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TOGETHER, WE CAN SOLVE HUNGER.

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program information,
or to show your support,
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FOOD for Thought

Helping our Idaho
neighbors since 1984.

Volume 32, Issue 1 Spring 2017

Setting An Example For His Daughter



At the local pantry in Pocatello, he requested a loaf of bread and peanut butter. What he got instead made him weep with relief.

“They told me I needed more than that to give my daughter,” Kelly says. “They told me it is ok to ask for help. It was more than just peanut butter. I was able to make meals. They gave me potatoes and rice. I received meat and a whole chicken. They provided me with so much more than they thought.”

When Kelly went in to check his schedule at his work—one of three jobs the single dad was working to help put food on the table for himself and his daughter—he learned he wouldn’t be receiving work hours or a paycheck that week because of a remodel. Having just paid some bills in full, expecting to have the safety net of another check coming, Kelly saw his grocery budget disappear.

That night, with the stress mounting, he looked at empty cupboards and realized, for the first time in his life, he was going to have to ask for help to feed his daughter.

“I was embarrassed,” Kelly says. “I thought I could do it on my own, but I needed help.”

Kelly used the chicken to teach himself to make soup. He stretched the food box to last him and his daughter weeks.

Now, 17 years later, Kelly is helping The Idaho Foodbank in his own way. As the host of the morning show on KORR 104 in Pocatello, he joined boss Paul Anderson’s recent 12-hour phone-a-thon to help raise funds for the Foodbank. The campaign raised nearly \$5,000, which was matched by \$5,000 from Idaho Central Credit Union.

“It was easy,” says Kelly of his involvement. “It was a no brainer. It’s easy to do something when you’ve seen it work firsthand.” 🍏

To see more stories of food recipients and donors, go to idahofoodbank.org/stories

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FUTURE
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Dear Friends,

When The Idaho Foodbank opened its doors in 1984, it did so with a mission to solve hunger. Over the last 33 years, we've worked with hundreds of partners in many communities in our state, and have learned a lot about what "solving hunger" can really mean.

Hunger goes far beyond having access to food. For many of our 240,000 friends and neighbors enduring food insecurity in Idaho, it's the availability of food that is both affordable and nutritious that can be a significant challenge. Poor nutrition often leads to poor health. Poor health often leads to the added

financial burden of medical care, doctor visits, prescription medication, and possible hospital stays. For a family already struggling to put food on the table, this can lengthen their time in need of a hand up. As an organization whose mission is to shorten that time, the Foodbank is working to help these children, families and seniors before the medical bills start stacking up.

In this newsletter, you'll learn about how we are collaborating with health and medical professionals in our state. With their help, we're working to identify hunger as a potential cause of health problems, provide nutrition education, and also assist those in need in finding the nutritious food our bodies need to function at their best.

With their health and dignity intact, Idahoans in need—as well as the communities in which they live—will be stronger. This will not only shorten their time in need of assistance, it will make them better prepared to take on the challenges that life can sometimes bring. In these efforts, we are honored to team with our partners, collaborators and you. Together, we can solve hunger.

Thank you,

Karen Vauk, President/CEO

Invest In The Future

Be a part of the most significant hunger-relief initiative since The Idaho Foodbank first opened its doors in 1984—the capacity expansion of regional facilities in Boise, Pocatello, and Lewiston.

This is a special opportunity for you, your business, corporation or family trust to invest in an important undertaking that will result in more fresh and frozen food going to more people in more communities than ever before. It's a fresh approach to feeding Idaho families in need.

Gifts to A Fresh Approach campaign will be considered separate from annual support donations. By supporting this campaign you are investing in the future and bringing us that much closer to realizing our vision of a hunger-free Idaho.



A Fresh Approach
TO FEEDING IDAHO FAMILIES

For more information or to show your support for Idaho families in need contact: Denise Brennan, at dbrennan@idahofoodbank.org, or call 208-577-2710

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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Southwest Idaho

3562 S. TK Ave.
Boise, ID 83705
208.336.9643
Greg Roegiers,
Distribution Manager
groegiers@idahofoodbank.org

North Central Idaho

3331 10th St.
Lewiston, ID 83501
208.746.2288
Chico McKinney,
Branch Manager
cmckinney@idahofoodbank.org

Eastern Idaho

555 S. First Ave.
Pocatello, ID 83201
208.233.8811
Jim Beitz,
Branch Manager
jbeitz@idahofoodbank.org

Food & Health



The Idaho



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Special Health Supplement Spring 2017

Good Food For Good Health

Many of Idaho's most common chronic diseases are diet related including obesity, heart disease, high blood pressure, and diabetes. The right diet can reduce a person's risk of getting these diseases. Or, if a person has already been diagnosed, help manage it effectively. Individuals who are food insecure are at higher risk of developing a chronic disease.

The reason is simple: they don't have the resources to purchase nutrient dense foods such as fresh fruits and vegetables that are essential for maintaining good health.



More than 200,000 Idahoans are food insecure.

People who receive help from food banks often have significant health concerns:

47% have "fair" or "poor" health.



33% of households have at least one member with diabetes.

58% of households have one member with high blood pressure



50% have unpaid medical bills

66% have had to choose between buying food and paying for medicine



Based on Feeding America's Hunger in America 2014 survey

Food Insecurity Affects Healthcare Costs

Healthcare professionals are committed to improving the overall health of the community, improving patient care, and at the same time, lowering costs.



For people with diabetes, for example, a healthy diet is an essential part of the treatment plan and the only way to effectively manage the disease. Poor nutrition can lead to frequent hospital readmissions and serious health complications that can be expensive to treat.

Food Insecurity can:

- Increase the risk of developing a chronic disease such as diabetes
- Prevent effective chronic disease management
- Increase the likelihood of hospitalization
- Result in poorer patient outcomes and higher treatment costs

Based on article in 2014 issue of Health Affairs, by Dr. Hilary Seligman

Partnering For A Healthier Community



For several years, The Idaho Foodbank has been focused on obtaining more fresh fruits and vegetables for distribution. Greater support from Idaho's agricultural community and an increase in the number of grocery stores participating in our Food Rescue program have pushed the percentage of donated food considered nutritious to greater than 80%.

Now, we are working in collaboration with healthcare partners to make it easier for Idahoans who are food insecure and have health issues to get the food they need to promote better health.

"Stable access to nutritious food can help the people we serve before the medical bills start stacking up."

Karen Vauk, President and CEO, The Idaho Foodbank



Screen And Refer

Participating healthcare organizations such as community clinics include food insecurity questions in their patient screening. If the need for food is indicated, the patient is referred to a local food pantry. Healthcare organizations with the physical space, can provide their own food pantry onsite.



Feed And Screen

The Idaho Foodbank's Mobile Pantry program coordinates food distributions with community healthcare partners that sponsor free health assessments. Conducted by healthcare professionals at predetermined locations such as churches and community centers, the screenings can include blood pressure, BMI, cholesterol, diabetes—even flu vaccinations.



Childhood Hunger And Health Go Hand In Hand

Supported by a grant from the ConAgra Foods Foundation, the Foodbank led a year-long collaboration project to assess and address childhood hunger and food insecurity in Twin Falls County. The University of Idaho Extension Campus was a major partner



Genesis Community Health's Garden City Clinic is an integrated healthcare facility providing primary medical care, basic dental, mental health, specialty referral, and medication guidance to those who are uninsured and have a lower income. The clinic includes food insecurity questions in the patient intake forms. When there is a need for food assistance, staff refer patients to a mobile distribution, or the nearest food pantry location. As a member of the Garden City Collaborative, the clinic participates in healthcare "pop up" events that provide basic health screening and support services to local residents.



THE HEALTHY U Idaho State UNIVERSITY

DIVISION OF HEALTH SCIENCES

Community Health Screenings

Conducted by students from the Health Sciences Department, the screenings take place at various community locations and are available to individuals at no charge. During the 2015-2016 school year, the Foodbank distributed food through its Mobile Pantry program at all 6 health screening events held by ISU.

Screenings Include:

- **Basic Physical Exam/Assessment**
- **Depression & Alcohol Screening**
- **Oral/Dental Health Exam**
- **Nutrition Assessment & Education**
- **Flu Shots**
- **Hearing and Eye Screenings**
- **Testing for Blood Sugar levels, Cholesterol**



in this effort, as were numerous organizations dedicated to finding community-wide solutions to hunger.

Funding supported expansion of the Foodbank's Cooking Matters program, with 24 six-week courses and 9 one-day store tours completed in the county. Grant funds also supported four existing School Pantries and two new School Pantry sites at Boys and Girls Club of Magic Valley in Buhl & Robert Stuart Middle School in Twin Falls.



Looking Ahead Towards A Healthier Idaho

In July of 2016 the Idaho Medical Association, with sponsorship by the Idaho Academy of Family Physicians, and support from the Idaho Academy of Nutrition and Dietetics passed a resolution that recognizes hunger as a social determinant of health. The resolution also acknowledges The Idaho Foodbank as an important healthcare partner. Since this resolution was passed, healthcare professionals across Idaho have been encouraged to include hunger-related questions in patient screenings and offer the pantry referrals to those who need food assistance. This is an important step towards a healthier Idaho.

More Of What's Good For You

While more than 80% of the food distributed by the Foodbank is considered nutritious, efforts are underway to secure even more fresh produce donations for greater variety and availability, regardless of the season. A unique collaborative agreement between food banks from Idaho, Washington, Oregon and California enables The Idaho Foodbank to acquire fresh fruits and vegetables in the winter months either through purchase, or the sharing of surplus food items.



“Fresh fruits and vegetables can be some of the most expensive items in your grocery cart. This collaborative allows the hunger challenged to have access to this very important food group while stretching their food budget dollar.”

Lynn Dill, Food Sourcing Manager, The Idaho Foodbank

The Right Ingredients For Change



One of the chief barriers to adopting a healthy diet after cost, is a lack of knowledge about food preparation.

The Foodbank's Cooking Matters program combines nutrition education with hands-on cooking instructions. Ensuring that students follow the right recipe for a healthy diet is the job of the Foodbank's resident expert on nutrition, Alexa Appleman. A Registered Dietician Nutritionist (RDN), a Licensed Dietician (LD) and with a degree in culinary nutrition, Alexa is passionate about teaching people of all ages how to prepare food in ways that are healthy, delicious, and affordable.

With Alexa's help, the Foodbank is working with healthcare providers to offer Cooking Matters programing and nutrition education to their patients who are food insecure. Family Medical Residency of Idaho, St. Luke's, and Southwest District Health have already hosted programs, some for patients with special dietary needs due to a chronic health



condition. Beyond the kitchen, a partnership with the Idaho State University's Dietetic Internship Program in Meridian, and Central District Health is providing in-store instruction on shopping for healthy foods on a budget to mothers who are participating in the federal Women Infants and Children's (WIC) food assistance program.

The Idaho Foodbank has nutrition educators at branch locations in Boise, Lewiston and Pocatello, as well as in the Magic Valley. Through their efforts along with a growing roster of healthcare partnerships, we are providing those in need with all the ingredients they need for a healthier life.

To learn more about programs and partnerships visit: idahofoodbank.org/programs

Ann McMaster: A Lifetime Of Service

When Ann McMaster retired from teaching English at Caldwell High School after 33 years, she thought she would like to volunteer for one of two non-profit organizations—either The Idaho Foodbank or the Humane Society. Her husband, fearing close proximity to abandoned animals would lead to more mouths to feed at home, nudged her in the direction of the Foodbank. She has never regretted his choice.

At first, Ann helped with clerical work at the Foodbank. When she heard that a new program called Cooking Matters was about to be launched, she thought with her background in education it could be a good fit. Ann was among the first volunteers to sign up for the program in 2012. The inaugural class was for young mothers at the Salvation Army's Booth home. By the end of the 6-week program, she knew she had found her passion. Since then Ann has taught classes for children, adults and, most recently, refugee families. Today, five years, 15 classes and 290 volunteer hours later, she is still enthusiastic about the program.

"It's so rewarding," says Ann. "The students are so appreciative, they learn about cooking and nutrition—and so much of it is hands-on." She continues, "They leave the program with a bag of food and a better understanding of what they should eat and how to prepare it."

Volunteerism has been a part of Ann's life for years. After graduating from college in 1967, she joined the Volunteers in Service to America (VISTA) program and spent her year of service in Baltimore. For a young woman from Idaho, it was a life changing experience. So much so, that when her year was up, she remained in Baltimore working in inner-city schools. After 7 years, she returned to Idaho where she got a job teaching in Caldwell.

The Share Our Strength's Cooking Matters program recognizes individuals who have volunteered in 15 classes or more by inducting them into their



Kyle Silverman, Nutrition Services Manager with Ann McMaster, Hall of Fame inductee

Volunteer Hall of Fame. As an inductee, Ann will also receive a personalized Hall of Fame apron.

The Foodbank couldn't provide the programs and services it does without the help of volunteers. For that reason, we want to thank Ann McMaster for her invaluable contribution toward the vision of "A hunger-free Idaho." 🍏

To learn more about the Cooking Matters program or to volunteer, visit: www.idahofoodbank.org/programs

Food Safety Is Number One

Food safety is important at The Idaho Foodbank. It goes hand in hand with solving hunger. Best practices are followed at every stage of food handling from product inspection upon receiving all the way through to repacking and distribution. As food industry standards have evolved, the Foodbank has always taken the appropriate steps. By ensuring food quality, we reduce waste and provide an even safer product to the people we serve.

Since 2016, the Foodbank has been implementing a new industry standard. Our final facility audit was successfully completed in March. Now all three warehouses meet the AIB Consolidated Standards for Inspection in food safety! Thanks to our volunteers for playing their part by donning those attractive hair nets and plastic gloves. 🍏



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



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Donate today!

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

May 4	Idaho Gives	Statewide
May 13	Stamp Out Hunger	Statewide
June 5	Picnic in the Park	Boise
June TBD	Cereal Drive	Lewiston
July 16	Blues Festival	Boise
September 14	A Chefs' Affaire	Boise



For current information on events and promotions in your community, visit: idahofoodbank.org

