~Bank Notes~

FOOD BANK OF EAST ALABAMA

November 2026

Demographic Reporting:

Progress Made, *More Work to Do*

Last year we emphasized the importance of demographic reporting, and so many of you understood the assignment and stepped up with accurate, essential reports. Unfortunately, we had to introduce consequences for agencies that consistently failed to submit reports in a timely manner. Many agencies responded immediately to hold notices and have diligently reported since.

We are encouraged to see improvement:

- **May 2026:** 59.7% of agency partners submitted reports
- **August 2026**: 69.5% of agency partners submitted reports

This is an increase and we thank you for the progress. Still, it is not enough. These reports are not just paperwork—they are the numbers we use to advocate with legislators and donors, put faces to the pounds of food distributed, and intentionally allocate items where individuals are being served. Without consistent reporting, we cannot demonstrate the full impact of our collective work.

The following measures will become effective JANUARY 1, 2027

FIRST OFFENSE
(late report):

⇒ Agency will be placed on hold, lifted once the requested report is submitted.

⇒ If not submitted within 30 days, deactivation may occur.

SECOND OFFENSE
(two consecutive late reports):

⇒ Agency will be placed on *mandatory* 30-day hold with no option for early reinstatement.

⇒ After 30 days, reinstatement will occur if all outstanding reporting has been submitted.

⇒ Continued failure to comply may result in probationary status or deactivation.



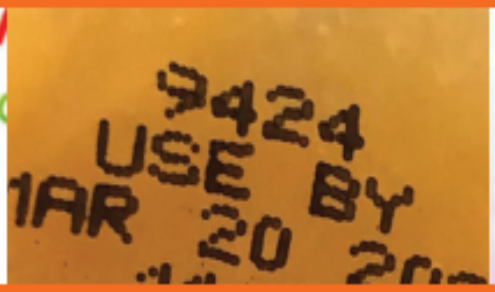
To ensure continued improvement, we are expanding the reporting policy to clearly define what happens in the case of a first offense and in the case of a second consecutive offense.

We appreciate the agencies who have stepped up and submitted reports on time. **Your diligence strengthens our ability to advocate, allocate, and serve with precision.** Together we can continue to raise the standard and ensure every neighbor's experience is represented.

As always, if you have questions or need help in understanding the required reports, please reach out to Barbara Beck by emailing bbeck@foodbankofeastalabama.com or by calling 334-821-9006.

What's the difference?







BEST BY	USE BY	SELL BY
This indicates when a product will be of best flavor or quality. It is not a purchase or safety date.	This date is the last date recommended for the use of the product while at peak quality. It is not a safety date except for when used on infant formula.	This date tells the store how long to display the product for sale for inventory management. It is not a safety date.

Are Dates for Safety or Quality?

Manufacturers provide dating to help consumers and retailers decide when food is of best quality. **Except for infant formula**, dates are not an indicator of the product's safety.

Can food be donated after the date passes?

Yes. The quality may decline after the date passes, but the food should still be safe as long as it does not show signs of spoilage.

What about frozen foods?

Freezing food is a great way to keep food safe for longer periods of time, if kept at 0°F. Foods that are left in the freezer too long will start to lose their freshness, but are still safe to eat. Freezer burn can start to occur after 3 months, but does not make the foods unsafe to eat. To avoid freezer burn and enjoy foods at their best, it is recommended to eat within 1 year.

Dry/Shelf Stable Foods:

Dates on foods refer to quality, not safety. Canned goods will last for years, as long as the can itself is in good condition (no rust, swelling or large dents). Packaged foods (cereal, pasta, crackers) can become stale past the 'best by' date, but will still be safe to eat.



November is National Diabetes Month

According to the health profession, diabetes care and questions comprise 85- 90% of the calls received on any given day.

DID YOU KNOW?

- Almost 14% of Alabamians have been diagnosed with diabetes.
- Almost 26% of Alabamians over age 65 have been diagnosed with diabetes.
- Almost 35,000 Alabamians are diagnosed with diabetes every year.
- Alabama has the 3rd highest diabetes rate in the United States.

There is good news. You can live with controlled diabetes and have a very long and full life. If people knew that they could get their diabetes under control, it could prevent so many other health conditions. Here is a friendly acronym with tips and suggestions for people with diabetes:

Don't forget to stay physically active.

Include healthy food choices in your diet.

Avoid sugary drinks and food.

Be consistent with checking your blood sugar.

Eat smaller portions more frequently.

Talk to your health care provider.

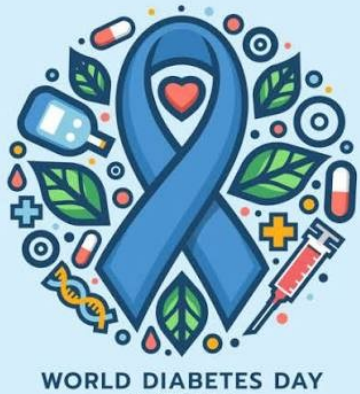
Eat more fruit and vegetables.

Schedule routine diabetic foot and eye exams.

Friendly Reminders

VAP Product (Value Added Product)

Last month we introduced our agency representatives to an additional resource that can now be found on our food list. This is the special product that the Food Bank purchased and we offer this product to our agencies at 36 cents/pound. This is far less than what the food bank paid for this food, but by adding a small increase to the usual 18 cents/pound shared maintenance, we will be able to recoup some of the cost of purchasing these items and will have more funds to purchase items in the future. Remember to look carefully at the food list—these items will have the VAP identification.





The Beat Bama Food Drive is in full swing and will continue through November 19th.

November 2026

SUN	MON	TUE	WED	THUR	FRI	SAT
1 	2	3	4	5	6	7
8	9	10	11  [CLOSED]	12	13	14
15	16	17	18	19  BBFD ends	20	21
22	23	24	25  Shopping ends at NOON	26  [CLOSED]	[CLOSED]	28
29	30					

food cents

Big Savings, Bigger Impact

September 2026

Number of Agencies Shopping:	111
Pounds Distributed:	462,401
Retail Value/FA ($1.90 per lb.):	$878,562
Food Bank SMF:	$23,375
Savings to FBEA Agencies:	$855,187

The Food Bank will be closed the following days:



- November 11th - Veterans Day
- November 26th - Thanksgiving
- November 27th - Thanksgiving
- December 24th - Christmas Eve
- December 25th - Christmas Day
- January 1st - New Years Day

We will be open to serve agencies on Wednesday, December 23rd, but will be closed for shopping through the remainder of the year. The last full week of the year we will be closed to agencies to allow time for Food Bank staff to close out the year and complete the required reporting.

What happens during the last week of the year?

This is an important time for us. We complete quarterly inventory, we sort and case any remaining product from food drives, donations, etc., and we do heavy-duty cleaning, Basically we get ready to start out the new year with a clean, organized warehouse.

Civil Rights Assurance

In accordance with Federal law and U.S. Department of Agriculture policy, no person shall, on 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.