Helping Older Adults Get the Help They Need

4.8 million older Americans are threatened by hunger — more than twice the number a decade ago. 65% of all seniors in the United States live at or below the poverty line. Retirement and Social Security aren’t always enough to stave off hunger.

FFLC’s Brown Bag Program provides nutritious staples — shelf-stable milk, peanut butter, cheese, whole grains, fresh produce — once a month for low-income seniors. Thanks to a capacity building grant from Feeding America and AARP, we are able to serve more local seniors.

“FFLC is one of 10 food banks in the United States that received this grant,” said Roz Fox, FFLC Brown Bag Program coordinator. “There were 70 applicants that vied for the grants. The additional funding has allowed us to expand our Brown Bag Program to serve 100 more seniors, but we know there are more older adults who need this kind of help.”

Olive Plaza is an independent living community in Eugene for seniors. Like most Olive Plaza residents, Shirley Kelley, 71, receives SNAP benefits, but they aren’t enough. So she gets a little extra food each month from FFLC’s Brown Bag Program.

“It’s really helped a great deal,” said Shirley. “Food stamps help, but they don’t buy very much at the grocery store. That’s why the Brown Bag supplements are very important, especially when you are on such a low income.”

You Can Help

You can help provide food for older adults in Lane County. Encourage elected officials to protect funding for state and federal nutrition programs, specifically the Commodity Supplemental Food Program. Volunteer to help FFLC deliver food to seniors at home. Sponsor a senior — a $500 donation keeps an older adult on FFLC’s Brown Bag Program for a year. For more information or to volunteer, contact Roz Fox at (541) 343.2822 or rfox@foodforlanecounty.org.

Mamma Mia!

Tony Award winning musical Mamma Mia! is coming to the Hult Center January 23. This performance — a benefit for FFLC — combines the magic of Abba’s timeless hits with an enchanting tale of love, laughter and friendship.

Tickets are $90 and include a private, pre-show cocktail party with the cast and premium Section A seats for the live performance.

Call (541) 343.2822 to order tickets today.
SNAP Cuts Will Effect Thousands

The 2009 Recovery Act’s temporary boost to Supplemental Nutrition Assistance Program (SNAP) benefits is scheduled to end on November 1. The average SNAP benefit is small — $130 per person per month or about $1.50 a meal — but it is critical for families living on limited resources. Most households report that their benefits last less than three weeks.

A reduction in benefits means more local families will rely on FFLC and its partner agencies for help. More than 82,000 Lane County residents receive SNAP benefits. Many SNAP recipients are working, retired or disabled. A third of all recipients in Oregon are children.

Contact your senator or congressman and urge him to protect funding for SNAP and other important state and federal nutrition programs.

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 • defazaio.house.gov

Order Tribute Cards Now

This holiday season, give a gift that changes lives. Make a donation to FFLC and choose from several cards featuring images by Eugene photographer Robin Cushman. Purchase cards 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. Discounts available for bulk purchases. For more information, contact Hadee Sabzalian at (541) 343.2822 or hsabzalian@foodforlanecounty.org.

For more information and to purchase cards:
(541) 343.2822 • foodforlanecounty.org/tributecards

"No one has said, 'I miss my cheese basket,' but many appreciate that we’re making a donation to FFLC in their name."

Summit Benefit and Actuarial Services Ltd, Eugene
Letter to Readers

FFLC is distributing almost 8 million pounds of food a year. Maximum capacity for our warehouse is 10 million pounds. We are always thinking ahead — about ways to maximize our current resources and how to prepare for the future. For the next three years, we’ve developed a roadmap toward becoming an even more efficient food bank.

We have four goals in the next three years — ensure a nutritious and varied food supply, maximize our facility’s capacity and plan for the future, be prepared to operate in an emergency or disaster and focus on programs that enhance self-sufficiency.

By making the most of the resources we have, we will have more energy to devote to battling hunger in Lane County. The nutritional food we are collecting will help our community be healthy.

We need to be prepared to serve as many people as possible. Our strategic plan is ambitious, but we are dedicated to our mission of alleviating hunger in Lane County. More to come, so stay tuned!

Beverlee Hughes
Executive Director

Feeding Kids When School Is Out

One in three Oregon children faces hunger, and more than half of all school-age children in Lane County are eligible for free or reduced-price meals (an indicator of poverty). FFLC’s Summer Food Program helps children get the nutrition they need — 6,370 free breakfasts and 106,686 free lunches this summer — to start back to school healthy and ready to learn. FFLC’s Summer Food Program also provides part-time employment for 100 people. This year we asked Summer Food Program site supervisors to send in “happy incident reports.” We wanted to share a few of those with you here.

Maplewood Meadows, Eugene: “As I was leaving today, Megan age 5 peeked through the passenger window of her mother’s car and said, ‘Bye, lunch lady, I love you!’”

Page Park, Springfield: “I wasn’t feeling well, and the heat was getting to me. When I arrived at the park, I spotted a beautiful blue vase full of assorted flowers and a clear plastic bag. The children had spent two days making me individual cards saying how much they like the lunch program and how much they like me. It made my day.”

Churchill Youth Sports Park, Eugene: “A girl came up and asked for a spork. I asked her if she just wanted the spork or the whole packet (napkin, straw). She replied with a smile, ‘whatever works for you!’”

Gamebird Park, Springfield: “I had two sweet kids who came up and asked for a bag so they could pick up trash in the park. It is really nice to be able to point out the nice things!”

Two Rivers-Dos Rios Elementary School, Springfield: “We saw a little girl in line with her hands over her face, obviously hiding a big smile. She was bouncing up and down with excitement. We asked her ‘what’s so exciting?’ She let out a little squeal and happily said, ‘I just love lunch so much!’”

Thank you to the thousands of volunteers who turned out to pack lunches this summer!

Thank You

We loved walking in this year’s Eugene Celebration Parade. It gave us a chance to say “thank you” in person to thousands who turned out along the parade route to cheer us on. We love you all!

Get involved! Call us at (541) 343.2822 or email info@foodforlanecounty.org.

Beverlee Hughes
Executive Director
Beans Pack Big Protein

Pinto bean flakes — FFLC’s latest Farm to Table Meal — are a big hit, easy to prepare and loaded with protein.

Pinto bean flakes provide 44% of the recommended daily allowance for protein. FFLC purchased pinto beans wholesale. The beans were processed by Inland Empire Foods in Sutherlin and then shipped to FFLC where volunteers packed them into family-size packages. The beans can be used like refried beans. Just add hot water.

“They are the best beans, and they are so easy to use,” said Trigger Ontiveroz, pantry manager at Crossfire Hands of Hope food pantry in Springfield. “90% of people take them because they’re easy to use and easy to store.”

“We’re making a great product that can fight hunger while stimulating the local economy by working with Oregon companies,” said Deb McGeorge, FFLC Food Resource developer. “And because the beans are low in sodium and high in protein they’re a healthy choice.”

Nutrition Education Gets A+

In its first six months, FFLC’s fledgling Nutrition Education Program has offered six class series in English and Spanish throughout Lane County. Participants have gained skills in meal planning, food preparation, stretching limited food dollars, navigating food labels, proper and safe knife technique and understanding federal MyPlate dietary recommendations.

“I loved [the class] and learned so much from it. It has made me aware of changes I need to make in my life to be healthier and teach my children to be healthier.”—Kay, class participant

“We’ve had a whole lot of fun preparing food in each class,” said Dana Baxter, FFLC Nutrition Education Program coordinator. If you’re interested in volunteering or taking a class, contact Dana at (541) 343.2822 or dbaxter@foodforlanecounty.org.

Grants Power Hunger Relief

Grants help fund FFLC programs, fighting hunger year-round. Thank you to these grantors for powering our hunger relief efforts in Lane County.

ConAgra Foods Foundation FFLC Summer Food Program
AARP Foundation FFLC Brown Bag Program for seniors
Cow Creek Umpqua Indian Foundation FFLC childhood nutrition programs
CenturyLink/Clark Williams Foundations FFLC general operating expenses
Bank of America Foundation FFLC general operating expenses and Children’s Weekend Snack Pack Program
Murdock Charitable Trust FFLC emergency generator

Thank You for Supporting Our Gardens

Thank you to everyone for supporting our Gardens Program this summer. Our Youth Farm Crew of 16 low-income teens gained skills and knowledge at the Youth Farm while growing and selling produce at two farm stands. The gardens provided educational activities for students of all ages, from preschool to college, and hosted summer school programs and camps including Looking Glass, the YMCA, Willamalane and the City of Eugene. Spring and Summer Plant Sales raised $23,554. The gardens wowed customers with delicious, fresh produce at farm stands at the Youth Farm (Saturdays 10am-2pm) and Sacred Heart at RiverBend (Thursdays 2pm-6pm). Both stands are open through October.
Hunger On Campus

Thousands of students flock to Eugene seeking a higher education. Many need an income to get by, but school can leave little time for a job. Even for those with jobs, tuition, books and rent leave little money for food.

The Episcopal Campus Ministry in Eugene is working to reduce the effects of hunger on college students. A food pantry staffed by the Episcopal Campus Ministry, run largely by UO student volunteers and stocked by FFLC helps fill the gap. The pantry is open to all college students and their families in the greater Eugene area who are in need of this type of support.

“Most people don’t know that we’re here,” said Chaplain Doug Hale. “We’re trying to do something that benefits our community so students don’t have to worry about where their next meal will come from. Every student is welcome.”

“I don’t know what I would do without the food I get here every month,” said one student who asked that we not use his name. “I think it’s an awesome idea to help a bunch of kids out.”

When you support FFLC, you support a countywide food distribution network of more than 100 programs and services. Learn more about this network at foodforlanecounty.org/network.

Letter Carriers Drive is December 7 and 14

The Letter Carriers Food Drive takes place 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. Please no glass containers.

Healthy foods top our list of most wanted foods. Consider donating these nonperishable foods in December and all year long.

*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, chilis)*

Driving Hunger Out of Lane County

Food and fund drives engage the community in our mission of alleviating hunger in Lane County. Thank you to the following for raising $500 or more or for collecting 500 or more pounds of food since our last newsletter. You keep the food moving.

*Graduate Teaching Fellows Federation • Lane County DHS Offices • Lane County Letter Carriers • Lane County Realtors • Liberty Tax Service • Monkey Bugs • Performance Martial Arts Academy • Principal Property Management • The Register-Guard • University of Oregon Housing • Willamette Street Blockbuster*
Q&A with FFLC Leadership Donor Nancy Golden

Long-time Springfield School District Superintendent Nancy Golden talked to FFLC about why fighting hunger is important to her. Nancy and husband Roger Guthrie are members of FFLC’s Leadership Circle.

FFLC: Why is fighting hunger important to you?
NG: I believe that every human being has a right to have their basic needs taken care of, and having food is on the top of my list in terms of basic needs.

FFLC: Did you see examples of hunger as superintendent of Springfield Public Schools?
NG: With so many students on free and reduced-price meals, food insecurity is a reality. There are examples every day of children who come to school and let us know that they have no food at home and their only food is what they receive at school. Our backpack program, which is a partnership with FFLC, identifies 50 students whose families need food.

FFLC: What does being an FFLC Leadership Donor mean to you?
NG: For me being a Leadership Donor means making things happen on behalf of children and inspiring and empowering other people in the community to do the same.

FFLC: What would you say to someone who may not feel like they have the funds or the time to contribute to FFLC? How can they make a difference in fighting hunger?
NG: It is truly a prioritization process. Find a way to carve out the time. A gift of any size matters.

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.

- Yes! Sign me up as a NEW Monthly Donor.
- I am currently a Monthly Donor. Please increase my monthly gift to $________

Name(s): __________________________________________________________

Address: __________________________________________________________

City ___________________________ State ______ Zip _______________

Phone(s): (_____) ____________ (_____) ____________

I prefer to make automatic monthly donations (please select one of the following):
- 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 - 3rd or - 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 - $84* - Other $________

*Donate $84 or more a month and become a member of FFLC’s Leadership Circle.

Signature (required): ___________________________ Date: ____________

- You may acknowledge my gifts in FFLC publications.

100 Cars for Good

FFLC is one of 250 finalists for Toyota’s 100 Cars for Good Program. Toyota’s 100 Cars for Good program will award 100 vehicles over the course of 50 days to 100 deserving nonprofit organizations based on votes from the public. Now we need your support! Vote for FFLC at 100carsforgood.com on October 19. If we win, we’ll use the car for home deliveries to seniors, visits to pantries and other partner agencies, transporting people and supplies to nutrition education classes and visits to grocery store donors.

Please support FFLC on October 19. Go to 100carsforgood.com to vote!
Justice of Eating Awards

Congratulations to the recipients of FFLC’s Justice of Eating Awards, presented at the 6th Annual FFLC Partner Agency Conference at the Eugene Hilton on September 11. Awards were presented for distinguished contributions to hunger relief in Lane County in three categories — individual, FFLC partner agency and group/organization. Thank you to Sterling Bank, Oregon Food Bank and the Eugene Hilton for sponsoring the event.

Forrest Wilcox, FFLC Volunteer
Forrest has been volunteering for FFLC for four years, primarily as FFLC’s lead sorter. Volunteering four days a week, four hours a day, Forrest has sorted or coordinated the sorting of most of the locally donated nonperishable food that FFLC distributes. He trains other volunteers on what can and cannot be distributed. In recognizing Forrest we recognize all the amazing volunteers who contribute to this network of food support in Lane County.

First Christian Church has made serving the poor and the hungry a priority. Since March 2010, First Christian has provided a free breakfast on Sunday mornings. More than 300 people from all walks of life are fed and welcomed. First Christian Church also hosts the Egan Warming Center, providing food and shelter when it is cold outside.

Attune Foods (formerly Hearthside Food Solutions) has donated over 72,000 pounds of Vanilla Crunchies cereal to FFLC for distribution to 66 schools and children’s programs. Starting this fall Attune Foods will double their donation to meet the growing demand. They have also donated over 208,000 pounds of boxed and bulk cereal and granola that FFLC has distributed through its countywide food distribution network.

SCAN a Coupon Today
FFLC’s SCAN-a-Coupon program is 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

Walk With Us!
The 4th Annual CROP Hunger Walk is Sunday, October 6, at Alton Baker Park. Registration begins at 1pm, and walk begins at 2pm. There are one-and three-mile courses, so there’s something for walkers of all ages and abilities.

The annual event to raise money for hunger relief is sponsored by FFLC, the Oregon Faith Roundtable Against Hunger and Church World Service. 25% of funds raised benefit FFLC, and 75% support international hunger relief through Church World Service.

For more information, contact FFLC Programs and Services Director Karen Edmonds at (541) 343.2822 or kedmonds@foodforlanecounty.org.
Upcoming Events

CROP Hunger Walk: October 6
Lane County Home Improvement Show Food Drive: October 11-13
Stuff the McDonald: November 14
Stuff the Bus: November 15-16
Turkey Trot: November 28
Letter Carriers Food Drive: December 7 & 14
Mamma Mia, A Benefit for FFLC: January 23
Good Earth Home, Garden & Living Show Food Drive: January 24-26, 2014
Chefs’ Night Out: April 8, 2014

More info and events online: foodforlanecounty.org/events

Letter Carriers Food Drive is first two 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. Please no glass containers. Thank you!

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youtube.com/food4lanecounty