



MEMBER OF
**FEEDING
AMERICA**



food for Thought

A PUBLICATION OF THE FOOD BANK OF CENTRAL LOUISIANA SUMMER 2019



From the Executive Director

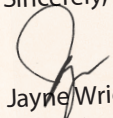
More than 6.2 million pounds of donated food was received during FY19 (July 1 to June 30). We can only accept, process, warehouse and distribute this food to our 161 partner agencies because the Food Bank has the facilities, trucks and staff to make it happen. These resources require your annual support and we are so grateful for your generosity.

Some of you donate in response to our face-to-face major gift solicitations. Some of you donate in response to our direct mail appeal program which runs throughout the entire year. Some of you donate on-line. Some of you participate through special event programming that we conduct during the year. All these development or fundraising programs serve to raise the charitable gifts required to annually fund the Food Bank. This diverse set of programs work to engage as many people as possible in the life of the Food Bank.

We are incredibly grateful to each of our donors, large and small for helping us help more than 22,000 people a month. (Almost 40 percent served are children and 20 percent are seniors.) Because of your support the 161 partner organizations we serve do not have to duplicate expensive overhead activities. They don't have to have large coolers and freezers. They don't have to employ a food acquisition person or warehouse manager. They don't have to maintain large facilities.

It takes a team to do what we do, and we appreciate you being part of the team. On behalf of the working poor, the children and seniors served by the Food Bank, I, the staff and board of directors, thank you for making us a priority of your charitable giving. Your gifts matter.

Sincerely,


Jayne Wright-Velez
Executive Director

*We could not feed
so many for so
little, without you.*

Food for Thought Luncheon



The Food Bank of Central Louisiana hosted its 14th annual "Food for Thought" luncheon on May 9 at The Pentecostals of Alexandria. We are excited to report that we had nearly 170 people in attendance and raised more than \$16,000 in gifts and pledges. The Food Bank Board of Directors and staff would like to thank all the table captains and their guests for making this a successful event. We would also like to thank CLECO for sponsoring the event.



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This institution is an equal opportunity provider.

Huckleberry Brewery Celebrates Their First Birthday Supporting The Good Food Project

Thanks to everyone who helped celebrate Huckleberry Brewing's birthday on June 15 and in turn supported the Good Food Project. We are very grateful to have such fantastic neighbors. We wish them many more successful years in business!



Inglewood Classic 5K



We would like to thank the sponsors and participants who supported the Food Bank of Central Louisiana's Good Food Project at the 3rd Inglewood Classic 5K and 1-mile fun run at Inglewood Farm.

The Good Food Project is a model community garden program that envisions a healthy Central Louisiana in which all children grow up with an awareness of and access to nutritious food. **Through education and community partnership, The Good Food Project works to connect children with healthier food options, healthier behaviors, and improved health outcomes.**

Congratulations to Ben Babb for his first-place finish with the time of 20:01.

Pineville First United Methodist Church Collects Mac & Cheese for Food Bank

Thanks to the Vacation Bible School participants at Pineville First United Methodist Church who donated 1,507 boxes of macaroni and cheese to the Food Bank in June. We love to see children giving to those in need.



Louisiana Restaurant Association



Thanks to the Cenla Chapter of the Louisiana Restaurant Association for their donation of \$2,700 to our hunger relief efforts.

Kroger Supports The Food Bank's Backpack Program

Kroger continued its commitment to children in the communities it serves with a presentation of a \$5,000 check to The Food Bank of Central Louisiana in support of its Backpack Program on May 9, 2019.

"Kroger was thrilled to present \$5,000 to The Food Bank of Central Louisiana to their Backpack Program, as part of our Zero Hunger Zero Waste initiative to end hunger in the communities we serve, and eliminate waste from our stores by 2025," remarked April Martin Nickels, manager of corporate affairs, Kroger Dallas Division. "The funds we are distributing were raised during our 2018 annual Backpack Boosters school supply campaign, which serves many of the same underserved children benefiting from the food bank's Backpack Program."

"We are so thankful for the ongoing support from Kroger. Their commitment to our mission to alleviate hunger can be seen through their financial donations, food donations, and volunteer hours worked by their employees," said Jayne Wright-Velez, Executive Director of the Food Bank of Central Louisiana.



Letter Carriers Stamp Out Hunger



The National Association of Letter Carriers once again conducted the nation's largest one-day food drive to combat hunger. On Saturday, May 11, donations of non-perishable food were collected by letter carriers from across Central Louisiana

as they delivered the daily mail. Through this partnership, The Food Bank of Central Louisiana received 31,896 pounds of nonperishable food items through the Stamp Out Hunger Food Drive. Thanks to everyone who donated, and a special thanks to Alexandria/Pineville/Marksville 932 National Association of Letter Carriers. We are also grateful for The Rotary Club of Alexandria for sponsoring the bags for this year's food drive.

On behalf of the Letter Carriers in Central Louisiana and the needy families we serve, our heartfelt thanks and appreciation goes out to everyone who donated food. **Every can counts and moves us closer toward our mission of alleviating hunger in Central Louisiana.** The Stamp Out Hunger Food Drive is a great example of neighbors helping neighbors.

How to Get Your Garden Growing

Kids show keen interest in growing their own vegetables and flowers in raised garden beds. Beginning gardeners can learn so much by producing food in small areas. This experience can lay the groundwork for more extensive learning as the children gain skills.

Raised garden beds, sometimes called garden boxes, do not have bottoms; they are open to the ground. This allows plant roots to go further into the ground for available nutrients. Good Food Project uses the practice of placing large sheets of cardboard that is cellophane tape and colored ink-free on top of the grass or a cleared area before placing the untreated cypress box on top of it. The boxes are then filled with a nutrient-rich garden blend before planting seasonal vegetables. The cardboard helps attract microbes and earth worms that help create even more rich humus.

Raised beds allow for fewer problems with weeds in pathways and in the garden beds themselves. Sometimes soil gets compacted or pressed together in traditional garden rows so that it becomes hard like a rock; garden beds help keep the soil looser and fluffier. Air circulates better when plants are not placed too close together in a row or in a box.

Raised beds provide good drainage of water, but must be watered more frequently because they do drain so well. Emitters connected to tubing that is controlled by timers on the water source can eliminate hand-watering and provide more consistency in watering.

Raised beds can act like a barrier to pests such as slugs and snails. Other pests are sometimes easier to spot, get to, and control in this growing environment.

The sides of the beds keep the garden soil from being eroded or washed away during heavy rains. In many places, gardeners are able to plant earlier in the season because the soil is warmer and better drained when it is above ground level.

Children find that the raised bed is at just the right height for them to enjoy checking the progress of growth or to fulfill daily maintenance. Gardening seems less daunting when it is manageable.

A large amount of food can be produced in raised garden beds. These beds are good for home gardeners and places like schools, youth programs, and senior centers.





The Food Bank of Central Louisiana Asks Central Louisiana to Take Action to End Hunger

We can end hunger — one helping at a time

This September the Food Bank of Central Louisiana together with the Feeding America nationwide network of food banks, will mobilize across all 50 states in an effort to bring an end to hunger. Hunger Action Month is designed to inspire people to take action and raise awareness about food insecurity.

In our service area, 68,770 individuals including 24,530 children are food insecure, meaning they do not always know where their next meal might come from or what it might consist of.

September marks the 12th year the Feeding America network of food banks has organized this annual call to action and this year's campaign theme will be "We can end hunger — one helping at a time."

Feeding America is asking everyone to take action during Hunger Action Month. **This September, we're seeking 40,000 actions from the public — a donation, a volunteer shift, a social media post — actions that will help end hunger, one helping at a time."**

To learn more about the Food Bank of Central Louisiana and other ways you can get involved for Hunger Action Month in Central Louisiana, please visit fbcenla.org, the Food Bank of Central Louisiana's Facebook page, or HungerActionMonth.org.

Planned Giving

Recent estimates show that 55% of people do not have a will. Without a will, the state will decide how your assets will be distributed. Generally, your estate will be divided among your surviving relatives based on the closeness of the relationships. Extra time and money are spent in finding distant relatives. By taking the time to draft the will of your choice, you can ensure that the people and interests closest to your heart are cared for in a manner consistent with your beliefs and values.

To provide for the hungry into the future, you can leave a specific sum, a specific asset, a percentage of the overall estate, or "whatever is leftover" after your loved ones are cared for. Recent studies indicate that only 20% of people take advantage of the tax savings available when naming charitable organizations in their wills. Your advisors can provide invaluable help in these estate planning matters.

Bequests need not be large amounts, many are quite modest. And, as a planned gift, bequests allow you the flexibility to provide for people close to you and make adjustments as needed in the future.

Things to remember:

- **The size of your estate does not matter, everyone needs a will.**
- **By not preparing a will, you hurt those people and causes who depend on you.**
- **A properly executed legal document is the only way to guarantee that your wishes are carried out.**
- **Name a personal representative that you trust to follow your wishes.**
- **Update your will whenever your situation or tax laws change.**

In order for you to take advantage of planned giving opportunities it is important to begin now. Tax laws are complex and you should discuss your ideas with a tax advisor.

With your support we can work together to help ensure that we continue to provide help to our food insecure neighbors in Central Louisiana. By creating a legacy for the hungry you will reap the greatest reward of all - knowing that you will play a critical role in the Food Bank of Central Louisiana's vital work in the years to come.

Other Planned Gift Options include:

- **Life Insurance**
- **Securities**
- **Retirement Assets**
- **Trusts**
- **Charitable Gift Annuity**
- **Real Estate and Personal Property**

Please contact the Food Bank of Central Louisiana if you are interested in discussing these giving options.

