On the Road Again: Mobile Pantry Helps Springfield Mom Just In Time

Sometimes help comes just when you need it most. That help came for a Springfield mother of four when she drove by New Life Church in Springfield one Sunday in late March. The church is one of several new distribution sites partnering with FFLC to meet the increased demand for food.

“We were at the church for 90 minutes and served 79 people,” said FFLC’s Karen Roth, who manages the Mobile Pantry Program and FFLC’s Summer Food Program. “This mom just happened to be driving by while we were there. She needed a little extra help until payday on Friday, just enough to get through the week. I’m glad we were there to help her.”

New Life Church and Guy Lee Elementary are the latest to host FFLC’s Mobile Pantry, which brings canned goods, bread and fresh produce to underserved urban and rural areas of Lane County. The church also partners with FFLC to provide dinner for 70 to 120 people Monday nights and dinner to another 120 people at Springfield’s Island Park during the summer.

“The Mobile Pantry gives us flexibility to serve more people in more places,” said Karen Edmonds, FFLC programs and services director. “Even so, we’re reaching a smaller percentage of Lane County residents eligible for emergency food assistance today than we were a year ago — 51% this year compared with 55% last year. We’re serving more people, but more people are living in poverty and have become eligible for food assistance. The U.S. Census tells us it’s 133,210 this year compared with 123,387 last year.”

Last year, our partner agencies provided food boxes for more than 68,000 Lane County residents, an 8% increase over the previous year and the largest increase we’ve seen in seven years. As more people turn to FFLC for help, our countywide network of distribution partners has grown to meet the need, especially in rural Lane County. New to the FFLC family are an emergency food pantry in Mapleton, one starting soon near the University of Oregon, a community meal site in Veneta and two community meal sites in Eugene.

You can help FFLC distribute more food to more people. Make a donation today. Call (541) 343.2822, use the enclosed envelope or make a secure donation online at foodforlanecounty.org. Become a Monthly Donor and your gift will be matched dollar for dollar by an anonymous donor! See page 7 for details.

Empty Bowls Sale
Saturday, May 19 • 11am–3pm
Clay Space Pottery Studio
222 Polk Street, Eugene

Come early and choose from more than 1,000 beautiful bowls, handmade and generously donated by local artists. Bowls start at $10. Proceeds benefit FFLC’s hunger relief efforts in Lane County.

Thank you to these generous donors!
Clay Space Pottery Studio • Local Clay • EMU Craft Center • Club Mud • Georgie’s Clay and Ceramics • Brushfire • Eugene Chapter of the Oregon Glass Guild • Eugene Glass School • Wood Turners • Upper Willamette Valley Quilters • LCC Ceramics and Sculpture Program

Letter Carriers Food Drive is Saturday, May 12
Leave a bag of canned or packaged food by your mailbox early Saturday, May 12. Your letter carrier will pick it up. Visit foodforlanecounty.org and click on How to Help for a list of foods we need. Help us promote this important drive! Consider adopting a lawn sign to help us get the word out. Contact Alicia Hines at (541) 343.2822 x348 or ahines@foodforlanecounty.org.
Finding Purpose Through Volunteering

In 2006, Marcia Brooks took a tour of FFLC with her children’s service club. What she saw that evening inspired her to become an active volunteer.

“I was so impressed by the mission and the caring people who worked there. I decided when I retired I would like to volunteer,” said Marcia.

“We all love Marcia,” said FFLC volunteer coordinator Sheyla Norte. “She’s a joy to work with, and she takes on every task with a smile.”

Marcia donates more than her time. She is also a leadership donor, donating more than $3,000 annually to FFLC. She serves on volunteer steering committees for FFLC’s Empty Bowls Auction, Chef’s Night Out and Empty Bowls. She also shares her creativity and enthusiasm.

“I have participated in ways I never expected,” said Marcia. “I believe in FFLC’s mission, that no one should go hungry, and I want to commit my time and energy to something I truly care about. I feel both appreciated and humbled by volunteering at FFLC. If in some small way I can make a difference, I feel satisfied.”

Thank You, Warehouse Volunteers

These super volunteers keep our warehouse humming. From processing orders to preparing food and everything in between, they keep things organized and on track. They assist our partner agencies and ride along with our drivers to pick up food around town. Thank you for everything you do to keep the food moving!

Soup’s On!

FFLC is partnering with Camas Country Mill in Junction City and GloryBee Foods in Eugene to provide a healthy soup to be distributed at FFLC emergency food pantries this summer.

Lentils and barley, from Camas Country Mill, combined with seasonings from GloryBee Foods, and prepared in FFLC’s kitchen will provide a healthy and hearty soup and address a critical shortage of protein at FFLC. The soup mix provides 46% of the recommended daily allowance of protein and 92% recommended fiber. This soup really is good food!

Volunteer at the Garden!

FFLC’s Churchill Community Garden has these volunteer opportunities: Construction specialist, small motors mechanic, tractor operator, garden mentors and compost monitor. For information and to volunteer, email gardens@foodforlanecounty.org or call (541) 343.2822 x343.

Russell-Evenhuis Bequest Ensures Food for the Future


A shared wanderlust that took them to Israel, Egypt and Europe. These are a few of the ways Howard Anderson described his friends Frank and Lorraine Russell, who left a generous bequest to FFLC.

“They were very careful with their money,” said Howard of the Michigan natives. “They had a television set that I think might have been purchased in 1951. The rabbit ears must have been lost because they were using a coat hanger, which really didn’t matter because as far as I could tell they never turned it on anyway.”

“They could have lived like kings, but they chose instead to live simply and to give away their estate to causes they cared about, namely providing food and shelter,” said Howard. “They both had a high level of empathy. Frank complained all the time about how the richest country in the world could have people standing on the street corner begging for food with no place to live.”

FFLC invested the bulk of the bequest in FFLC’s Food for the Future Endowment Fund, established in April 2010 through the Oregon Community Foundation to protect gifts in perpetuity and to assist in distributing nutritious food to people throughout Lane County. The remaining amount has been reserved as seed money to help FFLC acquire an emergency generator for our Bailey Hill warehouse.

For information about remembering FFLC in your will, or to make a gift to FFLC’s endowment fund contact Darrel Kau, FFLC development director, at (541) 343.2822 x343.

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PacificSource Employees Turn Free Space into Food Space

Employees at PacificSource Health Plans in Springfield turned a previously unused outdoor space into 28 12- by 4-foot garden beds where they raise healthy vegetables for nearby Daily Bread Food Pantry, one of 28 pantries in the FFLC network.

“We were looking for a way to give back to the community,” said Sara Vaccaino, HR manager at PacificSource and project lead. “We do a lot of wellness-related things, so we contacted FFLC to talk about planting a garden. They put us in touch with Daily Bread.”

Their first planting was in May 2010. A concrete path makes it easily accessible to all. About 40 employees participated that first year, sharing in the work of planting, watering, weeding and harvesting. Employees also share in the harvest.

Since that first year, Sara’s team has adjusted what they plant based on feedback they’ve received from the pantry. “We planted a mix of salad greens that first year, but we got feedback from Daily Bread that recipients didn’t always know what to do with the greens, so the next year we planted different head lettuce. We also planted more potatoes — they have a longer shelf life.”

Last year they grew lettuce, carrots, potatoes, tomatoes, bell peppers, eggplants, squash, onions, cabbage, beans and peas. They donate about 100 pounds a week to the pantry during the growing season.

“We’d love to show people what we’ve done,” said Sara. “I’ve read about people taking flowers in parking lots and turning those areas into gardens. Our Bend location took over a corner of their parking lot and put up a greenhouse and some raised beds that can be moved. They have a shorter growing season so they needed more flexibility.”

Eat Smart with $5 Recipes

Families with young children are invited to attend free nutrition classes provided by OSU Extension’s Nutrition Education Program. Enrollment is ongoing. Classes are in the NEP Classroom, 783 Grant Street, Corvallis.

Most people know what they should be eating, but getting healthy food on the table can be a challenge. Helping people create healthy meals is what the OSU Extension’s Nutrition Education Program is all about. Free classes provide information on nutrition and include hands-on food preparation. Each class is 90 minutes. Space is limited. Call (541) 343.2822 for a class schedule and to reserve your spot today.

Contact Us

FOOD for Lane County
770 Bailey Hill Road, Eugene, OR 97402
Phone (541) 343.2822
Email info@foodforlanecounty.org

$1 = 3 meals
Make a financial gift today. Call (541) 343.2822, use the enclosed envelope or donate safely online at foodforlanecounty.org

A Gift for the Youth Farm

Mary Ann Rodgers had a passion for social justice and healthy living. She believed in what FFLC’s Youth Farm was doing to provide opportunities and address hunger. Mary Ann was diagnosed with cancer in July 2008 and died in May 2011.

Ted Purdy manages the three-acre Youth Farm in Springfield, which provides job opportunities for low-income teens each summer. The crew of 16 “youth farmers” work alongside staff and volunteers to grow 85,000 pounds of fresh, organic produce each year, which is distributed through FFLC, two farm stands and a CSA program.

Ted would have won Mary Ann’s approval for this work alone, but he also happens to be her son-in-law.

“Mary Ann’s Memorial upbringing gave her an appreciation for simple living and community involvement,” said Ted. “That may be why she so valued the work of the Youth Farm and decided that the farm would be the sole beneficiary of any gifts people wanted to give in her name.”

Thanks to a generous outsourcing of donations made in Mary Ann’s memory, Ted has been able to boost the farm’s paid internship program, from one paid intern to three.

“The extra help is allowing the farm to grow more food and have a greater impact,” said Ted.

Thank You for Helping Us Meet SCAN Match

Thanks to a generous 3 to 1 challenge match from an anonymous donor and gifts from the community, SCAN-a-Coupon raised enough money in March and April to provide more than 240,000 meals. Thank you, donors, and thank you to these local SCAN-a-Coupon partners for their continued support!

Market of Choice • Down to Earth • The Kiva • Ray’s Food Place • Friendly Street Market
Gray’s Garden Centers • Cook’s Pots & Tabletops • Capella Market • Sundance Natural Foods

Driving Hunger Out of Lane County

Thank you to these recent drives for raising more than $500 or 500 pounds of food. Thank you also to all those drives not listed here!

Summer Plant Sale

Healthy starts of peppers, eggplants, cucumbers, zucchini, salad and cooking greens, broccoli, cabbage, cauliflower, 20 varieties of tomatoes and more! Saturday, May 12, 10am–5pm at the Youth Farm, 705 Flamingo Avenue, Springfield.

Two Produce Stands!

30 different vegetables and fruits. Saturdays 10am–3pm at the Youth Farm starting June 9, and Thursdays 2pm–6pm at Sacred Heart at RiverBend starting June 14. SNAP and WIC vouchers are welcome.

CSA Memberships

Regular Season CSA members receive a weekly box of the freshest produce available for 20 weeks starting June 8. The cost is on a sliding scale from $325 to $500. A five-week Late Fall Harvest membership is also available for a flat rate $125. To sign up and for more info go to foodforlanecounty.org

Garden Sale Raises $7,800

Thank you, gardeners, for braving the rain on March 11 and supporting our Spring Plant Sale at GrassRox. Thank you to these generous donors for providing plants, seeds and soil for the sale:

Blume’s Nursery • Doox Creek Native Plant Nursery • Fall Creek Farm and Nursery • Hamilton’s Wholesale Nursery and Organic Gardens • Little Red Farm Nursery • Log Cabin Nursery • Log House Plants • McKenzie River Nursery • Native Grounds Nursery • Northwest Garden Nursery • Pleasant Hill Nursery • William Gardens • Down to Earth • Territorial Seeds • Ed Humie

buy it fresh from the farm

Do you need more fruits and vegetables in your diet? Buy them fresh at the Youth Farm.
Ninkasi Raises Money for Hunger Relief

Hunger relief is on tap, thanks to Ninkasi Brewing. To commemorate the City of Eugene’s 150th anniversary, Ninkasi is selling Commonwealth Ale. All profits from the commemorative brew go to support FFLC’s hunger relief efforts in Lane County and the City of Eugene’s Cultural Services. The beer had its first official tasting at Chefs’ Night Out on April 10. Commonwealth Ale is available now wherever Ninkasi beers are sold. Cheers!

Chefs’ Night Out

Thank you to everyone who made Chefs’ Night Out on April 10 at the Hult Center a huge success, including these generous sponsors:

King Estate, Title Sponsor • Jerry’s Home Improvement Center • The West Family • Ninkasi Brewing • PitTech • Pacific Source Health Plans • SkyBrew Bank • MacDonald Miller • Ruby Porter Marketing • Design • KVAL • 13 • QSL Print Communications • Essix Construction • NW Natural • Lochmead Farms • Timber Products Company • Parties To Go • Sycamore Architecture and Engineering • KPD Insurance • Reynolds Electrical • Dari Mart • Toby’s Family Foods & Genesis Juice • Umpqua Bank

Congratulations Best Bite Winners!

Mike West Overall: Sweet Life Patisserie • Best Vegetarian Bite: Koho Bistro • Best Vegetarian Bite Honorable Mention: Marché Provisions • Best Savory Bite: King Estate Restaurant • Best Savory Bite Honorable Mention: The Bridge Bar & Grill, Mac’s Custom Catering and Falling Sky Brewing • Best Sweet Bite: LCC Culinary Arts Program • Best Beet Bite Honorable Mention: Palace Bakery • Best Presentation & Hospitality: The Excelsior Inn & Restaurant • Best Presentation & Hospitality Honorable Mention: Bette Steakhouse & Saloon

Beet and Parmigiano Crostini

Enjoy this recipe from Koho Bistro, the latest in our ongoing series of recipes provided by Chefs’ Night Out participating restaurants. Makes 8.

Ingredients:
1 pound beets
3 tablespoons extra virgin olive oil
1 tablespoon balsamic vinegar
1 loaf of crusty peasant bread, cut into 8-inch slices
1/3 pound Parmigiano Reggiano

Preheat oven to 375° F. Wrap beets in foil and roast for about 45 minutes, until you can easily stick a knife in them. Remove from oven and let cool for 20 minutes. Peel and dice beets and set aside. Set aside a high, Arrange bread on top and brush with oil. Bake for 2 minutes, just enough to brown. Remove from oven. Combine beets with vinegar, oil, salt and pepper. Top each slice of bread with beet mix. Cover with grated cheese and serve.

Monthly Donors Increase Their Gifts

When an anonymous donor challenged FFLC to raise $50,000 in monthly gifts, long-time donors Val and Dan Close and Jan Talata increased their support to help FFLC meet the challenge.

Val and Dan Close began donating to FFLC in 1994 and stepped up their giving in 2000 to become monthly donors. “We see a tremendous need for food security in our community, and FFLC does a wonderful job,” said Val. “That’s why we’ve increased our support. We also value sharing the resources that we have.”

A donor since 1997, Jan Talata became a monthly donor in 2005. “Just the thought of people being hungry is something that I can’t handle very easily,” said Jan. “A lady gave a talk where I work and said that she was moved by a little girl who couldn’t eat breakfast that morning because it wasn’t her turn and that’s why her stomach hurt so bad. As a Meals on Wheels volunteer as well, I try to do whatever I can to alleviate the suffering.”

At press time we had raised 30% of our $50,000 goal. Help us raise the rest!

It’s Easy to Give

Unemployment, reduced work hours and low wages have put three meals a day beyond the reach of many Lane County residents. A record number of people are hungry, including vulnerable children and senior citizens. You can help. FFLC makes it easy. Here’s how.

Credit Card: Donate online through our secure website: Go to foodforlanecounty.org and click on Donate Funds, or call (541) 343.2822 and ask for Development.

Food and Fund Drive: Organize a food and fund drive. Email ahners@foodforlanecounty.org or call (541) 343.2822.

Check: Use the enclosed envelope to mail your tax-deductible gift to FFLC, 270 Bailey Hill Road, Eugene, OR 97402.

Securities: Call or have your financial advisor call to indicate your intention and receive our stock transfer instructions. Contact Darrel Kau at (541) 343.2822 x343 or email dkau@foodforlanecounty.org.

Monthly Giving: Join FFLC’s Monthly Sustainers Club and your gift will be doubled. Sign up online or complete and mail the form on this page.

Leadership Circle: Become a Leadership Circle member by donating $1,000 or more annually or $84 monthly. Sign up online or use the enclosed envelope.

Workplace Giving: Direct your charitable payroll deductions to FFLC by designating us on your United Way or other workplace pledge form.

Matching Gifts: You may be able to double your gift if your employer matches charitable giving by employees. Ask your HR or personnel director.

Bequest: Remember FFLC in your will or trust. Contact Darrel Kau at (541) 343.2822 x343 or email dkau@foodforlanecounty.org.

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Upcoming Events

National Association of Letter Carriers Food Drive: Saturday, May 12
FFLC Summer Plant Sale: Saturday, May 12 @ the Youth Farm
Empty Bowls Sale @ Clay Space: Saturday, May 19
Youth Farm Stand Grand Re-Opening: Saturday, June 9
Youth Farm Stand at RiverBend: Thursday, June 14
Summer Food Program begins most sites: June 25

More Info and Events Online: foodforlanecounty.org

National Association of Letter Carriers Food Drive is May 12
Leave a donation of food by your mail box on Saturday, May 12!

Follow Us Online!
Facebook & Twitter

facebook.com/foodforlanecounty
twitter.com/FoodForLC