



TOGETHER, WE CAN SOLVE HUNGER.

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Rated a four-star charity for nine consecutive years.

# FOOD for Thought

Helping our Idaho neighbors since 1984.

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## Bert Miller: A Life of Giving, A Legacy to Last

When Bert Miller's grandchildren were little, he always wore a shirt with a pocket containing candy corn. Every time the grandkids visited, he invited them to reach into the pocket and discover what was inside. Bert always appeared amazed and bewildered every time the children pulled out candy corn.

"He'd pretend to be so surprised the candy was there," recalled his step-daughter Julie Frye. "He always swore he didn't know where the candy came from."

This small gesture speaks volumes about how Bert lived his 101 years and how he engaged with everyone around him — always giving and never taking credit.

"He invested a tremendous amount of energy toward helping others," Julie said. "He identified needs in the community and found ways to fulfill those needs."

Over the years, Bert gave his time, money and heart to the people of Idaho. The Idaho Foodbank is fortunate to be one of many organizations Bert chose as a conduit to support his community. He also loved driving for the blood bank and served as a behind-the-scenes benefactor for City of Lights, the YMCA, Girl Scouts, Idaho Youth Ranch, Boise Rescue Mission and more. His efforts earned him recognition as Idaho's Brightest Star Volunteer of the Year.

"Bert was a truly unique individual," said longtime friend and financial advisor Kelly Wood. "The first story I heard about Bert was how he rode a motorcycle cross country, before there were interstate highways. He traveled without money and without worry, fixing his motorcycle on his own along the way."

Kelly said it was a tremendous honor to help Bert in his charitable giving.

"Bert seemed content to volunteer in life and give most of his money back to the community after he was gone, but I wanted Bert to give it away while he was alive so he could enjoy the feeling," Kelly said.



Bert's giving to The Idaho Foodbank began in 2002. In 2014, he committed to a perpetual legacy donation for The Idaho Foodbank, starting with a gift of more than \$700,000 when he passed in 2017. To date, Bert has donated more than \$1 million — the equivalent of enough food to provide 5 million meals.

"From the first time I met Bert, I knew he was special," said Karen Vauk, The Idaho Foodbank President and CEO. "His desire to help others was so genuine. He cared deeply about helping the children, families and individuals in Idaho who are struggling and knew how important it is for them to have food."

**"He cared deeply about helping the children, families and individuals in Idaho who are struggling." — Karen Vauk**

Beyond the financial contribution Bert gave in life and legacy to support The Idaho Foodbank's mission of hunger relief, education and advocacy, Kelly said Bert gave generously and encouraged others to do the same.

Bert, however, would never take credit for what he did. Just like when he had candy in his pocket, he would claim it wasn't him. 🍷

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

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MOBILE PANTRIES  
PROMOTE GOOD  
HEALTH  
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**Dear Friends,**

Some of you may recall images showing hungry Americans during the 20th century — small, gaunt children with skinny legs and distended stomachs. Sharecropper families in ramshackle houses. Homeless people jammed into makeshift structures beneath bridge overpasses.

One in 20 Americans went without food in 1968. Today, Feeding America estimates that one in eight Americans struggles with hunger.

The United States Department of Agriculture (USDA) replaced the term “hunger” with “food insecurity” in 2006, the new term referring to people who don’t know where they will get their next meal rather than those

who are starving. The faces of hunger have also changed, with many of our country’s food insecure now working families who hold down jobs and own vehicles but do not have enough income to cover their expenses.

Idaho, as America’s fastest growing state, is no exception. Exploding growth has hiked the cost of living — and especially housing. Higher housing costs combined with rising medical expenses place more strain on individuals and families who have limited budgets, leaving them little money for food — and particularly nutritious food.

There’s no money to buy protein, fruits and vegetables, and people choose less expensive and less healthy choices to fill their families’ stomachs. Poor nutrition can lead to so many health issues, including obesity, hypertension, diabetes, heart disease, stroke, cancer and kidney disease.

The good news is that, with your help, The Idaho Foodbank has continued to make strides in providing more nutritious food to more communities than ever before. We also launched our Hunger to Health Initiative to make healthy eating accessible and affordable to all by bringing together thought leaders from nonprofits, education, health care, media, commerce and government to lead the development of innovative and sustainable programs resulting in a healthier Idaho.

You will hear more about our efforts, our partners’ efforts and those who are benefitting from our help in this newsletter and through other communication in the weeks ahead. The Idaho Foodbank is committed to working with community resources across our state to provide healthy and nutritious alternatives for everyone who faces food insecurity.

As always, thank you for your support,

Karen Vauk, President and CEO

## New Managers Lead Branch Operations

The Idaho Foodbank welcomes two new branch managers. Deb Snyder and Adam Walker joined the team to lead the distribution and community engagement efforts of the The Idaho Foodbank within their regions.



Deb brings 20 years of experience to the North Central Branch, recently completing a master’s degree in public administration from Walden University. She also directed operations for Interlink, Inc., a nonprofit that empowers elders and those with disabilities to live independently.

“I look forward to sharing The Idaho Foodbank’s mission within my community and promoting the ways we make a difference in our region,” Deb said.

Adam heads the Eastern Idaho Branch and offers 14 years of experience in the industrial and agricultural industries where he worked in logistics and procurement. Adam attended Idaho State University and majored in business management. “I will apply my skillset in lean manufacturing and private industry to help the Eastern Idaho Branch become as efficient as possible to serve those in need,” Adam said.



The Foodbank is fortunate to continue to have the skills and passion of previous branch managers Chico McKinney, now serving as a project manager, and Jim Bietz, now serving as VP of operations.

Please join us as we welcome Deb and Adam. 🍏

## 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.

## Board of Directors

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Adam Walker, Branch Manager  
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## Food Pantry Helps Working Family Bridge the Gap

Vivian and her husband, Shawn, owned a successful carpet installation business until he fell in 2012 and shattered his hip. Unable to physically perform the work the business required, the couple decided Shawn should return to school in hopes of creating a more stable future.

"We made almost nothing at the time," Vivian recalled. "This was especially true as Shawn neared the end of his education and it became more important for him to graduate than to work."

The family received government assistance to make ends meet until Shawn completed his degree in robotics in 2016 and returned to the workforce. Vivian now considers her six-member household an average family earning a decent wage that should be able to support her family members.

"In a perfect world, our earnings sound like we should be fine," Vivian said. "But now that we're off assistance, we must pay for our own food, our own health insurance and many other

things. Once you're off the radar, you lose a whole world of help that has always been readily available."

Vivian became a volunteer and client at the Gate City Christian Church Food Pantry in Pocatello last spring. She serves as a receptionist for the pantry and helps unload and stack rescued food. She also takes a box of food home when she feels her family needs it.

"We earn a decent living but, more often than not, our expenses exceed our earnings and we run short of food," she said. "The food pantry helps us to bridge that gap."

Vivian believes there are other clients who are members of working families that must rely on the food pantry for assistance. And based on what she has seen and heard, she feels additional families in the community could benefit from receiving food to help them make ends meet.

"People who are in situations similar to mine should not be so proud that they refuse to



seek assistance," Vivian said. "Being out of food is a terrible feeling. The Gate City Christian Church Food Pantry is a place where people can get the food they need for themselves and their families without being judged. We love everyone!"

The Gate City Christian Church Food Pantry is a choice pantry providing supplemental and emergency food to area residents. Volunteers staff and manage the facility, which is supported through The Idaho Foodbank and local donations. Mackenzie Gorham serves as director of the food pantry, which serves about 1,000 clients a month. 🍏

To learn more about The Gate City Christian Church Food Pantry, visit: [idahofoodbank.org/locations](http://idahofoodbank.org/locations)

## Mobile Pantries Promote Good Health

Food insecurity affects people's health and their quality of life, which is why partner health facilities such as Family Medicine Residency of Idaho (FMRI) try to confirm patients are getting the nutritious food they need. FMRI actively screens patients for the social determinants of health by asking nationally tested questions that can help staff members connect patients to needed services.

Among patients screened at the Boise FMRI during the past two years, nearly 20 percent screened positive for hunger, according to Dr. Ted Epperly, president and CEO of FMRI. Staff members refer these patients to hunger relief organizations closest to them and the quarterly mobile pantry provided by The Idaho Foodbank.

"I talk to people daily about food choices that are best for their health," said Kelsey Ruszel, RD, LD, registered dietitian for FMRI. "Unfortunately, many patients must choose between paying bills and buying groceries, which makes it difficult for them to follow their recommended dietary guidelines. The Idaho Foodbank Mobile

Pantry helps our patients access food easily here at the clinic, and I know they'll get nutritious, shelf-stable items and produce."

Mobile pantries are part of The Idaho Foodbank's commitment to provide an effective means to take large quantities of nutritious and wholesome food to hard-to-reach and underserved communities. With the help of local volunteers, mobile pantries deliver food to rural communities lacking brick-and-mortar food pantries. They also serve urban areas that don't have the resources to meet the high need for facilities such as low-income apartment complexes for seniors and neighborhoods with a high percentage of students who qualify for free or reduced lunches.

"The ability to offer our patients a remedy for their food insecurity issues through the mobile food pantry is a godsend," Dr. Epperly said. "Because of the pantry, we can provide patients resources beyond what typical healthcare programs can provide that will positively impact their health."



More than 60 households obtained food during the August mobile pantry held at FMRI, and 99 families participated in the October mobile pantry.

The Idaho Foodbank made 530 mobile distributions during fiscal year 2018, including healthcare and senior mobiles. During those distributions, the Foodbank distributed more than 3.3 million pounds of food and served an average 11,149 people each month. 🍏

To find mobile pantry locations and schedules, visit: [idahofoodbank.org/locations](http://idahofoodbank.org/locations)



The Idaho Foodbank  
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## Become a monthly hunger-relief champion

Monthly giving provides predictable support for the services and programs that make a real difference in people's lives. If you are a first-time donor or already give a couple of times a year, please consider becoming a monthly hunger-relief champion. Call Gift Processing for more information: 208-577-2678.

## Donate today!

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

Nov. – Dec. 22	Les Schwab Turkey Drive	Statewide
Dec. 1 – Dec. 31	Holiday Donation Match!	Statewide
Dec. 8	7Cares Idaho Shares	Boise
Dec. 15	Holiday Heroes	Lewiston
Jan. 21	Martin Luther King Day of Service	Statewide
February 2019	VolunVino	Various locations



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