



A Quarterly Publication from the Food Bank of Northwest Louisiana

# FOOD FOR Thought

Summer 2018 Newsletter

## COVER STORY

I work part-time serving lunch at my children’s school. Things have been tight for my family for a long time, but we especially felt the pinch when I left my job to stay home and take care of Katie, 10, Patrick, 8 and Sarah, 18 months. My husband, John, had good work building fences, but it wasn’t enough; we had no extra money and even received



a foreclosure notice on our house. So once we started receiving groceries at a pantry each month. We sighed a huge breath of relief.

And now that it’s summer, with a nearby Food Bank sponsored free summer breakfast and lunch program, we’re getting by even without the daily free lunch we

count on during the school year. It relieves a ton of stress. And when I’m stress-free, my kids are too. Someday, I hope they’ll all go to college like I never had the opportunity to do. Nothing, really, would make me happier than giving my kids a better life.

### About the Food Bank’s Summer Feeding Program:

For many kids, summertime means two things: fun and friends. For others, it means the only meals they can depend on—school breakfast and school lunch—are no longer available. Families are faced with stretching already tight food budgets to feed hungry appetites through the summer. On average, families spend an additional \$300 or more on food during the summer. Working parents who know their children are safe, supervised and fed during the school year must make other arrangements for their kids in the summer.

The Summer Feeding program is targeted to children in areas that are at risk for hunger over the summer months. We partner with non-profit organizations that conduct summer programs for low-income children to become a Summer Feeding site. All Summer Feeding sites are FREE to children under 18 years old. In summer of 2017, the Food Bank provided 39,742 breakfast and lunches meals to children in Northwest Louisiana.

## ENDING SUMMER HUNGER

Our programs help the children in Northwest Louisiana that are food insecure. To help with child hunger during the Summer, the Food Bank of Northwest Louisiana is partnering with the Shreve Memorial Libraries to provide free healthy lunches to children as part of the Food Bank’s Summer Food Service Program. The Summer Food Service Program—provides meals to children during the summer months, when they are at higher risk of hunger.

Lunch will be available for children under the age of 18 at the following Shreve Memorial Library Branches:

- Atkins Branch
- Broadmoor Branch
- Cedar Grove/Line Avenue
- David Raines Branch
- Gilliam Branch
- Hollywood/Union Avenue
- Hosston Branch
- Main Branch
- Means Branch
- Mooringsport Branch
- North Caddo Branch
- North Shreveport Branch
- Oil City Branch
- Rodessa Branch
- Wallette Branch

The Summer Food Service Program will coincide with Shreve Memorial Library’s “Libraries Rock!” Summer Reading Program. Meals will be provided free of charge for children under age 18 by the Food Bank of Northwest Louisiana Monday through Friday through July 27, 2018.



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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...

Dear Food Bank Friends,

Words can't even begin to express my gratitude to you for the caring and support you have provided to our less fortunate neighbors. What you do is truly a blessing for the individuals and families we serve.

More and more people are turning to our doors for help. The children, veterans, seniors and others living on fixed incomes are struggling to keep up with the rising costs of everyday basic needs. And as the price of milk, bread, rice, cereals, pasta, eggs, meat, poultry and almost all other food items continue to rapidly increase, these people are finding themselves without money and without food at the end of the month—and some don't even make it that far. It's difficult to fathom what it must be like for even something as basic as food to be an unaffordable luxury. But that's simply the case for so many within our community.

The Food Bank's work to provide food for those in need has always been important; but now, and in the upcoming year, it will be more important than ever as we see an increased need for our services due increases in food and gas prices that challenge everyone. At the Food Bank of Northwest Louisiana we are continually looking for ways to do more with less.

It is our faith and hope that everyone will join us in meeting this challenge. Thank you for our continued support.

With gratitude,

Martha Marak  
Executive Director

**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.

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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).  
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## 13th Annual Empty Bowls Hunger Awareness Event

The Food Bank's largest fundraiser of the year, Empty Bowls, was held Thursday, June 7 at the ELDORADO Resort Casino Shreveport. This event could not take place without the generous support of our sponsors. The event raised enough funds to provide 354,000 meals for our community.



Thanks to Healthy Blue for their generous support of \$25,000.

## 2018 Sponsors

### Gold:

Healthy Blue  
ELDORADO Resort  
Casino Shreveport  
Enterprise Car Rental  
Linda Snyder  
Manpower  
Willis-Knighton Health System

### Bronze Sponsor:

Capital One  
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Bank of Montgomery  
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### Soup Spoon Sponsors:

Air Force Sergeants Association  
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Barksdale Federal Credit Union  
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The Beason Family  
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### In Kind Sponsors:

Ace Digital  
Advance Awards and Gifts  
Karen LaBeau  
Magnolia Mae  
Plum Nelly Flower Farm  
**Outstanding Agency:**  
Looking To Jesus Food Pantry  
Oil City, Louisiana

## Introducing our New Social Media Ambassadors Program

### Use Your Social Media Powers For Good! Sign up to be a member of the Food Bank's Social Media Ambassadors Program

Social Media Ambassadors are an online community of Food Bank supporters who mix Food Bank messages into their post. In turn, your name and profile will be featured on our Social Media Ambassador Roster page. Any blog posts, tweets, videos and photos will be incorporated into the Food Bank's social media and promotional materials.

The Social Media Ambassadors are critical to helping us expand our awareness of hunger and provide the vital relief that over 75,000 children, families, seniors need every day of the year. Show the world that you're a Hunger Hero! Join the Social Media Ambassadors Program today!

Submit your registration request here: <https://www.foodbanknla.org/communication.html>

### **How does it work?**

The Food Bank will provide an online resource center and monthly newswire email that contains information about our current activities, campaigns and news. Logos,



brochures & important details will be outlined. SMA members can pick and choose what they'd like to help promote using their online communities: blogs, websites, twitter, linkedin or facebook.

### **How often do you mention the Food Bank?**

We ask SMA members to follow @foodbankofnwla on Facebook, Twitter, and Instagram, and post about the Food Bank at

least once per month (at least 12 times per year). A blog post, a few tweets, or Facebook mentions would be great. Videos and photos are great - and engaging your workplace, church or neighborhood is most valuable for us!

### **How do you qualify?**

Social Media Ambassadors for the Food Bank must have at least online network that is public (not set to private) so that shared Food Bank content can be seen by everyone. This can be: a blog, YouTube page, Twitter account, LinkedIn, Instagram, or Facebook page. Ambassadors should reside in our seven parish service area and believe in our mission. Each application is reviewed on a case by case basis.

**Join today!**

## Plan an On-Line Food Drive Today

Host a food drive without leaving your home or office! Our online virtual food drive lets you “shop” for nutritious food to donate to the Food Bank of Northwest without leaving the comfort of your home. And the best part? Your dollar goes further than a visit to the grocery store. For every \$1 donated, we can provide \$10 worth of food to the local community. Starting a virtual food drive is easy and fun. You can host one as an individual or company, or you can even spur some friendly competition by setting up teams to compete for the most meals raised. Easily invite friends, family and coworkers to join. Personalize your page with a company or organization logo. A goal thermometer even tracks your progress! Once your drive is set up, your participants will be able to browse our aisles, add items to a “shopping cart,” and “check out” by making your gift. Bring your community together to make a difference in the lives of people in need. For more information please contact Meg Coleman at [development@foodbanknla.org](mailto:development@foodbanknla.org) or 318.675.2400 ext. 111.



## Community Foundation Give For Good Results



Thank you for participating in Give for Good on Tuesday, May 1st! The Food Bank of Northwest Louisiana received \$25,695.99 in one day of on-line giving. We are grateful for our generous community.

## Stamp Out Hunger Results

Our sincere thanks to Letter Carrier Union Representative, Danny Hatchett and all of the area Letter Carriers that organized and worked the 2018 Stamp Out Hunger Food Drive in Shreveport. We are grateful for the Letter Carrier’s help to the members of our community who are struggling with hunger. This year’s Stamp Out Hunger gathered 55,024 in pounds of food! Thank your Letter Carrier!



## 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)