



# FOOD *for* Thought

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[idahofoodbank.org](http://idahofoodbank.org)

## A Growing Relationship

Dorsing Seeds started out by donating packets of seeds, now those donations have grown



See our annual report online at  
[idahofoodbank.org](http://idahofoodbank.org)

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Nutritious food is essential to maintaining good health. Yet access to this kind of food can be difficult for the estimated 252,060 Idahoans currently living with hunger (according to recent Map the Meal Gap study results). Fortunately, there are companies like Dorsing Seeds in Parma which are willing to share their abundance to help Idaho's food-insecure.

Dorsing Seeds' support for hunger relief began just three months ago with the donation of packets of seeds to help spur growth in The Idaho Foodbank's prison farm program. Like the seeds themselves, the company's support, over time, has grown. Today, the beans shown above

are part of 121,000 pounds of donated nutritious dry beans grown right here in the Treasure Valley. These beans mean more than weight. They mean a healthy, protein-rich meal for families in the far-reaching cities and towns in our state.

As hunger remains a challenge, the need for nutritious food like the beans from Dorsing Seeds grows. Even more important are companies like Dorsing Seeds.

In Idaho, our land has been generous to our communities. Luckily, so are the people who care for that land. It means all the difference in the world to the people who need assistance in our state. 🌱

# Nutrition



## Summer Recipe:

### Tex-Mex Skillet

#### Serving Size:

Serves 8, ½ cup filling and  
1 tortilla per serving

#### Ingredients

½ medium head lettuce  
1 medium green bell pepper  
1 large tomato  
1 small jalapeno pepper  
½ medium red onion  
2 cloves garlic  
2 ounces low fat cheddar cheese  
1 (15 ½-ounce) canned or pre-cooked black beans, no salt added  
1 pound lean ground beef  
1 (12-ounce) bag frozen or fresh corn  
½ cup water  
¾ teaspoon chili powder  
¼ teaspoon salt  
¼ teaspoon ground cumin  
Pinch of ground black pepper  
8 (6-inch) whole wheat flour tortillas

#### Instructions:

1. Rinse lettuce, bell pepper, tomato and jalapeno. Rinse and peel onion. Peel garlic.
2. Chop or shred lettuce into bite-size pieces. Mince garlic. Cut the jalapeno and bell peppers. Remove seeds with the tip of a knife. Dice peppers.
3. Over a small bowl, grate tomato and onion using the coarse side of a box grater. Collect all pulp and juices.
4. Grate cheddar cheese
5. In a colander, drain and rinse beans.
6. In a large skillet over medium-high heat, cook meat, bell pepper and garlic until meat is lightly browned. Drain to remove fat.
7. Stir in corn, beans, water and spices. Bring mixture to a boil. Lower heat and cover. Simmer for 10 minutes or until most of the liquid is gone.
8. While meat mixture is simmering, make a salsa. Add jalapeno and a pinch of salt to the grated tomato and onion. Stir and set aside.



Since 2010, Beef Counts has donated more than 600,000 servings of nutritious beef to Idaho families

Recipe and photo courtesy [cookingmatters.org](http://cookingmatters.org) 



## Cooking Matters Changes Lives

More than 1,000 people have graduated from our Cooking Matters program since its inception in 2012. Now, more people are lining up for a chance to take the course than ever before. Here are some thoughts from graduates of our most recent Cooking Matters class.

“My mom’s doctor told her she needed to eat healthier. So, I took this class so I could help her. It hasn’t just helped her. It’s helped me, too. I feel better already.”  
— Angela

“I needed a meal I could provide myself that wasn’t fast food. I needed something healthy in my body. This program has done that for me. I’m using ingredients I never imagined using before.” — Alicia

“I’m eating fresher and healthier than before. I’m already cooking more than I did before. I’m very glad I took part in this class.” — Siroos



To learn more about Cooking Matters or Beef Counts go to our website [idahofoodbank.org](http://idahofoodbank.org)



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### Our Vision

A hunger-free Idaho.

### Our Mission

Our mission is to help feed, educate and advocate for Idaho's hungry through collaborative partnerships to develop efficient solutions that strengthen individuals, families and communities.

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## A Message from the President and CEO



Karen Vauk, President and CEO

Dear Friends,

The role of food banking has changed a lot in the 30 years since The Idaho Foodbank opened its doors. While the mission of ending hunger has stayed the same, the definition and perception of hunger has changed.

In the line at a grocery store, one may hear people say that those in need of food shouldn't care what they receive—or worse, judgment might be cast upon those who receive food assistance because they may appear well-fed. But what's important to remember is that someone who is overweight can still be starving for proper nutrition.

That's why the Foodbank has adjusted our focus in the past few years. Generous donors are respond-

ing to our requests for fresh fruits and vegetables, along with foods low in calories, salt, sugar and fat, and more nutritious items like fruits canned in juice or extra light syrup, nut butters and whole grain pasta. These donations complement our shelf-stable necessities that fill the boxes that continue to reach and help so many Idahoans. These are seniors, young families with children and even veterans, many living in rural areas, who are grateful to receive a little assistance to make it through difficult times.

Much of this work happens because of you. As caring Idahoans, we need to remove barriers to help our friends and neighbors and ensure that the assistance we do offer promotes a healthy and active lifestyle.

We can do it, I know we can. 🍀

Karen Vauk

The Idaho Foodbank is celebrating it's 30th anniversary and we want to hear from you! Have you given or received assistance from the Foodbank in the past 30 years? We want to hear your stories. Email [msharp@idahofoodbank.org](mailto:msharp@idahofoodbank.org) and share your story!

# Mobile Pantries

## Focus on Rural Hunger



Some of the communities hit the hardest by hunger are those in rural areas—surrounded by Earth’s bounty, but limited in access to grocers or local pantries.

One such community is in Riggins. County stats suggest that more than 1 in every 6 people in Idaho County are suffering from hunger. They come from every walk of life.

Gary Evans is retired and collecting Social Security, which he says doesn’t keep up with inflation. Because prices of everything keep going up, he depends on The Idaho Foodbank’s mobile pantry each month to help fill the gap.

“Skippy” is employed, but comes to

the mobile pantry every month to help stretch her paycheck and avoid having to apply for food stamps.

“There are so many poor here in Riggins, and there aren’t any other out-reach programs like this,” she stated.

Skippy’s mother Jeanne Vanderpool also attends the pantry every month.

“Between the pantry and a fish once in a while, I can get by,” she quipped. “I’d be in trouble without it. I’d have to move in with Skippy.”

William Moore’s wife Patty says a blood clot forced her husband into retirement a few years ago. Both take multiple medications, which eat into their budget.

Moore says they really appreciate the yogurt that has been on the mobile pantry lately, since her husband’s doctor suggested he eat more dairy.

“He has two containers every day and at \$1.69 each, it really adds up,” she said.

The folks in Riggins aren’t alone. More than 740,000 pounds of food were dispersed through mobile pantries in the last year. For people in Idaho’s rural communities, those pounds make all the difference.

“You guys do a great job,” says Vanderpool. “I just wish it was more than once a month.”

If you want to find out more about mobile pantries or ways to help, head to our website at [idahofoodbank.org](http://idahofoodbank.org)



# Partnerships

## Working With Partners to End Childhood Hunger



Photo used with permission, courtesy of Giraffe Laugh

“I’ve seen children come in in the morning and eat bowl after bowl of cereal or plate after plate of eggs. That tells me they’re not getting enough food at home—or getting any.”

For Amber Murray, Donor Relations Officer with Boise daycare center Giraffe Laugh, the 1 in 5 children in Idaho suffering from hunger is more than just a statistic. She teaches some of them every day.

“When a child’s hungry and the food stamps don’t last throughout the month and they come to school here, if they’re hungry they’re not able to learn. Their concentration is off,” Murray says.

Giraffe Laugh and The Idaho Foodbank are working together to feed hungry kids in Boise. The day-

care center doesn’t just feed and watch children—they also serve as a food pantry for families who may be finding difficulty in putting food on the table. She says providing that food relieves a major stressor for children and their parents.

*We wouldn’t be able to do the work we do if we didn’t have the partnerships we have.*

“The fewer stress factors that a parent has, especially when they’re living in fragile circumstances, the better,” Murray says. “Eliminating those stress factors lessens the likelihood of abuse at home.”



That’s one of the many reasons why the partnerships with organizations like Giraffe Laugh have become vital to the mission of The Idaho Foodbank. Those 91,730\* children who may not know where they’ll get their next meal depend on people working together if Idaho is ever to become hunger-free.

“We wouldn’t be able to do the work we do if we didn’t have the partnerships we have,” Murray says. 🌱

*\*based on most recent statistics from Feeding America’s Map the Meal Gap study*

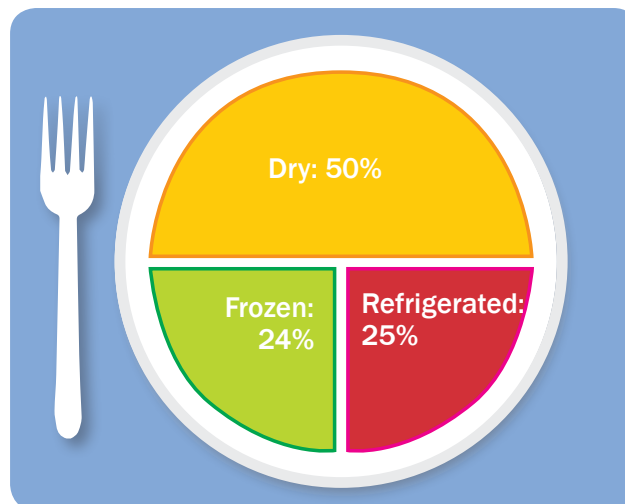
# Foodbanking

## Shift in Type of Food Donated Brings New Challenges

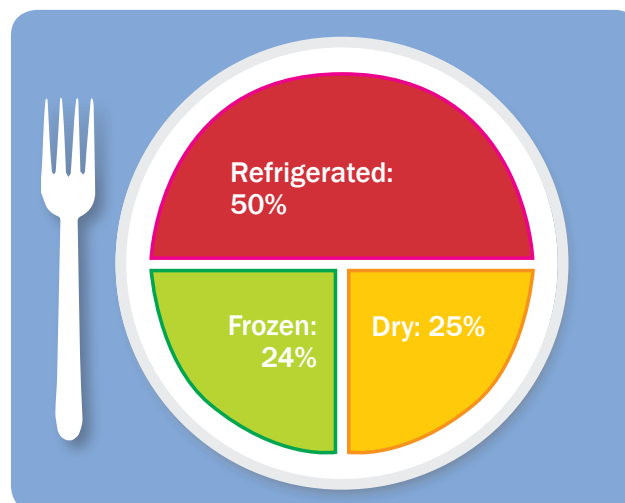
### Distribution of Idaho's bounty takes a fresh approach

A remarkable 92% of the food distributed by The Idaho Foodbank is donated. With the number of partnerships in Idaho's agricultural community on the rise, more and more of that donated food is fresh and perishable. This represents a dramatic shift from just six years ago when frozen food represented the largest segment of donated food. While a welcome addition to the nutritious food already offered through our community partnerships, fruits and vegetables require special handling from pick-up to final delivery to ensure the quality and freshness. New opportunities and new challenges are all part of working together to solve hunger in Idaho.

### Food Distributed by The Idaho Foodbank in 2008



### Food Distributed by The Idaho Foodbank in 2014



# Volunteering



## Why I Volunteer Becky Woodhouse, Pocatello



Corporate teams go above and beyond fundraisers

Becky Woodhouse says she wasn't totally certain how her first shift volunteering with The Idaho Foodbank would turn out. Now, eight months later, she hasn't stopped giving her time to the Cooking Matters program in Pocatello.

"I am a mother of four children. I really like to share my knowledge about cooking because there are a lot of people out there who don't know how to cook," she says.

Woodhouse believes the importance of the Foodbank's Cooking Matters program goes beyond just food.

"The aspect of sitting down and eating together, I think that's something a lot of families don't take advantage of," Woodhouse says. "It's a way to connect with your family and with those around you. Cooking, eating and nutrition are about more than just food. When you take the time to sit and eat with other

people, it becomes more than just an eating experience. You connect with people."

As for what she's received in return, she says that's easy to quantify.

"It's been rewarding," she says. "That's

why I continue to volunteer, because it's given me an opportunity to meet new people and to just share what I've learned over my lifetime with other people. I want to share what I have with those around me. The Foodbank gives me the opportunity to do that." ♣



Together we can end hunger





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## Working to End Childhood Hunger

Summer break should be fun for our little ones. Sadly, for the estimated 91,730 hungry Idaho kids (based on the most recent Map the Meal Gap data) the end of the school year can mean no reduced or free lunch – and added hunger. That's where Picnic in the Park comes in. In 2014, we're expecting to distribute more than 62,000 free lunches to children in the Boise area. That means a lot less time fretting over hunger and a whole lot more time to focus on making summer awesome!

Similar to our Picnic in the Park program, which runs during the summer, the Backpack program operates during the school year and challenges childhood hunger where it matters most – where



school lunches can't reach. When a child receives a backpack on Friday with enough food to span two days, it means a better chance at a worry-free weekend – and likely a better start to the next school week. A child is much more likely to succeed in their school work if they



don't have to worry about where they'll get their next meal. Both of these programs rely on the support of our generous donors to move forward. Because of people like you, more children are helped every year. Together, we can solve hunger!

Learn more about our Picnic in the Park and Backpack programs by heading to our website at [idahofoodbank.org](http://idahofoodbank.org)