Before seeking refuge at True North, Jane* remembers when food was scarce. "I remember scrounging for change for a gallon of milk," she says. "When I came here, I didn't have anything. To be able to go into a pantry and get food was really cool."

Food is a critical component of True North's residential program, which serves about 25 women and children at any given time, says Elizabeth Herrera, executive director.

Women leaving abusive situations sometimes fear not being able to provide. "Food insecurity is a big issue, especially when you have children," Herrera says. When food is provided, she adds, women can concentrate on finding employment and stable housing.

And for women fleeing domestic violence, food nourishes more than the body. It can also be empowering, says Amber Servey-Dorman, shelter coordinator. "Our clients are free to eat whenever and wherever they want," she says. "Having access to food and ownership over those food choices is huge. Something as simple as that can make someone feel as though she is back in control of that part of her life."

True North is one of more than 20 shelters The Food Bank provides food to at no charge. These types of partnerships make sense because of The Food Bank's affiliation with Feeding America and its bulk purchasing power. "When it comes to groceries, we can stretch a dollar so much further than our partner agencies can," The Food Bank's Executive Director Lindsay Young Lopez says. "That allows those organizations to invest their resources in other needs."

Jane said she is thankful knowing the shelves there will remain stocked. "I'm very grateful knowing we have food. There are kids here who otherwise wouldn't have anything to eat, and that's a scary thought. Our fridge is full because of you."

**Name has been changed*



*'Our
fridge
is full
because
of you'*

*Pictured: A woman
selects a can
of tomato soup at
True North's pantry.*

A Note from Lindsay

Most of us make choices on a daily basis. We choose what to eat for lunch or what we buy at the grocery store. We decide whether we are going to do something for others, be it volunteer, donate or pay it forward in line at the coffee shop.

Unfortunately, for one in six adults in our 32-county service area, those choices are restricted. For people living on limited incomes, healthy food is oftentimes out of reach at the store. For those relying on shelters to transition to better lives, meal choices depend on the generosity of others. These are our neighbors, and they rely on our decisions to help out when possible.

The Food Bank is so grateful to have a network of corporate partners and individuals who choose to support our mission of sharing food. Those choices allow us to provide food at no charge to families relying on our pantries for healthier options; women relying on True North as they leave unhealthy relationships; men choosing to successfully transition back into society. We are thankful for the volunteers of all ages who decide to spend their days, weeks, sometimes decades working alongside us. We are thankful for organizations that provide grant funding to allow us to implement creative solutions to continue to distribute fresh, healthy food.

This newsletter is full of stories about choices people have made and are making. We hope you are as inspired as we are to know so many people are choosing to bring hope. Thank you for choosing to support The Food Bank.

Gratefully,



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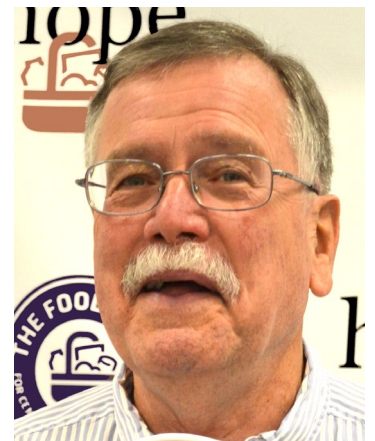
Mary Winter

Kennedy nominated for Hero Award

The Food Bank has nominated longtime volunteer, board member and advocate George Kennedy for the 2018 Hero Award, sponsored by the *Columbia Daily Tribune*, specifically in the category of lifetime achievement. Kennedy began volunteering in 2002 after retiring from a distinguished career at the Missouri School of Journalism, where he served as an associate dean and editor of the *Columbia Missourian*. For the past 16 years, he has worked faithfully in the Volunteer Room, repackaging food. In 2017 alone, he worked 504 hours—the equivalent of 63 work days. Most mornings, he can be found in The Food Bank's main Volunteer Room, and he spends one day each week at Central Pantry working directly with people served. He also volunteers as a member of the Board of Directors, which he joined in 2011.

"George could have used retirement to spend more time with his family, to travel, relax or explore interests—all of which would have been understandable and well deserved," says Lindsay Young Lopez, executive director of The Food Bank. "Instead, he has chosen to put in long hours of physical labor to help people in need. He is a humble servant who truly wants to make a difference."

The *Tribune's* Hero Awards ceremony is April 30.





The Food Bank has a new refrigerated trailer at Central Pantry that will allow for the storage of fresh fruits and vegetables, produce that might otherwise end up in a landfill. The trailer, purchased with grant funding from the Mid-Missouri Solid Waste Management District and the Missouri Department of Natural Resources, continues The Food Bank's ongoing efforts to increase the distribution of healthier food options.

Efforts to share fresh food continue

A new refrigerated trailer at Central Pantry will allow The Food Bank to keep more perishable foods fresher longer, ensuring that they provide nourishment instead of ending up in a landfill.

The trailer was funded with a grant from the Mid-Missouri Solid Waste Management District and the Missouri Department of Natural Resources. It holds between 15,000 and 30,000 pounds of food.

Reducing food waste is a priority for the Mid-Missouri Solid Waste Management District, M.L. Cauthon III, president of the district's board, says.

"Filling bellies, not landfills is the bottom line," he says. "It's estimated that in Columbia alone 32 tons of ruined food goes to the landfill. This will help us keep food where it belongs—on the table."

An Airocide unit, an air filter machine, was installed in the unit to combat produce decay and extend the shelf life of perishable goods. It is being powered by an electrical supply from Central Pantry rather than

burning diesel fuel to operate it. While the trailer will be located primarily at the pantry, it can be relocated as needed.

The trailer is part of The Food Bank's ongoing efforts to increase distribution of fresh, healthier food options. Of the 29.8 million pounds of food The Food Bank distributed in 2017, 61 percent was considered "foods to encourage"—comprised of protein, produce, dairy and whole grains.

"We are so grateful to the Mid-Missouri Solid Waste Management District team for getting behind these efforts and increasing our cold storage capacity," says Daryle Bascom, director of operations at The Food Bank. "This really complements other efforts we have made to share healthy food."

Last year, The Food Bank also secured grant funding to increase storage capacity in its cooler; received a grant to purchase and loan stand-up coolers to partner food pantries; and underwent a grant-funded initiative to improve energy efficiency.

"Filling bellies, not landfills is the bottom line...This will help us keep food where it belongs—on the table." M.L. Cauthon III

Following God's Calling

David and Ellen Clithero support The Food Bank religiously.

"My wife and I are people of faith, and God called us to help the poor," David says. "One way to do that is by helping feed them. There are a lot of basic needs, but there's no need that's more basic than food."

The Clitheros make annual gifts, have volunteered and have donated produce from their garden. Recently, they decided to leave The Food Bank a percentage of their estate.

"This is a way for us to perpetuate our annual gift well beyond our lifetime," he says. "There's no way of knowing the amount, but that doesn't matter. We know any amount will be appreciated."

The Clitheros are now members of The Food Bank's Heirloom Society, made up of those leaving a planned gift. In addition to estate gifts, donors can make tax-deferred gifts, create charitable trusts or name The Food Bank as beneficiaries of life insurance policies.



David and Ellen Clithero

Photo by Kendra Martin Free Spirit Photography



Jim and Kathy Thornburg with grandsons Mac, Jake and Baker.

All in the Family

Kathy Thornburg knows first hand the devastating impact hunger has on the growth and development of children.

"Especially for young children, it impacts the brain and affects a child for life, and not in a positive way," says Thornburg, a professor emerita at the University of Missouri's Department of Human Development and Family Science.

She also knows the importance of giving children opportunities to be part of the solution. That's why she and her husband, Jim, began bringing their grandsons to volunteer at The Food Bank last year. Now, the family comes and volunteers after school weekly.

"Every child in the community should have the opportunity to volunteer," Kathy says.

The boys enjoy it. Mac, 10, and Baker, 9, say they feel good knowing the Buddy Packs they assemble will help their classmates have food on the weekends.

"It's an effective way to help the community and have fun at the same time," says Jake, 14.

The Thornburgs also support The Food Bank financially, earning a spot in the prestigious Perennial Society for their cumulative contributions. Their son, Dr. Matt Thornburg, and his wife, Dr. Susan Early—parents of the three boys—are also loyal donors. Kathy says it is a priority to her family to help share food.

"So many people in our community live in poverty," Kathy says. "We need people to support efforts to make sure these children and families are getting nutritious food."

Operating on Faith

Over the past several months, The Food Bank team has fielded questions about how the new tax code will impact us. Will our donations decrease? Will we distribute less food in the coming year? Are we worried? The new tax code doubles the standard deduction to \$12,000 for individuals and \$24,000 for married couples, making it more difficult for some to itemize.

We are not yet sure how these changes will affect us. But we have faith.

We have faith that those who support the mission of sharing food will continue to be part of our fight against hunger, not because of a potential tax break but because they know the work we do is critical. We are on the front lines of food insecurity in 32 counties, providing food at no charge to more than 140 pantries, soup kitchens, shelters and other non-profit partner agencies.

Those who are able to contribute to The Food Bank do so because they know we maximize that investment. We have tremendous bulk purchasing power working with a national network of retailers, manufacturers and growers.

The truth is, we run on generosity. It is always your choice as to whether you support us, be it through charitable gifts, food drives, events or volunteer work. We rely on that support year after year, but we also know it is never a given.

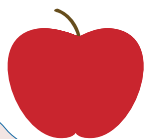
In 2017, 43 percent of our revenue came through donations. That is a significant percentage of our budget. But we can also proudly say that more than 97 percent of what we took in went directly back into our mission of sharing food. Giving to The Food Bank is a good philanthropic investment and return, as we use our tremendous purchasing power to provide food for 100,000 people every single month.

So thank you for being part of The Food Bank family and giving back to your community. Thank you for entrusting us with your time, talent and treasure to ensure we are able to continue this work. Every dollar, every can of food, every minute of your time helps bring hope to neighbors in need.

Social networking for good

Sarah Potter wanted to do something different for her birthday this year, so she used the occasion to raise money for those in need. "I didn't need another birthday present," she says. When she saw that she had the option to create a fundraiser for The Food Bank on Facebook, "I thought that was perfect."

Potter, who resides in Rolla, set a goal of \$100 and asked friends to chip in \$5. "It just blew up," she says. By the end of the campaign, she had raised \$500—the equivalent of \$10,500 worth of groceries for The Food Bank. "Everyone is happy to contribute to the community for a good cause—helping children and families have food to eat," she says.



To host a fundraiser on Facebook, create a new post, then scroll past or click on the ellipsis following "Feeling/Activity." Click "Support Nonprofit" and select the charity of your choice, such as The Food Bank for Central & Northeast Missouri.

'I support The Food Bank because...'

"There are so many places in need, and The Food Bank serves a lot of those places. When you give to The Food Bank, you give to a lot of different entities. Plus, The Food Bank rings the last drop out of every dollar, so that dollar can do so much more."

-Peggy Poe, who along with her husband, Richard, directed a CoMo Gives contribution to The Food Bank

Your support matters...

Nearly one in six seniors in America faces the threat of hunger and not being properly nourished...The issue is severe enough that the AARP reports that seniors face a healthcare bill of more than \$130 billion every year due to medical issues stemming from senior hunger.

-From the National Council for Aging Care

Hungry children are twice as likely to receive special education services and are twice as likely to repeat a grade, costing nearly four times the cost to educate other children.

-From the Children's Hunger Alliance

Let the Games Begin



EDI over the years: Employees have dressed up as Disney Princesses, political figures (pictured with The Food Bank Board President Michael Kateman) and Lego Batman characters, each time earning the People's Choice Award. For more photos and videos from past years, visit FloatforTheFoodBank.org.

EDI Going for Gold at Float Your Boat

Sherri Redmon's enthusiasm for Float Your Boat for The Food Bank is contagious. For years, she has championed the event throughout the offices and warehouse at Environmental Dynamics International, an aeration solutions manufacturer that sponsors and competes in the boat regatta.

"Float Your Boat is the single greatest family-friendly event in the city, and it's free," Redmon says. "There's parking, it's walkable and families can come and see so much creativity and just spread goodwill."

'Float Your Boat is the single greatest family-friendly event in the city, and it's free.'

Float Your Boat, mid-Missouri's only cardboard boat regatta, began in 2012 with help from the University of Missouri's College of Agriculture, Food and Natural Resources. The following year, EDI's Chairman and Founder, Chuck Tharp, encouraged EDI to begin competing. The company built and raced two boats. The first was a pirate ship that made it across the lake in fewer than two minutes and was poised to take home first place until the final heat of the day eclipsed its time. The second vessel, a Polynesian Pontoon, featured men in grass skirts who stopped mid-race to do a hula, securing the Spirit Award. In 2015, EDI decided to focus on one boat to

compete for the coveted People Choice Award. That year, the guys wooed the crowd in Disney Princess costumes, receiving the most votes and raising the most money for The Food Bank. EDI has won People's Choice every year since. In 2016, staff members donned masks of political figures and last year, they portrayed Lego Batman characters. EDI is once again competing to retain the People's Choice crown, hosting bake sales and other fundraisers ahead of time. They also plan to take home the fastest boat award. This year's theme? The 2018 Olympics, of course. Expect a bobsled to set sail and possibly speed to first place on April 28.

"No one has ever gotten fastest boat and People's Choice," Redmon says. "We want both."

She admits EDI has a competitive spirit, but it is all in good fun for a good cause. "It's friendly rivalry," she says. "There are Boy Scout groups, church groups, school groups. Float Your Boat is the best of us helping out."

WHAT: Float Your Boat for The Food Bank
WHEN: 11 a.m. Saturday, April 28
WHERE: Bass Pro Shops Lake, Columbia



COIL

The Food Bank Welcomes New Board of Directors Members

The Food Bank for Central & Northeast Missouri is excited to announce the addition of five members to its Board of Directors. David Coil, Paula Fleming, Gina Gervino, Marty McCormick and Jennifer Peck began serving earlier this year.



FLEMING

Coil, a Columbia native, is executive vice president of Coil Construction, where he has worked for the past decade. He holds a bachelor's degree from Southern Methodist University in Dallas and an MBA from the University of Missouri. Coil is a member of the American Concrete Institute, serves as vice president of the Board of Directors at Woodhaven and is on the board of the University of Missouri's execMBA Alumni Association.

Fleming is a mental health professional with more than 15 years of executive leadership experience in the nonprofit human services sector. She served as chief operating officer of Great Circle from 2012 to 2017, previously having served as vice president and chief program officer of education and community based services. She has a Bachelor of Science in psychology from Truman State and both a master's degree and Ph.D. in educational and counseling psychology from the University of Missouri.



GERVINO

Gervino is senior vice president & general counsel of Columbia Insurance Group, where she also oversees marketing and communications, product development and customer service departments. She earned a Bachelor of Science degree from Texas A&M University and a law degree from Baylor University School of Law and is a member of the State Bar in Missouri and Texas. Gervino has served on the board of the Columbia Chamber of Commerce and in 2013 received the Women's Justice Award. She is a graduate of both the Leadership Columbia Class of 2009 as well as the Greater Missouri Leadership Challenge Class of 2016.



MCCORMICK

McCormick is director of strategic planning and marketing, and business and network development at University of Missouri Health Care, where she has served in a number of roles since 1997. In this role, she is responsible for developing and implementing marketing and brand strategies to support MU Health Care's growth initiatives and achieve its mission. McCormick earned her Master of Business Administration and Bachelor of Science in Business Administration degrees from the University of Missouri.



PECK

Peck is vice president of marketing and communication for Missouri Employers Mutual, where she is responsible for developing and overseeing MEM's marketing and communication strategy, along with guiding corporate strategy development. Prior to joining MEM in 2001, she spent five years at the MU News Bureau. Peck earned a bachelor's degree from the University of Missouri and has continuing education in insurance, marketing, communication and leadership. She is a member of the Mid-Missouri Public Relations Society of America and has served on the Board of Directors. She also served on the Communication Committee for the American Association of State Compensation Insurance Funds.

"We are thrilled to welcome our new board members, as they bring a wealth of expertise and knowledge to our organization," The Food Bank Executive Director Lindsay Young Lopez says. "I know they will guide The Food Bank effectively as we enter a new era of sharing fresh, healthy food."



Healthy food having an impact at In2Action

When In2Action became partners with The Food Bank late last year, Director Dan Hanneken was surprised by the quality of food provided.

And the impact of those dietary improvements among the residents there, he says, has been nothing short of amazing.

“Since getting healthier food, something new started happening,” Hanneken says. “The guys began believing they can take care of themselves physically. They’re going jogging. They’re going out for bike rides. I don’t know if they’re thinking ‘if we can eat healthy, we can take care of ourselves in other ways, as well.’ But I’ve never seen anything like it.”

In2Action is a not-for-profit that helps men successfully transition into society after serving prison time. Prior to The Food Bank, the agency used funding from state contracts to provide one-time \$150 gift cards that allowed new residents to buy food until they could find work.

Because the program requires clients to wait 30 days before



Residents at In2Action enjoy watermelon and juice.

seeking employment, that grocery allowance had to last. “When you’re on a budget like that, how healthy the food is at the store is not even a consideration,” Hanneken says. “You want to get as much as you can for as little as possible.”

Last year, In2Action saw its state funding cut. Hanneken was not sure what the agency was going to do about food. He feared that hunger would have a negative impact on residents’ success. “These guys are released from

prison without any resources or support and are told to go do the right thing,” he says. “Things like getting hungry can cause them to make decisions they had no intention of making. We have to remove those distractions by meeting basic needs.”

Hanneken says he is grateful for The Food Bank and those who make the operation possible. “These guys have to eat today, no matter what,” he says. “This partnership has been an incredible difference maker.”

