



The Truly Vulnerable

As Mother's Day approaches, we often turn our thoughts towards mothers and children. As nice as the picture may seem, it isn't always a pretty one. Childhood hunger is sometimes an uninvited visitor at tables in America. In fact, the problem of childhood hunger is more of a problem than most Americans think. Each year, our Feeding America network provides emergency hunger relief to more than 14 million children in the U.S. The US Department of Agriculture estimates that 16.7 million children are food-insecure—either hungry or at risk of hunger.

Jasmine, a 9 year old girl, receives a free meal through the National School Lunch Program, and she is glad they moved her lunch period up 45 minutes. *"No one could pay attention,"* Jasmine says. *"Everybody was too hungry so they changed when we could eat lunch."* Sadly Jasmine is used to going without breakfast and sometimes can't count on a nutritious dinner. In fact, Jasmine's family has lived through some very rough times, including a brief period of homelessness. Now they live in public housing and get food stamps through the SNAP Program. *"When we run out of food stamps, we just have to figure out what to do,"* says Jasmine's mother. *"Like going to the church food pantry."* Despite the hard times, Jasmine remains positive. *"When I grow up I want to help people who are hungry and homeless,"* she says. It is vital that we work together to change these statistics and make sure America's precious children get the nutrients they need to grow and have a healthy lifestyle.



STAMP OUT HUNGER IS THE NATION'S LARGEST SINGLE-DAY FOOD DRIVE

On the second Saturday in May—**May 11th**, letter carriers in more than 10,000 cities and towns across the United States will deliver much more than mail. They will also collect the goodness and compassion of their postal customers participating in the 19th annual national food drive. This

is the largest single-day food drive in the country!

It's simple to participate. Just place nonperishable food items in a bag and place it next to your mailbox on that Saturday. Your letter carrier will do the rest.

Please encourage your family, neighbors, and friends to participate. With all of us working together, we can greatly diminish hunger in our community.

FOOD SAFETY WORKSHOP

Monday, May 20, 2013 from 9:30-11:30 a.m.
Conference Room at the Food Bank

We are delighted to again offer the opportunity to attend a Food Safety Workshop presented by Janet Johnson, Food Safety Consultant with the Alabama Cooperative Extension System.

This informative workshop will offer practical, hands-on approaches to handling food in a safe manner.

There is no charge for the workshop, but space is limited and reservations are required. Please contact us at (334) 821-9006 or email us at bbeck@foodbankofeastalabama.com to reserve your seat. Limit 2 representatives per agency. Agencies that attend will receive a \$25 credit on their account.



Shopper Orientation

Before an agency representative can order product or have access to the warehouse, the representative must attend shopper orientation. It is also recommended that shoppers who have not ordered for a year or more attend an orientation session to receive updated information.

WHEN: Shopper Orientation is held the third Tuesday of each month except in December. Dates are listed in the newsletter. Orientation is held from 9:00-11:00 a.m. CST. If the representative arrives late, they will be rescheduled to the next month's orientation session.

HOW TO GET ON THE ORIENTATION SCHEDULE: Due to limited space, please contact the Food Bank to reserve a spot. To authorize an agency representative, the Director or Pastor must send a letter on agency letterhead to the Food Bank authorizing the person to attend shopper orientation and order for the agency. Or they may call and request a Shopper Orientation Authorization Form. In the letter or on the form they can also let us know if the agency has a shopper who is no longer authorized to order product for the agency.

WHY is an authorization letter necessary? The authorization letter safeguards unauthorized charges to your account and access to Food Bank product. The authorization letter/form may be faxed, mailed, or brought with the representative to their orientation session. Also, if circumstances change, please let us know if your representative will no longer be able to attend. This will allow other agencies the opportunity to send their representative.

At Orientation representatives' pictures will be taken for their shopper ID card. Shopper ID cards are necessary to order and pick-up product and these ID cards will usually be available at their next Food Bank visit.

If you have any questions, please do not hesitate to contact Barbara Beck at (334) 821-9006.

Upcoming Monitor Visits

- Addereth Church
- Auburn United Methodist Church-Homebound
- BigHouse Foundation
- Building 2525
- Chosen Generation Worship Center
- Contact Ministries Center
- Courts of Praise Worship Center
- Hope For Families and Comm Service
- IAMBK
- Mt. Zion Missionary Baptist Church
- Randolph Baptist Christian Service Center
- River of Life Worship Center
- Tallapoosa Christian Crisis Center
- Valley Haven School
- Wadley Parish

BE SURE TO USE CORRECT EMAIL ADDRESS TO SEND IN ORDERS

For those agencies who email their orders, please make sure you are using the correct email address! It is eafborder@foodbankofeastalabama.com

Getting Kids to Love Healthy Food

- Encourage kids to help plan and cook meals: children are more apt to try something new if they help to prepare it.
- Make healthy snacks easy for kids to find and eat.
- Eat healthier yourself—kids follow your example!



Easy, Healthy Snacks Kids Love

- Raisins & other dried fruit
- Celery sticks with peanut butter
- Whole wheat toast with jam
- Apples, Oranges, Grapes
- Chips and Salsa



Healthy Canned Fruits and Veggies

Look for these phrases on the labels of canned fruit:

- "Packed in its own juices"
- "Packed in fruit juice"
- "Unsweetened"



Look for these phrases on the labels of canned vegetables:

- "No salt added"
- "Reduced sodium"

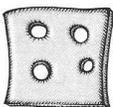
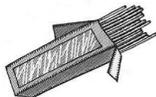


Healthy Goals



Make half your plate fruits & vegetables. Aim for a variety of colors - fresh, frozen, or canned.

Make at least half your grains whole. Look for "100% whole grain."



Switch to non-fat or low-fat dairy. Low fat milk, yogurt, cottage cheese, and cheese have the same nutrients but less fat and calories!

Vary your protein choices. Try lean meat, poultry, beans, eggs, seafood, or nuts.



Cut back on salt, solid fats, and added sugars. Rinse canned products, drink water instead of sugary drinks, replace oil with solid fats, eat fruit for dessert.

Be physically active. Take the stairs instead and add walking into your routine.



Snacks and Toddlers

- low-sugar, whole-grain breakfast cereals
- cut-up fruit (if pieces are small and soft enough to avoid choking)
- graham crackers
- cheese slices cut into fun shapes
- applesauce
- yogurt



Snacks and Preschoolers

- cut-up fruit or applesauce
- yogurt
- sliced or chopped veggies
- whole-grain crackers topped with cheese



Snacks and School-Age Kids

- low-sugar, whole-grain breakfast cereal with low-fat milk
- low-fat string cheese
- fruit smoothies made with low-fat milk or yogurt
- nuts and raisins
- whole-wheat pita slices, cut-up veggies, and hummus
- whole-grain pretzels
- fruit slices dipped in low-fat flavored yogurt



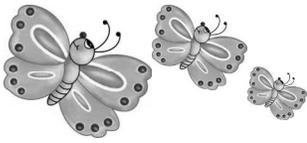
Snacks and Teens

- veggie sticks with low-fat ranch dip or hummus
- low-fat granola bars
- fresh or dried fruit
- trail mix
- air-popped popcorn
- hard-boiled eggs

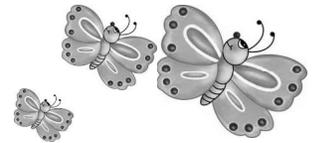


Your arms were always open when I needed a hug. Your heart understood when I needed a friend. Your gentle eyes were stern when I needed a lesson. Your strength and love has guided me and gave me wings to fly.

Sarah Malin



May 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1)	2)	3)	4)
5)	6)	7)	8)	9)	10)	11) Letter Carrier Food Drive
12) Mother's Day	13)	14)	15)	16)	17)	18)
19)	20) Food Safety Workshop 9:30-11:30am	21) 9am Agency Orientation	22)	23)	24)	25)
26)	27) Closed for Memorial Day	28)	29)	30)	31) Closed for Inventory	



Agencies Stretch Their Money at the Food Bank March 2013

Number of Agencies Shopping.....	116
Pounds Distributed.....	367,533
Retail Value per FA (\$1.66 per lb).....	\$610,104
Food Bank SMF Cost.....	\$35,312
Savings to FBEA Agencies.....	\$574,792

New Food Items

**A large variety of beautiful produce comes in everyday!
No Shared Maintenance!**

Donut Sticks	6 x 12 ct
Texas Garlic Toast	12 x 11.25
Granola Cereal	4 x 3 lb
Berry Crumble	12 x 14 oz
Cereal Bars	12 x 8 ct
Donuts, Mini Powered	6 x 12 x 2.8
USDA Blueberries - Frozen	8 x 3 lb bag
USDA Mixed Fruit	24 x 15 oz
Bleach	8 x 64 oz
Bleach	3 x 121 oz
USDA Orange Juice	8 x 64 oz
USDA Sweet Potatoes, Canned	24 x 15 oz
Tomatoes, Diced	8 x 14.5 oz
USDA Corn Canned	24 x 15 oz
Tomatoes, Diced Fire Roasted	12 x 14.5 oz
USDA Pinto Beans, Canned	24 x 15.5 oz
Tomatoes, Diced Spicy	12 x 14.5 oz
USDA Vegetarian Beans	24 x 15 oz

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.