Sherry Clark Grateful for Dining Room

Before Sherry Clark discovered FFLC’s Dining Room, her limited income afforded her only two meals a day.

“If it weren’t for the Dining Room, I would probably have to skip a meal. I’d eat a lot of peanut butter and jelly. I think because I have the Dining Room and I know I can get a healthy meal there I’m not as worried about it.”

Legally blind since the age of three, Sherry relies on a limited income from disability insurance and two part-time jobs to get by. The meal she gets at the Dining Room helps her stretch her already tight food budget.

“I look forward to going every day. It gives me something to do. And they’re really good and healthy meals. I like that they use a lot of vegetables. Even in the lentils they mix carrots or peas or corn. It really makes me feel healthy.”

“I do get $16 a month in food stamps, but you can’t live on that. Food is the last thing on my slate. My bills come first.”

In spite of her limited income, Sherry donates monthly to FFLC.

“It’s not much, but every little bit helps.”

Read more about the Dining Room and learn how you can get involved at foodforlanecounty.org/diningroom.

Letter Carriers Drive
First 2 Saturdays in December

This important food drive brings in thousands of pounds of shelf-stable food and stocks pantry shelves with much needed staples, like peanut butter! Check out our “wish list” of foods on page 4 and leave a donation of nonperishable food by your mail box early on December 6 and 13. Your letter carrier will pick it up.

DONATE ONLINE foodforlanecounty.org/donate
MAIL YOUR GIFT 770 Bailey Hill Rd Eugene, OR 97402
CALL (541) 343.2822
FOOD for THOUGHT

Our Vision
To eliminate hunger in Lane County

Our Mission
To alleviate hunger by creating access to food

We accomplish our mission by soliciting, collecting, rescuing, growing, preparing and packaging food for distribution through a countywide network of social service agencies and programs, and through public awareness, education and community advocacy.

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FEEDING AMERICA

University of Oregon

Oregon Food Bank

Executive Director
Beverlee Hughes

Thank You, PacificSource
PacificSource employees in Springfield are working to end hunger in our community. Employees voted to make FFLC their Charity of Choice this year, contributing food and funds through a variety of activities.

This year alone, PacificSource has given enough funding to provide more than 30,000 meals for families in need right here in Lane County. A donation of $10,000 included $3,000 for Chef’s Night Out, $3,000 to sponsor two FFLC Youth Farmers, $3,000 for nutrition education and $1,000 through Walk It Off Wednesdays with Liz and Riley. In addition, employees held a food drive that raised 3,154 pounds of food, partnered with the City of Eugene for a swim day at the Amazon pool that raised $1,722 and 428 pounds of food and organized a Papa’s Pizza fundraiser that raised another $633.

“Through donations, food drives and volunteer support, PacificSource employees are truly making a difference for many folks in need,” said Hadee Sabzalian, FFLC Corporate Relations Manager. “Local PacificSource employees have made hunger relief a top priority, and we are so grateful for all their support.”

Advocating for Hunger Relief
FFLC Community Engagement and Advocacy Coordinator Kara Smith has been busy this summer, organizing food pantry tours with state legislators to show them what hunger looks like on the front lines.

“I have met Representative Caddy McKeown at Florence Food Share, Senator Arnie Roblan at Mapleton Food Share and Senator Lee Beyer at Helping Hand in Marcola, to name a few,” said Smith. “It gives us an opportunity to show elected officials how we are using Oregon Hunger Response Funds.”

FFLC uses Oregon Hunger Response Funds to help with food drives, build relationships with grocers for FFLC’s Fresh Alliance program and for multicultural outreach. Fresh Alliance and food drives help bring variety and more nutritious fresh food into the emergency food system.

Please thank your state legislators and encourage them to continue to support the Oregon Hunger Response Fund. For more on what our advocacy team is up to, go to foodforlanecounty.org/advocate.

Justice of Eating Awards
Our annual Partner Agency Conference allows us to say thank you and provide our partner agencies with the resources and inspiration they need. This year’s conference included workshops on preparing for a disaster, recruiting volunteers, creating safe spaces and talking with elected officials. And while everyone who does this work deserves applause, we selected a few to receive our annual Justice of Eating Awards. Thank you to our sponsors: Umpqua Bank, Jones & Roth and Oregon Food Bank.

Steve Gibson is a weekly and enthusiastic volunteer at the Dining Room, but his commitment to the program extends beyond the Dining Room doors. Steve organized the Friends of the Dining Room to support Dining Room staff and the program at large. He created a website for volunteers, organizes fundraisers for the program and shares his musical talents with diners.

University of Oregon In 1992, UO provided food for Oregon’s first food rescue program — FFLC’s Food Rescue Express. This innovative program remains a model for food rescue programs nationwide. Since 2004, UO has donated over 1.5 million pounds of food. UO supports FFLC with hundreds of volunteers and many talented interns.

Community Food for Creswell has been providing hunger relief since November 2000. Notable is the pantry’s trajectory: What started as a large closet with the help of a dedicated group of volunteers now occupies a 2,000 square-foot building in partnership with the City of Creswell. This year alone they have raised an impressive $40,000 in grants to better serve their community. They have enlisted UO Landscape Architecture students to design a garden and playground. The future looks bright for this well-run, organized and friendly rural pantry.

Huerto de la Familia has provided Latino families a place to connect with their roots and the earth by growing their own food since 1999. Families in their gardening program save up to $600 a year on groceries and have access to an abundance of fresh fruits and vegetables. They offer garden plots, training on gardening, nutrition, food preservation and food-based microenterprise at four gardens including FFLC’s Churchill Community Garden and the Youth Farm.

For a list of our partner agencies, to see photos of this year’s Partner Agency Conference and to read more about this year’s Justice of Eating Award winners, go to foodforlanecounty.org/partneragencyconference.

Letter to Readers
Last month, I was offered an opportunity to ride along with a volunteer on a Meals on Wheels route. Sixteen home visits, sharing hot nutritious meals and brief but friendly conversations. I met a few couples but most were living alone, 75-85 years old and mostly women.

This brief glimpse into older adults living with food preparation issues re-energized my efforts to ensure that seniors on fixed incomes have access to healthy foods. Today we provide monthly food boxes to 300 seniors. The box is filled with nutritious staple foods necessary to a balanced diet. These foods contain less salt, sugar and fat and more calcium and protein, along with more fruits and veggies. We are also delivering food boxes to homebound adults who aren’t able to access food through our network of partners and services.

The Silver Tsunami is upon us. Every day, 10,000 baby boomers turn 65. While many folks are prepared for the next third of their lives, 25% or more will find it difficult to make ends meet. FFLC is ramping up to help these older adults have the nutritious and age-appropriate food they need to stay healthy and stay in their home.

Beverlee Hughes
Executive Director

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Finding Innovative Solutions to Hunger

From picking apples and pears at King Estate to growing oats and lentils in Junction City, our food resource team is on the lookout for creative, sustainable, and local sources of nutritious food. Working with farmers, ranchers and processors, FFLC is increasing our capacity to address hunger in Lane County.

Lean mutton is the newest protein product in our inventory. We are working with a local sheep farmer to set up a pilot program. The first 3,000 pounds were donated in 5-pound bags. We are purchasing another 1,400 pounds in 1-pound packages for $1 per pound. This dollar covers the cost of cutting and wrapping the meat.

“The response to this product from our partner agencies has been really positive,” said Deb McGeorge, FFLC Food Resource Manager. “This is good, healthy, grass-fed, lean protein, and it’s great to be able to work with local sheep farmers that have no local market for this product. If this pilot program is successful, it will serve as a model for food banks around the state.”

Learn more about FFLC’s food resource efforts at foodforlanecounty.org/intentionalproduction.

Companies Making a Local Difference

FFLC is fortunate to receive generous financial support from a variety of local companies. Thank you to these businesses for supporting FFLC and hunger relief in Lane County with their dollars over the past year.

$10,000+ Donors: Albertsons • Allegiance Medical, LLC • American Medical Concepts, Inc. • Bank of America • Cafe Yummi • Hamilton Construction • Hawkes Financial Group • King Estate Winery • Murphy Company • NeuroSpine Institute • Only The Best Truck Broker • Peak Travel Group • QSL Print Communications, Inc • Toyota 100 Cars for Good • Umpqua Bank • Walmart

$5,000–$9,999 Donors: Agate Healthcare • Business Law Centre • CBT Nuggets LLC • Eclectic Edge Events, LLC • Jerry’s Home Improvement • Oregon Community Credit Union • Pacific Continental Bank • Parties To Go • SELCO Community Credit Union • Sunrise Oriental Foods, Inc • Symantec Corporation • Timber Products Company

$2,500–$4,999 Donors: A Healing Space • Alaska Airlines • Cash and Carry • CoBank • Essex General Construction • Fred Meyer • MacDonald-Miller Facility Solutions • McClure Associates • National Transport, Inc • Ninkasi Brewing • Oakshire Brewing • Olsson Industrial Electric • PacificSource Health Plans • Pain Consultants of Oregon • PakTech • Siuslaw Bank • Slocum Companies Making a Local Difference

FALL 2014

Volunteers Needed to Teach Basic Cooking Skills

FFLC’s Nutrition Education Program provides low-income families with nutrition education, basic cooking skills and tips on how to stretch limited food dollars. If you’re interested, please contact FFLC Nutrition Education Coordinator Dana Baxter at dbaxter@foodforlanecounty.org or (541) 343.2822 x356.

Summer Food Serves Meals to Kids

Thank you to everyone who helped us distribute meals to kids this summer. FFLC’s Summer Food Program provided 2,828 breakfasts and 104,647 lunches at 61 sites this summer. See photos of the program and a video interview with Senator Ron Wyden at foodforlanecounty.org/summerfood.

CHOP! Whenever possible, we want to distribute the healthiest food possible. To that end, FFLC has been participating in CHOP (Choose Healthy Options Program), a system designed for food banks that rates food from ‘choose frequently’ to ‘choose sparingly’. With CHOP, we can target healthy foods for acquisition and distribution. After one year, results show that 90% of our inventory is of the highest nutritional ranking.

Order Tribute Cards Now

Make a donation to FFLC and choose from several full-color cards. Purchase cards online at foodforlanecounty.org/tributecards, by phone at (541) 343.2822 or in person at 770 Bailey Hill Road, Eugene, OR 97402. Suggested minimum $10 donation per card. Discounts available on bulk purchases. For more information, contact Hadee Sabzalian at (541) 343.2822 x355 or hsabzalian@foodforlanecounty.org.

Order Tribute Cards Now

Most Wanted Foods

Healthy foods always top our wish list. Consider donating these nonperishable foods to the Letter Carriers’ Food Drive on December 6 and 7. See page 8 for more upcoming drives, or go to foodforlanecounty.org and click on Events.

Canned meats (tuna, chicken, salmon, canned beef) • Low-sugar fruit, dried fruit, jams and jellies, unsweetened apple sauce • Canned and dried beans (pinto, navy, kidney, refried) • Canned stew, chili, hearty soups and broth • Baked macaroni and cheese • Pasta, rice, cereal • canned meat • Cooking oil and olive oil • Canned tomato products (whole, paste, spaghetti sauce) • Peanut butter • Ethnic spices and sauces (mole, enchilada sauce, cumin, chilis)

Driving Hunger Out of Lane County

Food and fund drives engage the community in our mission of alleviating hunger. Thank you to the following for raising $500 or more or for collecting 500 or more pounds of food.

USPS • KVAL Can Do Drive • Eugene Association of Realtors • PacificSource Health Plans • Amazon Pool • Register Guard • Social Security Office • Eugene Symphony • Grace Community Fellowship • Northwest Christian University • University of Oregon Athletics • Lane County Fair • Willamalane • Mac’s Midtown Summer Music Festival • Bulk Handling Systems • Grocery Outlet

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Empty Bowls Auction
Thank you to the many people who made our 11th Annual Empty Bowls Auction in September a huge success. Thank you to event chair Chip and Sue Goodman; title sponsor American Medical Concepts; and to these generous sponsors:
Murphy Company • King Estate Winery • Journeys Peak Travel • Synergy Medical Systems • Allegiance Medical • Neurospine Institute Foundation • Skocum Center for Orthopedics & Sports Medicine • Café Yumm! • Havens Financial Group • Pain Consultants of Oregon • Pacific Continental Bank • Walmart • Voorhees and Associates • Parties To Go • Hamilton Construction • Siuslaw Bank • Integrated Labs • Timber Products Company • Reed & Christiane Kratka • SELCO Community Credit Union • Dr. Robert J. Gjemmell
Visit our website to see photos from the event: foodforlanecounty.org/auction.

Bottle Drop
Recycle your bottles and cans for money that benefits FFLC in three easy steps:
1. Pick up special bags at FFLC marked with a barcode linking it to our Bottle Drop account.
2. Fill your bag with bottles and cans.
3. Return the bag to Bottle Drop at 2105 W Broadway, Eugene, OR 97402.

Turkey Trot benefits FFLC and St. Vincent de Paul
Join us for the 5th Annual Turkey Trot on Thanksgiving Day at Valley River Center. Participate in the 4-mile run, 2-mile walk or 200-meter kids’ gobbler gallop. Register online in November at eclecticedgeracing.com or at FFLC.

Become a Monthly Donor Today!
Donating monthly is one of the most effective ways to support FFLC. Regular monthly donations help donors balance their annual giving throughout the year and provide FFLC with a steady source of financial support. Donate $84 or more a month and join FFLC’s Leadership Circle. Complete and mail this form using the enclosed envelope, call (541) 343-2822 or sign up online at foodforlanecounty.org/monthlydonor.

On Our Partners’ Wish List
FFLC administers many of its own programs, but we rely on our network of partner agencies to distribute the majority of the food we collect.

Cornerstone Community Housing is looking for a volunteer Master Gardener or Master Food Preserver to teach classes for low-income housing residents.
Looking Glass Station 7 is looking for volunteers to paint, pressure wash and do landscaping.
HACSA of Lane County is looking for lumber for garden beds, produce bags and volunteers to distribute food for a senior grocery program.
Junction City Local Aid is looking for volunteers with expertise in the following areas: treasurer for board of directors, information technology, social media and fundraising.
McKenzie River Food Pantry is looking for a volunteer to write grants. They also need large plastic totes for moving food.
Community Food for Creswell is looking for volunteers to serve on their board of directors and to volunteer in the pantry Thursdays 12:15 pm to 3 pm.
Daily Bread is looking for a 14-foot box van with a lift gate in good condition.
Monta Loma Mobile Home Park is looking for copy paper and printer ink.

Brown Bag Volunteers Needed
Through FFLC’s Brown Bag Program, low-income seniors receive a food box once a month. The box is filled with nutritious staple foods necessary to a balanced diet.

We need strong, able-bodied volunteers who can carry heavy food boxes to apartments in a spread-out complex.

For more information or to volunteer, contact Rita Fox at rfox@foodforlanecounty.org or (541) 343-2822 ext 352.

I can’t make it on my wages alone. I’m a single dad, I’m supporting a brother, a friend and three daughters. From layoffs to losing almost everything, it has affected my whole family. Without the pantry we would have to miss meals.
Upcoming Events

Oct 10-12  Lane County Home Improvement Show Food Drive
Oct 30-31  Haunted Market @ 5th Street Public Market
Nov 15-16  Stuff the Bus @ Walmart stores in Eugene/Springfield
Nov 27    Turkey Trot @ Valley River Center
Dec 6 & 13  Letter Carriers Food Drive
Jan 23-25  Good Earth Home, Garden & Living Show
Feb 14     Dutch Love
Apr 7      Chefs' Night Out 2015

More info and events online: foodforlanecounty.org/events

Letter Carriers Food Drive is December 6 & 13

This is an important drive for us! So please give generously. Leave a donation of nonperishable food (no glass containers please) by your mailbox early on the mornings of Saturday, December 6, and Saturday, December 13. Your letter carrier will pick it up! See page 4 of this newsletter for a list of our most wanted foods!

Follow Us Online!

Donate online: foodforlanecounty.org/donate