

Table Matters

SEPTEMBER 2013



Eastern Illinois Foodbank

www.eifoodbank.org

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Returning Back To School Has a Different Meaning If You're Hungry

As students returned back to school this past month, many children were filled with enthusiasm for the new school year. New teachers, new shoes, new promise for the year ahead. It's an exciting time.

Even more so, if you're hungry.

Current estimates tell us that one in every four children is struggling with hunger in our region. That's probably about five kids in your child's class that might not have a square meal every day. Returning to school means five days a week of breakfast and lunch. Meals that were not promised to them throughout the summer months.

Even with the promise of regular meals during the week at school, do these children struggle with hunger in the evenings and over the weekend? **The answer, quite simply is: YES.**

"Many local children rely on free and reduced-price school lunches during the week," said Andrea Rundell, Director of Programs at the Eastern Illinois Foodbank. "But when they are out of school for the weekend, these meals are not available. Many kids leave school on Friday wondering what they'll eat until Monday."

For this reason, the Eastern Illinois Foodbank plays a vital role in ensuring that children have access to nutritious, easily accessible food when they need it the most. As part of the **Healthy Futures Initiative**, the **BackPack Program** and the **School Pantry Program** were designed to specifically address child hunger.

The **BackPack Program** provides backpacks filled with food for kids to take home every weekend that school is in session. Since its inaugural year serving 30 kids at one site, the Backpack program has expanded to 22 sites, reaching almost 795 kids each year.

The **School Pantry Program** addresses childhood hunger in our service area through the provision of groceries to students and their families at school. The School Pantry Program was launched in the fall 2012 with four pilot programs in

Champaign and Coles County serving ~25 families per site - with plans to expand in 2013. Several programs in other cities have reported great success with school pantries, including boosting high school retention rates because the kids do not have to feel pressured to drop out and get a job—they can contribute to the family by staying in school.

"Trying to learn while struggling with chronic hunger is difficult. The numbers of

students in our schools that struggle with chronic hunger are climbing every year," said Barb Daly, volunteer School Pantry Captain for Centennial High School.

The success of these programs has allowed the Eastern Illinois Foodbank to continue to serve more children every single year. Although we have a long road ahead to eliminate child hunger in eastern Illinois, with your help, we are working hard to alleviate it.

If you are interested in donating to the **Healthy Futures Initiative**, please visit www.eifoodbank.org.



MISSION ♥

THE EASTERN ILLINOIS FOODBANK EXISTS TO ALLEVIATE HUNGER IN EASTERN ILLINOIS.

The Hires Report



Dear Friends,

If you measure work or progress by milestones the past year is full of just those things. We again set new records this year – **distributing 7.3M lbs of food, including 1.5M lbs of fresh produce**, to our member agencies. As part of our Healthy Futures Initiative, we piloted four school pantries in area high

schools and upgraded our facilities to handle even more fresh and frozen foods. **All of this is possible because the communities we serve are committed to our mission of alleviating hunger and believe that no one should be hungry.**

The Eastern Illinois Foodbank responds to the fight against hunger because the individuals in our community has entrusted us to represent them in that fight. We consider it a privilege to represent you and work with you to address food insecurity for all children and their families.

I would like to personally invite you to learn more about

hunger and what can be done to relieve it by participating in upcoming **Hunger Action Month** activities listed on the following page.

“all of this is possible because the communities we serve are committed to our mission of alleviating hunger and believe that no one should be hungry”

Thanks for all you do and I hope to see you in September!

All my best,

Jim Hires
Jim Hires

How the Foodbank Works



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September is HUNGER ACTION MONTH



The Eastern Illinois Foodbank is gearing up for Hunger Action Month. Hunger Action Month is your opportunity to join a movement that has a real and lasting impact on our effort to feed more people in our community than ever before. Below are a few opportunities that you can take action to fight hunger all month long.

Go ORANGE for Hunger

THURSDAY, SEPTEMBER 5TH

This September, we're asking everyone to Go Orange for Hunger on behalf of the nearly 77,000 people in East Central Illinois that struggle with food insecurity. Go Orange by wearing orange to work or school on Thursday, September 5th. Take a picture and post it on our Facebook page @Eastern Illinois Foodbank.



Faces of Hunger Symposium

**Thursday, September 12th @ 7pm
Hilton Garden Inn**

Hunger affects a diverse group of people. Hear stories of real families in your community that have found help and hope at Foodbank agencies and programs. This will be an honest discussion on hunger from individuals who face it each day. The faces of hunger will surprise you. RSVP at eifoodbank.org.

SNAP Hunger Challenge – September 16th – 22nd

Over 2 million people in our state live on \$4.50 a day – can you? From September 16th-22nd, the Eastern Illinois Foodbank challenges you to live on \$4.50 a day for an entire week. That's the average SNAP, benefit for an individual in Illinois. Try it for a week, a day, or even just a meal - and live in someone else's shoes. Share your experiences with us on our Facebook page @Eastern Illinois Foodbank.

Community Tours & Repack – September 26th

Ever wonder what goes on at the Eastern Illinois Foodbank warehouse? See behind the operations during our Community Day. We will offer hourly tours and repacking from 7am-3pm for groups or individuals.

Kid's Day at the Foodbank – September 28th, 10am-Noon

Volunteering is a wonderful way for kids to learn about the Eastern Illinois Foodbank and the issue of hunger. During Kids Day, kids ages 5-13 (accompanied by an adult) will tour our warehouse and participate in an age-appropriate food sorting project. Kids Day is a great opportunity for families and groups of all sizes! Space is limited.

Contact the Development Office at marketing@eifoodbank.org or call 328-3663 ext. 17 to reserve your space for the **Community Tours/Repacks and Kid's Day**.



30 WAYS in 30 DAYS

SEPTEMBER is Hunger Action Month

There's something everyone can do to help feed a hungry neighbor this month. Visit www.eifoodbank.org or call us at 217-328-3663 to learn more.



SUN

MON

TUE

WED

THU

FRI

SAT

1

Share this calendar with your friends & family. Ask them to help fight local hunger too!

2

Listen to WDWS 1400AM everyday for HAM updates, agency spotlights and more!

3

Organize a brownbag lunch next week w/ co-workers. Save your lunch money and donate it to EIF.

4

Learn more about EIF by visiting our website at eifoodbank.org

5

WEAR ORANGE!

ORANGE IS THE NATIONAL COLOR FOR THE FIGHT AGAINST HUNGER & TODAY IS GO ORANGE DAY!

6

"LIKE" US



7

Change your Facebook cover photo to match EIF's in support of hunger awareness.

8

Grandparent's day! Make a donation to the Foodbank in their honor.

9

Sign up for our monthly volunteer e-newsletter at eifoodbank.org or email volunteer@eifoodbank.org

10

Volunteer at a local food pantry or soup kitchen. Call EIF for contact info.

11

Will your employer match employee donations to EIF for HAM? Ask your finance dept. today!

12

Attend the 7th annual Hunger Symposium @ Hilton Garden Inn from 7-8:30pm.

13

Visit our blog & read local stories about how hunger impacts our community.

14

Follow us



15

Make a financial contribution to EIF. Every dollar donated is equal to 6 meals. Spread the word!

16

The SNAP Challenge starts today! Can you make it the end of the week on a food stamp budget (\$4.50/day).

17

Drop off produce from your garden to EIF or one of our member agencies.

18

Find us on YouTube & watch "The Story of Pep & Cali". youtube.com/eifoodbank

19

In honor of our 30 year anniversary - challenge your friends, family or co-workers to each raise \$150 for EIF. That's 30 meals for 30 people.

20

Donate food or dollars to a local food pantry, soup kitchen or shelter.



21

Become a hunger champion. Join Hundreds Against Hunger. Contact EIF for details.

22

Sign up for EIF's monthly e-newsletter @ eifoodbank.org

23

Make coffee at home & donate what you would have spent. Try it for today or a week!

24

Have your kids draw a picture for HAM. Share it w/ friends, family & EIF!

25

Visit eifoodbank.org to find out how you can be involved in EIF's annual Food for Families drive from 11/9-24.

26

Come by EIF from 7am-3pm for a tour! Tours will be done every hour. Please call 328-3663 to register before attending.

27

Set an empty plate at your table as a reminder of those who are hungry.

28

View local poverty statistics for your county at feedingamerica.org/mapthamealgap

29

Host a dinner party and ask guests to bring a donation for EIF.

30

Did you make it through the SNAP Challenge? Message us on FB or Twitter & share your experience.

30 Ways in 30 Days

Give up your latte to buy someone a meal? Take a tour of the EIF Warehouse? Whatever way you choose, there's something everyone can do to feed the hungry this September. And we've helped you out with a handy "30 Ways in 30 Days" calendar (opposite side of this page), which has an idea for each day during the month of September. Pull out this insert and share your experiences on our Facebook page and blog. Can you check off all 30 ways?

FOOD *for* FAMILIES

November 9 - 24, 2013



Help Kids Like Kate.

Meet Kate. An ordinary girl with an ordinary family. But, there is something you don't know about her... she and her family struggle with hunger every day.

"Kate" represents the 33,000 children that struggle with hunger in Eastern Illinois and our core message around Food for Families.

Contact us at marketing@eifoodbank.org to be part of Food for Families and help feed children just like Kate.

Did You Know?

... that a Good Advocate is an Informed Advocate

Take the SNAP Quiz.

Over the past several months, you've heard the Eastern Illinois Foodbank talk a great deal about the importance of protecting SNAP (formerly known as food stamps) from cuts in the Farm Bill. In order to shorten the lines at our agencies, we must strengthen the partnership between the foodbank, businesses, and government. With the Farm Bill stuck in neutral, we wanted to take the opportunity to highlight why we advocate so strongly for SNAP and test your knowledge about the program.

1. What percentage of SNAP households included a child, an elderly person, or a disabled person?

- ☐ 26% ☐ 56%
☐ 66% ☐ 76%

2. What is the accuracy rate (correct payments only to eligible participants) of SNAP?

- ☐ 96% ☐ 86%
☐ 76% ☐ 6%

3. What is the average SNAP benefit per person, per meal?

- ☐ \$1.50 ☐ \$5.50
☐ \$7.50 ☐ \$10.50

4. Without a state waiver, how many months can an unemployed able-bodied adult without dependents (ABAWDs) receive SNAP benefits within a 3 year period?

- ☐ 3 months ☐ 12 months
☐ 24 months ☐ Indefinite. There is no restriction.

5. Starting November 1, a family of three will see their monthly SNAP benefits automatically decrease by:

- ☐ 5 to 10 dollars ☐ 10 to 15 dollars
☐ 20 to 25 dollars ☐ 50 to 55 dollars

Check your answers below. They may surprise you!

Answers: 1. 76%, 2. 96%, 3. \$1.50 4. 3 months 5. 20 to 25 dollars



WHAT'S HAPPENING

Visit www.eifoodbank.org and click "get involved" then "events calendar" to stay up to date on our upcoming events. Contact the Development Office at 328-3663 ext. 32 for more information on specific events.

September: September is **Hunger Action Month**, a time to learn about local hunger and the needs in your community.

September 10: Stop by Louie's Dixie Kitchen (1104 N Cunningham Ave, Urbana) for breakfast, lunch or dinner. A percentage of all sales will go to EIF!

September 12: Faces of Hunger Symposium at 7PM at the Hilton Garden Inn.

September 16: SNAP Hunger Challenge. Eat on \$4.50/day per person and share your experience at www.eifoodbank.org.

September 21: Kid's Day at the Foodbank from 10am - Noon. Ages 5-12, must be accompanied by parent or guardian.

September 26: Community Day at the Eastern Illinois Foodbank. Hourly tours and volunteering repacking from 7am-3pm.

October 6: Farm Dinner Fundraiser with Master Chef Rick Bayless hosted by Prairie Fruits Farm. To purchase tickets, visit www.prairiefruits.com.

November 9 -24: Save the Date for **Food for Families!** For more information in participating or sponsoring, email marketing@eifoodbank.org.

November 16: The CU Storyteller's Guild will hold a benefit storytelling for EIF at the Unitarian Universalist Church (309 W. Green, Urbana). Visit www.custorytelling.com for more information.

November 21: Piato Cafe's lunch buffet fundraiser for EIF's Backpack Program.



Member of:

Food donations accepted
Mon-Thurs: 7:30 am - 3:30 pm
Friday: 7:30 am - 12 pm

Twitter: @eifoodbank
Facebook: Eastern Illinois Foodbank

www.eifoodbank.org

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