A Strong Voice for People Facing Hunger

FFLC’s mission is to alleviate hunger by creating access to food. But it’s not always enough to just distribute food. We can also be a voice for the people we serve. FFLC advocates for policies and programs that support and strengthen local families and individuals facing hunger.

One of the most effective ways to reduce hunger is through existing national nutrition programs. The Supplemental Nutrition Assistance Program (SNAP, formerly food stamps), is the country’s first line of defense against hunger, while school lunch and breakfast programs provide free and reduced-price meals to millions of low-income children. One in five Oregonians benefit from SNAP, and more than half of all children in Lane County qualify for free or reduced-price meals. Without these programs, hunger in Oregon and Lane County would be much worse.

Participation in federal nutrition programs over the past three years has skyrocketed, but these programs are doing exactly what they were designed to do — lessen the impact of economic hard times on families. FFLC plays a critical role in the fight against hunger, but federal nutrition programs are essential. That’s why we feel it is our responsibility to meet with elected officials and share our support for these programs that also provide food for the people we serve.

You can help. Encourage your elected officials to protect and strengthen federal nutrition programs that benefit low-income families.

Senator Jeff Merkley • (541) 465-6750 • merkley.senate.gov
Senator Ron Wyden • (541) 431-0229 • wyden.senate.gov
U.S. Representative Peter DeFazio • (541) 465-6732 • defazio.house.gov

Paper Plate Project

FFLC was asked to collect 20 messages on paper plates from food recipients. We received more than 200. The plates were shared with Oregon Legislators on Oregon Hunger Response Day. Anti-hunger advocates and food recipients from around Oregon gathered in Salem in April to tell legislators about the positive impact of public and private food programs and share their stories.

See more messages online: foodforlanecounty.org/paperplateproject

Donate online
foodforlanecounty.org/donate
Mail your gift to
770 Bailey Hill Rd
Eugene, OR 97402
Call
(541) 343.2822

On Our Plate

2 Justice of Eating nominations due June 28
3 Letter to Readers
5 Garden news
6 First United Methodist
8 Upcoming events

Letter Carriers Drive: Saturday, May 11

Thank you to the US Postal Service, all our wonderful letter carriers and generous donors for stocking pantry shelves from Florence to Oakridge! Help us meet our goal of collecting 127,000 pounds of food this Saturday! Leave a gift of canned or packaged food by your mailbox early Saturday, May 11. Your letter carrier will pick it up. Consider donating these most wanted foods. Please no glass containers.

Canned meats (tuna, chicken, salmon, corned 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 • Boxed macaroni and cheese • Pasta, rice, cereal, corn meal • Cooking oil and olive oil • Canned tomato products (whole, paste, spaghetti sauce) • Peanut butter • Ethnic spices and sauces (mole, enchilada sauce, cumin, chilies)
Our Favorite Party
If you came out for Chefs’ Night Out on April 9 at the Hult Center, we hope you had a great time. If not, we hope you’ll join us next year. Our heartfelt thanks go out to everyone — guests, participating food and beverage purveyors and these sponsors — who helped us raise over $7,700 for local hunger relief.

Congratulations Best Bite Winners!
Mike West Overall Best Bite: Marche Provisions
Honorable Mentions: King Estate Winery and Restaurant, Sweet Life Pâtisserie

Vegetarian Best Bite: Govinda’s Vegetarian Buffet
Honorable Mentions: Koko Bistro, Raw Love

Savory Best Bite: King Estate Winery and Restaurant
Honorable Mentions: Ambrosia Restaurant and Bar, Avi/ Billy Goli/Downtown Athletic Club

Sweet Best Bite: Red Wagon Creamery
Honorable Mentions: The Excelsior Inn and Restaurant, Sweet Life Pâtisserie

Presentation & Hospitality Best Bite: Sweet Life Pâtisserie
Honorable Mentions: King Estate Winery and Restaurant, Oakshire Brewing

More thank you’s: foodforlanecounty.org/cca2013

Driving Hunger Out of Lane County
Food and Fund drives engage the community in our mission and put the “fun” in fundraising. Many thanks to the following for raising $500 or more or collecting 500 or more pounds of food since our last newsletter. You keep the food moving.

Letter to Readers
We’ve been doing food banking for almost 30 years, and for most of that time we’ve been measuring our success in meals and food boxes. But we know that food boxes alone cannot end hunger. Food insecurity in Lane County, in Oregon and around the country remains high.

Justice of Eating Awards: Nominations Due June 28
We all share an extraordinary commitment to feeding the hungry and improving our communities. Help us recognize local leaders working to alleviate hunger in Lane County. Nominations for the 2013 Justice of Eating Awards are open to any individual or organization working to alleviate hunger in Lane County. Categories are Individual (volunteer, donor, staff member or hunger relief advocate), Organization/Group and FFLC Partner Agency.

Expenses
• Administration 3%
• Resource Development 4%
• Food Distribution 93%

Revenue
• Corporations 12%
• United Way 20%
• Government 4%
• SCAN 4%
• Other 2%

Food Distribution
• FFLC Programs 6%
• Grants 10%
• United Way 20%
• Government 4%
• SCAN 4%
• Other 2%

41%
7.6 Million
FFLC distributed 7.6 million pounds of food last year — 16,000 meals a day — through a county-wide network of more than 200 programs and services.

93%
For every dollar you donate, FFLC can provide 3 meals. 99% of all resources are dedicated to food distribution to families and individuals facing hunger.

3%
More than a third of all Lane County residents are eligible for emergency food assistance.

1 in 3
Food insecurity in Lane County, in Oregon and around the country remains high.

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Learn More

Want to learn more about hunger and poverty? Check out these websites and book suggestions:

Websites:
- Bread for the World: bread.org
- Feeding America: feedingamerica.org
- Food Research and Action Center: frac.org
- Mazon, A Jewish Response to Hunger: mazon.org
- National Center for Children in Poverty: nccp.org
- Oregon Food Bank: oregonfoodbank.org
- Partners for a Hunger Free Oregon: oregonhunger.org
- USDA Food and Nutrition Service: fnn.usda.gov

Books:
- All You Can Eat: How Hungry Is America? by Joel Berg
- Growing Up Empty: The Hunger Epidemic in America by Loretta Schwartz-Nobel
- Hope Lives: A Journey of Restoration by Amber Van Schooneveld
- How to Steal a Dog by Barbara O’Connor
- Nickel and Dimed (On Not Getting By in America) by Barbara Ehrenreich
- A Place at the Table: The Crisis of 49 Million Americans and How to Solve it by Peter Pinelli
- Sweet Charity! Emergency Food and the End of Entitlement by Jane Poppendieck
- Stuffed and Starved: The Hidden Battle for the World Food System by George McGovern
- The Third Freedom: Ending Hunger In Our Time by George McGovern
- The Working Poor: Invisible in America by Barbara Ehrenreich
- Wage Theft in America by Kim Boka

You Make Our Gardens Grow!

Thank you for supporting FFLC’s Spring Plant Sale in April. We raised $11,455, and all proceeds benefit our Gardens Program. Thanks to generous financial and volunteer support, our three gardens grew over 180,000 pounds of fresh, organic produce in 2012, providing healthy, nutritious food for our neighbors in need. The gardens also provide local youth with opportunities to learn valuable job, gardening and life skills, while encouraging community members to develop and share their knowledge and resources.

Summer Plant Sale

FFLC Youth Farm • 705 Flamingo Ave, Springfield • Saturday, May 18 10am-5pm

Choose from a variety of organically grown vegetable, herb and flower starts including more than 60 varieties of tomatoes, 40 varieties of peppers, corn, cucumbers, squash, sunflowers, salad and cooking greens, basil, beans and more.

Volunteer

We need volunteers at all three gardens to plant, harvest, make compost, prepare beds and resources.

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First United Methodist Church in Eugene has long been an active and generous leader in the fight against hunger, supporting FFLC with time, money (almost $25,000 since 1995) and food (almost 5,000 pounds since August 2011).

"FFLC (food barrels) are always there in the back of the church," said church member Linda Ague. "I have dressed them up with skirts, but I don’t think that has anything to do with the food that comes in. This is just an enormously generous, socially caring church. When I put a ‘One Can in Every Hand Every Sunday’ reminder in the bulletin, this group doesn’t blink twice."

A free breakfast is served at the church every Thursday morning. On Fifth Sundays, members choose from a list of community service activities and "do good" — repackaging soup mix at FFLC or filling hygiene bags with items that cannot be purchased with SNAP benefits. Every third Wednesday, church members volunteer at FFLC’s Dining Room. Every week day, free lunches are available. Every week, members fill backpacks for families at Chavez Elementary School. The church provides emergency housing as part of the Interfaith Night Shelter, a consortium of 30 faith communities that offer shelter, food and comfort to families during the school year. Church youth and adults volunteer at FFLC’s Gardens. And, Church leaders are active in the Oregon Faith Roundtable Against Hunger, which encourages diverse religious communities to develop solutions to the root causes of hunger.

Pastor John Petney is a powerful voice for local food, supporting FFLC’s Youth Farm and creating That’s My Farmer! “Meet the Farmer” event at First United. "What a legacy she has given us! Many tons of food. Lives transformed. We owe her so much," said Master Gardener David Hoffman.

"Iris helped to set the tone at GrassRoots for kindness, compassion and hard work above and beyond all else," said Bradley. "I never could have become who I have become or inspired others to do what they have done if it had not been for Iris. She is beginning a new chapter in her life and we wish her all possible happiness and best wishes for her future."

GrassRoots is one of three gardens operated by FFLC. For more information or to volunteer, email gardens@foodforlanecounty.org or call (541) 343.2822.
Upcoming Events

National Association of Letter Carriers Food Drive: May 11
Summer Plant Sale: May 18 at FFLC Youth Farm
Youth Farm Stand at Riverbend: Opens June 6
Youth Farm Stand at the Youth Farm: Opens June 8
Summer Food Program: June 24 (most sites)
Plant-a-thon: May/June at Youth Farm, GrassRoots and Churchill Gardens

More info and events online: foodforlaneCounty.org/events

Letter Carriers Food Drive
Saturday, May 11

Leave a donation of nonperishable food by your mailbox early that morning. Your letter carrier will pick it up. Please no glass containers.

Follow Us Online!
facebook.com/foodforlaneCounty
twitter.com/foodforLC
youtube.com/food4laneCounty