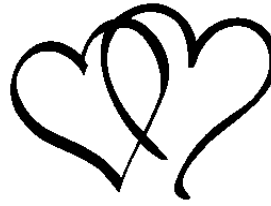




*February*  
*2013*



*Food Bank of*  
*East Alabama*



## ***A Tribute to Our Agencies, Staff, & Board***

*from*  
*Executive Director*  
*Martha Henk*

When I welcome new agencies (churches and other non-profits) at our monthly new agency orientations, I start by telling them a basic truth about our relationship. Without them, the Food Bank of East Alabama would be a warehouse full of food with no good way to get that food to the hungry and, without us, a large majority of our agencies could not afford to have a meaningful food outreach. And – that makes us a team with a great mission.

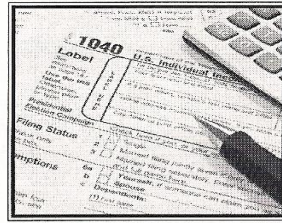
That mission – to feed the hungry – is the glue that holds us together and forms a common bond between many people of diverse back grounds, religious beliefs and economic well being. And, if you want to see the different races working together, come to the Food Bank. It is the most people helping people thing I've ever been a part of and it is a very big reason why we now have so many talented “old timers” on the staff who could long ago have found a higher paying job. It is also a big reason why we never have a problem finding dedicated and capable Board members that want to join our team and contribute in many ways.

We work together with our agencies in many ways to get food to the hungry. Some have another charitable goal as their primary mission; however, feeding the people they are helping is paramount to achieving their ultimate mission and using the Food Bank allows them a very significant savings in food costs that they can then use towards their primary mission. For many other agencies, their primary charitable mission is providing food to the hungry—and using the Food Bank allows them to provide a greatly increased outreach with their available funds. Be it through food pantries, meals on wheels, on-site feeding or sponsoring and helping with the execution of our special programs like the mobile pantries or the distribution to seniors through the Brown Bag Program, our agency people are our “boots on the ground” troops. Without them, victory in this war on hunger that we are fighting would be out of reach.

When you see our agencies at work, you also see a multitude of genuine human interest stories unfolding and many unsung heroes in action.

# FREE

## INCOME TAX PREPARATION & FAST ELECTRONIC FILING



### SPONSORED BY:

The City of Auburn  
&  
Auburn University

For households earning less than \$50,000 per year with one or more children or \$20,000 per year without children.

FOR APPOINTMENTS CALL:

# 1-888-99-TAX-AL

SEE BACK FOR DATES AND LOCATIONS.

FREE TAX PREPARATION BEGINS

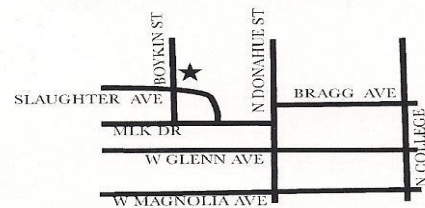
## mid-January

FOR APPOINTMENTS CALL:

# 1-888-99-TAX-AL

**BOYKIN COMMUNITY CENTER**

400 BOYKIN ST • AUBURN, AL 36832



TAX SERVICES PROVIDED BY AUBURN UNIVERSITY.

SPONSORED BY:



REGIONS



SaveFirst

## FROM THE DISTRIBUTION STAFF

There are several things you can do to help make things run more smoothly in the distribution area:

- ◆ Remember when you shop and select product in the Marketplace area, you need to keep separate boxes for: non-food product, bakery product, product from the chest freezers, and product from the coolers. If you keep these items separate, it will go much more quickly when the food is being weighed.
- ◆ When you arrive at the Food Bank, DO NOT automatically back your vehicle into the loading area. Please park in the parking lot, check in at the front desk, and then go out into the Distribution Area. The distribution staff will tell you when they need you to move your vehicle into the loading area.
- ◆ If you are waiting for your order to be pulled, loaded and invoiced, please take a seat in the chairs near the Distribution Desk rather than standing by the desk or in the loading area.

Thank you for your help!

### Upcoming Monitor Visits

- ◆ Carrville Baptist Church
- ◆ Community Market
- ◆ Domestic Violence
- ◆ First Holiness Church
- ◆ LCYDC-Chanticleer Learning Center
- ◆ LCYDC-Main Office



- ◆ Liberty Baptist Church
- ◆ Smithø Station Baptist Church
- ◆ St. Johnø Catholic Church Brown Bag Program
- ◆ The Bridge
- ◆ Town Creek Missionary Baptist Center

# How to Fight the Food Spoilers

*(Bacteria and Viruses)*

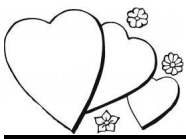
- ◆ When shopping for food, pick up perishable foods, meat, poultry, and dairy items last; get them home and into the refrigerator or freezer quickly.
  - ◇ Plan to drive directly home from the grocery store.
  - ◇ You may want to take a cooler with ice or frozen gel packs for perishables.
  - ◇ Always refrigerate perishable food within 2 hours. Refrigerate within 1 hour when the temperature is 90 degrees Fahrenheit.
  - ◇ When transporting hot food, hot food should be kept hot, at or above 140 degrees Fahrenheit. Wrap well and place in an insulated container.
- ◆ Never buy food in damaged containers such as leaking, bulging, rusted, or severely dented cans, cracked jars, or jars with loose or bulging lids.
- ◆ Maintain a refrigerator temperature of 40 degrees Fahrenheit (2 to 4 degrees C) or below, and a freezer temperature of 32 degrees Fahrenheit (0 degrees C) or lower. Check each frequently.
  - ◇ *Danger Zone*- Bacteria multiply rapidly between 40 and 140 degrees Fahrenheit.
  - ◇ Never leave perishable foods such as meat, poultry, eggs and casseroles in the *Danger Zone* over 2 hours; 1 hour in temperatures above 90 degrees Fahrenheit.
- ◆ Thaw meat and poultry in the refrigerator or, for faster results, in a watertight package under cold running water.
- ◆ Wash hands thoroughly with soap and warm water before handling foods.
- ◆ After handling raw foods such as meat, poultry, vegetables, or fruits, wash your hands before touching other foods or food surfaces.
- ◆ Wash utensils, containers, and work surfaces before and after they come into contact with raw foods, especially meat and poultry.
- ◆ Always keep hot foods hot (above 140 degrees Fahrenheit) and cold foods cold (below 40 degrees F).
- ◆ Refrigerate leftovers promptly in properly covered containers.

*Alabama Cooperative Extension System 2004 and  
USDA Food Safety and Inspection Service Cooking for Groups*

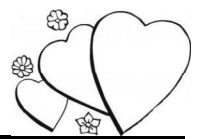
*February is Heart Month*

***Be good to your heart by:***

- ◆ *Choosing a diet low in fat, saturated fat and cholesterol*
- ◆ *Selecting plenty of whole grain foods, fruits and vegetables*
- ◆ *Eating at least 2 servings of fish per week*
- ◆ *Balancing the number of calories you eat with the number you use each day in order to maintain your weight.*
- ◆ *Limiting intake of salt and alcohol*



# February 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1)	2) Groundhog Day
3)	4)	5)	6)	7)	8)	9)
10)	11)	12)	13)	14) Valentine's Day	15)	16)
17)	18) Closed for Presidents Day	19) 9am Orientation	20)	21)	22)	23)
24)	25)	26)	27)	28) Closed for Inventory		



## *Agencies Stretch Their Money at the Food Bank December 2012*

Number of Agencies Shopping í í í í ...**87**  
 Pounds Distributed í í í í í í í ...**.290,349**  
 Retail Value per FA (\$1.66 per lb) í ...**\$481,979**  
 Food Bank SMF Cost í í í í í í í ...**\$31,294**  
 Savings to FBEA Agencies í í í í ..**\$450,684**



### New Food Items

USDA Orange Juice	8 x 64 oz
Foam Coolers	1 x 15" cube
USDA Sweet Potatoes, Canned	24 x 15 oz
USDA Blackeye Peas	24/15 oz
USDA Peaches	24 x 15 oz
Dijon Salad Dressing	6 x 16 oz
Pomegranate Vinaigrette Dressing	6 x 16 oz
USDA Corn, Cream Style	24 x 14.75 oz
Mini Muffins, Blueberry	12 x 5
Brownies	12 x 5
USDA Peaches	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.