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AMERICA**

**TOGETHER, WE CAN SOLVE HUNGER.**

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or to show your support,  
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Rated a four-star charity for  
seven consecutive years.

# FOOD *for* Thought

Helping our Idaho  
neighbors since 1984.

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## A Mother's Story



**D**uring our recent MIX 106 radio-a-thon for our Backpack program, we received a donation from a woman who had first-hand knowledge of the program. She agreed to share her very personal experience. Here, in her own words, is a mother's story.

**"The backpack program was a god send".**

I was in a bad relationship with my kids' dad—drug addict, abusive, controlling—and even though Idaho was our home, we had to sneak out on the bus to Texas one day because I knew if I didn't leave, he would probably kill me. We left. Tried to settle in Texas. No one wanted to hire a single mother who had been out of the workforce for 7 years and after trying really hard to make a go of it, my ex found us in Texas after a year and a half in hiding. Next move was to come home where our family was, and we were housed in a battered women's shelter. I tried my best to stay positive and on top of things and while we were getting assistance from the state, it wasn't enough to cover

everything we needed. The shelter signed my kids up—one girl, one boy—for the backpack program. It was very difficult to be in that situation. I felt ashamed. I felt like I failed. I was pretty sure things were never going to get better for my little family.

The backpack program was a god send. I knew it was for the sake of the kids and was grateful for your program, but it was still very difficult to accept without the negative feelings. Kids come first though. We were in the shelter for 15 mos. That was 2011-2012.

Now here we are 3-4 years later. I have a good job managing an office, the kids are thriving and we are not on ANY

assistance from the state. I am singlehandedly raising two amazing teenagers and running a business. Your program made a difference in my kids' lives. It made a difference for all the kids in the shelter. I've been there. I know what it is to not have enough for food, clothes, etc. Kids shouldn't go hungry. Life happens. So my goal was, once we were in a better place, we would make sure to give back to our community and this is definitely one of those opportunities. I even got my boss to contribute, because what is important to me is important to him. 🍏

**To see more stories of food recipients and donors, go to [idahofoodbank.org/stories](http://idahofoodbank.org/stories)**

**ANNUAL  
REPORT  
INSIDE**



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**GOING  
ABOVE AND  
BEYOND  
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*Dear Friends,*

Over the last two years, I've talked a lot about our "Fresh Approach" to solving hunger. With your help, The Idaho Foodbank has provided a larger quantity of nutritious foods, expanded education programs encouraging healthy cooking, and continued growing a system of delivering fresh food to rural areas of our state. With community rising to the challenge and joining in our

efforts to solve hunger, what we've seen during that time has been remarkable.

In July, the Idaho Medical Association, with sponsorship by the Idaho Academy of Family Physicians, and support from the Idaho Academy of Nutrition and Dietetics, took the unprecedented step of passing a resolution that recognizes hunger as a social determinant of health. The resolution also acknowledges The Idaho Foodbank as an important healthcare partner. This means that healthcare professionals will be encouraged to include hunger-related questions in patient screenings. For those who are found to be food insecure, access to an on-site food pantry or referral to a local pantry will be considered part of the treatment regimen – just like a prescription for medication.

This is a pivotal moment in the effort to solve hunger, as we expand our focus beyond feeding people to shortening their time in need and helping them exit that time with their health and dignity. All of these new partnerships come at a time when we're expanding our services to meet the need, distributing more food than ever before in more communities than we've ever reached.

**"The people in need aren't statistics. They're your sister, your grandfather, your daughter's best friend."**

While we celebrate these successes, we remember the food we're distributing can't simply be measured in pounds, and the people we're serving aren't just numbers. The food is coming from the homes, warehouses, facilities and fields of Idahoans who give graciously to their friends and neighbors who need a hand. The people in need aren't statistics. They're your sister, your grandfather, your daughter's best friend.

All of this work would not be possible without you. As we look forward to the next fiscal year, finding ways to continue the work to reach as many people in need as possible, we thank you for joining us in our efforts.

Thank you,

Karen Vauk, President/CEO

## Our Vision

A hunger-free Idaho.

## Our Mission

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 Fresh Approach is Taking Shape Statewide

**T**he A Fresh Approach campaign is gaining momentum every day with the addition of new friends that are anxious to have a real impact on hunger in Idaho.

The new north central Idaho facility in Lewiston will be ready for occupancy sometime in October, with a ribbon-cutting preview scheduled for later in the month. This is the culmination of years of planning that began with the hope of remodeling an existing building, but later availability and cost made new construction the best option for meeting the need in the region.

At our eastern branch in Pocatello, we've undertaken an extensive remodel of our existing facility to bring it in line with our latest food handling and safety standards. Making these changes now will give us the time we need to plan a move to



a more spacious building sometime in the next couple of years.

Planning for the Boise facility is still underway with a variety of interesting options being considered by senior management and stakeholders.



**A Fresh Approach**  
TO FEEDING IDAHO FAMILIES

The goal of our campaign is to develop the kind of facilities we need to provide nourishing food—much of it grown right here in Idaho—to tens's of thousands of men, women and children we were not able to serve today. It is A Fresh Approach to solving hunger in Idaho. But, it can only succeed with the generous support of donors both new and old. 🍏

To find out how you can participate in A Fresh Approach to feeding Idaho families contact Denise Brennan, Campaign Manager at [dbrennan@idahofoodbank.org](mailto:dbrennan@idahofoodbank.org) Or, call (208) 577-2710

## Volunteering in a Time of Need

**W**hen community members in Leadore are in need and turn to The Idaho Foodbank's Mobile Pantry, they're greeted by more than just a box of food. They also find friendly faces of community members working together to solve hunger. One of those friendly faces knows all-too-well the struggles of food insecurity.

Darlene Trefry has been volunteering at the Mobile Pantry since its inception. She is also in a place of need, surviving on disability and Social Security in a town without many options in the form of nutritious groceries and food.

"By the time I pay rent and power, there's no money left," Trefry says. "My only option is to spend the money to buy gas to go to town and buy groceries. The closest store is 50 miles away. Or, I can try and go more than 100 miles away."

Trefry is dedicated to making the

Mobile Pantry a success. Every month, Trefry helps unload the truck sent by the Foodbank, filled with enough food to provide food boxes for Leadore residents in need. She helps box up the food and then distributes it to her neighbors who are in a tough spot.

She is just one of the 10,032 people in Idaho served by Mobile Pantry every month, but Trefry is also one of the

**The community needs help. But if the volunteers weren't there, the food wouldn't be, either."**

Darlene Trefry, volunteer and food recipient

24,276 irreplaceable volunteers in the last year who made The Idaho Foodbank's efforts in solving hunger possible. She knows better than many how important giving back to her community can be. 🍏



Feeding Idaho families in need depends on the volunteers who donate more than 60,000 hours each year. To help, visit us online: [idahofoodbank.org](http://idahofoodbank.org)



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# HOPE

for the holidays

October 1 through  
December 31

**Donate today!**

**Please consider supporting the Foodbank through our holiday partnerships:**

Turkey & Santa Bucks	Albertsons	October through December
Stomp Out Hunger	Stinker Stores	November 7-17
Holiday Campaign	Fred Meyer	December
Idaho Ho-Ho Album	Moxie Java	Sales begin Nov. 25
Turkey Drive	Les Schwab	November through December

**For exact dates of upcoming events, check our website at [idahofoodbank.org](http://idahofoodbank.org)**

