

Food for Thought

FOOD BANK



OF SIOUXLAND INC.

www.sioxlandfoodbank.org

Winter 2010

Many Hands Make Light Work!

Among the Food Bank of Siouxland's many blessings were the help of all the volunteers we had in December and the whole year through. As the demand for food increased for 2009, the Food Bank of Siouxland noticed that so did the amount of warm hearts and helping hands in our warehouse and office. Two of the bigger groups that lent their time to the Food Bank were the 185th Air Refueling Wing and Wells Blue Bunny employees.



They came and took on the task of sorting the nonperishable food that was in the warehouse, waiting for the manpower to be sorted.



They saw the need for paint in the offices as we were only half way through much needed renovation.



They conquered

hunger in a portion of Siouxland by helping unload their donation of life giving nourishment.

A special thank you to all of our friends who gave of themselves so that we could achieve our mission. Your work will truly make a difference in the lives of the needy in our community.



**P.S. Have you seen our updated website?
Check it out at www.sioxlandfoodbank.org!!**

Volunteers Needed!

The Food Bank of Siouxland is a small nonprofit organization with only five full-time and one part-time staff, so we depend on the help of volunteers. In 2009, we distributed well over 1.3 million pounds — that's 15% more than 2008!! The Food Bank is looking for volunteers, especially one that could come regularly and learn to help repackage donations so that we may get them out to the agencies that need it. Please call Katie at the Food Bank to find out more.

We're growing in 2010:

- The Food Bank's part-time warehouse assistant, Terry Taylor, has accepted the new full-time position.
- Nedra Chasar will be joining our team as the new part-time warehouse assistant.
- The Food Bank is growing in agencies too! We've added two more Nebraska counties, Wayne and Knox, to our service area.

In Every Issue:**Board of Directors:**

Joseph Valtierra, President
 Tom Daschel, Vice President
 Kenneth Schmidt, Treasurer
 Kathy Olson, Secretary
 Linda Scheid, Executive Director
 Marilyn Charging
 John Hamm
 Jim Kavanaugh
 Mike Lander
 Jim Lane
 Jim Marshall
 Darlynn McMullen
 Kathy Miller
 Mark Monson
 Tim Rubel
 Dusty Small
 Jay Smith
 Sarah Te Slaa
 Joe Twidwell
 Donna Willems
 Bill Wilson
 Neal Wooldridge



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**The Food Bank can
 really benefit from
 monetary donations.
 We can buy one pound of
 food for eight cents!**

What Do We Do?

The Food Bank distributes food to nearly 200 nonprofit agencies in a 16 county, tri-state area. Agencies served include emergency food pantries, soup kitchens, senior centers, homeless and domestic violence shelters, day care facilities, nursing homes, and community homes for the disabled.

**Food Bank of Siouxland
 Mission Statement**

The Food Bank of Siouxland, a nonprofit organization, strives to be responsive to the needs of its agencies, donors, and volunteers by efficiently soliciting and distributing food to feeding programs for the needy.

Food Bank Staff:
Linda Scheid
 Executive Director
 Director Email:
linda@siouxlandfoodbank.org

Judy Peters
 Operations Manager
 Email for Agency Use:
judy@siouxlandfoodbank.org

Katie Agnes
 Administrative Assistant
 Events and Backpack Info Email:
katie@siouxlandfoodbank.org

Drew DeKok
 Warehouse Manager
Terry Taylor
 Warehouse Assistant
Nedra Chasar
 PT Warehouse Assistant

Tribute to Board Members

What can be said about our board member, Joe Twidwell, that fully sums up in one short paragraph all of the many ways he helps around the Food Bank of Siouxland? He's simply amazing! Joe is a member of numerous boards around Siouxland, is deeply involved as a deacon for his parish, and still finds time to help in countless ways at the Food Bank. Joe volunteers to help supervise Backpack groups two to four (plus!) times a month, has logged countless hours helping with our office renovation (which, on a "baby nonprofit budget," could only be accomplished through numerous volunteer hours and at minimal cost to the Food Bank), and has brought the Food Bank so much through his connections with Security National Bank and the community. Thank you, Joe, for the many ways, especially those unmentioned, but not forgotten, that you help the needy!

Local Partnerships: "In the Spotlight"

Donations play a major role in the work of the Food Bank of Siouxland. It is no secret that without the generosity of others, both businesses and individuals, the Food Bank would cease to exist. This is why we feel it is so important to let our incredible local partners know how much they are appreciated for reaching out and helping the needy in our area. It is not just the amount given, but the willingness to give whenever they can. Highlighted this issue are:

Western Iowa Tech:

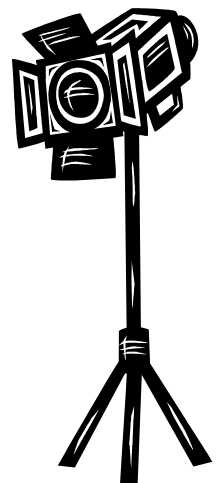
The Food Bank of Siouxland has received a \$3,000 donation from a group of students of the Phi Theta Kappa international honor society at Western Iowa Tech Community College. The gift resulted from a fund drive organized by Beta Zeta Mu, WITCC's chapter of the honor society for students in two-year colleges.

If you would like to make a donation to this fund, please mark "BackPack" in the memo section of your check and mail it to the Food

Bank at
 P.O. Box 985 Sioux City, IA 51102

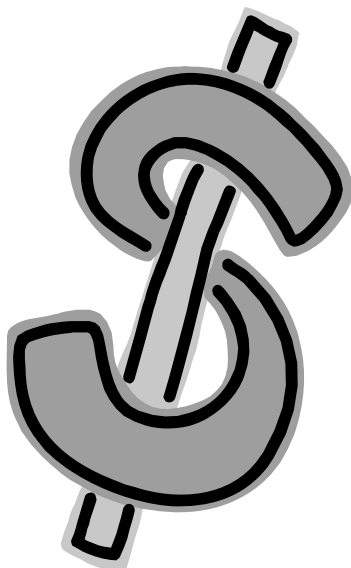
Cargill

Cargill has awarded the Food Bank of Siouxland the "Nourishing People Challenge Grant" for \$12,000. Per their request, we are dedicating the gift to help our Backpack Program designed to send food sacks home with chronically hungry children to help sustain them when school meals are not available.



Organizing a Food Drive for the Food Bank? Consider the Following:

The Food Bank of Siouxland would like to start by thanking everyone who assisted the Food Bank in 2009 by donating in the form of what we've coined our "Three F's" — Food, Funds, and Friends! As a small non-profit organization, we know that our success is only possible with the help of our community — and boy, are we lucky to be in Siouxland. In 2009, we saw a huge increase in demand as our agencies, consisting of food pantries and feeding programs for the needy, ill, elderly and children, saw the many faces of hunger multiply. It is by our collaboration with the Siouxland community that we were able to answer the call to action. As we begin the new year,



tary donation (**funds**),

- volunteers their time in our office or warehouse sorting and repackaging items to be sent to our agencies (**friends**),
- or organizes a food drive to collect nonperishable food items for the Food Bank (**food**).

Now, if you're considering helping us by donating nonperishable foods or organizing a food drive, here are a couple things to consider. First, the one thing that food banks need right now is FUNDS! We can take your dollar and make it go so much farther than you can in the grocery store because we buy in bulk. Take, for example, a can of green beans. Just one can cost around \$.66 in the grocery store and weighs about one pound. Donating just one dollar to the Food Bank allows us to purchase around 13

pounds or 13 cans of green beans! Talk to your boss about having a "dollar day" at your work. Encourage employees to donate a dollar to wear jeans.

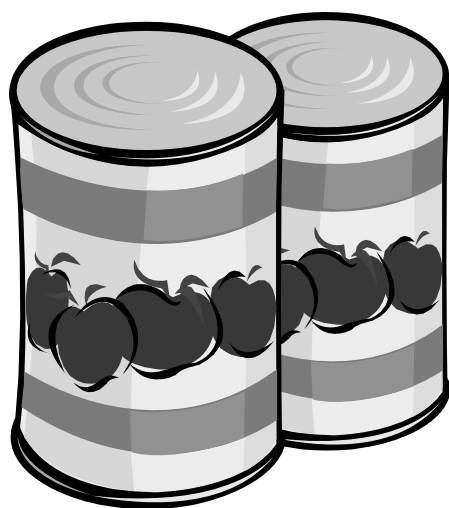
Secondly, food drives bring in many wonderful items, but once they hit our warehouse they'll need to be sorted, weighed, and possibly repackaged for our agencies. With a small staff size, it can be many days before this task is complete and the food is ready for our agencies to pick up. Having a food drive focused on one of the items on our wish list, say



peanut butter like Security National Bank did in December 2009, would allow for faster turn around.

Lastly, it's so important to get creative! Doesn't work go by faster when you're having fun?

Thanks again to all who helped the Food Bank last year. We look forward to your continued support in 2010.



we take on a new challenge — to meet the needs of what 2010 will bring.

That challenge is taken on every time someone:

- mails or drops off a mone-

Food Bank of Siouxland, Inc.

Mailing Address:
P.O. Box 985
Sioux City, IA 51102

Physical Location:
1313 11th Street (11th and Floyd)
Phone: (712) 255-9741
Fax: (712) 255-3116
Website: www.siouxlandfoodbank.org

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OF SIOUXLAND INC.

Hunger Awareness Has A Name

The name is *Empty Bowls*. It's how the Food Bank of Siouxland takes a local issue like hunger and turns it into a metaphoric symbol that reminds all who see it that there is hunger in our community and it is one of the most solvable issues.

We invite everyone to come to our dinner, respectfully named *Empty Bowls*, at the Bluff's Area Family Center in Sergeant Bluff on February 12, 2010 and enjoy the many flavors of heart-warming soups, breads, and desserts made and donated by local chefs and restaurants. The tickets cost \$20 each and entitle you to so much more than a dinner. All our guests will take one of our beautiful, hand-crafted bowls home with them as a lasting depiction of what your night spent learning

about the Food Bank of Siouxland has done for our community — filled the Empty Bowls of those in need.

The money raised goes to help the work of the Food Bank of Siouxland as we strive to efficiently solicit and distribute food to food pantries and feeding programs for the hungry.

If you are unable to attend that night, there are so many other ways you can help us have a successful event.

1. **Hand-Crafted Bowls:** The Food Bank is looking for artists to help create the hand-crafted bowls that guests will take home.
2. **Silent Auction Items:** We are looking for items to be put on the silent auction that night. With a name sheet next

to every item displaying the donor information, donating items for our silent auction is a great way to show the community that you support the Food Bank of Siouxland.

3. **Sponsor a Table:** So many companies are looking for ways to let their employees know that they are appreciated. Why not treat them to dinner and help out a charitable cause all in one?
4. **Donate, donate, donate:** We always accept donations by mail at P.O. Box 985, Sioux City, IA 51102 or via PayPal on our website, www.siouxlandfoodbank.org. For tickets or more information call Katie at (712)255-9741.