FOOD FOR THOUGHT

Guy Lee Elementary: Helping Every Child Succeed

You don’t have to be an A student to know that hunger hurts. Teachers see first-hand the toll hunger takes on their students. Julie Meehan is Family Resource Center Coordinator at Guy Lee Elementary in Springfield, where 93% of the student body is eligible for free and reduced meals. Julie has taken hunger head on at Guy Lee, working with FFLC to introduce programs that provide food for children — Cereal for Youth, Snack Pack, Summer Food and now a mobile food pantry that provides food for their families, too.

“Sometimes the signs [of hunger] are really subtle, but we pick up pretty quick if kids are having an off morning or they’re not feeling well,” said Julie. “The first thing we always ask is if they’ve had breakfast, because most of the time they’re hungry.” Julie is seeing more working poor families who make too much to qualify for public assistance but still need help. “Many of these families don’t know where to go for help. Through FFLC, we can help relieve a little bit of the pressure.”

Ty is a working mom whose son is a fifth grader at Guy Lee. She’s a waitress making minimum wage and tips, but business has been slow, and she doesn’t get as many hours as she’d like.

“The mobile pantry helps, especially the fresh veggies. I try hard to make sure my son eats how he’s supposed to eat.”

“A lot of our families had good paying jobs before the recession,” said Julie. “Layoffs hit our families hard. A lot of them moved because they couldn’t maintain apartments. A lot of those who stayed still aren’t working, or their hours have been cut. Most of our families are doing their best, but a lot of them are really struggling.”

“I’d just like to say thank you to the donors who do help out and realize that sometimes families need just that extra little help to make it through the month,” said Ty. “The people who make the donations and volunteer really do make a difference and sometimes they don’t get enough credit for it.”

Nearly one in three (30%) children in Oregon is food insecure. You can help. Your financial support ensures continued success of existing FFLC programs and allows us to find new innovative and sustainable solutions to hunger in Lane County. Donate today at foodforlane.org or call (541) 343.2822.
FOOD for THOUGHT

Why Do We Care about the Farm Bill?

More people in Lane County are turning to us for help than ever before. But we can’t do it alone. The Farm Bill includes funding legislation for many of the nutrition programs that are vital to FFLC’s mission.

What’s in the Farm Bill?

- Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps, provides money for food for one in five Oregonians
- The Emergency Food Assistance Program (TEFAP), provides USDA commodities to food pantries throughout Oregon
- The Commodity Supplemental Food Program, provides monthly food boxes to low-income seniors, women and children

You can help. Contact your senator or congressman and urge him to protect funding for these important nutrition programs:

Senator Jeff Merkley • (541) 465-6750 • merkley.senate.gov
Senator Ron Wyden • (541) 437-0229 • wyden.senate.gov
U.S. Representative Peter DeFazio • (541) 665-6732 • defazio.house.gov.

Where Farming and Food Banking Meet

Three years ago, protein accounted for 21% of the food in our inventory. By the following year, that number had dropped to 14%, due in part to decreases from USDA. We knew we had to do something to fill the gap. Today, we’re partnering with Tom Hunton, Alvadore farmer and owner of Camas Country Mill in Junction City. Hunton, along with six other area farmers, is growing protein-rich lentils and fiber-rich barley for a healthy soup mix we are distributing through the FFLC network. It’s an innovative partnership that provides a healthy source of protein for families in need, economic opportunity for local farm families and a sustainable and local solution to hunger in Lane County.

King Estate Hosts Empty Bowls Auction

October 13 marks our 9th Annual Empty Bowls Dinner & Auction. Thank you to Ed and Jodee King and everyone at King Estate Winery for hosting this year’s event. Thank you also to our title sponsor NeuroSpine Institute and to these generous sponsors:

Murphy Company • American Medical Concepts • Hamilton Construction • Allegheny Medical • Slocom Center for Orthopedics and Sports Medicine • Café Yummi • Middle Fork Surgery Center • Pacific Continental Bank • Hawes Financial Group • BMW of Eugene • Timber Products Company • Voorhees and Associates • SELCO Community Credit Union • Reed and Christianne Kratka • Susan Bank • OnPoint Community Credit Union • Dr. Robert J. Gemmell • Leona and Dave Burstner

King Estate Winery • Cowiche Creek Brewery • Beverlee Hughes • Executive Director

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.

Printed with a generous contribution by

United Way• Oregon Food Bank

FOOD for Lane County is an equal opportunity provider and amember of:

2012-2013

Pounds Distributed 2011-2012

<table>
<thead>
<tr>
<th></th>
<th>2011-2012</th>
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<tbody>
<tr>
<td>Emergency Food Bins</td>
<td>5,649,691 75%</td>
</tr>
<tr>
<td>Emergency Meal Sites/Shelters</td>
<td>590,404 8%</td>
</tr>
<tr>
<td>Child Nutrition Programs</td>
<td>200,648 3%</td>
</tr>
<tr>
<td>Other (includes non-emergency programs)</td>
<td>1,155,183 14%</td>
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</table>

FFLC relies on a variety of funding sources

<table>
<thead>
<tr>
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<th>2011-2012</th>
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<tbody>
<tr>
<td>Individuals</td>
<td>41%</td>
</tr>
<tr>
<td>Government</td>
<td>20%</td>
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<td>Corporations</td>
<td>12%</td>
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<tr>
<td>Grants</td>
<td>10%</td>
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<td>Program Income</td>
<td>6%</td>
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<td>United Way</td>
<td>5%</td>
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<tr>
<td>SCAN</td>
<td>4%</td>
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<tr>
<td>Other</td>
<td>2%</td>
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FFLC is distributing record amounts of food

<table>
<thead>
<tr>
<th></th>
<th>2011-2012</th>
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<tbody>
<tr>
<td>Emergency Food Bins</td>
<td>6.5 million pounds</td>
</tr>
<tr>
<td>Emergency Meal Sites/Shelters</td>
<td>7.7 million pounds</td>
</tr>
<tr>
<td>Child Nutrition Programs</td>
<td>7.6 million pounds</td>
</tr>
</tbody>
</table>

FFLC helps 1 in 3 Lane County residents

Emergency Food Bins | 72,962 people* |
Emergency Meal Sites/Shelters | 381,753 meals |
Non-emergency programs | 133,681 people**

94% of FFLC resources are dedicated to food distribution.

Letter to Readers

Oregon’s hunger rate remains high, but it has improved a little according to a USDA report released in September. While hunger in many states has gotten much worse, Oregon has held the line — thanks to public and private sector efforts and generous donations from donors like you.

This newsletter highlights some of the ways we’re working with a variety of partners to alleviate hunger in Lane County. FFLC is working with local schools and civic organizations to establish Mobile Pantries to provide more food to more people — especially families with children.

FFLC is partnering with local farmers who are growing lentils and barley for a healthy, protein-rich chili we are distributing through our food distribution network.

We work closely with Oregon Food Bank and the Oregon Food Bank Statewide Network of food banks to find long-term solutions to hunger and advocate for public policies that support low-income families.

Food banking is one of the best examples of what happens when people work together. Hunger can be eliminated when everyone plays a role.

Beverlee Hughes
Executive Director
Driving Hunger Out of Lane County

More than half of the 7.6 million pounds of food we distributed last year came from local donors. Thank you to these drives for raising more than $100 or more than 500 pounds of food since May.

The Cuthbert Amphitheater • Eugene Area Realtors’ Food Drive • Eugene Disc Golf Club Food Toss • Eugene Symphony at the Cuthbert • Graduate Teaching Fellows Federation • Habitat for Humanity Blues & Brews Festival • Kendall Honda/Acura • Lane County Fair • Northwest Christian University • Northwest Fellows Federation • Habitat for Humanity Blues & Brews Festival • Kendall Honda/Acura • Lane County Fair • Northwest Christian University • Northwest Community Credit Union Gateway • The Register Guard • Relay for Life • Soup Nation Soup Invitational • TSA • US Postal Service • Wal-Mart Delta Oaks • Willagilispe Elementary School • Willamette Street Blockbuster

FFLC has earned a 4-star rating from Charity Navigator. Learn how we’re putting your money to work in Lane County at foodforlanecounty.org.

Extra Helping: Keeping It Fresh

FFLC’s Extra Helping program provided fresh fruits and vegetables and bread to 38,397 people last year — 24% more than the previous year. The resident-run program benefits 35 affordable housing sites in Eugene, Springfield, Junction City, Creswell and Cottage Grove while ensuring that perishable product donated to FFLC does not go to waste.

Maplewood Meadows is an affordable housing complex in Eugene. The scene setting is free from the distracting buzz of city traffic. Instead, one hears the sound of children laughing and playing.

“I have to really budget to afford fruits and vegetables. Extra Helping is a lifesaver,” explained one Maple Wood resident and mother of three. Another mom agreed. “The kids are happier and healthier when we have fruits and vegetables.”

Last year fresh produce accounted for 118% of the total pounds FFLC distributed through all programs. FFLC is getting more produce, sometimes more than our pantries can take. Most produce has a 2- to 3-day shelf life.

“Extra Helping is one of the most efficient ways for us to move fresh produce quickly with as little waste as possible,” said Kara Smith, FFLC Agency Relations Coordinator. “Residents from participating affordable housing sites pick up the produce here at FFLC and distribute it the same day. The program provides a unique opportunity for residents to meet neighbors and build a stronger community.

When you support FFLC, you support a countywide food distribution network of 116 programs. For more on this network, visit foodforlanecounty.org

Justice of Eating Awards Announced

Congratulations to the recipients of FFLC’s Justice of Eating Awards, presented at the 7th Annual FFLC Partner Agency Conference at the Downtown Athletic Club in Eugene. Awards were presented in September for distinguished contributions to hunger relief in Lane County in three categories — individual, FFLC partner agency and group/organization. Thank you to Sterling Bank and the Eugene Downtown Athletic Club for sponsoring the event.

Joe Safchik: Joe has dedicated much of his life to distributing food to those who are hungry and poor. Since 1988, he has managed the Catholic Community Services Food Program in Lane County, which serves more than 22,000 people each year. Joe has been actively involved in hunger relief in Lane County and throughout Oregon, including the development and growth of both FFLC and the Oregon Food Bank. Joe spearheaded the “shopping style” pantry in Lane County, which has been modeled throughout Oregon.

Daily Bread Food Pantry: This year’s partner agency recipient is Daily Bread Food Pantry. Pantry Manager Lori King was inspired by the love and kindness she received while visiting the Daily Bread Food Pantry. Lori shared the story of her own challenges and the impact that daily bread has had on her life. She opened Daily Bread in 1992 based on the same principles of treating patrons with dignity and respect. Since then, the pantry has grown tenfold, serving up to 250 households per month.

Umpqua Bank: In 2009, Umpqua Bank took their long-time involvement with FFLC to a new level, proving they were ready to make a sustained commitment to fight hunger. An Umpqua Bank employee, Trudi Devereaux, was moved by stories she heard about children who didn’t have food to go home on Fridays because there wasn’t any food in the House. Truck approached FFLC about starting a program to provide children with food for the weekends, and Children’s Weekend Snack Pack was born. Thanks to Trudi’s vision and Umpqua Bank’s efforts, 200 children in Springfield leave school each Friday of the school year knowing that they have food at home.

Food Stamped

The average food stamp benefit provides just over $1 a meal. Is it possible to eat healthy on that? A new documentary — “Food Stamped” — explores this question as it follows a couple who try to eat a nutritious, well-balanced diet on a food stamp budget. Join FFLC and Lane Coalition for Healthy Active Youth (LCHAY) on Wednesday, Oct. 17, at 5:30pm, at the Eugene Public Library for a free screening of this thought-provoking film. A panel discussion follows. Visit foodstamped.org for more information.

Thank You

Thank you to Walmart, LIP/Tillium, Oregon Food Bank, Share Our Strength and CenturyLink/Oliver M. Williams Foundation for helping to power our hunger relief efforts. To discuss how your business can support FFLC, contact Darrel Kau at (541) 343.2822 or dkauf@foodforlanecounty.org

Spice It Up

Employees from GloryBee Foods volunteered in August, packaging chili seasoning donated by GloryBee. The spices, along with lentils and barley from Camas Country, provide the ingredients for a protein-rich, high-fiber chili FFLC is distributing through emergency food pantries.

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Hunger is hard. Helping is easy.

Every dollar provides 3 meals.

Give today at foodforlanecounty.org or call (541) 343.2822.
Food for Thought

Cooking with Love

Every morning, Bettina Evans goes to work with a lot on her plate. She is the cook at the Looking Glass Pathways for Boys Program in Eugene. Looking Glass, a local nonprofit, offers the substance abuse program for adolescent boys who have been court ordered to attend treatment.

Bettina prepares six small meals each day for 13 teenage boys. Anyone who has ever fed a high school boy can relate to this challenge. The appetite of the average teenage boy can quickly run up a family’s grocery bill. She estimates that her monthly budget for food would run out after the first week if she didn’t go to FFLC every Tuesday. She picks up fresh produce, nonperishable items and other nutritional necessities to stock her kitchen.

After working in restaurants all over Eugene, Bettina was hired by Looking Glass three years ago. “It took me one day to realize this job had my name all over it. Sure, I could make more money, but what I do with these kids, it changes their lives. I’m more than just a cook.”

Her duties go beyond dicing onions and grating cheese. The boys think of her as a mom. They respect her and find comfort in her cooking. Recalling one boy who loved pickles, Bettina described how she bought a variety of pickles for him to try so he could decide which one he liked the best. She even deep fried pickles once for a mom. They respect her and find comfort in her cooking. Recalling one boy who so he could decide which one he liked the best. She even deep fried pickles once for a mom. They respect her and find comfort in her cooking. Recalling one boy who

Looking Glass Pathways for Boys is one of 116 programs and services in Lane County that relies on food from FFLC. When you donate to FFLC you support this countywide food distribution network that provides food to 1 in 3 Lane County residents.

The Nutcracker at the Hult Center

A VIP Experience to benefit FFLC • December 21

The evening is sponsored by the Eugene Ballet. You will begin with a private backstage tour. See the sets and props up close before you take your premium main floor seats for the 7:30 pm performance. After the show, meet your favorite characters at a private, catered cast party. Don’t miss this magical night, and remember to bring your camera! Tickets are $80 and support FFLC hunger relief efforts. To order tickets call FFLC at (541) 343.2822.

At press time we had raised 50% of our $50,000 goal! Help us raise the rest by December 31!

Give a Gift that Changes Lives

This holiday season make a donation to FFLC and receive one of four beautiful cards featuring images by Eugene photographer Robin Cushman. Purchase online at foodforlanecounty.org, by phone at (541) 343.2822 or in person at 770 Bailey Hill Road, Eugene, OR 97402. Suggested minimum $10 donation per card.

An anonymous donor has challenged FFLC to raise $50,000 in monthly gifts by Dec. 31. All gifts made by NEW monthly donors and all gifts made by current monthly donors who INCREASE their monthly gift will be matched. Help us meet this exciting challenge. It’s easy to sign up. Complete and mail this form using the enclosed envelope or call (541) 343.2822 or sign up online at foodforlanecounty.org.

Help us raise the rest by December 31!

Monthly Donors! Help Us Meet $50,000 Matching Challenge

An anonymous donor has challenged FFLC to raise $50,000 in monthly gifts by Dec. 31. All gifts made by NEW monthly donors and all gifts made by current monthly donors who INCREASE their monthly gift will be matched. Help us meet this exciting challenge. It’s easy to sign up. Complete and mail this form using the enclosed envelope or call (541) 343.2822 or sign up online at foodforlanecounty.org.

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I prefer to make automatic monthly donations (please select one of the following):

• I authorize FFLC to transfer the following amount on the 18th of each month. This authorization will remain in effect until I notify FFLC, at any time, that I wish to change my contribution.

• $10 $25 $50 $100 Other *

• Check with first monthly gift enclosed or My blank voided check is attached

Credit Card: VISA MasterCard

Card #: ____________________________ Exp Date: ____________________________

I authorize FFLC to transfer the following amount on the 18th of each month. This authorization will remain in effect until I notify FFLC, at any time, that I wish to change my contribution. 

Signature (required): ____________________________

I may acknowledge my gifts in FFLC publications.

Additional options:

• You may acknowledge my gifts in FFLC publications.

More than 1 in 3 (39%) Lane County residents are eligible to receive a food box.

The Letter Carriers Food Drive

The Letter Carriers Food Drive is the first two Saturdays in December. Leave a donation of canned or packaged food by your mail box early on those days. Your letter carrier will pick it up. Adopt a lawn sign and help us spread the word about this important drive. Contact Alicia Hines at (541) 343.2822 x348 or ahines@foodforlanecounty.org.

Consider donating these nonperishable foods from our “most wanted” list:

- 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 • 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, chiles)

Letter Carriers Food Drive

FFLC’s SCAN-a-Coupon program is still one of the easiest ways to give where you live. Please SCAN today at one of these local merchants.

Market of Choice • Down to Earth • Ray’s Food Place

The Kiva • Friendly Street Market • Gray’s Garden Centers

Cook’s Pots & Tabletops • Capella Market

Sundance Natural Foods

Consider donating these nonperishable foods from our “most wanted” list:

- 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 • 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, chiles)

For more information, please visit foodforlanecounty.org or call 1-800-523-6676.
Upcoming Events  More Info and Events Online: www.foodforlanecounty.org

Harvest Festival at Churchill Community Garden: Oct 6
CROP Hunger Walk at Alton Baker Park: Oct 7
Lane County Home Improvement Show Food Drive: Oct 12-14
Food Stamped at Eugene Public Library: Oct 17
Mobile Food Pantry at Guy Lee Elementary: Oct 20
Stuff the McDonald Benefit Concert with Boys Like Girls, Chris Wallace and Rootdown: Nov 15
Stuff the Bus at Walmart stores: Nov 16-17
Turkey Trot at Alton Baker Park: Nov 22
Letter Carriers Food Drive: First 2 Saturdays in December
Good Earth Home, Garden & Living Show Food Drive: Jan 18-20

Letter Carriers Food Drive Is First 2 Saturdays in December

Leave a donation of canned or packaged food by your mailbox early on those mornings. Your letter carrier will pick it up. Thank you!

Follow Us Online!
Facebook & Twitter

facebook.com/foodforlanecounty
twitter.com/FoodForLC