

FOOD *for* THOUGHT

Breakfast Is Served

People who hunger for food often hunger for more. Shelter, safety, medical care, compassion. FFLC is the hub of a countywide food distribution network that distributes 16,000 meals a day. We are also a spoke in an impressive wheel of service that provides for the most vulnerable among us.

First Christian Church in Eugene is one of 19 meal sites in Lane County that relies on FFLC for food — about 2,000 pounds a month. FFLC also provides church volunteers with free training in safe food handling, civil rights and serving populations with limited English proficiency — all standard for FFLC partner agencies.

First Christian Church has made serving the poor in our community a priority. Its downtown location makes this ministry a natural fit. Senior Minister Dan Bryant is an outspoken advocate for the homeless and other vulnerable populations. Phyllis Weare is a member at First Christian and started the Sunday Free Breakfast with minimal funds and a few dedicated volunteers. Three years later, they are serving between 200 and 250 people a week.

“We did a survey to find out where they slept that night,” said Weare, who was recently honored by the Oregon Faith Roundtable Against Hunger (OFRAH) with a Harvest of Hope Award for her work serving the poor. “Out of 230 who agreed to tell us, 108 slept in the streets or under the bushes. Some slept at The Mission, some on the couches of their friends and family and 30 had apartments but just couldn’t make the food money stretch.”

Grants from FFLC and Oregon Food Bank have paid for food, equipment and a kitchen renovation. Other congregations including United Lutheran Church, Temple Beth Israel, Episcopal Church of the Resurrection, First Congregational Church and St. Jude’s Catholic Church and the community at large have stepped up to help serve the large number of diners.

It is still dark when they arrive. Many are carrying everything they own. Some carry more — pain, anger, loss, fear. A hot meal won’t fix everything that is broken in a life, but it helps.

“Until we find a solution to homelessness and poverty, people are going to have to pitch in and help their neighbors,” said Weare. “Jesus spent his time taking care of the poor. It seems like we should try to follow that example as best we can.”

When you support FFLC, you support a countywide food distribution network. For a full list of our partner agencies, go to foodforlanecounty.org and click on Programs & Services.



First Christian Church Sunday Free Breakfast

On Our Plate

- 1 Double your gift in February
- 3 Thank you, monthly donors
- 4 Chefs’ Night Out is April 9
- 7 FFLC distributes more produce
- 8 Upcoming events

Donate in February and Double Your Gift!

Thanks to a generous anonymous donor, every donation in February will be matched. Love your neighbor. Double your gift today!



Donate online at foodforlanecounty.org



Mail your gift to
770 Bailey Hill Rd
Eugene, OR 97402



Call (541) 343.2822



SCAN-A-Coupon at one of these participating stores

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



FOOD *for* THOUGHT

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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.

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Empty Bowls Sale Moves to New Location

Friday, May 3 • 4pm-8pm
FFLC Dining Room • 270 W. 8th Ave
Eugene (across from the WOW Hall)

We're moving our Empty Bowls Sale to a new location. We'll be tenting the parking lot next to FFLC's Dining Room, so there will be lots of room to browse and shop. This popular event always draws a crowd, so come early for the best selection. We'll have more than 1,000 bowls for sale, all beautifully hand crafted and generously donated by local artists. Bowls start at \$10, and each bowl purchased comes with a coupon for a free bowl of soup. Redeem your coupon there — we'll be serving soup on site — or at a participating restaurant. Proceeds benefit FFLC's local hunger relief efforts.

Thank you to Clay Space for helping make this event possible.



Empty Bowls Sale

SNAP Benefits Safe, for Now

Congress' January 1 agreement to avert the "fiscal cliff" extended the Farm Bill until September 30, without any cuts to Supplemental Nutrition Assistance Program (SNAP, formerly food stamps) benefits. Good news for low-income families who rely on these benefits. The bill also continues funding for The Emergency Food Assistance Program (TEFAP, which provides USDA commodities to food banks across the country) and renews a program that provides vouchers to help low-income seniors purchase fresh, healthy foods at farmers' markets.

The legislation extends unemployment insurance, preventing more than 2 million Americans from losing their unemployment benefits, and prevents cuts to WIC, saving funding for more than 9,000 mothers and children in Oregon. Cuts to nutrition programs were averted in this agreement, but we can expect significant pressure to cut SNAP and other programs on which low-income households rely.

Contact your senator or representative today and urge him to protect funding for programs that protect low-income Oregonians.

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

Putting Every Dollar to Work

Every \$1 donated to FFLC allows us to distribute 3 meals
94% of FFLC resources are dedicated to food distribution
Charity Navigator has given FFLC a 4-star rating

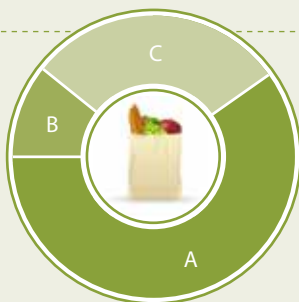


Working with 116 partner agencies, last year FFLC

- ✓ served 164,000 meals
- ✓ provided 73,000 food boxes
- ✓ distributed 7.6 million lbs of food

66% of the 823,000 lbs of food donated in December came from local donors

- A** Local donors 543,000 lbs (66%)
(includes FREX, Fresh Alliance and food drives)
- B** USDA 104,000 lbs (13%)
- C** Oregon Food Bank 176,000 lbs (21%)



Here are a few ways we put your dollars to work in December

- ✓ Dining Room: served 3,682 adults, 30 children, 3,712 meals
- ✓ Gardens: harvested 7,825 lbs of organic produce
- ✓ Volunteers: 1,540 people donated 4,168 hours
- ✓ Mobile Pantries: served 120 households, 440 people
- ✓ Food boxes: distributed 7,654 food boxes
- ✓ Meal sites and shelters: provided 14,653 meals

Hunger in Oregon remains stubbornly high, despite public and private efforts to combat it.

- ✓ 1 in 3 children in Oregon is food insecure
- ✓ More than 1 in 3 Lane County residents are eligible for food assistance
- ✓ Oregon is one of the hungriest states in the country
- ✓ 53% of school-age children in Lane County qualify for free or reduced-price school meals
- ✓ 1 in 5 Oregonians relies on food stamps, compared with 1 in 8 people nationwide

Thank You, Monthly Donors!

An anonymous donor challenged FFLC to raise \$50,000 in new and increased monthly gifts by December 31, 2012. Thank you to everyone who rose to the challenge! We met the match, and your generosity will allow us to provide an additional 300,000 meals.

Not a monthly donor? It's easy to sign up. Call (541) 343.2822, use the enclosed envelope or sign up online at foodforlanecounty.org. Donate in February and this month's gift will also be matched. FFLC monthly donors make ongoing monthly gifts through automatic bank transfers (EFT) or automatic credit/debit charges. Cancel or change your contribution at any time by calling (541) 343.2822 or emailing development@foodforlanecounty.org.

As other funding sources become more uncertain, monthly donors provide FFLC with long-term reliable income. A \$10 monthly gift provides 30 meals, or become a Leadership Circle Member when you sign up to give \$84 a month. Become a monthly donor today.



Beverlee Hughes

Letter to Readers

In January we asked our staff, board of directors, partner agencies, community members and clients to list our strengths, weaknesses, opportunities and challenges. We'll use this information to shape our next three-year strategic plan.

We're exploring and putting more focus on nutrition education, cooking classes, how to shop smart and how to grow your own food. We're also continuing to explore intentional food production, including working with local farmers and processors. Our gardens have the capacity to produce more food so we're looking at those opportunities.

We don't expect hunger to disappear. The people who have been harmed by the recession the most are not recovering yet and it will be a while before they are, so we're planning to be able to feed as many people as possible.

If you'd like to help shape our future and serve the community better, I'd love to hear your ideas. Please email me at bhughes@foodforlanecounty.org or call (541) 343.2822.

Beverlee Hughes
Executive Director



Chefs' Night Out

Chefs' Night Out 2013 Tuesday • April 9 • 6:30pm–9pm

Tickets: \$65 in advance • \$75 day of event • \$85 VIP

On Sale Now: (541) 682.5000 • hultcenter.org • Hult Center Box Office

Chefs' Night Out is Tuesday, April 9, at the Hult Center. Thank you to our title sponsor King Estate. Chefs' Night Out brings together the best of the area's restaurants, caterers, wineries and microbreweries — all of whom donate their time, talents, food and beverages to make this one spectacular night. Thanks to their generous donations and financial support from our sponsors, all ticket proceeds benefit FFLC's local hunger relief efforts. We have a limited number of VIP tickets that will get you into the event 45 minutes early, so get your tickets today!

"We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop."

Mother Teresa

Contact Us

FOOD for Lane County

770 Bailey Hill Road, Eugene, OR 97402

Phone (541) 343.2822

Email info@foodforlanecounty.org



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Eugene Disc Golf Club Events Raise Food, Funds for FFLC

Since 2008, the Eugene Disc Golf Club (EDGC) has raised over \$5,000 and 2,000 pounds of food for FFLC. The "Food Toss" is held in the fall, and the "Ice Bowl" is held in early February on the Saturday before the Super Bowl.

EDGC member Jim Johnson organized the first Food Toss in Eugene in 2008. The event raises funds for FFLC by charging participants a modest entry fee. Some players are awarded prizes donated by disc golfers and local businesses, but most participants take part in the event for fun and to give back to the community.

The Ice Bowl is part of an international series of disc golf fundraiser tournaments that has raised over \$2 million for food banks and other charities over the past 25 years. In 2012, EDGC member Matt Benotsch organized the first Ice Bowl in Eugene. That year the event attracted 109 participants. Benotsch plans to continue the tradition.

For more information about these and other EDGC events, visit eugenediscgolfclub.net.

Grants Support Our Mission

Thank you to these 2011-2012 grantors.

A. J. - Roslyn Gaines Foundation in memory of Carolyn Spector • Anonymous Fund of the Oregon Community Foundation • Bill Healy Foundation • Central Lutheran Foundation • Chambers Family Foundation • Collins Foundation • Comcast • Cow Creek Umpqua Indian Foundation • Crow Farm Foundation • Fred Meyer Fund • Joyce Thomas and Rob Castleberry donor-advised fund of the McKenzie River Gathering Foundation • Julie Bryant donor-advised fund of the McKenzie River Gathering Foundation • Levi Strauss & Co. • MAZON: A Jewish Response to Hunger • McKay Family Foundation • Obie Family Foundation • Oregon Food Bank • Partners for a Hunger-Free Oregon • Phileo Foundation • Safeco Insurance Foundation • Share Our Strength • The Isaac & Leah M. Potts Foundation, Inc. • The Register-Guard Community Leaders Together Grant • Three Rivers Foundation • Trust Management Services • W.L.S. Spencer Foundation

Emerald Empire Sports Car Club: Thank You for a Decade of Giving

Ten years ago, while looking for a worthy cause to support, the Emerald Empire Sports Car Club decided to donate to FFLC because they knew their donations would help people in need. Since then, they've donated over \$15,000.

Drivers are brought together by a common love for automobiles and motorsports, while the Club has taken charitable giving to an all-time high. Established 50 years ago, the Emerald Empire Sports Car Club holds competitions five weekends during the year where drivers attempt to maneuver a cone-lined course in the fastest time for their car's class. There are classes for most every vehicle, and the competition is fierce. It's a fun, family-oriented event that typically draws 100 participants. Participants receive a dollar off the entry fee when a can of food is brought to registration, or the Club donates \$1 to FFLC from the regular registration cost.

The Club's current event venue has become unavailable, possibly leading to more out of town events. The Club is unsure how a change of venue will effect attendance but said it will continue its relationship with FFLC. "With the economy and tough employment situation, there will always be many people to help," said Club registrar Bonnie Mueller.

For more information and a schedule of upcoming events, visit EESCC.com.

Volunteers Bring Heart and Soul to Pantries

FFLC operates three Mobile Pantry sites — Hamlin and Guy Lee Elementary Schools in Springfield and Child's Way Charter School in Culp Creek. Together they provide food for 120 households a month.

Thank you to the dedicated volunteers whose efforts keep this program humming — unloading the truck, organizing food, setting up tables, assisting patrons with respect and compassion and so much more. Know that you are each making a profound difference in the lives of the people you serve.

Special thanks to Family Resource Center Coordinator Julie Meehan and the Springfield Elks for hosting the Mobile Pantry at Guy Lee Elementary for the second year in a row and bringing food to more than 50 families a month. At Hamlin Elementary, thank you to Family Resource Center staff member Paola Faugh and the Springfield Faith Center. This school and these volunteers are new to the program, which started in October — but they started strong! 21 volunteers showed up and set up the pantry in record time. They brought such energy and fun to the event that people couldn't help but feel great as they rolled through. In Culp Creek, two very dedicated volunteers, Sue Roscoe and John Hubbard, have been hands-on for two years now, often the only two people distributing food to 30 or more families.

Culp Creek Mobile Pantry needs volunteers to set up and tear down and assist patrons. If you are interested in volunteering, please contact Carrie Copeland, FFLC Mobile Pantry Coordinator, at (541) 343.2822 or ccopeland@foodforlanecounty.org.

Get Your Dirt On

Mark your calendar for FFLC's Spring Plant Sale at the GrassRoots Garden, Saturday, April 13, from 10am to 5pm. The garden is located behind St. Thomas Episcopal Church at 1465 Coburg Rd in Eugene. Choose from an assortment of ornamental and edible perennials, natives, herbs and organically grown spring annual starts.

Join us at FFLC's Youth Farm, 705 Flamingo Ave, Springfield, for our Summer Plant Sale, Saturday, May 18, from 10am to 5pm. Choose from a variety of organically grown annual vegetable and flower starts including more than 50 varieties of tomatoes, 20 varieties of peppers, eggplants, cucumbers, zucchini, sunflowers, salad and cooking greens, basil and more.

For more information, call (541) 343.2822 or email gardens@foodforlanecounty.org.

Volunteer at the Garden

Gardening is the perfect cure for the wintertime blues. Learn while you work — about different methods of composting, how to make your own potting soil and much more.

GrassRoots: Tue, Thur and Sat 9am-4pm
Youth Farm: Wed, Sat 10am-2pm
Churchill Community Garden:
2200 Bailey Hill Rd, Eugene
Tue, Thur 9am-4pm, Sat 10am-2pm



FOOD *for* THOUGHT



Driving Hunger Out of Lane County

Thank you to everyone for making the Letter Carriers Food Drive in

December a success. We collected 164,283 pounds of food, surpassing our goal of 160,000 pounds. Many thanks also to these groups who raised \$500 or more or collected 500 or more pounds of food since our last newsletter. Your efforts keep the food moving!

Bertha Holt Elementary • Evergreen Engineering Inc. • First United Methodist Church • Johnson Crushers International Inc. • Kendall Auto Group • Lambda Chi Alpha's Pumpkin Smash • Lane Apex • Lane County Home Show • Lane County Safeway Stores • Lane Rural Fire/Rescue • Memento Ink • National Association of Letter Carriers • Oregon Medical Group • Overtime Grill • PakTech • PIPS at the UO School of Law • South Eugene High School • Springfield High School • Springfield Utility Board • Stuff the Bus - KDUK, Walmart, & LTD • Susan Cook's Rummage Sale • Team Eugene Swim Team • Temple Beth Israel

For a list of upcoming drives, see page 8 and visit foodforlanecounty.org. Consider donating these nonperishable foods from our "most wanted foods" list.

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, tortillas, enchilada sauce, cumin, chilies)



Dutch Luv February 14th

Bring in 3 or more cans of food and get a 16-ounce drink **FREE!**

CHOP: Choose Healthy Options Program

To support our efforts to increase the nutritional quality of the food we distribute, FFLC is participating in CHOP, a system designed especially for food banks that rates food from "choose frequently" to "sparingly." CHOP makes it possible to identify and inventory healthy food for acquisition and distribution and, when possible, partner with food donors to prioritize food that is low in fat, sugar and sodium. Studies show that low-income children and adults are more likely to suffer from diet-related illnesses, including hypertension, diabetes and obesity. Healthier food choices, combined with nutrition education and wellness education, can have a positive effect on our clients' health and habits.



Volunteers Needed for New Nutrition Education Program

FFLC's new Nutrition Education Program provides nutrition education, basic cooking skills and tips on how to stretch limited food budgets.

Cooking Matters teaches adults how to prepare healthy, tasty meals on a limited budget. Participants practice the basics including knife skills, reading ingredient labels, cutting up a whole chicken and making a healthy meal for a family of four on \$10. At the end of each lesson, participants take home ingredients to practice preparing the recipes they learned that day. Classes are taught by volunteers and administered by FFLC in partnership with Oregon Food Bank and with financial support from Share Our Strength.

Shopping Matters takes adults on a one-time grocery store tour. This learning experience is designed to help participants make healthy choices on a budget. Topics include reading nutrition labels, understanding unit pricing, choosing healthy food from every section of the grocery store and other ways to make the most of a tight food budget.

We need volunteers to prepare and teach classes. For more information or to volunteer, contact Dana Baxter, FFLC Nutrition Education Program Coordinator, at dbaxter@foodforlanecounty.org or (541) 343.2822.

Charitable Giving through Your IRA

Congress passed legislation to extend the IRA Charitable Rollover for 2012 and 2013. The law allows individuals 70½ and older to make gifts to charitable organizations. Individuals who took a taxable distribution from their IRA in December 2012 can avoid taxes on the distribution by making a gift to charity in January 2013. For more information, please talk with your CPA or tax advisor.

Carrots and apples and pears! Oh my!

FFLC has more fresh produce in its inventory than ever before. To get that produce out quickly to the people who need it, we've created a new program called Produce Plus. So far, it's a huge success.

Through Produce Plus, FFLC distributes about 2,500 pounds of produce each week to six sites including Oregon Department of Human Services (DHS) offices in Springfield and on Chad Drive and W 11th in Eugene; Women, Infants and Children; Cascade Middle School (for the Bethel School District) and the McKenzie School District.

For the recipients, the experience is similar to shopping at a farmers' market without the cost. Clients go home with 15 to 20 pounds of produce and may take as much as they think they can use.

"FFLC is committed to getting fresh fruits and vegetables to community members who cannot afford to buy fresh produce," said Karen Edmonds, FFLC Programs and Services Director. "We see this as part of the solution to fighting both hunger and obesity, as well as establishing positive lifelong eating habits for children. So far, the distribution has exceeded our expectations. Recipients love having access to fresh produce. It's proving to be very popular."

"The set-up and implementation of this new program was fast-tracked to meet our overflowing inventory of produce," said Edmonds. "It's been a great success so far."

Heather Miles works for DHS on Chad Drive and is grateful for the program. "Thank you for everything you are doing for the families we serve. This is an incredible help and one that we sincerely appreciate. Our clients would like us to extend their thanks to you all!"

Lentils Are South Dakota Bound

Tom Richmond of Cheshire had been following articles about FFLC's lentil and barley soup mix over the past year. In December, he told us he'd like to purchase some of this nutritious local product for an isolated and poverty-stricken Lakota Indian Tribe in Pine Ridge, SD.

Richmond first asked for samples to send to the Tribe. They loved it. He then contacted several people he knew were also following the Tribe's plight. Together they raised \$2,000 to purchase product, and by January Richmond and a few friends were in FFLC's kitchen repacking 2,000 pounds of barley and lentils. The packaged product was shipped to South Dakota later that month. It is truly a compliment to have our local product feeding hungry people over a thousand miles away!

Belly-Full and FFLC Partner to Feed Children in Springfield

Hunger prevents kids from reaching their full potential, and Springfield has one of the nation's highest rates of food insecurity among children. Organized through the Springfield Rotary Club, Belly-Full is a community coalition working to sustain and expand programs to stamp out childhood hunger in Springfield.

"At FFLC, one of our core values is partnerships," said FFLC Programs and Services Director Karen Edmonds. "FFLC's partnership with Belly-Full is one great example of how groups of volunteers who are committed to a cause can come together with speed and demonstrable results."

Belly-Full is partnering with FFLC, the Springfield School District, the Springfield Education Foundation and other community partners to improve food security for Springfield's youngest residents and their families — through Snack Pack, mobile food pantries, school gardens and increased access and awareness about existing food resources.

Thank You, Robin Cushman

For three years running, FFLC December holiday and tribute cards have featured photography by Robin Bachtler Cushman. Robin is a Eugene horticulture and fine art photographer. She focuses on local bounty, sustainable gardening and farming and all having enough to eat. Her work appears in galleries, books, magazines and calendars. In addition to FFLC, she supports First Christian Church Sunday Free Breakfast where she and her husband are members. Thank you, Robin, for sharing your beautiful images.





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Donate online:
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Upcoming Events

- Dutch Bros. Dutch Luv Food Drive:* Feb 14
- Governor's State Employees Food Drive:* Feb 1-28
- Lane County Home and Garden Show Food Drive:* Mar 7-10
- Chefs' Night Out:* Apr 9 at the Hult Center
- Spring Plant Sale:* Apr 13 at FFLC GrassRoots Garden
- Empty Bowls Sale:* May 3 at FFLC Dining Room
- National Association of Letter Carriers Food Drive:* May 11
- Summer Plant Sale:* May 18 at FFLC Youth Farm

More info and events online: foodforlanecounty.org

Chefs' Night Out is April 9 at the Hult Center

*Buy your tickets now! (541) 682.5000 • hultcenter.org
\$65 in advance • \$75 day of event • \$85 VIP*

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Chefs' Night Out