



A Quarterly Publication from the
Food Bank of Northwest Louisiana

FOOD FOR

Thought



Food Bank of
Northwest Louisiana

MEMBER OF
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AMERICA

Sprint 2019 Newsletter

SUE AND ROB'S STORY

My name is Sue and I live with my daughter and husband. My daughter, Cindy, takes care of my husband, Rob, and me full time. Rob has severe, advanced Alzheimer's and requires 24-hour care. My health is failing as well. It's hard for me to get around, so I don't have the ability to take care of him. I'm very grateful for Cindy, who has a family of her own, for stepping in to help us out.



Rob and I both worked our entire lives, but we never made enough to save. We had to spend our earnings on providing for our family. So in old age, we're left with nothing but a small, fixed income to live on. We depend on Cindy's family for the most part. But even though her husband works full time, they are struggling too. We've often been unable to make ends meet, and as a result we've had to skip meals or skip medicines – not

good stuff. We've also been forced to buy less nutritious food over the healthy stuff because it's cheaper. This has been particularly harmful to me since I am diabetic.

Things have been better, however, since we've discovered the Food Bank of Northwest Louisiana. Once a month, Cindy takes us to pick up food boxes they give out to older folks like me. The Food Bank gives us healthy foods like fresh fruits and vegetables, so I

don't have to eat as much of the starchy foods like I used to. The extra help has made my diabetes much easier to manage. My health has really improved.

I'm very grateful we found the Food Bank of Northwest Louisiana. They keep a lot of people from going hungry.

We are Blessed With A Generous Community

We started the New Year with a "Pardi"! Hemingway West's hugely successful Pardi Gras Bal, a Mardi Gras themed bash, provided a generous \$2,000 donation. Our most recent food drive, Souper Bowl of Caring with Kroger garnered enough food for over 13,000 meals for our community. We had a volunteer food boxing party and over 30 volunteers from Kroger packed 3,930 boxes.

We are grateful for all the groups that helped us in the beginning of the year. Thanks to Blue Cross Blue Shield of Louisiana employees that packed senior boxes with 5,000 meals on the MLK Day of Service and donated \$2,500. The Enterprise Rent A Car team volunteered and generously donated \$12,000. Additional generous supporters were Healthy Blue, MidSouth Bank, Capital One, and First Presbyterian Shreveport.

The Food Bank is certainly appreciative of the generosity of our fabulous



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You can visit the
Food Bank of
Northwest Louisiana
online anytime at:

www.foodbanknla.org

*Check out our website
to learn more about events,
volunteer opportunities, to make
safe, secure online donations
and to learn more about
the Food Bank.*



Letter

FROM THE EXECUTIVE DIRECTOR



FAITH RESTORED, HOPE RENEWED

Dear Friend of the Food Bank,

For a few weeks now the calendar has said that spring is here. Birds are singing, flowering trees are everywhere and new leaves are sprouting. This is, by far, my favorite time of year. It is faith restored and hope renewed. This year, more than ever before, we need both.

Together, we restore faith and renew hope for the 75,000 clients that turn to the Food Bank of Northwest Louisiana. The working poor, seniors and others living on fixed incomes are struggling to keep up with the rising costs of basic foods. And as the price of milk, bread, rice, cereals, pasta, eggs, meat and poultry and almost all other food items continue to rapidly increase, these people are finding themselves without money and without food at the end of the month—and some don't even make it that far.

It is our faith and hope that everyone will join us in meeting this challenge. Your donations to the Food Bank of North Louisiana is truly what provides us faith and for that we are so thankful. With your gift to the Food Bank, you extend hope to your fellow neighbor.

With gratitude,

Martha Marak

Martha Marak



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UPCOMING EVENTS

Empty Bowls Community Bowl Painting Event

Date: Thursday, April 4, 2019 from 5pm – 7pm

Paint a Ceramic Bowl to be used at the June event.

Light refreshments

Broadmoor United Methodist Church

Anderson Hall Gym, enter from Albany Street
3715 Youree Drive

Shreveport, LA 71105

\$20 donation to paint a bowl.



2019 Fight Hunger Spark Change Campaign

Dates: April 22, 2019 – May 20, 2019

Product Purchase: Each participating item purchased at Walmart or Sam's Club will unlock a donation to the Food Bank of NWLA.

Register Giving: Customers can donate to the Food Bank of NWLA at the registers of Walmart and Sam's Club stores.

Social Media: Follow hunger stories through social media. Repost and share stories and information on Fight Hunger Spark Change.



Give For Good Day

Date: Tuesday, May 7, 2019

May 7, 2019 is Give for Good Day, the 24 hours of online giving that is sponsored by the Community Foundation of North Louisiana. Remember, for every \$10 donated, the Food Bank will provide \$100 in food to the community. Donate at:

<https://www.giveforgoodnla.org/foodbank>



Stamp Out Hunger Food Drive

Date: Saturday, May 11, 2019

The National Association of Letter Carrier's 26th Stamp Out

Hunger Food Drive benefitting the Food Bank of Northwest Louisiana is Saturday, May 11, 2019.

To donate, leave non-perishable food donations in a bag near your mailbox on Saturday, May 11. In the days leading up to the food drive, letter carriers will deliver special bags to be used to bag donations. You can use your own bag, too.



Red Nose Day: On a mission to end child poverty.

Support the Food Bank through Red Nose Day: May 23, 2019

Through the power of entertainment, Red Nose Day raises awareness and money to help the kids who need us most, both at home and around the world.



Red Nose Day is a special day to have fun, come together and make a difference for kids who need our help the most - here at home and around the world.

Join the nation on May 23rd to celebrate Red Nose Day. Gather your friends, family and co-workers and get involved by wearing Red Noses, organizing a FUN-raiser and watching the biggest TV stars on the planet on NBC! All to raise money to help kids who need us most - at home and around the world.

Purchase your Red Nose at a local Walgreens or Make direct donations at RedNoseDay.org

Red Nose Day is a fundraising campaign run by the non-profit organization Comic Relief Inc., a registered U.S. 501(c)(3) public charity.

Empty Bowls Hunger Awareness Event

Date: Thursday, June 6, 2019 at 6pm

Soup Dinner and Silent Auction

Thursday, June 6 at 6pm

Eldorado Resort Hotel Casino

Grand Ballroom

Call for ticket information



HELP US FEED THE COMMUNITY: EMPTY BOWLS 2019



Empty Bowls 2019 is the Food Bank of Northwest Louisiana's annual main fundraiser and hunger awareness event. Last year's event generated funds to provide northwest Louisiana with food for 432,000 meals. Our goal for 2019 is to raise enough funds for 500,000 meals.

This year's event will be held at the Eldorado Casino and Hotel on Thursday, June 6, 2019. Attendees will enjoy a dinner featuring soups, bread, dessert and a beverage. Hand painted ceramic bowls as well as donated goods and services are available in a silent auction. At the end of the event, you will choose a ceramic bowl (crafted by artists and the community) to keep. These bowls remind us of all the empty bowls in our community that do not get filled each day. For tickets and event sponsorship please contact Donna Aubrey at 318.675.2400 ext.111 or development@foodbanknla.org.



Food Bank Facts

As a hunger-relief organization, the Food Bank of Northwest Louisiana acquires, stores, and distributes food and other essential items to low income children and individuals through 150 community non-profit and faith-based organizations within Caddo, Bossier, Webster, Bienville, Claiborne, Red River and DeSoto Parishes. These organizations consist of homeless shelters, soup kitchens, residential centers, churches, pantry programs, and schools. We save these agencies millions each year by providing free and low cost food and products.

OUR PROGRAMS INCLUDE

Food and Emergency Distribution:

In our last fiscal year, we distributed 11 million pounds of food with a value of \$17,283,785 to more than 75,000 children, women, men, seniors, homeless, disabled, unemployed and underemployed individuals living below the federal poverty level in the seven parishes of northwest Louisiana.

Disaster Relief:

As a disaster responder we provide immediate assistance to our member agencies, pop-up and faith-based shelters and other individuals. During the 2015 and 2016 spring flooding, we distributed over \$250,000 in food, water and supplies to disaster victims. Most recently, we have provided over \$275,000 in food and water to the Food Bank in Beaumont Texas and \$30,000 in water to the Puerto Rico Food Bank.

Senior Box Program:

Each month we deliver a box of pantry staple foods to over 1,000 low income seniors throughout our seven parishes.

Mobile Pantry:

Perishable and non-perishable food are distributed to rural clients on a monthly basis.

Kids Cafe® After School Meals:

Through a partnership with the Volunteers of America's Lighthouse Program and FDDOC Winner's Circle, hot meals and nutritional education are provided to hungry children in after-school programs.

BackPack™ Program:

Chronically hungry children are provided with a weekly backpack of food to take home for the weekend and holidays. Each 7-10 pound bag includes items such as cereal, milk, fruit juice, and pop-top canned food.

Summer Food Service Program:

Nutritional breakfasts and lunches are provided for hungry children that have no access to free food during the summer months when school is not in session. Food is distributed through summer programs such as Boys and Girls Clubs and faith-based summer programs.

K.I.D.S. (Kids in Distressed Situations):

A national program that distributes new clothing and toys to children in need.

VOLUNTEERS NEEDED

- Pack food boxes for Senior Program*
- Help administration with clerical duties*
- Organize a food drive or virtual food drive*
- Deliver senior food boxes monthly*

Contact Gene Hayes, Community Resource Coordinator, for information on volunteering with the Food Bank, 318-675-2400 ext. 115 or ghaynes@foodbanknla.org