



Member of
**FEEDING™
AMERICA**

Committed to solving hunger in Idaho



The Idaho Foodbank is the largest distributor of free food in the entire state. Last year, we distributed food for more than 14,000,000 meals through our statewide partner network and direct-service programs. In addition to providing food to more 160,000 Idahoans every month, the Foodbank promotes good nutrition and healthy living through education and collaborative partnerships.

Programs that make a difference

In addition to food distribution, we support various hunger-relief and educational programs that promote healthy families and communities.

Backpack

a program of The Idaho Foodbank

Qualifying elementary-age children receive a backpack full of child-friendly food every Friday during the school year to ensure adequate nutrition through the weekend.

School Pantry

a program of The Idaho Foodbank

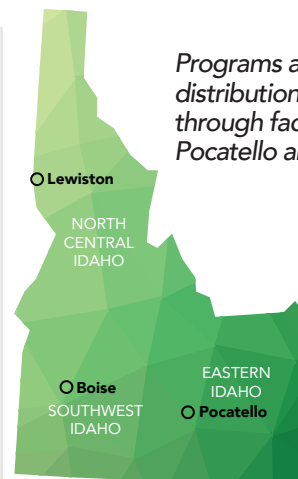


During the school year, families of school-age children have access to nourishing, emergency food in an environment that is both familiar and supportive.

Picnic in the park



From June to August, five days a week, children in low-income neighborhoods enjoy a nourishing lunch and educational/physical activity provided in a local community park.



Programs and food distribution are coordinated through facilities in Boise, Pocatello and Lewiston.

200+
community
partners

44/44
Idaho counties
receiving
programs and/
or services

1984

The Idaho Foodbank Warehouse opens its doors in Boise.

255,365 lbs

food distributed in 1985

17,287,000 lbs

food distributed in 2015

“

My favorite part of this cooking class was EVERYTHING!- Cooking Matters for Kids, Twin Falls

”

“

We like that it provides healthy and nutritious choices to eat. It has helped us more than words could explain. Thank you! – Parent, Backpack program

”



Instructional program for all ages that provides practical nutrition and budgeting information as well as tasty recipes and hands-on cooking lessons.



Distributes fresh and shelf-stable food on a regularly scheduled basis to under-served (primarily rural) communities that don't have a local pantry or alternative food program.

Senior Nutrition

Developed to improve the health of low-income adults at least 60 years of age, monthly food boxes contain a variety of nutritious foods and nutritional information.



Donated food fills the distribution network

Almost 90% of food we distribute last year was donated. More than 1,000,000 pounds of food was rescued from grocery stores and growers.



94%

donations that go to programs and services



Volunteers make it work

The Idaho Foodbank provides hunger relief to thousands of Idahoans in need thanks to the support of dedicated volunteers. Every day, volunteers perform essential tasks from sorting and repackaging donated food in our warehouses to assisting with programs.

24,276

volunteers

58,639

donated hours of service



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For more information about hunger in Idaho, to volunteer, or to donate to programs and services visit our website: idahofoodbank.org

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Recognized as a Four Star Charity
for 7 consecutive years.



Backpack

a program of The Idaho Foodbank

IMPACT REPORT | AUGUST 2016

Together,
we can solve
hunger.



The Idaho Foodbank's Backpack program ensures that students who are chronically hungry have access to adequate food over the weekend by providing them with a backpack full of nutritious, kid-friendly food every Friday during the school year.

Making a Difference in Children's Lives

The impact of the Backpack program goes beyond the immediate effect of filling hungry tummies; providing food and keeping hunger at bay impacts a child's social, emotional, and physical well-being. In addition to affecting the child, the Backpack program also helps create happier families by relieving financial stress and the emotional burden of not having enough food in the home. When basic needs are met, children and families thrive.

Solving Childhood Hunger

2015-2016 SCHOOL YEAR

63,927

backpacks distributed
statewide

1,883

children served

171/54

participating schools
and districts

467

volunteer backpack
builders

Survey Results Tell the Story

- **78%** of children responded that the backpacks made them very happy.
- **94%** of parents definitely or somewhat agreed that the Backpack program helped stretch their household dollars to be used for other critical family needs.
- **97%** of parents definitely or somewhat agreed that the Backpack program has made a positive difference in the well-being of their child.



Enabling Success at School

Teachers and counselors report that the Backpack program has created the largest noticeable difference in student attendance, self-esteem, disposition, and energy levels. These positive changes help children learn and enjoy school, which has a significant impact on education attainment down the road.



I never have to worry about my kids having something to eat on the weekends. – Parent



Backpack

Helps Families



When no one is home it's quick and easy to make. – Backpack Recipient



We like that it provides healthy and nutritious choices to eat. It has helped us more than words could explain. Thank you! – Parent



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For additional information about the Backpack program, visit our website: idahofoodbank.org/backpackprogram/

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Cooking Matters

a program of The Idaho Foodbank

IMPACT REPORT | AUGUST 2016



Developed by Share Our Strength, Cooking Matters is a 6-week, hands-on, cooking-based program for all ages that teaches food preparation and food budgeting skills that people need to make lasting changes to their eating habits. Cooking Matters in the Store is a one-day program that teaches students how to identify healthy and less expensive options at their local grocery store.

A Community-Based Program

The Idaho Foodbank offers 6-week Cooking Matters courses to adults, kids and families. Each course is team-taught by a community volunteer chef and nutrition educator and covers meal preparation, grocery shopping, food budgeting and nutrition. Adult and teen participants take home a bag of groceries at the end of each class. Cooking Matters also offers store tours where participants learn how to shop, plan and budget for healthy and affordable meals.

Solving Hunger in Idaho

2015-2016 FISCAL YEAR

71

cooking and in store
classes conducted statewide

1,009

men, women
and children

91%

graduation rate for
6-week classes

165

volunteers enlisted
statewide

After a course, adult, and teen graduates report that:

- **34%** are eating more fruits and vegetables
- **61%** are better at planning and cooking meals
- **53%** are more confident in cooking skills
- **99%** would share things learned in this course with others

Positive Change That Lasts

Cooking Matters changes people's behavior for the better. While The Idaho Foodbank has only been conducting classes since 2010, Share Our Strength created the program back in 1993. Since that time, survey after survey has shown that up to a year after completing the program graduates continue to cook healthier meals, pay more attention to food safety, save money on food purchases, and cook and eat new foods more often. Mothers from low-income families who graduated from this program, are much more likely to reduce the level of food insecurity in their families than mothers who didn't have the training.



I love this course and it has actually made me like cooking and not as scared to go home and try new things out. This course was very informative. I love the hands-on aspect to it.

- Cooking Matters for Adults, Caldwell



It made me realize how easy it is to add vegetables to every meal on a budget. I wouldn't change anything, the class was amazing!

- Cooking Matters for Adults, Meridian



This course has affected my life because it has made it a lot easier to understand the process of cooking properly and understand nutrition.

- Cooking Matters for Adults, Jerome



My favorite part of this cooking class was EVERYTHING!

- Cooking Matters for Kids, Twin Falls



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For additional information about the Cooking Matters, visit our website: idahofoodbank.org/cooking-matters/

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Mobile Pantry

a program of The Idaho Foodbank

IMPACT REPORT | SEPTEMBER 2016



Mobile Pantry enables the Foodbank to take large quantities of emergency food to hard-to-reach and underserved communities. Our trucks transport the food and then community volunteers help unload and distribute the food to those in need.

Recognizing The Need

In Idaho, many parts of the state are rural and communities may not have a brick and mortar pantry for supplemental food distribution. These communities may also have higher numbers of food insecurity among families, children and seniors. To help individuals experiencing food insecurity, The Idaho Foodbank takes truckloads of food to targeted communities once every month. This system enables people living in the hardest-to-reach areas of our state to receive the nutritious and wholesome food they need to relieve hunger and stay healthy.

Solving Hunger in Idaho

2016 FISCAL YEAR

505

mobile distributions
in a year

10,032

people served
(monthly average)

49

communities served

3,200,500

pounds of food
distributed

91

White Bird, ID, population of
the smallest community served



Solving Hunger in Idaho



Arco
Ashton
Boise
Bovill
Burley
Carey
Challis
Craigmont
Driggs
Dubois
Elk Bend
Elk City

Fairfield
Filer
Glenn's Ferry
Gooding
Hagerman
Homedale
Idaho City
Idaho Falls
Jerome
Juliaetta
Kimberly
Lapwai

Leadore
Lenore
Lewiston
Malad
McCammon
Montpelier
Mtn. Home
Nampa
North fork
Potlatch
Rexburg
Riggins

Roberts
Rupert
St. Anthony
Salmon
Shoshone
Soda Springs
Stites
Weippe
Weiser
Wendell
White Bird
Wilder

For a current list of communities served by Mobile Pantry as well as delivery schedule visit: idahofoodbank.org/programs/mobile-pantry.

Making a Real Difference

Mobile pantries are a collaboration between The Idaho Foodbank and communities that recognize the importance of providing nutritious food to families, children, and seniors in need.

“

At our mobile, we'll serve more than 150 families in just two hours.

”



“

There isn't a lot of work around here, so people have to make do. This really helps, especially for seniors.

”



“

We like the fresh fruit and vegetables, because we can't afford to buy them.

”

“

I don't like to ask for help, but I am really glad I did.”

”



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Picnic in The Park

a program of The Idaho Foodbank

IMPACT REPORT | SEPTEMBER 2016

Together,

we can solve hunger.

From June to August, five days a week, children in low-income neighborhoods enjoy a nourishing lunch and educational or physical activity at a convenient location such as a community park or their housing complex.

Hunger Doesn't Take A Summer Vacation

The Idaho Foodbank is a sponsor of USDA's Summer Food Service Program (SFSP) that provides free summer meals to children ages 1-18. For children from families who are at or below poverty, the summer lunch program fills an important nutrition gap when school meals are not available. In addition to a nutritious meal, The Idaho Foodbank enlists volunteers from the community to provide enrichment activities and nutrition information to program participants. Volunteers range from single individuals to groups from various organizations. All volunteers are required to complete a background check.

USDA is an equal opportunity provider and employer.

Solving Childhood Hunger SUMMER 2016

46,247

meals served from
June to August

26

summer feeding locations
in the Boise-metro area

49

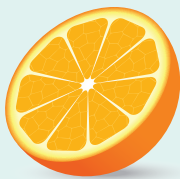
summer feeding days

1,112

children served
over the summer



Picnic in the park



MONDAY: Turkey and Cheddar Thin Sandwich, Carrots, Apple Slices, Milk

TUESDAY: Jamwich, String Cheese OR Yogurt, Whole Banana (petite), Juice box, Milk

WEDNESDAY: (Breakfast For Lunch!) Muffin with Yogurt, and Sunflower Seed Kernels, Whole Oranges, Carrots, Milk

THURSDAY: Tuna and Crackers, Celery, Apple Slices, Milk

FRIDAY: Jamwich, String Cheese OR Yogurt, Whole Orange, Grapes, Milk



We like the healthy food. It's just one meal a day, but it really helps us stretch our food budget.

- Mother, Borah Park



My kids love the lunch and the activities - especially the library days.

- Mother, Winstead Park



I like all of the fruit things, but my little brother likes the sandwiches best.

- Child, Redwood Park



We had a mother tell us she applied for library cards for her kids, because of the experience they had at Picnic in the Park. That's a success in our book.

- Partner, Literacy in the Park



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School Pantry

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IMPACT REPORT | AUGUST 2016



Together,
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During the school year, families and school-age children have access to emergency food in an environment that is both familiar and supportive. Pantries stock food items such as fruit, canned tuna, peanut butter, and pasta that are popular and easy to prepare. Families receive enough food to prepare nourishing meals for three to five days.

Recognizing The Need

Early in the Backpack program, the Foodbank staff recognized that more than 80% of participating students were sharing their weekend food with siblings and parents. Rather than make more food available in the packs, program specialists decided that a better solution would be to provide families with food through a pantry set up inside the school where access would be convenient for students and family alike. A School Pantry pilot was launched in 2010 with three schools and the full support of school staff. Since its debut, the program has shown steady growth and is now considered in concert with the highly successful Backpack program.

Solving Childhood Hunger

2015-2016 SCHOOL YEAR

36/15

participating schools
and counties

12,779

people served

56%

of people served
were children

289,405

pounds of food
distributed

Survey Results Tell the Story

- **98%** of parents agreed that without the School Pantry program, their family would have to skip one or more meals.
- **100%** of parents said the program had made a positive difference in the well-being of their family.
- **95%** of parents said program participation improved their overall communication with the school.



Promoting Student and Family Engagement

School staff notes that the School Pantry program has improved relationships and communication with families. Moreover, participating families consistently show an increased interest in their child's academic performance, as well as greater awareness of school events in general.



“

The school pantry is very helpful to me and my family in our time of need. I am grateful for the program. Thank you very much.
– Parent

”

“

I like that I can visit the food pantry at any time of the day and week. They are always flexible. – Parent

”

“

I really appreciate how kind I have been treated. Thank you so much for your help. – Parent

”



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