

A Quarterly Publication from the  
Food Bank of Northwest  
Louisiana

# FOOD FOR *Thought*



Summer 2022 Newsletter



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## *A Message from Charles*



I grew up in Shreveport, and I've been here my whole life. I worked for the city's sanitization department for 35 years. Then, I worked as a CDL driver for another 15 years. Now, I am 67 years old and retired. I have three sons, but they are all grown up. Two of my sons moved away with my grandchildren to Georgia and Texas.

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*“...when I cannot afford food,  
I know that I have somewhere to go...”*

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I live in an apartment by myself except when my granddaughter stays with me. Her parents work, so I try to help out by bringing my granddaughter to and from school. Sometimes it is easier for her to stay with me, so I can watch over her. I do what I can with my retirement checks by paying the bills, and I buy food with whatever is left. It is still not enough to feed my granddaughter and me.

One day, my neighbor told me about the Food Bank of Northwest Louisiana and the local food pantry. I was hesitant. He told me just go to the Pantry on Texas one time and see if it helps, so I did. The people were nice, and the food helped out so much. I kept coming back every other month. Now when I cannot afford food, I know that I have somewhere to go and get the help that I need.

I have never been ashamed of being hungry and needing assistance. Many people in Shreveport are hungry. Back in the 50s and 60s, we never knew how we were going to eat the next day. These days, you can go to a food pantry once a month to keep food on the table. People should embrace the Food Bank of Northwest Louisiana for helping the community. It's a blessing to get what they give you. It helps you last until you have money to get more food.

***Community Foundation  
Give For Good Results***

**GIVE for GOOD**

powered by  
Community Foundation

Thank you for participating in Give for Good on Tuesday, May 3th!  
Because of your generosity, we received \$54,909 in donations for our Food Bank.  
These funds will be used to acquire food for our programs. Thank you!



Food Bank of Northwest Louisiana



FOOD BANK OF NORTHWEST LOUISIANA  
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You can visit the Food Bank of Northwest Louisiana online anytime at:  
[www.foodbanknla.org](http://www.foodbanknla.org)

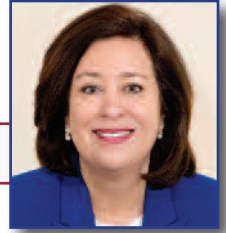
Check out our website to learn more about events, volunteer opportunities, to make safe, secure online donations and to learn more about the Food Bank.



Community Foundation of North Louisiana

# Letter

## FROM THE EXECUTIVE DIRECTOR



Dear Friends of the Food Bank,

While some businesses might “slow down” during the summer months, at the Food Bank of Northwest Louisiana we have been working a little extra.

Summer is the “hungriest” time of year for school age children that normally receive free meals at school. One in five children in northwest Louisiana are at risk of hunger. When school is closed for the summer, parents are faced with the challenge of filling a huge meal gap.

How can a parent that already struggles to make ends meet during the school year keep up when children are home for two additional meals, every day? Thanks to your generous gifts, we are able to help many families. With your support, we can help with our Summer Feeding Program by providing breakfast and lunch meals for children.

Children shouldn’t have to be hungry this summer and with your continued support, we are working to make sure children in northwest Louisiana have the food they need.

Gratefully,

Martha Marak  
Executive Director

## Stamp Out Hunger Results

Our sincere thanks to Danny Hachett and the local National Association of Letter Carriers (NALC) for their Stamp Out Hunger Food Drive that provided assistance to the rapidly increasing number of members of our community who are struggling with hunger. This year, Stamp Out Hunger brought in over 24,344 pounds of food! Thank you Letter Carriers!



### USDA Nondiscrimination Statement Civil Rights Requirements

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the **USDA Program Discrimination**

Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).  
This institution is an equal opportunity provider.

# How We Fight Summer Hunger

Across Northwest Louisiana, school is out for summer. For many children, this means they will not receive the two meals a day that the school provides. The Food Bank of Northwest Louisiana's Summer Meal Program provides meals to kids during the summer months, when they are at higher risk of hunger.

In northwest Louisiana, one in five children are food insecure. While child hunger is a problem year round, it is of special concern during the summer. This summer, the Food Bank of Northwest Louisiana is providing meals for 225 children each day. We anticipate providing over 4,500 free nutritional breakfasts and lunches for hungry children in our community at the following three locations:

- Volunteers of America on Travis Street
- Salvation Army Boys and Girls Club
- Camp Bernstein at Paradise Baptist Church



## September is Hunger Action Month

### Hunger Action Month | FEEDING AMERICA

September is Hunger Action Month, when the Feeding America nationwide network of food banks unites to urge individuals to take action in their communities. The goal of Hunger Action Month is to activate the public to act on behalf of Feeding America and our Food Bank. This September is your opportunity to create a movement throughout September that has a real and lasting impact on our mission to end hunger in northwest Louisiana.

How can you help? This September, we are asking you to take simple actions.

#### Take Action Online:

- **GO ORANGE FOR HUNGER:** Change your Facebook and Twitter profile photos to orange for Hunger Action Day® on September 23, 2022 and keep it orange for the month of September!
- **DONATE** your status and share your local hunger statistics on Facebook and Twitter
- **FIND and LIKE** us on Facebook

#### Take Action In Your Community:

- **GO ORANGE FOR HUNGER:** On September 23, 2022 Hunger Action Day, we are encouraging everyone to play a role in fighting hunger and show your support by wearing orange!
- **VOLUNTEER** at the Food Bank

**17TH ANNUAL**  
**FOOD BANK OF NORTHWEST LOUISIANA**  
**EMPTY**  
**BOWLS**

***Annual Empty Bowls  
Dinner & Silent Auction***

The Food Bank's largest fundraiser of the year, Empty Bowls, is Thursday, September 22, 2022 at Bally's Casino the former ELDORADO Resort Casino Shreveport. We are very thankful for the generous support of our sponsors. All proceeds from the event will be used to provide food for the Food Bank's programs. For more information please contact [marketing@foodbanknla.org](mailto:marketing@foodbanknla.org).

**2022 SPONSORS**

**GOLD**

Bally's Casino  
Enterprise Rental  
Healthy Blue  
ManPower  
Willis-Knighton Health System

**BRONZE SPONSOR**

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Moreman Moore  
Regions Bank

***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:**

**Food and Emergency Distribution:**

In the 2020-2021 fiscal year, we distributed 15 million pounds of food with a value of \$18,880,000 to more than 75,000 children, women, men, seniors, veterans, 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 partner organizations, sister food banks and individuals. We distributed \$250,000 of water and food during the 2015 and 2016 spring flood disaster victims. In 2017 - 2020 we provided over \$400,000 in food and water to the Food Banks in Beaumont Texas, Puerto Rico, South Carolina and South Louisiana for hurricane victims.

**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:**

The Food Banks provides meals for the Volunteers of America's Lighthouse Program, Caddo Parish Libraries, FDDOC Winner's Circle, Youth Enrichment Program, and David Raines Health Center for 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 during the summer months. Food is provided at summer programs such as Boys and Girls Clubs and faith-based summer programs.

**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 us for information on volunteering with the Food Bank, 318-675-2400 or visit our website at [www.foodbanknla.org](http://www.foodbanknla.org)