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The Idaho Foodbank

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3630 E. Commercial Ct.
Meridian, ID 83642
208-336-9643

North Central Idaho

3331 10th St.
Lewiston, ID 83501
208-746-2288

Eastern Idaho

555 S. First Ave.
Pocatello, ID 83201
208-233-8811

Volunteer Appreciation

April was Volunteer Appreciation Month. Volunteers are the engines that keep food moving to Idahoans who are struggling to make ends meet. In the fiscal year 2021, The Idaho Foodbank hosted 17,474 volunteers. The hours these volunteers gave are the equivalent of 25 full-time employees!

During Volunteer Appreciation Month, we highlighted some of our outstanding volunteers across the state. In Pocatello, we had a committed and consistent volunteer group of ten people from the Lookout Credit Union Call Center. We want to acknowledge Alex, Joel, Ari, Robert, Cindy, Marcia, Jennifer, Makyley, Aaron and Tiffany for their outstanding work. In fiscal year 2021 this group put in over 320 volunteer hours! We are grateful that they have shared their time, talent and enthusiasm with The Idaho Foodbank.

In Lewiston, Jim Jacobs has been an extraordinary volunteer since 2018. In his four years volunteering with The Foodbank, Jim has served more than 2,500 hours! He has helped with sorting and packing food at the warehouse, distributing food at several of the mobile pantry distributions and so much more. Jim is retired from WinCo Foods, so his extensive background with grocery stores often comes in handy. If there is a need at The Idaho Foodbank in Lewiston, Jim is always there to help with a smile on his face.

We hope you will be inspired by these volunteers and their service to their community. Check out our social media and our website to see more about our amazing volunteers.

As we seek to find how we can improve the world around us, sometimes the best opportunity is just down the street. Volunteering with The Idaho Foodbank or one of our food distribution partners is a rewarding way to make a positive impact in your community and our world.

If you are looking for volunteer opportunities with one of our partner organizations such as your local food pantry, you can reach out to them directly to ask about volunteer opportunities near you. You can also visit idahofoodbank.org/volunteer if you want to volunteer at The Idaho Foodbank.

Volunteers are a critical part of what we do and they are essential to the success of our network of over 465 food distribution partners across Idaho. Thank you to our volunteers for your valuable contributions!



Jim Jacobs,
Lewiston
volunteer.

**Volunteer hours
provide the
equivalent of
25 full-time
employees!**



In Partnership with Communities



To better understand the needs of communities experiencing hunger, The Idaho Foodbank employed community liaisons through generous grant funding from Feeding America and the Micron Technology Foundation. Our community liaisons are focused on listening and building partnerships to create long-term solutions to hunger in rural communities, the Native American/Indigenous tribes residing on Idaho's reservations, as well as Hispanic/Latino and refugee communities. In this second part of the series, we asked one of our liaisons, Alejandra Hernandez, to share more about her work. Alejandra primarily works with the refugee and Hispanic communities in the Magic Valley in south central Idaho.

Reflections of a Community Liaison

Community liaisons are often seen as the people who connect communities with organizations. The ones who gather information that would be beneficial for the organization to do an assessment of how they carry out their mission. The ones who spread awareness about the organization and their services. It didn't take me long to realize that there was much more substance to the role of a community liaison. Because of the nature of providing food to those in need, this role turned to more of a "relational" role than a "transactional" role. It is also about learning from communities and sharing that perspective with the organization.

The Hispanic community has a long history in Idaho, which translates into a strong sense of belonging. However, I think we still have work to do to bridge cultures. We also have more work to do to make resources available for those who are still learning how to navigate the resource systems that are available.

The Hispanic and refugee communities that I work with value family togetherness. These communities are very resilient and willing to learn. I have learned a lot about the meaning of food in these communities – food as an expression of love, caring, creativity and togetherness.

In this role, I have been able to share resources and make presentations to various groups so they know more about The Idaho Foodbank's work. We have done radio ads in Spanish to increase awareness of and share information about The Foodbank. We have also translated materials into Spanish, Arabic and Swahili. I was able to connect the Refugee Center with a local pantry to establish a day when refugee families can visit the pantry and communicate with someone who speaks their native language. We also made more food available that is familiar to our refugee community.

Adding value to others and bringing people together has always been my passion. As a Community Liaison I get to do this and, most importantly, I get to connect individuals and families with resources and other people.

Hunger exists in all communities in Idaho and across the United States. The difficult truth is people of color and rural communities experience food insecurity at a higher rate. Our team of community liaisons aims to help bridge gaps in resources in communities of higher rates of hunger through listening, learning and collaboration.

National Food Insecurity Estimates by Race or Ethnicity, 2019



To learn more go to: idahofoodbank.org

Celebrating Earth Day Year Round



As we celebrated Earth Day in April, our team saw it as a great time to reflect on the impact of food waste. According to the national nonprofit ReFED, nearly 40 percent of all food in the United States is wasted. Twenty-one percent of the volume in our landfills is food waste. Food waste in our homes makes up about 39 percent of all food waste while commercial food waste makes up about 61 percent. That is where our Food Rescue program comes in.

Food Rescue is a partnership with grocers statewide that provides an opportunity for The Idaho Foodbank to quickly distribute nutritious and often perishable food to our neighbors in need, while also preventing unnecessary waste.

Participating stores donate food items that have been pulled from inventory as they near their sell-by dates, but are completely safe to eat. Perishable food such as meat, produce, bread and dairy, as well as non-perishable items such as canned vegetables and cereal are “rescued” on a daily basis by the The Foodbank’s drivers and food distribution partners. The food is then distributed through our partner network that includes senior centers, food pantries and shelters.

We appreciate the 170 stores that participate in Food Rescue. In fiscal year 2021, 26 percent of the food we distributed was from the Food Rescue program. We are grateful for our grocery partners who work with us to simultaneously provide food for Idahoans who are struggling to make ends meet and reduce food waste.



Older Americans Month



May is Older Americans Month and this year the focus is around aging in place. A key component of aging in place is addressing the nutrition needs of our seniors. Over five million seniors are food insecure, according to the *State of Senior Hunger* report from Feeding America.

Eating the right foods can help older adults reduce the risk of serious health conditions such as heart disease, Type 2 diabetes and stroke. A healthy diet may also help reduce cholesterol and lower blood pressure. The Commodity Supplemental Food Program (CSFP) aims to improve the health of low-income individuals who are at least 60 years of age by providing boxes of nutritious food. In fiscal year 2021, The Idaho Foodbank distributed 25,258 CSFP senior food boxes through 61 statewide locations. The CSFP program is administered through a partnership with the Idaho Commission on Aging and implemented by The Idaho Foodbank through the distribution of these senior food boxes statewide.

We are proud to serve seniors through direct programs of The Foodbank, as well as with our partner organizations. Working together, we can provide more seniors with the nutritious food they need to age in place and live a healthy life.

Out of 74 million seniors, 5.2 million individuals were food insecure. Thus, 1 in 14 seniors, or 7.1% of the senior population, were food insecure.*

* Feeding America's 2019 report The State of Senior Hunger.





The Idaho Foodbank
3630 E. Commercial Ct.
Meridian, ID 83642

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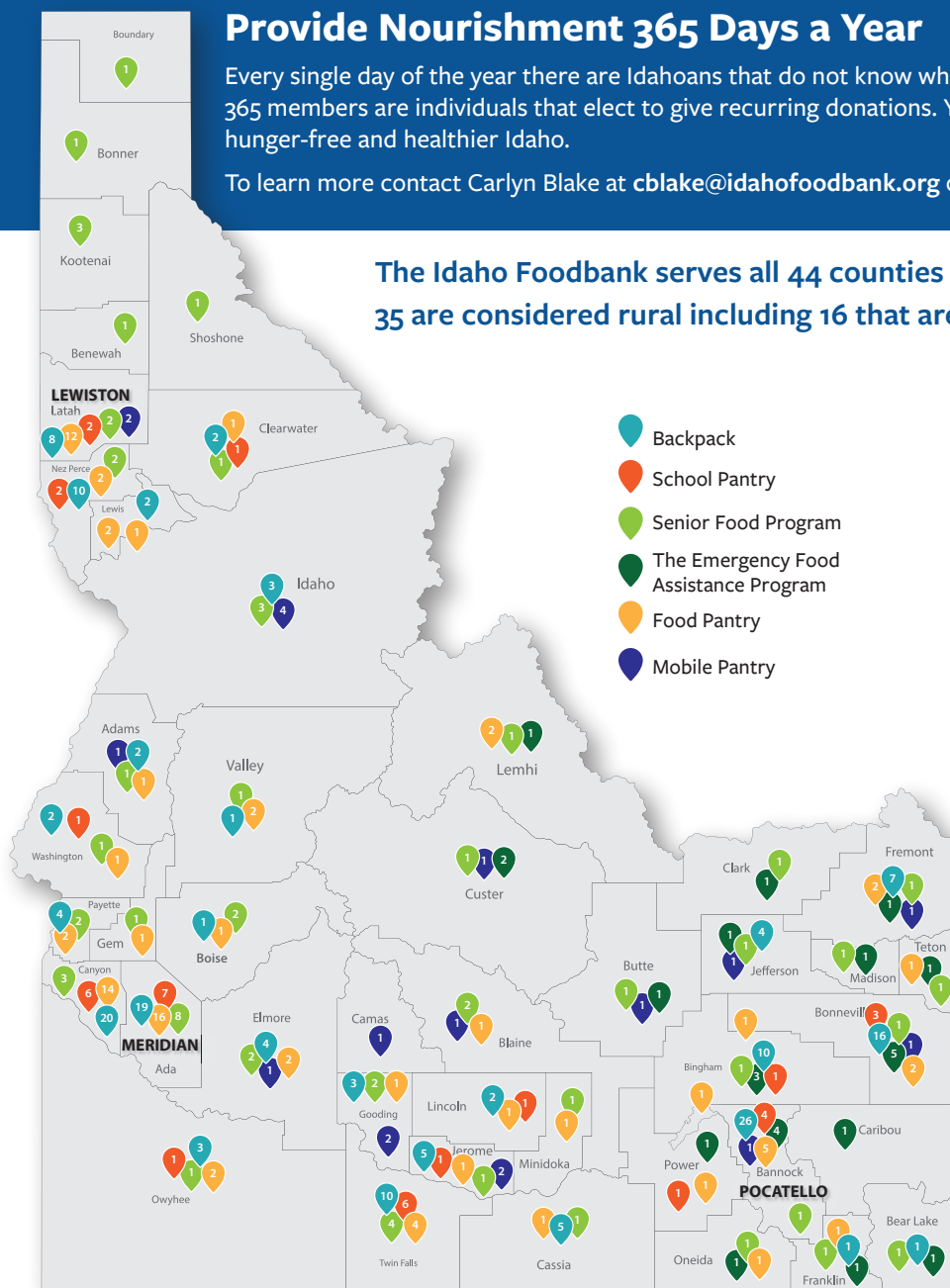


Provide Nourishment 365 Days a Year

Every single day of the year there are Idahoans that do not know where their next meal will come from. Nourish 365 members are individuals that elect to give recurring donations. Your donation is put to work daily to create a hunger-free and healthier Idaho.

To learn more contact Carlyn Blake at cblake@idahofoodbank.org or visit www.idahofoodbank.org/nourish365.

The Idaho Foodbank serves all 44 counties of the state. Of Idaho's 44 counties 35 are considered rural including 16 that are defined as frontier rural.



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.



The only Idaho nonprofit to receive a four-star rating for 12 consecutive years.