FFLC and Meals On Wheels Team Up To Serve Local Seniors

Meals on Wheels offers nourishing meals and a regular safety check to homebound seniors 60 and older who need help with meal preparation.

Since 1972, the Red Cross has partnered with Senior and Disability Services — a division of Lane Council of Governments — to provide Meals on Wheels in Lane County. In July, FFLC will provide meals to seniors in Eugene who were previously served by Red Cross. The transition allows Red Cross to focus on its mission of disaster preparedness, relief and recovery at home and around the country. Senior and Disability Services will continue to provide meals in Springfield and six outlying communities.

“FFLC is honored to have been chosen as a partner with Senior and Disability Services,” said FFLC Executive Director Beverlee Potter. “We are ready and excited to mobilize community volunteers to reach more seniors in our community. When we saw the incredible compassion of the Meals on Wheels volunteers and the positive impact this program has on seniors, we wanted to be a part of it. It’s a perfect fit with FFLC’s mission.”

FFLC was selected based on its long-standing experience, operational strength and volunteer base. FFLC will begin service in Eugene on July 1 with no disruption in service to clients. FFLC will serve about 265 seniors five days a week.

Mary Ellen West has 43 years with the program. She became director in 1972, retired in 1990 and began volunteering the next week.

“I see how people with not very many resources handle what life has thrown at them,” said Mary Ellen. “Most people just need a little help to be able to stay in their own home. Our biggest assistance is helping people maintain independence. Food is the basic quantity here, and FFLC does that so well. It’s a good fit. I don’t think anybody would argue about that.”

Meals are delivered by friendly, trained volunteers. Many people volunteer for several years, developing strong connections with the seniors on their routes.

“They say ‘thank you’ and they have a smile on their face when you go in and they’re looking forward to seeing you,” said Mary Ellen of the clients on her routes. “It’s a way of knowing people you wouldn’t know.”

You Make Meals on Wheels Possible

Your generous support of FFLC makes it possible for us to partner with LCOG’s Senior and Disability Services to provide meals to seniors through Meals on Wheels.

Thank you! To volunteer for Meals on Wheels in Eugene or request Meals on Wheels service, call (541) 607-5065. To volunteer in Springfield or rural Lane County, call (541) 682-4368. To request Meals on Wheels service in Springfield or rural Lane County, call (541) 682-3353.

Volunteer at the Gardens

We need volunteers in the Gardens! June is the busiest month of the year at FFLC’s three gardens. With spring harvest and summer planting happening at the same time, there’s plenty to do! For drop-in hours call (541) 343.2822, email gardens@foodforlanecounty.org or go to foodforlanecounty.org/gardens.
Just Add Milk! FFLC Partners with Lochmead

**Question:** Remove milk fat from whole milk to make ice cream and what’s left over?

**Answer:** Skim milk!

That skim milk is typically sold into secondary markets, but only if those markets are not already saturated with product from other dairies. If there is no market for the skim, it is disposed of.

Always on the look-out for an opportunity to rescue food, FFLC started talking to Lochmead and the Oregon Dairy Council to see if we could recover and distribute the skim milk to local families in need.

“We drew up a budget for caps, plastic jugs, labels, boxes and labor, and Lochmead donated a portion of their production schedule,” said Deb McGeorge, FFLC Food Resource Manager. In December, the local dairy produced and delivered 2,076 gallons of skim milk to FFLC. In March, they delivered another 1,625 gallons.

“This donation is amazing,” said Deb. “It has a little more milk fat than standard skim milks on the market, and it has a full 21 days of freshness — most milk that we get from grocery stores has a week.”
**Letter to Readers**

In March, I attended the National Anti-Hunger Policy Conference in Washington DC along with anti-hunger and anti-poverty advocates, elected government officials, child advocates and representatives of food banks and food rescue organizations from across the country.

During our Capitol Hill visits we talked to our elected officials about the strength and importance of the Supplemental Nutrition Assistance Program (SNAP). SNAP is a critical resource for seniors, people with disabilities, children and the working poor who together represent 80% of SNAP recipients.

Cuts to this program won’t make hunger go away. It just pushes the funding for hunger relief downstream — to the states and to private nonprofits like FFLC.

We understand the value of this federal program and will work hard to protect it.

We will also step up to provide increased emergency food to our neighbors if needed and if we have the capacity to do more.

Beverlee Potter  
Executive Director

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**Hunger in Lane County**

Hunger remains a serious problem in Oregon and especially in Lane County. The unemployment rate in Oregon has improved since the Great Recession but remains one of the highest in the country. Oregon’s hunger rate remains virtually unchanged in 10 years. Forty-one percent of people in Lane County qualify for emergency food assistance, and 53% of school-aged children are food insecure. Between July and December 2014, FFLC partner agencies that distribute emergency food boxes saw a 5% increase in the number of times people visited the pantry compared with the same period the previous year.

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**Local Teens Find Purpose and Passion at the Youth Farm**

Alex Corridon was 16 and a member of FFLC’s Youth Farm Crew when we talked to her last summer. Each summer, FFLC’s Youth Farmers receive job skills and training in gardening, leadership, financial management and nutrition while growing food for FFLC and for a 65-member Community Supported Agriculture Program and two produce stands.

“It’s a great summer job. It’s really, really fun,” said Alex. “I love farming. I love watching the vegetables grow. You plant them and then three weeks later you see this beautiful tomato or broccoli and it’s like, ‘Look at that! I grew that!”

“I get to come out here and grow vegetables for people who really need them and don’t have access to good food,” added Alex. “I also get to teach people about what goes on out here. I think agriculture is a really interesting field. After I get out of high school I would like to study it.”

“I love that the Youth Farm touches the teens we work with on so many levels,” said Jen Anonia, FFLC Gardens Program Manager. “They come to the farm not knowing each other or us. They quickly become a unified team, and by the end of the season they’re family.”

The connections teens form at the farm to peers and adults are powerful, positive and affirming. Adults at the farm are trusted mentors. They expect teens to work hard while making sure no one fails. Teens realize quickly that the farm depends on them to get the work done, and they can see the results of their efforts.

“Many of the youth farmers have experienced food insecurity,” added Jen. “They know what it’s like to go home and not have food on the shelves. Many of them are dealing with adult issues at a very young age. Most of them have fewer opportunities, fewer advantages and less support than other kids their age. At the farm, they have the opportunity to give back, to be a part of the hunger solution and they’re empowered by that opportunity.”

*Your gifts of time, food and dollars directly support FFLC programs like the Gardens while allowing FFLC to distribute food to people in need. Learn more at foodforlanecounty.org.*
FOOD for THOUGHT

Thank You for Driving Hunger Out of Lane County

A special shout out to everyone who supported Dutch Luv Day in February. This annual drive at Dutch Bros. Coffee locations brought in a record 38,939 pounds of food in Lane County and over 175,000 pounds statewide. Thank you also to Eugene Disc Golf Club for raising $3,808 and 100 pounds of food during their annual Ice Bowl Disc Golf Tournament. Thank you to the following for raising more than $500 or 500 pounds of food since our last newsletter. Finally, many thanks to all those drives not mentioned here! We are forever grateful.

Charlemagne Elementary School • Cowfish • Lane County Department of Human Services • Dutch Bros. Coffee • Eugene Christian School • Eugene Disc Golf Club • Fred Meyer • Gilham Elementary School • GloryBee Foods • Good Earth Home, Garden & Living Show • Hummingbird Wholesale • Hybrid Real Estate • Lane County Home & Garden Show • Life Lutheran Church • Macy’s • Oregon Community Credit Union • Oregon State Police • Oregon Student Access Commission • PetSmart • University of Oregon • Valley River Center • Western Beverage • Willamette Valley Sustainable Foods Alliance • Worksource Lane

Apple Trees

Thank you to everyone who turned out in March to plant apple trees. The trees are part of a partnership between FFLC and the State Hospital in Junction City. A $50 donation purchased one tree and will provide an edible landscape for the hospital. The Liberty apples from your tree will provide a healthy and sustainable food source for years to come.

FFLC is partnering with local restaurants May 1-10 for the Grilled Cheese Experience, a new event that we hope will become an annual tradition. Each restaurant will serve “grilled cheese” themed menu items for 10 days, and $1 of the proceeds from each cheesy item will benefit FFLC. The brains behind this very clever idea belong to UO senior Anna Williams, who is interning at FFLC and majoring in Family & Human Services within the University of Oregon College of Education.

“I am pursuing a career in food and beverage public relations,” said Anna. “Working at FFLC has given me the opportunity to learn event planning and media relations within the setting of a nonprofit. For my senior project, I sought to meet an unfulfilled need of FFLC that also sparked my personal interest.”

Visit these participating restaurants between May 1 and May 10:

Agate Alley Bistro • The Bier Stein • Cornbread Cafe • Falling Sky Pour House & Delicatessen • The Food Mill • The Glenwood Restaurants • Grilling Places • Johnny Ocean's Grille • Kunfusion • Marché Provisions • Red Wagon Creamery • Sammitch Food Trucks and Cart • The Vintage • Wildcraft Ciderworks • Wild Duck Café

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The Dining Room Helps Local Vets

His easy smile masks his financial and health-related hardships. Once homeless, he now shares a house with six other people, two of whom are Vietnam veterans like him. But the house has no electricity.

“We have water now, but that’s about all we have,” says Clarence, 68, between bites of apple pie. When Clarence runs out of money toward the end of the month, FFLC’s Dining Room, provides a comfortable and safe space to eat.

“It’s a very nice place,” says Clarence, sporting a baja hoodie and Vietnam veteran baseball cap. “They got good food and very good service. They always have a happy smile and good conversation. [The Dining Room] feeds a lot of people that would otherwise go without a meal completely.”

Chronic Obstruction Pulmonary Disease (COPD) makes it difficult for Clarence to breathe. He pauses, coughing to clear his throat. He removes his baseball cap, revealing a thick head of white and silver hair swept across his forehead. He proudly shows off the military ribbons on his hat. “This one is for National Defense, and this is a Good Conduct Medal.”

Clarence is living with the effects of war, having lost 70% of his hearing from firing heavy artillery in Viet Nam. He served nine years in the Army, but his VA benefits do not give him enough assistance to live on. He perks up when he reflects on his military experience. He speaks rapidly — defying his COPD — and describes his first tour: “I fired heavy artillery 16 hours a day, seven days a week. I lost most of my hearing because of the big guns.”

This story was written by FFLC intern and University of Oregon junior Chase Clemens, who is majoring in Public Relations and Journalism.

Oregon Hunger Response Day

On April 16, more than 30 FFLC staff, community members, volunteers, board members, partner agency representatives and recipients of emergency food from Lane County attended the Oregon Hunger Response Day at the Oregon State Capitol to speak out for their friends and neighbors who struggle to put food on their tables.

Many of those who attended the event completed FFLC’s Advocacy University in preparation for the day in Salem. Advocacy University was a 3-seminar course that covered advocacy basics — the legislative process, media advocacy, sharing your story and lobbying 101.

You can still be a part of the action! Call your state legislators, and urge them to support increases in the Oregon Hunger Response Fund, which supports a statewide purchase and repack of fresh and frozen fruits and vegetables, as well as capacity building for food banks to run programs including Cooking and Shopping Matters, Seed to Supper and more.

Give the Gift of Food Anytime

Make a donation to FFLC and choose from several full-color cards. Send a friend or loved one a special card honoring them with a gift of food for someone in need. Purchase cards by phone at (541) 343.2822, online at foodforlanecounty.org/tributecards or in person at 770 Bailey Hill Road, Eugene, OR 97402. Suggested minimum $10 donation per card.
Thank You for Supporting Chefs’ Night Out

Thank you to sponsors, participating purveyors, volunteers and guests for making Chefs’ Night Out a success. Thanks to your generosity and the generosity of these sponsors, 100% of ticket proceeds go directly to local hunger relief.

Title Sponsor: King Estate Winery
Premier Sponsors: King Estate Winery, Jerry’s Home Improvement Center, The West Family
Gold Fork Sponsors: Bumble Graphics, KVAL 13, PacificSource Health Plans, PakTech, Parties To Go, QSL Print Communications
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Horn Lounge Sponsor: Parties To Go
Taxi Sponsor: Oregon Taxi

See photos from this year’s event on our website at foodforlanecounty.org/cno2015

I get a food box and I volunteer at the pantry. I’ve learned how to dry my own food. I freeze a lot of food. My dinner tonight was all from a food box. If you know how to cook or stretch it, it’s great.

Letxy, Creswell

Your Donations Make a Difference

93% of FFLC resources are dedicated to food distribution. For every dollar donated, we can distribute 3 meals through our countywide network of partners.

2013-2014 Expenses

Food Distribution 93%
Fundraising 4%
Administration 3%
United Way 4%
Government 19%
Investment Income 7%
FFLC Programs 6%
Grants 10%
Leadership Donors $1000+
Individuals 38%
Corporations 12%
SCAN 3%
Other 1%

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Charity Navigator
Four Star Charity
CAHOOTS and FFLC Team Up

Crisis intervention, counseling, mediation, information and referral, transportation to social services, first aid and basic-level emergency medical care — these are just a few of the services CAHOOTS (Crisis Assistance Helping Out On The Streets) provides in Eugene and Springfield.

In March, CAHOOTS joined FFLC’s countywide network of partner agencies. FFLC will provide food that CAHOOTS mobile crisis intervention teams can provide their clients as needed.

“I can’t believe we haven’t done this before,” said CAHOOTS Manager Kate Gillespie about partnering with FFLC. “It makes so much sense that we partner together.”

CAHOOTS is designed to assist the Eugene and Springfield communities with problems related to depression, mental illness, substance abuse, poverty and homelessness. CAHOOTS services are offered at no cost to any person in the city of Eugene or Springfield urban growth boundary. Many CAHOOTS clients are homeless.

Carrie Copeland is FFLC’s Agency Relations and Mobile Pantry Coordinator. “I did a ride along with a CAHOOTS team in February. They are amazing. They have been doing a food drive with a church that has provided them with some food. They give that out when they have it, but they need more. Now we’ll be able to provide them with food they can offer their clients on a regular basis. It’s a win win.”

FFLC partners with more than 189 partner agencies and distribution sites throughout the county who distribute food to people in need. Your support directly strengthens this critical countywide network. Visit foodforlanecounty.org/network to see a list of our partner agencies and distribution sites.

Summer Food Starts June 22

FFLC’s Summer Food Program provides free meals to children and youth ages 2 through 18 during the summer. Most sites open June 22 and are open through August. No registration is required. Watch our website or call (541) 343.2822 in June for a list of service sites and meal times.

“My husband and I have two children. One is 9 and one is 7. My husband works and I’m looking for work. The pantry helps when we can’t make the money stretch.

Lisa, Springfield

Notre Dame Organist to Play in Eugene

Friday, May 1 • 7:30pm
Central Lutheran Church • 18th and Potter
Requested $10 donation for FFLC

Famed Notre Dame Cathedral organist Olivier Latry will play a concert of Bach and French organ works at Central Lutheran Church on Friday, May 1. The concert is part of the new Lyle Jacobson Celebrity Organ Concert Series, sponsored as a special community outreach by Central’s St. Cecilia Music Endowment Fund. Concert expenses are covered by the fund. No tickets are required. Central is requesting a suggested donation of $10 per person for FFLC.
Upcoming Events

May 1  Notre Dame Organ Concert to benefit FFLC
May 2  UO Scrimmage and Food Drive at Autzen
May 9  National Association of Letter Carriers Food Drive
May 16 Summer Plant Sale at The Youth Farm • 10am-5pm
June 4  Grand Reopening Youth Farm Produce Stand at Riverbend • 2pm-6pm
June 5  Empty Bowls Sale at The Dining Room • 4pm-8pm
June 6  Grand Reopening Youth Farm Produce Stand • 10am-2pm
June 22 Summer Food Program starts at most sites

More info and events online: foodforlanecounty.org/events

Letter Carriers Food Drive  Saturday, May 9

Thanks to you for making this one of the biggest drives of the year! Leave a plastic bag of nonperishable food by your mail box early on Saturday, May 9. Your Letter Carrier will pick it up.

Follow Us Online!

Donate online:
foodforlanecounty.org/donate