



As the economic indicators continue their improvement, many people are confused by the reports of food-insecurity. Many ask the question “How can there be hunger in the community with job opportunities out there?” The assumption that many people have is that hunger arises from either a bad economy or from bad people. The public often views hunger caused by a bad economy to be acceptable, and that hunger that arises out of a good economy must be caused by questionable lifestyle choices.

What we need to understand is that hunger, more often than not, is independent of both the economy and the goodness or badness of people. Hunger arises instead from the normal wear and tear that people experience. For example:

- Someone in the household becomes unemployable
- Someone in the household is laid off or loses their job
- Someone in the household is employed at low wages or can only find part-time work
- The marriage ends in divorce
- Lack of affordable, accessible child care
- The need to flee domestic violence
- An addiction getting out of control
- Lack of health or dental insurance
- Personal bankruptcy
- Fire
- Death
- An accident, assault or major illness
- The cost of caring for a relative who needs on-going care
- Social security income is insufficient
- The child’s missing parent doesn’t pay child support
- Major car repair or appliance breakdown

The latest U.S. Government estimates are that nearly 1 in 6 of the population experiences periods of food deprivation as a result of circumstances such as those described above. Even in “good” economic times, many people live so close to the edge financially that any disruption could be disastrous. Many of us would be able to shrug off a similar disruption.

Food-insecurity has remarkably little to do with times or people being good or bad and very much to do with just the normal stresses and strains, wear and tear of day to day life. Things break, people break, fires occur, or there is injury or death. In the wake of such events, one in six of us each year will find ourselves in need of help. It is nothing to glorify nor is it something to be ashamed of.

Two Important Things to Remember:

- Eligibility Criteria Form: Food pantries need to be using the updated Eligibility Criteria Form (for 2025-2026). Please make sure your agency is using the new form going forward.
- The monthly reporting requirement: this report is due by the 10th of each month. The information is for the month that just ended. This report is due even if your agency did not distribute food or serve meals.

As always, call if you have questions or need more information.
334-821-9006 or bbeck@foodbankofalabama.com

Food Safety 101: Food-Borne Illness *Center for Disease Control and Prevention*

The most common bacteria to cause food-borne illness include salmonella, listeria, campylobacter, bacillus cereus, and E. coli. All food borne contaminants will cause similar symptoms; however, the intensity of certain symptoms may be more intense with certain bacteria and the age and health of the individuals.

Ten Foods Most Prone to Food-Borne Illness

The CDC reported the top 10 outbreaks last year were associated with the top 10 riskiest FDA-regulated foods, causing nearly 2,000 reported illnesses. Since most food-borne illnesses are never reported, these numbers may be significantly higher. The total number of reported illnesses does not include all food-borne outbreaks last year.

The top ten foods are:

- **Leafy greens, including iceberg lettuce, romaine and spinach, eggs, tuna, oysters, potatoes, cheese, ice cream, tomatoes, sprouts, and berries.**

Consumers can protect themselves by:

- Rinsing fruits and vegetables under running tap water just before eating. Rub firm-skin produce (or scrub with clean brush) under running tap water.
- Cook chicken to 165° F; please use a thermometer to determine the internal cooking temperature.
- Keep product at the correct temperature, coolers 41° F and freezers at 0° F or below.
- Wash hands with warm water and soap for 20 seconds before and after handling food.
- Clean counter tops, cutting boards, and utensils to prevent bacteria from spreading.

Upcoming Monitor Visits

Bowen East Ministerial Division
EAMH - Second Street
EAMH– Opelika Retirement Home
Esperanza House
Exodus Ranch
Greater Ebenezer Missionary Baptist Church

Greater Peace Stem Program
Mount Moriah Missionary Baptist Church
Potter's House Sincere Ministry
Randolph County FAAPA
Redeeming Grace
Tuskegee University Tiger's Den

A Few Comings and Goings.....

We sadly bid farewell to our Administrative Assistant **Hannah Grace** who plans to relocate closer to her family in Birmingham.

We welcome **Audra Lewis** who has joined our staff as Assistant Office Manager. She has taken over bookkeeping responsibilities in the office and brings extensive accounting experience.

Also joining our staff is **James Simmons** who has assumed the position of Warehouse Manager. He brings much experience with inventory management, fleet management, and has supervisory experience.

Fresh produce - Arriving daily

Are you looking for a way to get some fresh product out to those you serve?

We are excited to share with you that the food bank is currently receiving some beautiful produce. This is a wonderful time of the year when we receive this healthy and tasty food and send it out to those in our communities that really need our help.

This is the food that has the most benefits, but requires a quick turnaround. Often the time when we receive it may not line up with when you are distributing. To help our agencies in making this happen, we are setting up produce drops. When we receive enough product for a produce drop, we will send out a notification to the agencies of the opportunity available.

Once an agency contacts us that they were interested, we will set up the delivery for the drop. Typically these drops would provide for 100 -150 families. We would plan to deliver within 1 to 2 days. The agency would be responsible for the distribution of the produce.

Once we confirm the drop with the agency, they would want to start reaching out to get the people for the event; possibly utilizing a calling tree or social media.

While we are looking to identify agencies that will take a multi pallet drop of a variety of produce items and immediately move them out; if you are only able to do a smaller scale event, you can still participate. For smaller events, once we reached out regarding availability of product, you would schedule a time to come and pick up some product.

Produce drops would be done at no charge.

This is a great opportunity that allows agencies to receive fresh produce (at no charge) and get it right out to those they serve. We encourage you to take part in this program. If you are interested, please contact Suzanne Rowland srowland@foodbankofeastalabama.com.





Sun | Mon | Tues | Wed | Thurs | Fri | Sat

		1	2	3	4 Closed for 4 th of July	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30 Closed for inventory			



Civil Rights Assurance

In accordance with Federal law and U.S. Department of Agriculture policy, no person shall, the basis of race, color, national origin, sex, age, or disability, be excluded from participation in or be denied, or otherwise subject to discrimination under this program.