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AMERICA**

**TOGETHER, WE CAN SOLVE
HUNGER.**

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Rated a four-star charity for
eight consecutive years.

FOOD Thought

Helping our Idaho
neighbors since 1984.

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Healthy Choices Make Change Possible



Serafin Sosa was diagnosed with Type 2 diabetes. His primary care physician said that diet and lifestyle were contributing factors, but by making changes to both, this debilitating chronic disease could be successfully managed. Serafin took that advice to heart.

Through Family Medicine Residency of Idaho (FMRI) he and his wife Guadalupe enrolled in Share Our Strength's Cooking Matters, a program administered by The Idaho Foodbank. Their 6-week class was specifically designed for people diagnosed with or providing care for someone with diabetes.

In addition to the usual hands-on cooking instruction and nutrition education, the class dietitian explained what foods were considered good and bad for someone with diabetes and why.

"We learned how to prepare the right foods in a way that makes them taste good"

says Serafin. "Even simple things like using less fat to cook eggs make a difference," he adds.

While most of their children are grown and live on their own, the oldest stops by to take advantage of their cooking education.

"I make patties using chopped broccoli, cheese, onions and spices. My son likes them so much he eats them cold," Guadalupe says with a smile.

Cooking Matters taught Serafin how to make better food choices for life. Taking this important first step helped him in other ways as well. FMRI enrolled all of the class participants in a pilot program monitoring key metrics associated with successful diabetes management such as weight, A1C and cholesterol. They intend to follow up with participants at regular intervals.

Today, the Sosa family is living healthier due to Serafin's own initiative and the collaboration between FMRI and The Idaho Foodbank. In addition to hosting cooking classes, FMRI clinics screen patients for food insecurity providing those in need with a referral to the closest food pantry. Recently, this healthcare collaboration expanded to include food distribution via a mobile pantry.

Healthcare collaborations are part of the Foodbank's hunger to health initiative. Yet another way we are contributing to healthier families and communities in Idaho. 🍏

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

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Dear Friends,

As we look back on the last fiscal year and celebrate the progress made in the effort to solve hunger, I believe it's also important to make note of what progress means in the lives of the people we serve.

In the business and nonprofit world, it can be easy to focus on numbers. After all, it's these numbers we use to monitor performance and outcomes. It's sometimes the only way we can quantify our effectiveness because we often don't have an easy way to measure the impact we're having on individuals and

families. We certainly want to celebrate the 15.5 million meals distributed throughout the state, but our real successes become evident when we consider the individual meals arriving at the tables of families in need. Those families are in Weiser, Weippe, Wilder and Wendell. They are our friends and neighbors who are in every neighborhood, school, and church in our state.

Today, because of your support, we are reaching more people with more food than ever before. We are reaching the Sosa family as they work to cope with Diabetes and learn healthy cooking habits in our Cooking Matters classes. We are reaching Casey, who is supporting a family while both he and his wife manage student loans. We are reaching Tia, who has a child relying on the Backpack program and the food it provides for the weekend. Each of these stories are about real people—real people you're helping every day.

This year we were honored to receive a four-star rating from Charity Navigator for the eighth consecutive year. This is their highest rating and only 2 percent of all nonprofits in the country achieved this same status. This is something we take very seriously, as it speaks to the commitment we feel to supporting those in need, while also honoring the intentions of our donors and supporters who make this work possible.

But what does that really mean? What do those four stars represent? Hopefully, through this year's annual report and newsletter, you'll get a broad view of the work being done and the differences being made in people's lives. Behind the four-star rating and the distribution numbers are real stories of impact and success. A family learning healthy cooking skills in Cooking Matters classes, a food pantry partner finding new ways to reach their recipients while reinforcing their dignity and promoting self-sufficiency.

It's the volunteers, donors and supporters like you who make change like this happen. As you read this newsletter, hopefully you see beyond the numbers, and will consider the individuals we're all helping. Those people—the children, the parents, the seniors—are what really matter.

Thank you for your support,

Karen Vauk
Karen Vauk, President/CEO



A Strong Voice For Those In Need

The Idaho Foodbank has been more active than ever in educating and advocating on behalf of those we serve—working families, children and seniors. By building strong relationships with government leaders at the local, state and federal levels we can make certain that the voice of Idaho's most vulnerable is being heard. This is especially important when budgets and public policies are being debated and voted on. While the Foodbank receives only about 6 percent of its funding from the federal government, what funding we do receive goes to important programs that benefit families, children and seniors.

Advocacy takes many forms—from sending email updates to hunger-relief partners on pending legislation to sitting down with an elected official to share a hunger-related story. Regardless of the form it takes, the purpose is the same: To ensure that hunger always remains an integral part of the public conversation. It's the only way we can ever hope to reach a hunger-free state. 🍎



Visit us at idahofoodbank.org or follow us on Facebook for the latest issues and legislation affecting hunger-relief in Idaho.



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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Fresh News On *A Fresh Approach*

The Idaho Foodbank's statewide campaign to better meet the hunger-relief needs of Idahoans, *A Fresh Approach* reached a significant milestone in October of last year with the opening of the new North Central Idaho facility.

Under the leadership of co-chairs Joanna Alford and Doug Nash, the North Central Idaho campaign steering committee is now within \$25,000 of reaching their regional fundraising goal of \$750,000 toward the \$3.6 million facility. Already, the additional dry, cooler, and freezer storage is enabling more food to be distributed to families in north central Idaho.

According to Feeding America's most recent Map the Meal Gap report, we would need 29 million pounds of food to meet the current need in the gem state. That's *11 million pounds more* than what the current facilities in Boise and Pocatello can accommodate. The choices are simple: build from the ground up, or find and remodel an existing building.

The Idaho Foodbank's board and senior management are fully committed to having the facilities to meet this need. Plans for facility space requirements are being drawn up and gift discussions are underway with potential donors. 🍏

If you are interested in playing a role in the future of hunger relief in Idaho contact: Morgan Wilson at (208) 577-2691. For more information on *A Fresh Approach* to feeding Idaho families visit our website at idahofoodbank.org.



A Fresh Approach
TO FEEDING IDAHO FAMILIES



North Central Idaho Steering Committee, L to R: John Hammel; Karen Vauk, President & CEO, The Idaho Foodbank; Doug Nash, Co-Chair; Phyllis Nash; Joanna Alford, Co-Chair; Nathan Alford; Cari Miller; Patricia Kempthorne, Chair, Statewide Steering Committee

Building Stronger Communities Together

The Idaho Foodbank relies upon a network of dedicated community partners to distribute the 1.6 million pounds of food that goes out every month. Many, such as the First Baptist Church in Pocatello, are faith-based organizations that consider hunger-relief part of their ministry. Karl Pettit performs many roles at First Baptist, but managing the food pantry is one he especially enjoys. And he is good at it.

The church operates a choice pantry—recipients choose the food they want—every Thursday, from 3:30 to 7 pm. Most of the food recipients work, so the later hours are important. Typically, the pantry will serve 150–180 families a week. But recently Karl has seen an uptick, particularly among seniors.

Each week, the pantry distributes about 6,000 pounds of food. Almost half comes from the Foodbank's Eastern Idaho Branch in Pocatello.



Karl Pettit, Arts/Worship Pastor at First Baptist Church in Pocatello

The rest comes from 10 local stores that participate in the Foodbank's Food Rescue program. Meat, dairy and produce approaching the sell-by-date are picked up by the church every Wednesday. Sources of protein such as meat and dairy are always in high demand and short supply.

Karl acknowledges there's a small percentage of people who will always need some kind of assistance. He also knows that for

the majority of people, the pantry is a temporary solution to a challenge they are working to overcome such as the loss of a job.

"We see people from all walks of life come through our pantry," says Karl. "You just never know who is going to need help." He is quick to add, "When they no longer need our help, they often return as volunteers because they want to give something back to their community."

Feeding people is important, but the church is looking to do more. An independent nonprofit dedicated to helping people develop life skills such as financial literacy is in the works. Karl is enthusiastic about the prospects for the future, even if it means taking on yet another role. 🍏

To get Karl's take on hunger, watch his Idaho TED talk entitled "What's for Dinner" available on YouTube.



The Idaho Foodbank
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HOPE

for the holidays

October 1 through December 31

Don't forget, A Chef's Affaire is
October 12, presented by Sysco

Please consider supporting the Foodbank through our holiday partnerships:

Turkey & Santa Bucks	Albertsons	October through December
Stomp Out Hunger	Stinker Stores	November 3-13
Cranksgiving Pocatello	Barrie's Ski & Sports	November 18
Holiday Campaign	Fred Meyer	December
Turkey Drive	Les Schwab	November through December
7 Cares Day	KTVB	December 9

For exact dates of upcoming events, check our website at idahofoodbank.org

Donate today!

