



A Quarterly Publication from the  
Food Bank of Northwest Louisiana

# FOOD FOR *Thought*

Fall 2018 Newsletter

## FELIX GETS HELP

I served in the United States Air Force for 20 years. I was everywhere, including Vietnam. After retiring from the military, I worked in an auto store and in construction. I had a good career, but I'm 81 now so I can't work any longer.



It's hard to make ends meet on my retirement income. It happens every so often that I don't have money to buy food. Since my wife died, I realized I needed to get out and socialize more. I friend I recently met suggested I go to a Food Bank pantry. I

started going each month, and going helps me a lot. It's toward the end of the month that I run out of food, but what I get from the Food Bank supplements what I can buy and keeps me going.

Of course, I was hesitant to get food, at first. I've always provided for myself and my family. But I do what must to survive now, and to me, this food bank means survival.

## HOPE HOLIDAY DONATION CARD

This holiday season, highlight your commitment to the Food Bank of Northwest Louisiana by making a financial donation on behalf of your employees, clients, vendors and/or customers, in lieu of more traditional holiday gifts and cards.

This meaningful gesture will touch your family and friends in a very meaningful way— by helping the food insecure families and children of Northwest Louisiana.

With your tax deductible donation, we will send a special custom made holiday card acknowledging your gift to the Food Bank in the honor of your friends and neighbors. Your donation enables our Food Bank to provide food to community by supporting our programs.

### *How does it work?*

1. Send us your contribution (Minimum \$15 donation per card. You may pay by check or credit card.
2. Email, mail, or fax a list of those you would like to honor by December 14th and we will do all of the work for you.
3. The Holiday "Hope" card will be personalized with your name or company's name. The "Hope" card will be mailed to the recipient in time for the holiday season.

Please send your contribution and list by **Friday, December 14th** for your card to be received on time.

Please mail to:  
Food Bank of Northwest Louisiana  
2307 Texas Avenue  
Shreveport, LA 71103

Fax: 318-675-2440 or call us at 318-675-2400 ext.100 for more information.





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NORTHWEST LOUISIANA  
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You can visit the  
Food Bank of  
Northwest Louisiana  
online anytime at:

**[www.foodbanknla.org](http://www.foodbanknla.org)**

*Check out our website  
to learn more about events,  
volunteer opportunities, to make  
safe, secure online donations  
and to learn more about  
the Food Bank.*



# Letter

## FROM THE EXECUTIVE DIRECTOR

**Martha Marak**



## A NOTE OF THANKS...

Most of us are extremely fortunate and will never worry about whether there will be a hearty meal on our table or fresh, nutritious produce in our refrigerator. Most of us will never have to choose between eating and heating our home. Unfortunately, there are 95,000 people living in Caddo, Bossier, Webster, Claiborne, Bienville, Red River and DeSoto Parishes who deal with these choices regularly. These are our friends, neighbors, and coworkers, and they live in food insecure households.

Food insecurity is the state of being unable to consistently access nutritious food in the amounts necessary for an active and healthy life. The households we serve experience limited or uncertain access to food, at times unsure of where they will find their next meal. Food insecurity has emerged as the reality for thousands of hardworking members of our community who cannot keep enough food on the table.

It is with generous the support of our community we have continued to provide food to 150 non-profit organizations, homeless shelters, soup kitchens, church pantries, and schools. With even more people in our community needing our assistance, we hope we can count on your support to help us provide food to our food insecure community.

With gratitude,

*Martha Marak*

Martha

**Volunteers Needed:**

- We are looking for volunteers to deliver fresh produce to children enrolled in the Back Pack program on Fridays, before noon.
- Volunteers needed to help setup at events, churches and outreach events to provide details about the Food Bank. 318-675-2400.

**USDA Nondiscrimination Statement  
Civil Rights Requirements**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the **USDA Program Discrimination**

**Complaint Form**, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1)mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).  
This institution is an equal opportunity provider.

# GROWING HYDROPONIC LETTUCE



The Food Bank is committed to offering healthy foods to the 75,000 clients that benefit from the great work provided to Northwest Louisiana. Last year the Food Bank distributed 2,210,442 pounds of fresh produce such as potatoes, corn, watermelons, apples, squash, cabbage and onions. The produce comes from farmers that allow food banks to glean their fields at the end of the season.

To provide even more healthy produce to the community, the Food Bank has been growing lettuce hydroponically since January 2017. The innovative vertical farm allows the Food Bank to grow lettuce year round. The lettuce is used to feed low income children that participate in the Food Bank’s Kids Café After School meal program and Summer meal program.

The hydroponic growing system uses less water than traditional in-ground farming. Growing lettuce in an indoor, climate-controlled environment also means a year-round growing season. No pesticides are required, and the absence of weather means no unexpected crop losses.



We are grateful to Target for the funding will help provide components for a healthy, balanced diet that deliver essential vitamins and minerals that children require for healthy growth and development.

# FOOD BANK OR FOOD PANTRY

Many communities in northwest Louisiana have a local “food pantry”, sometimes mistakenly called a “food bank”. Most of these community food pantries are sponsored by local area churches and/or community coalitions.

A community food pantry’s mission is to “directly serve local residents who suffer from hunger and food insecurity within a specified area.

A food bank is the distribution center to warehouse millions of pounds of food and other products that go out to the community food pantries. A food pantry functions as the arms that reach out to that community directly.

The Food Bank of the Northwest Louisiana’s mission is to “feed the hungry” by providing food to these food pantries for distribution into their respective communities. The Food Bank’s daily operation consists of sourcing, acquiring, sorting and accounting for food, then warehousing the inventory to be distributed to our over 150 non- profit and benevolent organizations, soup kitchens, homeless shelters, churches, after school programs, summer programs and schools throughout our seven parish service area in Northwest Louisiana.

Food banks and food pantries—they are not the same. But they share the same commitment. At the Food Bank of Northwest Louisiana, we are proud of our partnership with food pantries—and many other organizations—who act with us on the belief that nobody should ever go hungry.





Join the Food Bank of Northwest Louisiana and Sportspectrum for the 31st Turkey Trot 5K run and Fun Run on Thanksgiving Morning, November 22, 2018. Come out and start your Thanksgiving morning with friends and family. Read below for more information on the event. Event proceeds provides food to the Food Bank of Northwest Louisiana. For sponsorship, please contact Meg Coleman at 318-675-2400 x 111 or email [development@foodbanknla.org](mailto:development@foodbanknla.org)

#### **Entry Information:**

##### Turkey Trot 5K

Entry Fee: Pre-registration is \$15 by Oct. 1st,  
\$20.00 Oct. 2nd—Nov.  
\$25 Nov. 2-Nov. 16  
\$30 Nov. 17-Nov. 21  
\$35 Race Morning

##### Half mile children's Fun Run

Entry Fee for Kids 1/2 mile fun run \$15.00 includes Long Sleeve Race Shirt (ages 10-under)

#### **Location:**

Stoner Boat Launch at Clyde Fant Parkway and Stoner Avenue in Shreveport

#### **Awards:**

All pre-registered participants will receive an official 2018 Turkey Trot long-sleeve t-shirt. First place overall male and female will receive a Clark's Tailgate Catering Cajun Smoked Turkey. No trophies will be awarded.

#### **Post Party:**

Stick for fun, music, and refreshments after the race. Party supplies will be provided by our sponsors Clark's Tailgate Catering—Jambalaya, Great Raft Brewing, Coca Cola, Ozarka Water. Just come out and have some fun!

For more race information go to:

<https://www.foodbanknla.org/news—events/turkey-trot-5k-and-fun-run>

### *Food Bank Facts*

As a hunger-relief organization, the Food Bank of Northwest Louisiana acquires, stores, and distributes food and other essential items to low income children and individuals through 150 community non-profit and faith-based organizations within Caddo, Bossier, Webster, Bienville, Claiborne, Red River and DeSoto Parishes. These organizations consist of homeless shelters, soup kitchens, residential centers, churches, pantry programs, and schools. We save these agencies millions each year by providing free and low cost food and products.

### **OUR PROGRAMS INCLUDE**

#### **Food and Emergency Distribution:**

In our last fiscal year, we distributed 11 million pounds of food with a value of \$17,283,785 to more than 75,000 children, women, men, seniors, homeless, disabled, unemployed and underemployed individuals living below the federal poverty level in the seven parishes of northwest Louisiana.

#### **Disaster Relief:**

As a disaster responder we provide immediate assistance to our member agencies, pop-up and faith-based shelters and other individuals. During the 2015 and 2016 spring flooding, we distributed over \$250,000 in food, water and supplies to disaster victims. Most recently, we have provided over \$275,000 in food and water to the Food Bank in Beaumont Texas and \$30,000 in water to the Puerto Rico Food Bank.

#### **Senior Box Program:**

Each month we deliver a box of pantry staple foods to over 1,000 low income seniors throughout our seven parishes.

#### **Mobile Pantry:**

Perishable and non-perishable food are distributed to rural clients on a monthly basis.

#### **Kids Cafe® After School Meals:**

Through a partnership with the Volunteers of America's Lighthouse Program and FDDOC Winner's Circle, hot meals and nutritional education are provided to hungry children in after-school programs.

#### **BackPack™ Program:**

Chronically hungry children are provided with a weekly backpack of food to take home for the weekend and holidays. Each 7-10 pound bag includes items such as cereal, milk, fruit juice, and pop-top canned food.

#### **Summer Food Service Program:**

Nutritional breakfasts and lunches are provided for hungry children that have no access to free food during the summer months when school is not in session. Food is distributed through summer programs such as Boys and Girls Clubs and faith-based summer programs.

#### **K.I.D.S. (Kids in Distressed Situations):**

A national program that distributes new clothing and toys to children in need.

### **VOLUNTEERS NEEDED**

*Pack food boxes for Senior Program  
Help administration with clerical duties  
Organize a food drive or virtual food drive  
Deliver senior food boxes monthly*

Contact Gene Hayes, Community Resource Coordinator, for information on volunteering with the Food Bank 318-675-2400 ext. 115 or [ghaynes@foodbanknla.org](mailto:ghaynes@foodbanknla.org)