

SPECIAL INGREDIENTS

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ON THE MOVE *in Cole County*

A new mobile pantry traveling through Cole County is bringing hope to area residents like Shirley.

Shirley is a foster mom. After raising two daughters, then three grandchildren, she now provides a stable home for a great-grandson. Shirley runs a housekeeping business and relies on The Food Bank to provide healthy meals.

"Fruits and vegetables—that's what's expensive at the store," she says. "We'd be eating a lot of TV dinners without this."

The United Way of Central Missouri Foundation and United Way of Central Missouri donated the mobile pantry truck to The Food Bank. It has added two

distribution stops in Cole County, in addition to three existing mobile pantry locations, each month. Mobile pantries allow The Food Bank to bring fresh food into communities that do not have enough brick-and-mortar pantries.

"We know the need is significant in Jefferson City," says Lindsay Young Lopez, executive director of The Food Bank. "Mobile pantries are a great option to help meet the need. We hope we are able to serve more families through this program expansion."

Ann Bax, president and CEO of the United Way of Central Missouri, says the foundation determined a mobile truck would meet immediate needs—needs that

are growing in that area. More senior citizens are living on fixed incomes and becoming reliant on food assistance; the percentage of children qualifying for subsidized lunches at public schools now tops 60 percent; public transportation is limited.

"For more than a decade, The Food Bank's mobile pantries have met people where they are," Lopez says. "We are excited to increase access to fresh produce, protein and perishable items for our neighbors in Cole County."

That includes Shirley.

"This is a Godsend," she says. "It would be really hard to make ends meet without it."

A Note from Lindsay

I often associate the month of April with hope—hope for new beginnings as winter gives way to spring, and we are reminded of the promise of a better tomorrow.

Hope comes in many forms. In Cole County, it is in the form of a new truck, thanks to the United Way of Central Missouri and its foundation. The truck has allowed us to expand our mobile pantry program, adding two new distribution stops to our schedule. By having a truck dedicated to our state's capital, we are able to streamline resources and increase food distribution.

Another form of hope will show up in your mailboxes next month when your mail carrier drops off a bag and envelope for the annual Stamp Out Hunger food drive. By dropping food in the bag or slipping a check into the envelope, you will be bringing hope directly to your neighbors in need in your county.

In the summertime, hope takes on the form of sandwiches, milk and produce at our annual summer feeding programs. These lunch sites fill a gap when school is out and children no longer have access to free or reduced-price lunches. This year, we will continue an accompanying farm-to-table program to introduce children to new types of fruits and vegetables.

And, of course, sometimes hope and faith can be as small as a mustard seed. Here at The Food Bank, we are planting seeds of hope—figuratively and literally—but we cannot do it without the kindness of others.

From the loyal friends who allow us to maximize their monetary gifts to those who provide in-kind donations, this operation is made possible because of the generosity of our communities.

So thank you for bringing hope, be it in the form of a canned food item, extra produce from your garden or a generous monetary gift. It makes a difference.



Lindsay Young Lopez
Executive Director

The Food Bank maintains 4-Star rating

Charity Navigator, the nation's largest charity evaluator, has awarded The Food Bank for Central & Northeast Missouri a 4-Star rating. The rating system examines financial health to ensure a charity is using donor support efficiently. The Food Bank is one of just two non-profits in Columbia to have a 4-star rating, the other being Investigative Reporters & Editors. As of February, just 36 percent of the more than 8,000 charities analyzed were given the 4-star rating.

"This external system demonstrates that we are operating efficiently while distributing more than 31 million pounds of food annually," says Lindsay Young Lopez, executive director. "We are so appreciative of the donors, volunteers and other friends who help us make that happen."



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Andrade joins The Food Bank Board

Dr. Amanda Andrade, Chief People Officer at Veterans United Home Loans in Columbia, recently joined the Board of Directors for The Food Bank for Central & Northeast Missouri.

"I'm excited to lend my support and time to such a vital service in our community," Andrade says.

Yager nominated for annual Hero Award

Some heroes wear hairnets. Carl Yager is one of them.

Carl is a regular fixture at The Food Bank, coming in every Tuesday and Thursday morning.

A Navy veteran, he has been volunteering since his wife passed away in 2012 and has logged more than 2,000 hours. That works out to 250 work days.

The Food Bank has nominated Carl for the *Columbia Daily Tribune's* annual Hero Award, an honor that recognizes volunteers making a difference in the community.

Carl has made a difference both in and outside of Columbia. In The Food Bank's Volunteer Room, he is known for helping newcomers

learn the ropes and for making others feel welcome.

In 2013, he ventured outside of the facility and worked with The Food Bank staff to survey clients at pantries and soup kitchens throughout our 32-county service area. He was named The Food Bank's Volunteer of the Month that September.

"We appreciate Carl's commitment to The Food Bank," says Melanie Lake, volunteer programs coordinator. "He has really become a valuable part of our team, not only saving us money in avoided labor costs but also creating a positive environment."

The Hero Awards are scheduled to be announced on April 24.



Last year, The Food Bank became the Official Charitable Partner of Mizzou Athletics, expanding on a more than 20-year old partnership through the Score Against Hunger campaign. The Volunteer Room benefits from that partnership, too, as Mizzou athletes help out year round. Pictured are members of the Mizzou gymnastics team who volunteered last month.



3M has joined the Volunteer Hall of Fame at The Food Bank, an honor that recognizes groups and individuals who have been loyal volunteers. 3M staff have logged more than 500 hours over the past two years. The company is also a generous financial supporter, often donating much-needed office supplies to The Food Bank. Pictured is Dale Tidemann, plant manager.

Landmark employee makes impact with \$100 donation

Every month at a company meeting, Landmark Bank allows bankers to “Make a Great Day!” by drawing for a \$100 prize to be given to the charity of the winner’s choice.

When Angie Mutz from the Strategic Initiatives department recently snagged the winning ticket, she said The Food Bank stood out among local charities.

“What struck me is that the donation would meet an immediate need,” she says.

What Angie did not realize at the time was just how far that \$100 donation would go.

Because of our affiliation with Feeding America and the ability to purchase bulk food items at heavily discounted prices, The Food Bank will turn that gift into \$2,100 worth of groceries.

According to the USDA, a moderate weekly grocery bill for a family of four is \$202. That means Angie’s \$100 will provide groceries for two families of four—plus another two-person household—for an entire month. A \$100 donation is also the equivalent of providing a Buddy Pack to a child every weekend for 20 consecutive weeks.

“That’s phenomenal,” Angie says after learning the impact of her gift.

Landmark Bank’s legacy spans 150 years with banks located in Missouri, Oklahoma and Texas.

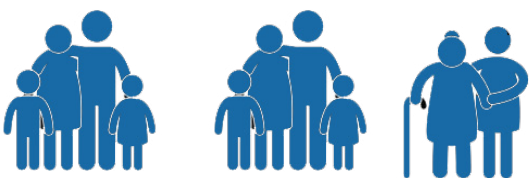
“What I love about Landmark is how it emphasizes giving back to the community and how involved the bank is,” Angie says.



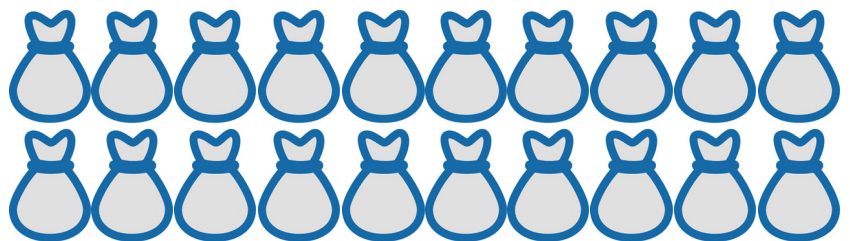
In addition to the donation, the “Make a Great Day!” initiative allows representatives from non-profit recipients to speak at the company meeting. The Food Bank’s Executive Director Lindsay Young Lopez highlighted the impact of \$100 to the group in March.

Angie is hoping it prompts others to consider supporting The Food Bank. “It’s a real opportunity to see where your donation goes and to inspire others to assist.”

WHAT THE FOOD BANK CAN DO WITH \$100



Provide a month’s worth of groceries to two families of four and one household of two.



Provide a Buddy Pack for 20 consecutive weeks.

A Different **KIND** of Support

Some donations do not come in the form of food or funds, but rather time and talent to help The Food Bank spread awareness about the need in our service area. Two recent in-kind donations are targeted toward educating the public more about how the Buddy Pack program helps fill the gap on weekends and holidays when children do not have access to school lunch.



When The Food Bank was presented with an opportunity to screen an educational video to a large public audience, staff knew they needed outside help. Enter Randy Sinquefield, president of Spectrum Studios, a production company in Columbia. Sinquefield and his crew donated their time and expertise to create a short video specifically about the Buddy Pack program. View it at BuddyPacksHelp.com. Pictured, from left, are Kevin Duggin, Paul Mossine and Randy Sinquefield.



Tim Ketchum, vice president and general manager at Lamar Advertising in Osage Beach, has donated space on several digital signs in the Lake of the Ozarks area to bring awareness about the need and the Buddy Pack program.



Volunteers from Committed and Serving Together (CAST) of Columbia College repackage seeds.

Seeds of Hope

Sharing seeds allows low-income Missourians to grow their own produce during the summer—but it also gives them the opportunity to bring hope to others.

“We find that 90 percent of people who participated in Grow Well Missouri also shared produce,” says Bill McKelvey. “Being able to have fresh vegetables for themselves and their families is great, but they also feel very good about sharing produce.”

McKelvey is the coordinator of Grow Well Missouri, a project that partners with food pantries to promote gardening. In the past, McKelvey has worked directly with agencies to repackage bulk seeds for clients. He has also traveled to pantries to provide educational materials and answer questions.

This year, volunteers at The Food Bank took on repackaging seeds for additional pantries. The seeds are being distributed to agencies in boxed kits that include instructions and links to educational materials.

Grow Well Missouri is in the fifth year of a five-year grant that concludes at the end of this year, so McKelvey is hopeful that The Food Bank and pantries



will have the training and tools they need to provide seeds on their own in the future. Doing so has many benefits, he said, and feedback from participants has been overwhelmingly positive.

“We hear a lot of reports back from people that their garden is very important to them for a number of reasons,” he said. “It gets them outside during the summer. Some are disabled or have health-related issues and it’s not always that easy to be active. The garden provides them a means to be active. The food is important, but the physical health and mental health benefits of being self-sufficient are also important.”

Want to help? This summer, plant an extra row of produce for neighbors in need! Fresh fruits and vegetables may be delivered directly to a pantry in your community.

Kincade leaves legacy at The Food Bank

When Bobbie Kincade was 17, she dreamed of helping impoverished communities, even applying, albeit unsuccessfully, to the Volunteers in Service to America program serving Appalachia.

Fast forward 40 years. Kincade had just accepted a position at The Food Bank when the job put her face to face with a representative of Volunteers in Service to America. It was then that Kincade realized she had reached her lifelong dream of serving others.

"It was as though God was saying He never forgot my first desire," says Kincade, associate director.

After nearly nine years at The Food Bank, Kincade is retiring to spend more time with family.

Kincade started as director of development at The Food Bank in 2008 after a long career at a retirement community and as a real estate agent.

"I knew from the moment I walked in The Food Bank that I was supposed to be here—that this was my calling," she says.

Over the years, she has seen the face of hunger: the young boy's



excitement when his family was given meat; the single mother living with her children under a bridge; the businessman who lost everything. But she has also seen hope—clients who find work and are able to turn their situations around, oftentimes giving back when they do.

In late 2014, Kincade was instrumental in the transition after Lindsay Young Lopez became executive director. "Bobbie's institutional knowledge of The Food Bank's operation was

invaluable, and I so appreciate the support she has given me these past two years," Lopez says. "We are happy for her but will miss her tremendously."

Kincade is looking forward to traveling with her husband and seeing her grandchildren more, but she admits the move is bittersweet.

"It has been my pleasure and blessing to be part of this organization," she says. "I'm thankful I was able, in a small way, to help a community I dearly love."

National drive lets you make a difference

During the second week of May, you will receive a special bag with an accompanying envelope in your mailbox. We are asking that you drop non-perishable food into the bag and leave it out on May 13 for your letter carrier to pick up on behalf of The Food Bank. Or, let us do the shopping: for every \$25 you give, we are able to purchase \$525 worth of groceries.

National Association of Letter Carriers Stamp Out Hunger food drive is the largest one-day drive in the country. All food donations stay in the county in which it is collected. Monetary donations go to The Food

Bank to allow for the acquisition and distribution of food to pantries, soup kitchens and other partner agencies around our 32-county service area. Checks may be designated toward a specific county to benefit local families.

It is difficult for many of us to imagine not having access to food. But that is the reality for one in six adults and one in five children in our service area.

Thank you in advance for anything you can give. Every can, every dollar, every bite makes a difference.



A tasty new experience

Several children last year experienced produce they had never tasted before as part of a pilot farm-to-table initiative offered during the summer feeding program.

For many, kiwi, mangoes and cherry tomatoes were a first. One 5-year-old boy ate a raw carrot for the first time.

“It is difficult to imagine children not having access to vegetables many of us eat regularly, but for many, that is the reality,” says Lindsay Young Lopez, executive director of The Food Bank. “We are happy to be able to introduce nutritional foods to children as part of the summer feeding program.”

Farm-to-Table Fun will return this year, giving more children the opportunity to taste and learn about fresh fruits and vegetables while also enjoying lunch at no charge.

Summer feeding programs provide lunches every weekday to children who no longer have access to free or reduced-price lunch at school. The meals are offered to children at parks, churches, fire stations and other central locations in Boone, Cole and Adair counties — where more than 16,800 students rely on subsidized lunches during the school year.

Studies show households with children who receive free or reduced-price meals at school see a double-digit increase in food insecurity during the summer months.

“We know families with incomes that are already over-extended have a tough time making up for the



lunches their children receive while in school,” Lopez said. “We also know the lack of nutrition has severe consequences for growing children. Our lunch programs fill some of that gap during the summer.”

Mike Kelly, Voice of the Missouri Tigers, has contributed to the program because he understands the need when school lets out.

“Because of the time of the year, it’s so important to make sure we’re giving kids every opportunity to thrive, and that means getting as many nutritional meals as possible,” he says. “Fundamentally, it comes down to seeing a need and feeling compassion for those who are not as fortunate as myself or other people. There’s a large number of kids who wake up with a hungry stomach every morning.”

