

MARCH

SENIOR HUNGER AS WE KNOW IT

Like many of you, I am reaching the age where I think about what I will do later in life. I have heard friends and family discuss everything from bucket-list trips, to relocating to places closer to their children, to thinking about a new career after retirement.

Like many of you, one thing that never comes to mind in planning for my future is wondering if my family and I will have enough to eat. But that is a reality for almost 10% of Alabama seniors. Battling the effects of hunger and food-insecurity is a daily reality for them.

Think about Donna. She spent her whole life as a nurse caring for others until her husband's poor health and need for full-time care required her to quit her job. As the cost of rent, utilities, and medicine began to rise, they had little left for food. Thankfully, they have a local food pantry that helps them with the nutritious foods they need so that they can focus on getting healthier.

While we are often moved by the plight of hungry children, the plight of food-insecure older Americans is often shrouded by isolation and a generation's pride. As a nation, we have a special responsibility for the vulnerable elderly. Food-insecurity among this vulnerable population is especially troublesome because they have unique nutritional needs and may require special diets for medical conditions.

The Food Bank of East Alabama is committed to addressing senior hunger. Each month, we prepare and distribute over 895 boxes for seniors in an effort to prevent them from having to choose between food, medicine, and utilities.

The rise in food insecurity among seniors and older adults, coupled with the continued growth of the senior population, underscores the importance of addressing food insecurity. Your partnership with the Food Bank and with our combined outreach efforts help to bring relief to the vulnerable part of our population.





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.

Helpful Resources on the Food Bank Website

Most of our agencies are very familiar with the AGENCY PARTNER LOG-In section of the Food Bank's web site. This is, of course, where you find the recent Food List to find out what is available in our inventory.

But this page contains much more! Here is some of the content you can find there:

- **FORMS** – here you can find all the forms you need for your agency programs and a link to the required training for Civil Rights and Food Safety
- **RESOURCES**—in this section you can find good information such as client-choice food pantry programs, guidelines for churches, food storage information, and a “How is that Food Good?” document
- **PRODUCT RECALLS** – this gives you the link to the most recent food recalls

Take time to check out what good information you can find!

Cooking, Activity, and Nutrition



National Nutrition Month

Don't celebrate National Nutrition Month by trying to eat healthier during March. Eating right for one month will not make much of a difference, but eating right year round can help you to be healthier.




So, use this month as a chance to **set up healthy habits you can follow all year long.**

Eating more fruits, vegetables, and whole grains can taste great! There are many ways to add them to foods you already enjoy. And, with so many different flavors available from fruits and veggies, adding them can be a great way to make your favorite foods taste even better!

For more information about healthy eating habits, check out choosemyplate.gov.



Easy Ways to Eat Better

- Make or order your **pizza** with vegetables on it.
- Eat fewer potato chips... try **tortilla chips and salsa** instead!
- Great **snack** options: raisins, carrots, apples, oranges, bananas, grapes, mixed nuts. 
- When choosing **fast food**, go to places that let you add vegetables to your sandwich for free... then add lots of them!
- Replace half of the flour in your muffin, pancake, and **chocolate chip cookie** recipes with quick cooking oats.
- Add **fruits and vegetables** to every meal: mac & cheese with broccoli; tuna helper with garlic and peppers; blueberry pancakes! 
- **Roast your vegetables** for better flavor 

MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12 Board Meeting	13	14	15
16	17 	18 Agency Orientation	19	20	21	22
23	24	25	26	27	28	29
30	31 Closed for Inventory					

In Luck With Savings

Month	January
Number of Agencies Shopping	110
Pounds Distributed	\$710,861.46
Retail Value per FA (\$1.93 per lb)	368322
Savings to FBEA Agencies	\$22,414
Food Bank SMF Cost	\$688,447

**“MAY YOUR BLESSINGS
OUTNUMBER THE SHAMROCKS THAT GROW.
AND MAY TROUBLE AVOID YOU WHEREVER
YOU GO.”**

**-IRISH
BLESSING**

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.