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TOGETHER, WE CAN SOLVE HUNGER.

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# FOOD for Thought

Helping our Idaho  
neighbors since 1984.

Volume 31, Issue 1 Spring 2016

## Building a Healthy Life after a Heart Attack



ways to cook food at home. With a much more restrictive diet, LaDene said she embraced the class and the changes to her life.

It's now been 7 months since LaDene suffered a heart attack. In that time, with the help of doctors and Cooking Matters, she's lost

40 pounds and more than five inches off her waist. She's down from a size 20 to a size 16.

More importantly, she feels healthy. And her new lifestyle isn't uncomfortable, it's embraced.

"Yesterday, I threw away about half a ream of recipes because they don't fit in my new lifestyle," she boasted.

LaDene said Cooking Matters and its partnership with St. Luke's was a literal lifesaver. Even at 76, she said she feels like she's been reborn into a whole new life.

"It's absolutely changed my life," she said. "It was my third birth. My first was my mother, the second was my Lord. The third was a heart attack. It's the difference between having a life at this point and having nothing." 

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PARTNERSHIPS**  
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# Partners Provide Fresh Support for Hunger in Idaho

**A**lmost 90% of the food distributed by The Idaho Foodbank is donated. The Foodbank is fortunate to have the support of respected global brands such as the JR Simplot Company and ConAgra. But we couldn't provide the variety of fresh fruits and vegetables that we do, without the generosity and commitment of many smaller growers.

The Church of Latter Day Saints' Caldwell Orchard in Caldwell, Idaho, provided us with more 600,000 pounds of fresh fruit last year alone. This year promises to be even better with the addition of peaches grown specifically for the Foodbank. The Berry Ranch and Blue Barn Produce are a dependable source of a wide range of fresh fruits and produce including squash, beans, and strawberries.

Idaho families also benefit from the generosity of our neighbors in the region. As a member of Feeding the Pacific Northwest, Idaho receives surplus fruits and vegetables from Washington and Oregon. This group's contribution of fresh fruits in harvest season and frozen vegetables during the spring ensures the availability of nutritious foods all year long.

According to the Foodbank's Food Sourcing Manager, Lynn Dill, the flow of fresh and frozen foods is very good, but it could be better. "Capacity constraints actually limit the amount of food we can distribute", says Dill. "The Feeding the Pacific Northwest group has literally millions of pounds of fresh and frozen fruits and vegetables that could be



going to Idaho families that are hungry if only we had the space to receive it."

The Foodbank values the many partnerships and collaborations that enable us to provide nourishing food to the working families, children and seniors in need. While we celebrate the distribution of more than a million pounds of food each month, we recognize that solving hunger in Idaho will require even more. We're working on that. 

## Hunger Relief Close at Hand

**L**ast spring, a fire swept through the historic town of Idaho City destroying the livelihood of many residents and threatening the town's image as a popular summer tourist destination. In typical Idaho fashion, people and organizations marshalled their resources in support of the community. The Idaho Foodbank was among them. A truck packed with more than 10,000 pounds of food was dispatched from The Idaho Foodbank warehouse in Boise. Local residents welcomed the truck and with the assistance of volunteers, the food was distributed in less than an hour.

In late February of this year, heavy rains contributed to a landslide that closed the only highway into the small, remote community of Elk City. With power lines down and uncertainty surrounding the removal of the debris field, residents were left to their own devices. Concerned that

the landslide could prevent the Foodbank from making its scheduled food delivery later in the month, the Foodbank's Branch Manager in Lewiston contacted the sheriff's department about providing an emergency food delivery. After assurances that the 200 residents had food available for the present time, a contingency plan was put together whereby 50 food boxes provided by the Foodbank would be picked up from the Camas Prairie Food Bank in nearby Grangeville and delivered to the community by the sheriff's department.

Whether it's providing food to the network of 200+ community partners statewide, or responding to the immediate needs of small rural communities in crisis, The Idaho Foodbank is always ready and willing to offer a hand. 



# 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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Dear Friends,

The preferred goal of food banking is to never have to expand operations or services. If I had my way, hunger in Idaho would be eliminated and the need for our organization would be erased. Unfortunately, this is not the case in Idaho today. While we continue to work with partners and donors, like so many of you, to meet the elevated need for support across our state, it's important to recognize and celebrate the creative programs and community engagement that happens along the way.

We're excited to share several examples of efforts underway to feed more Idahoans than ever before, and to explore new solutions for solving hunger. What's being done to help people not only have food, but also reduce the length of time they are in need, goes well beyond distributing food boxes. In this issue, we highlight the impact these donor-supported programs have on the lives of Idahoans in need with an overview of their efforts, recognition of their commitment, and our sincere appreciation.

Underlying these efforts is an important focus on nutrition. We take great pride in the fact that 83 percent of the food we distribute is nutritious. This helps keep Idaho families healthy, even while they experience difficult times. Providing more nutritious food means more fresh and frozen foods, which require more freezer and refrigeration capacity in our three warehouses. This increased focus on nutritious food has led us to the conclusion that our facilities must be retooled and expanded to accommodate this important evolution of our mission. Our expansion will come in phases, with the first phase focused on a new warehouse in Lewiston, followed by the expansion of our facilities in eastern and southwest Idaho as well.

**"We take great pride in the fact that 83 percent of the food we distribute is nutritious. This helps keep Idaho families healthy, even while they experience difficult times."**

To support this, our statewide capital campaign – A Fresh Approach - is underway. To help us in that effort, Patricia Kempthorne, former First Lady of Idaho, has taken the lead role as Chair of our capital campaign. Her knowledge of our state and her passion for solving hunger makes her a natural fit, and her support and expertise has already been invaluable. We're honored she has chosen to serve in this leadership role. More information about A Fresh Approach, including how you can donate, can be found at <http://idahofoodbank.org/give/capital-campaign/>.

In this fiscal year, we're on track to distribute enough food for more than 14.3 million meals – more than ever before. However, there are still people in need who we're not reaching, so we will continue working to help all of those friends and neighbors who need our support. Please join us in our effort to provide more nutritious food, to more people, in more communities. Together, we really can solve hunger.

Thank you,

*Karen L Vauk*

Karen Vauk, President/CEO

# Our Capital Campaign

## Taking a Fresh Approach to Feeding Idaho Families

About 6 years ago, the type of food received by the Foodbank began to change. Instead of the familiar shelf-stable foods—cans and dry food—there were more fresh and frozen items. For years food donations were split 50-50% between shelf-stable and fresh/frozen. Now, it is 75% fresh/frozen and 25% dry, with fresh fruits and vegetables representing an ever larger percentage of the donated food mix. With an increase in support from Idaho's agricultural community and a new emphasis on distributing nutritious food to promote better health, everything appeared to be pointing in the right direction, with three notable exceptions—the Foodbank warehouses in Lewiston, Pocatello, and Boise.

Built primarily for shelf-stable foods, these warehouses lack the refrigeration and freezer capacity to take advantage of the bounty of foods being offered by generous donors. Consulting with community partners, donors, and staff it was decided that the best solution going forward, was to embrace A Fresh Approach – our capital campaign. Executed in phases with the first phase focused on construction of a new facility in Lewiston, the campaign will result in more food reaching more people in more communities statewide. And not just any food, but more nutritious food that reflects the many fruitful partnerships the Foodbank enjoys with corporations, processors and growers here in Idaho. 



A Fresh Approach  
TO FEEDING IDAHO FAMILIES



{ "It's scary how fast you can go from being responsible and setting aside money, to not having a single penny to put food on the table." - Elisabeth, Food Recipient }



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Boise, ID

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Physical Therapist  
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### Our Statewide Steering Committee

# North Central Idaho

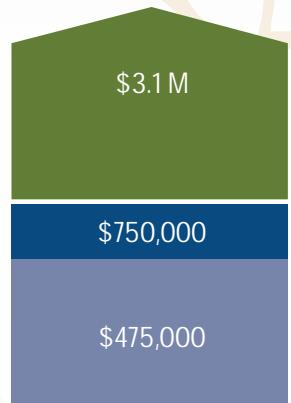
## Lewiston – A New Facility

Opened in 1994, the Lewiston warehouse distributes food to 31 community partners operating in Latah, Nez Perce, Lewis, Idaho, and Clearwater counties. In addition, staff conduct programs such as Cooking Matters in all of the northern counties of the state.



A Fresh Approach  
TO FEEDING IDAHO FAMILIES

### Almost There!



ONLY \$275,000 REMAINING

### Opening Summer of 2016



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Lewiston, ID

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Rotarian  
Lewiston, ID

#### What you can do

- Schedule a facility tour
- Provide an introduction to a potential supporter
- Host an in-home event
- Donate at any level - it all counts

For additional information on the capital campaign contact:  
**Morgan Wilson, VP of Development,**  
[morganw@idahofoodbank.org](mailto:morganw@idahofoodbank.org)  
or (208) 577-2691

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# ITA Delivers

The Idaho Trucking Association (ITA) is a good partner of The Idaho Foodbank. Its Truckers Delivering Hope program encourages drivers and association members to donate loads of food, as well as provide free transportation for our food. Recently, the organization hit the road with a new idea designed to help us keep the millions of pounds of donated food moving

“Dependable transportation makes delivering donated food around the state a whole lot easier.” -Jay Mouser, Driver

through our network. Former ITA board chair Bill Moad, Director of Fleet Operations at J.R. Simplot Company, and ITA member Bill Pahl, District Manager for Kenworth Sales Company, thought ITA could do more. The result is an innovative program that currently provides the Foodbank with the free use

of four Kenworth trucks for up to three years. Better still, some trucks were modified to make it easier for our drivers to maneuver the narrow roads and tight alleyways they often encounter when delivering food to community partners.

Transportation is the essential link between collecting donated food and distributing it to our three warehouses, as well as our 200+ community partners statewide. Access to newer trucks through the generosity of ITA and the support of the J.R. Simplot Company and Kenworth Sales Company will help ensure that food is on the road, headed to the people who need it most. 

To learn more about ways you can support hunger-relief in Idaho, visit: [Idahofoodbank.org](http://Idahofoodbank.org)  
Or, contact Morgan Wilson, VP of Development: [morganw@idahofoodbank.org](mailto:morganw@idahofoodbank.org) or (208)577-2691



In 2010, the Idaho Cattle Association, Idaho CattleWomen Council, Idaho Beef Council and Agri Beef joined together to create the Beef Counts campaign to provide Idahoans in need with nutrient-rich beef. Since then, ranching families have donated cash and cattle worth more than \$465,000 - 915,000 beef servings - to The Idaho Foodbank.

The Idaho Foodbank distributed more than 200 pounds of beef during a special distribution for seniors this past March, thanks to the help of members

## Beef Counts for Those in Need



Idaho's Beef Industry United Against Hunger

the most difficult types of food for us to provide in the quantity needed.”

Each single beef animal donated by farmers and ranchers provides roughly 1,600 servings of high quality beef protein.

“High-quality protein is a powerful nutrient that plays an important role in maintaining strength and staying healthy,” said Traci Bracco, Executive Director of the Idaho Beef Council. “When you’re food scarce, every calorie and nutrient counts. Beef makes you feel full longer and with 10 essential vitamins and nutrients, it is important to good health.” 

of the Idaho Steelheads, beef producers, and the Idaho Beef Council.

The distribution happened in Garden City near a senior community with high levels of need. More than 70 seniors signed up for the special distribution, which included beef, produce and shelf-stable foods.

“This was a good example of the great partnerships that help in the effort to solve hunger,” said Karen Vauk, President and CEO of The Idaho Foodbank. “Protein is one of the most important aspects of nutrition, and one of

To help provide beef to those in need contact Morgan Wilson, VP of Development: [morganw@idahofoodbank.org](mailto:morganw@idahofoodbank.org)

## Summer Food and Fun

The warmer weather means school is almost out, and while that should be an exciting time for all kids who can't wait to enjoy their summer vacation—for those who are hungry, summer can be a much different experience.

Food-insecure kids will often end up in worse situations during the summer, with the absence of free and reduced-price breakfasts and lunches. To combat this, we're conducting Picnic in the Park from June 6 to August 12, an opportunity for children to get a free lunch every weekday during the summer at 25 Boise parks. Other educational and recreational activities are also offered to help spur intellectual and physical growth!



**Picnic**  
in the park



us provide books to read, story-tellers to engage, games to play and tons of ways to stay active.

This year we're planning to serve about 52,000 meals throughout the summer.

To learn more about locations and how you can join in the effort, head to [idahofoodbank.org](http://idahofoodbank.org).

## Continuing to Serve His Community

For a nonprofit like The Idaho Foodbank that directs 94 percent of all donations to programs and services, volunteers are not only integral to the organization - they're essential.

April is National Volunteer Month, and as such, we are celebrating the people who give their time to help solve hunger in Idaho. One such person is Lucas McDermott, a fellow with The Mission Continues, an organization that empowers veterans to find new purpose through community impact, redeploying them on new missions in their communities so their actions will inspire future generations to serve. Lucas, an Air Force and Army veteran who spent just under 10 years in the military, is now spending hours working in The Idaho Foodbank's Volunteer

Services department.

"I have worked for a number of different Fortune 500 companies when I left the military," he says. "Even though I was successful, it didn't fill my desire to have a significant impact."

We're thankful that Lucas has found that impact here, working with the volunteers and staff who make the Foodbank work.

"I feel really blessed that things lined up the way they did," he tells us. "I feel like I'm really helping people directly."

Food banking may be something he continues to be passionate about when his service time is up, too.

"I think the Foodbank is an



extremely significant support service," he says. "Not just in Idaho, but across the country, to continually innovate and grow to help meet an increased need is outstanding. I would say this organization is truly impactful."

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)



The Idaho Foodbank  
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## Help The Idaho Foodbank Go Green This Spring!

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## Donate today!

Join us for these events and drives benefitting  
The Idaho Foodbank:

May 5	Idaho Gives	Statewide
May 14	Stamp Out Hunger	Statewide
June 6	Picnic in the Park	Boise
June TBD	Cereal Drive	Lewiston
July 17	Blues Festival	Boise
August TBD	Open House	Lewiston
September 8	A Chefs' Affaire	Boise



For current information on events and promotions  
in your community, visit: [idahofoodbank.org](http://idahofoodbank.org)