



A Quarterly Publication from the
Food Bank of Northwest Louisiana

FOOD FOR *Thought*

Spring 2018 Newsletter

MIKE'S STORY

As a young family, we were doing great. Michelle and I were raising our two boys in Texas, and I had great income as an emergency dispatcher. I worked 90-100 hours a week, but I was on track to earn six figures. Then I suffered a heart attack. Suddenly, I had to re-evaluate my life, and Michelle and I decided to move back to the small town in North Louisiana where I grew up. We bought the large, historic house that my grandfather built, and I began working for the city for a humbling \$7.50 an hour.



Things were okay until flash-flooding devastated our area. The storm ruined our home. Quickly, it was nearly impossible to put food on the table. Our church operated a food pantry through the Food Bank of Northwest Louisiana. It was difficult at first, but with their help we made it through.

The extra groceries meant that we could keep our bills paid and our children fed. Things still aren't easy but I'm so grateful for the help from the Food Bank at a time of family hardship.

HELP US FEED THE COMMUNITY: EMPTY BOWLS 2018

Empty Bowls 2018 is the Food Bank of Northwest Louisiana's annual main fundraiser and hunger awareness event. Last year's event generated funds to provide north-west Louisiana with food for 325,000 meals.

This year's event will be held at the Eldorado Resort Hotel and Casino Grand Ballroom on Thursday, June 7, 2018 at 6pm. Attendees will enjoy a dinner featuring soups, bread, dessert and a beverage. Hand painted ceramic bowls as well as donated goods and services are available in a silent auction. At the end of the event, guests will choose a ceramic bowl (crafted by artists and the community) to take home. These bowls remind us of all the empty bowls in our community that do not get filled each day. For tickets and event sponsorship please contact Meg Coleman at 318.675.2400 ext.111 or development@foodbanknla.org.





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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

*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 Friend of the Food Bank,

The Food Bank is so grateful to benefit from donors, retail partners, local food drives and fundraisers. It is the generous gifts from our community—both in food and dollar amounts - that give us the ability to carry out our mission every day.

As we are coming into the warmer months, many families and seniors continue to struggle to combat hunger. Electricity bills increase with warmer temperatures, and many families fight to keep up with life's inconsistencies.

Your donations to the Food Bank of North Louisiana is truly what fuels the Food Bank of Northwest Louisiana and for that we are so thankful. With your gift to the Food Bank, you extend a hand to your fellow neighbor.

With thanks,

Martha Marak

FOOD BANK OF NORTHWEST LOUISIANA



**Hunger
Awareness
Event
June 7, 2018
at 6pm
ELDORADO
Grand Ballroom**

**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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Complaint Form, (AD-3027) found online at: 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.
This institution is an equal opportunity provider.

MAY EVENTS

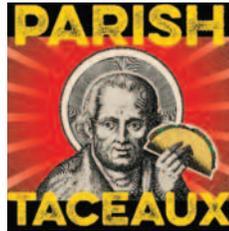
Give For Good Day: May 1, 2018

May 1, 2018 is Give for Good Day, the 24 hours of online giving that is sponsored by the Community Foundation of North Louisiana. Remember, for every \$10 donated, the Food Bank will provide \$100 in food to the community. Donate at: <https://www.giveforgoodnla.org/foodbank>



Parish Taceaux: Taceaux For The Hungry: May 9, 2018

Help the Food Bank of Northwest Louisiana at Donation Night at Parish Taceaux on Wednesday, May 9th 4:00pm until 9:00pm, with 15% of your purchase to be donated to the Food Bank. Parish Taceaux, 708 Texas St., Shreveport, LA 71101



Stamp Out Hunger Food Drive: May 12, 2018

The National Association of Letter Carrier's 26th Stamp Out Hunger Food Drive benefitting the Food Bank of Northwest Louisiana is Saturday, May 12, 2018.



To donate, leave non-perishable food donations in a bag near your mailbox on Saturday, May 12. In the days leading up to the food drive, letter carriers will deliver special bags to be used to bag donations. You can use your own bag, too.

Support the Food Bank through Red Nose Day: May 24, 2018

Red Nose Day: On a mission to end child poverty.



Through the power of entertainment, Red Nose Day raises awareness and money to help the kids who need us most, both at home and around the world.

Red Nose Day is a special day to have fun, come together and make a difference for kids who need our help the most - here at home and around the world.

Purchase your Red Nose at a local Walgreens or Make direct donations at RedNoseDay.org

Midas: Drive Out Hunger: May 31, 2018

Midas is working with the Food Bank of Northwest Louisiana to bring food, funds and hands-on assistance to hunger relief efforts in the communities where Midas customers and associates live and work. From now until May, 31, 2018 Midas will donate the cost of a meal to our Food Bank for every tire sold in shops across northwest Louisiana.



Don't need a new set of tires right now? No problem. Reach into your pocket and post any picture of a tire to Facebook, Instagram, or Twitter using the hashtag #1Tire1Meal. Midas will donate the cost of a meal to our Food Bank for every single photo uploaded! Spread the word.

To learn more about Midas' long-term commitment to hunger relief, visit www.Midas.com/DriveOutHunger

Kroger Share Card

The Food Bank of NWLS is a member of the Kroger Community Rewards program, a program that donates \$1.5 million to local churches, schools and community organizations yearly. Link your Kroger Plus card to the Food Bank and each time you swipe you will accumulate rewards to support our organization. To register your card, please visit www.KrogerCommunityRewards.com or your Kroger store Service Desk.



AmazonSmile

Choose the Food Bank of Northwest when using AmazonSmile! It's a simple and automatic way for you to support the Food Bank every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to the Food Bank. On your first visit to AmazonSmile, please select the Food Bank of Northwest Louisiana as your charity to receive donations from eligible purchases before you begin shopping.



THANK YOU...



Our thanks to Progressive Bank and Louisiana Tech for their support to the Food Bank through the Score for Hunger program. For every point scored throughout the year by the Louisiana Tech football team, Progressive Bank donates one can to Food Bank of Northwest Louisiana and one can to Food Bank of Northeast Louisiana. Progress Bank President Gregg Lott and Champ visited the Food Bank with their donation. Go Bulldogs!



Thanks to Traci Washington and Victoria Lemane and the International Paper members for Volunteer Day at the Food Bank and food drive.



A huge thank you goes out to our friends at Mid-South Bank for their donation to the Food Bank of Northwest Louisiana. Their donation of \$1,000 is equal to \$10,000 in value of food.

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