



Mission

The mission of the Northeast Iowa Food Bank is to provide nutritious food and grocery products to nonprofit organizations and individuals in Northeast Iowa, while offering hunger education programs to the community and those in need.

Serving the Counties of:

Allamakee
Black Hawk
Bremer
Buchanan
Butler
Chickasaw
Clayton
Delaware
Fayette
Floyd
Grundy
Howard
Mitchell
Poweshiek
Tama
Winneshiek

Vision

The Northeast Iowa Food Bank envisions a community in which hunger is alleviated and all persons have adequate access to nutritional food. We will strive to accomplish our mission so that food security is ultimately achieved for all households.

September is Hunger Action Month

More than 50 million people in the U.S. face hunger

Hunger advocates from Northeast Iowa and across the country wore orange on September 5th in an effort to raise awareness of the more than 50 million people in the U.S. who face hunger. It's just one of the many awareness events taking place throughout the month of September in recognition of Feeding America's Hunger Action Month – a month-long campaign to help end hunger in our country.

Starting September 1st, the Northeast Iowa Food Bank and other food banks in the Feeding America network kicked off Hunger Action Month by holding events throughout the country. These events are designed to inspire people to take action to help the millions of people who are food insecure in the United States.



Local events have included everything from dine outs at area restaurants, where a percentage of sales benefit the Food Bank, to various food drives and volunteer opportunities. On September 5th, supporters throughout the country wore orange to show their support of those struggling with hunger. A full calendar of "30 Ways in 30 Days" is available at www.northeastiowafoodbank.org with simple ideas of how YOU can take action.

"Hunger is prevalent throughout the United States and specifically, right here in Northeast Iowa. Hunger Action Month, and the series of smaller events that take place throughout September, reminds us of the thousands that are going hungry in our community," commented Barbara Prather, Executive Director of the Northeast Iowa Food Bank.

The issue of hunger is of particular importance now when 1 in 6 people in the United States are at risk of hunger. Nationally, there are more than 50 million people who struggle with hunger – including 16.7 million children.

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From the Director, Barbara Prather

Staff

Barbara Prather
Executive Director

Amy Dutton
Director of Operations

Mike Lind
Director of External Relations

Dale Richard
Director of Distribution

Karen Erickson
Director of Programs

Patrick Bird
Volunteer Coordinator

Jim Blough
Warehouse Driver

Ben Carlson
Agency Program Coordinator

Holly Degelau
Client Intake Specialist

Jim Flood
Warehouse Foreman

Brent Groomes
Warehouse Worker

Haley Jo Hanson
Program Outreach Coordinator

Sheri Huber-Otting
Food Solicitor

Garry Irby
Kids Cafe Cook

Sunni Kegebein
Development Manager

Ruth Orth
Accounting Assistant

Todd Reuber
Warehouse Manager

Caren Rhoads
Custodian

Alisha Rulapaugh
Community Programs Coordinator

Jill Sullivan
Agency Shopping Coordinator

Kendra Thatcher
Nutrition Educator

Leo White
Food Pantry Supervisor

Freddie Williams
Agency Shopping Assistant

Kevin Winstead
Driver/Warehouse Worker

Christie Zeien
Customer Service Representative

In 1998, the Food Insecurity rate in Iowa was just over 8% (according to USDA). Food Insecurity is defined as not having access to an adequate supply of food. Fast forward to 2013, the Food Bank is in a new location and the need hasn't gone away. In Iowa about 12.6% of the population is food insecure. This summer our programs have seen all time record levels of service. The Cedar Valley Food Pantry, in the month of July, served over 1,700 families-up almost 50% since we moved to our new facility in March. Other pantries in surrounding communities are seeing similar increases in the number of people we are serving. One pantry served 22 households in one day, while another served 50 households throughout the course of the month-both of these instances had never happened before. The Food Bank's BackPack Program will be serving over 100 schools this fall-another all time high. Kids Cafe served more meals this summer than they did last summer and we are getting ready for a busy fall. The Elderly Nutrition Program provides additional food to seniors who need some extra help. And, finally, Mobile Food Pantries are operating in 9 communities in Northeast Iowa-providing an extension of pantry services in those areas.

At the same time, the House of Representatives is proposing huge cuts to the SNAP (or Food Stamps) program. This program is a safety net for many families. Nearly 50% of households enrolled in the food stamp program survive on household incomes that are less than HALF of the Federal poverty line. The Federal poverty line for a family of three is \$19,530. Seventy-six percent of people on SNAP are kids, seniors or someone who is disabled. This program is a safety net that helps people feed their families. (Source: Feeding America & USDA) With further cuts, the demand on pantries in Northeast Iowa will continue to increase.

We are grateful for the support the community has given us. Whether it is volunteering, donating food, donating money or speaking out about hunger, we sincerely appreciate what the community does to make a difference in the lives of those we serve. You can continue to make a difference in the lives of many in your community. Beginning in September and continuing in the future, make a point to take action and let people know that hunger does exist and there are ways to help fight hunger in your community.

On behalf of those we serve, thank you! 



Our Wish List clip. keep. donate.

Northeast Iowa Food Bank

- pasta
- pasta sauce in cans
- boxed meals
- canned fruit
- soup

Kids Cafe

- granola bars
- snack crackers
- poster board
- large Tupperware/plastic containers

BackPack Program

- peanut butter
- small pop top cans of fruits/veggies
- single-serve meals

Elderly Nutrition Program

- peanut butter
- canned fruits
- instant potatoes
- 64 oz. juice
- single-serve meals

Personal Care Drive Continues to Grow

Having just completed the 3rd year of the annual Personal Care Drive, Food Bank officials are pleased with the continued growth and this year's results.

With the help of several organizations, businesses and churches, the Northeast Iowa Food Bank collected personal care items over a five week span throughout the summer.

The Food Bank worked with nearly 30 other locations to serve as collection points for the drive, collecting items such as toilet paper, soap, shampoo, toothbrushes/toothpaste and Kleenex. Through all of these efforts, almost 3,200 pounds of personal care items and over \$700 were received.

Did you know that social service agencies are often in short supply of personal care items and clients are unable to purchase these items with food stamps (SNAP Benefits)? We believe that these items are a basic necessity to live a healthy and happy life.

“We have strived to ensure that basic necessities such as personal care items are available locally through the Cedar Valley Food Pantry.

This drive will give us a chance to collect many of these items for local distribution as well as distribution through other pantries in our 16-county service area,” commented Barbara Prather, Executive Director of the Food Bank.



At the conclusion of the Personal Care Drive, representatives from the Northeast Iowa Food Bank were stationed at Walmart and Sam's Club stores throughout the Cedar Valley to help with a final collection.

For more information about this drive, contact Sheri Huber-Otting at 319-235-0507 or by email at shuber-otting@feedingamerica.org.

Staff Updates

The Northeast Iowa Food Bank is pleased to announce the hiring of Kevin Winstead as a full-time Driver/Warehouse Worker. Kevin will assist in the food rescue and distribution activities of the Northeast Iowa Food Bank. Kevin has recently worked as a drivers' education teacher and a social studies teacher in the Hudson Schools. He was also a driver for Hawkeye Stages Charter Buses. He has been a long-time volunteer for several organizations and is interested in making a difference.

We are also happy to announce that Alisha Rulapaugh has recently accepted the position of Community Programs Coordinator at the Food Bank. Alisha most recently served as the Administrative Assistant for our organization. In her new role, Rulapaugh will be responsible for the Food Bank's Backpack Program, Elderly Nutrition program and the Mobile Food Pantry program.

Haley Jo Hanson has recently accepted the position of Program Outreach Coordinator. This is a new position at the Food Bank that will entail work in the Cedar Valley Food Pantry in the Client Intake office as well as product marketing and agency capacity building. Prior to this opportunity, Hanson served the Food Bank as an AmeriCorps VISTA volunteer for one year. Haley Jo is a graduate of Wartburg College holding a degree in Community Sociology.

Focus on Food is a quarterly publication of the Northeast Iowa Food Bank and is partially underwritten by Pioneer Graphics. For more information, please contact Mike Lind at (319) 235-0507 ext. 106 or by email at mlind@feedingamerica.org.


How Your Donations Make a Difference

“Paying it Forward” 20 Years Later

Just a few weeks after the Grand Opening celebration of the new Northeast Iowa Food Bank facility and the subsequent media coverage that followed, we received a donation with a letter.

The letter was from a woman who stated that she had utilized the Pantry program of the Northeast Iowa Food Bank in the early 90’s when she was a single mother raising three children, with no outside financial support. She said she felt like a failure and was embarrassed to visit the Pantry. But, at the same time, she knew her children couldn’t go hungry.

Today, this woman has found herself in a position where she could give back. She also requested donations go to the Food Bank for her birthday to maximize her gift. She was “paying it forward” by giving to those who needed help just like she did 20 years ago.

A person should never feel ashamed or embarrassed when they find themselves in a position of need. That is the purpose of the Northeast Iowa Food Bank and other organizations and programs throughout our community. We are here to help those who have no other options. 

Giving Can Be Contagious

For the past several years children in the Swanson household have been donating food and funds to the Northeast Iowa Food Bank in lieu of birthday gifts.

This annual form of giving has apparently become contagious, because one of Liz Swanson’s friends has recently started the same tradition with the celebration of his birthday. We continue to see more donors offering monetary gifts to the Food Bank in this way or donors taking the initiative and making a gift in honor of someone.

“Choosing to help others in need in place of a birthday gift shows a special kind of generosity. Knowing that children are willing to give this way is truly extraordinary,” commented Barbara Prather, Executive Director of the Food Bank.

The Northeast Iowa Food Bank offers six different programs to provide food to the hungry. Two of these programs are directed to helping children. “A donation from one child may result in a backpack of food for another. It is really a neat experience to be a part of,” said Prather.

To get involved, visit www.northeastiowafoodbank.org or call 319-235-0507. 

Kudos To:

- Sheri Huber-Otting and all of the volunteers that helped with Hearth Fest.
- All of the gardeners and farmers who have donated produce.
- Premier Casting Services, Inc. for your major donation in July.
- The 4-H families that donated chickens through the Black Hawk County Extension.
- Everyone that helped with the Hunger In America Hunger Study.
- Akela McDonald and Nancy Louthan for your continued service as Board officers.
- Anyone who has “Taken Action” in September.
- **Rod & Jeannie Ryen for hosting At The Park!**

Changes Lead to Better Service for One Northeast Iowa Pantry

The Northeast Iowa Food Bank administers six programs in an effort to provide food to those in need. One of these core programs includes distribution of food to over 200 nonprofit agencies in a 16-county service area. Included in this distribution is the Montezuma Food Pantry, which has undergone many changes over the course of the past year.

The series of changes began when the director of the program stepped down and a new team of individuals stepped in to help in running the pantry. The team began their modifications to the program by restructuring how they would handle the intake of clients. They implemented a client information form for all visitors of the pantry and began focusing on tracking all clients. The team also prepared clear pantry policies. With a fresh start, the group also decided to move the intake process into a private room, offering confidentiality for pantry participants.

These new processes have led to less duplication of service as clients are served as a household and held accountable when multiple members of the same household seek service in the same month. Overall, this particular pantry is able to serve more households in a very efficient and effective way.

To learn more about our partnerships with over 200 nonprofit organizations, visit www.northeastiowafoodbank.org.

How Does a Food Bank Work?

When you think about the work of a food bank, you may be imagining a small building where local families in need can go to receive food. In Waterloo, and throughout Black Hawk County, there are many of these organizations; however these are what we call food pantries. Simply put, a food bank serves pantries (and many other 501©3 nonprofit organizations) and pantries serve people. So, here is how a food bank works.

The Northeast Iowa Food Bank is one of over 200 food banks nationwide who work in conjunction with Feeding America. The Food Bank receives donations from a variety of sources including food manufacturers such as Quaker Oats and General Mills, local retailers like Walmart, Hy-Vee and Target and other donations from farmers, individuals, churches and businesses. The Food Bank also purchases some product to allow for better variety and nutrition for those served.

This donated and purchased food arrives at the Food Bank, where it is “banked.” With a new 30,000-square-foot warehouse with refrigeration and freezer facilities, we are able to store this product and distribute it to smaller organizations as needed. All product is sorted, cleaned and repackaged before it is distributed to a variety of different hunger fighting agencies and programs throughout a 16-county service area. The Food Bank serves about 200 nonprofits through this distribution.

To receive this food, a nonprofit agency must first become a member agency of the Food Bank. We work with registered 501©3 nonprofit agencies who are providing food to those in need. Examples of our partners include food pantries, soup kitchens, shelters, day cares and senior centers among other organizations. These partner agencies order what they need from the Food Bank for their own distribution and programing in communities throughout Northeast Iowa. Once an order has been made, Food Bank staff and volunteers put together the order for delivery. Product is then loaded onto one of our trucks and delivered to that agency, oftentimes by a volunteer of the Food Bank. From there, these organizations can provide food to hungry families and individuals in their area.

The Northeast Iowa Food Bank offers six different programs in the fight against hunger in Northeast Iowa. In total, we serve over 40,000 individuals and deliver over 5 million pounds of food to those in need each year. Together, with over 200 nonprofit agencies in Northeast Iowa, we can do our part to solve hunger. To learn more about the Northeast Iowa Food Bank, visit www.northeastiowafoodbank.org or call 319-235-0507.



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The Walmart Foundation Awards \$50,000 to the Northeast Iowa Food Bank

As part of The Walmart Foundation's Iowa State Giving Program, Walmart has awarded \$260,000 to Iowa nonprofits including the Northeast Iowa Food Bank.

"Through the generous grants given by Walmart and The Walmart Foundation, our nonprofit organizations can continue running fundamental

programs that ensure the wellbeing of Iowans," said Governor Branstad. "Walmart is a proven conduit for significant social change so we are thankful for The Foundation's support of Iowa nonprofits."



Through the Iowa State Giving Program, Walmart and The Walmart Foundation look for organizations that address the needs of the communities they serve and make a significant social impact. The Northeast Iowa Food Bank received an Iowa State Giving grant in the amount of \$50,000 to assist with upgrading equipment in order to better provide nutritious food and grocery products to nonprofit organizations and individuals in Northeast Iowa.

Grants were presented to the six different nonprofits in mid-September. During the ceremony, Governor Branstad also recognized the nonprofits for their continual efforts of ensuring that Iowa residents can live better.

To learn more about the Northeast Iowa Food Bank and our continued partnership with Walmart, visit www.northeastiowafoodbank.org or call 319-235-0507. 

Memorials & Honorariums

In Memory of:

Bob Delagardelle
by Patricia Delagardelle
Lorna Wyckoff
by Michael & Karen Jones
by John Deere U.S. Ag
by Andrew & Julie Wyckoff
by Robert & Cindy Pollock
by Pam & Vern Klein
by Betsy & Steven Minkel
by Phyllis Zager
Richard A. White
by Richard & Betty Murley & family
by Frederick & Ruth White
Jean Garthoff
by Richard Garthoff

Jeanne Lange
by Lisa Wiltgen
Charles Klima
by Lonnie Kidder
by Charles & Pamela Klima
by Fidelity Bank & Trust
by William & Joan Nassif
by John & Maryann Rezabek
by Theresa Mikesh
Carl & Wanda Wehner
by First United Methodist Church
Gene Condon
by Carmen Condon
by Debbie & Walter Broten
Darrell Kleve
by John Falk & Donna Boots-Falk

Robert Lawrence
by Stephanie Lawrence
Keith Magalsky
by Shirley Magalsky
Paul & Ardith Goings
by Robert & Kathryn Baird
Inez Clark
by Dale J. Clark
Arletta Holien
by Lee Allan Eberling
Kent Decker
by Eva Schmitz

Jackson Turner
Tamee Hazlet
Donna Freed Hinman
Virginia
Faye Wiethorn
Bonita McKee
by Jean Bacon
Ruth Koenigsfeld
by Louis Koenigsfeld
Dole Dallenbach
by Sherri Murphy
Richard Crow
by Judith A. Crow
Esther Winning
by Sandra Derifield
Barb Monroe
by Ron E. Monroe
Mitch Miller
by Marlys Miller
Craig Holmlund
by Robert & Sandra Holmlund
Robert Bigelow
by Marilyn Bigelow
Hugh Hastings
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Janet Thompson
by Nancy Eichinger
Percy Poulin
by Dawn Rothrock
Susan Loeb
by Richard & Marcia Bechthold
Michael Adams
by Barbara Adams
Albert J. Cardamon
by Larry Cardamon
Rick Holloway
by Ronald & Kay Degener

Charles Dalton, Jr.
by Jan Van Metre
by James & Ann Sage
by Peter Blankenfeld
Milton E. Roth
by J.C. Pecenka
Susan Wyatt
by Frank Wyatt
by Wyatt & Sons Farms Corp.
Our Parents
by Russell & Sandra Pedersen

In Honor of:

M. Bernadette McCoy
by John & Margaret McCoy
Iowa
by Elisabeth Bieber
by Lee Kersting
Judy Finkelstein's 81st Birthday
by Judith Benson
Lee Lindgren - Happy Father's Day
by Tony & Carolyn Dietz
Bruce Holmes
by Irma Hopkins
Taylor Girschel's Birthday
by Suzanne Freedman & Dean Schillinger
Mary Lehman & Donna Donaldson
by Gene & Pat Leonhart
United Methodist Church of Hudson
by Mr. & Mrs. Edward Smith
by Mrs. C.W. Woodman
by Kenneth & Marcella Kristensen
by Gary & Barbara Doughty
The Hungry in our Area
by Edward & Sharon Weber
Rep. Bob Kressig
by Lyn Le Countryman & Robert Huber

Pauline & Challen Taylor
by Linda Miller
by Anonymous Donor
Wedding of Beth Cox & Mike
Hollingsworth
by Rebecca Stonawski
by Robert Andrlik
by Dubravka Svetina
by Peter & Dorothy Vrhovnik
by Katherine Allen
by Anonymous Donor
by William & Marilyn Thalacker
by John & Carol Myers
by Robert Robinson
by Alisa & Laurent Vesely
by Philip Specht
by Michelle Lindquist
by Elizabeth & Steve Johnson
by Rachel Nehl
by Paul Allen & Rachel Kolen
by Paul Specht
by Benjamin & Julie Golding
by David Specht
by Amanda C. Robertson
by Jason & Briana Steffens
by Steve Andersen
by Douglas Cox
by R. Allen & Pamela Hays
Jim & Pat - 50th Anniversary
by Eva R. Schmitz
Karl Meier
by Terry Meier
Lee & Amy Lindgren
by The Evans family
Astoria
by Stacy Glascock
Marlys, Howard & Harlan Hughes
by Lowell Lentzkow
Berdell Schaul's Birthday
by Paula Steimel

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Here in the Food Bank's 16-county service area, about 13% of the population struggles with hunger, including nearly 16,000 children.

"It's a shame that in the 'land of plenty' we have neighbors and friends who have to worry about where they will get their next meal," said Bob Aiken, CEO of Feeding America. "By raising awareness and working together, we can solve hunger."

Thank you to our sponsors of Hunger Action Month in 2013, which include Veridian Credit Union, U.S. Bank and Farmers State Bank. To learn more about Hunger Action Month, please visit www.northeastiowafoodbank.org. While there, be sure to check out our calendar of "30 Ways in 30 Days."

Food Bank Calendar of Events

Student Food Drive

September 30 - November 11, 2013

The Northeast Iowa Food Bank will kick-off the Student Food Drive with a celebration on the evening of September 30th. The mission of the Student Food Drive is to unite and empower area high school students in the commitment to feed the hungry and to promote volunteerism. Students from local schools will host events and fundraisers in an effort to collect or purchase food for the Northeast Iowa Food Bank. The Student Food Drive serves as a friendly competition which will benefit the needy in Northeast Iowa, as well as the students and schools involved. On the final day of the Drive, students will deliver the food to the Food Bank to be weighed individually by school. On the evening of November 11th, the winning schools will be recognized for their efforts and the total poundage collected will be announced. Participating schools for 2013 include Cedar Falls High School, Hudson High School, Waterloo East High School, Waterloo West High School, Valley Lutheran High School, Union High School and Waterloo Christian School. Thank you to the Major Sponsors of the event which include the Waterloo Downtown Rotary Club, Tyson, Lincoln Savings Bank, Wartburg College and the VGM Group, Inc. Also, thank you to our media sponsors Cumulus Broadcasting, KBBG-FM, KWWL-TV, Courier Communications and Mediacom/OnMedia. Finally, thanks to Hick's Place for donating a prize for the students. To support the Student Food Drive or for more information, visit www.northeastiowafoodbank.org.

CROP Hunger Walk

Sunday, October 6th - Registration at 1:30 p.m.

The Northeast Iowa Food Bank will once again benefit from the Cedar Valley CROP Hunger Walk. This year's theme is "Ending Hunger One Step at a Time." The walk will begin at 2 p.m. on Sunday, October 6th. Registration will take place at First United Methodist Church, 718 Clay Street in Cedar Falls. Registration will begin at 1:30 p.m. For more information, visit www.crophungerwalk.org.

Food Drives

Allen Imaging Center	Kristi Gleason	St. Timothy's UMC
Black Hawk County Extension Service	Lincoln Savings Bank	Stuff, Etc.
Cedar Falls Fareway Food Store	Lost Island Water Park	T.J. Maxx
Cedar Valley Chamber Music	Network Control	Trinity Episcopal Church
CV Irish Cultural Ass'n- IA Irish Fest	NW Mutual Financial Network	Tropical Tanning
Central Christian Church	OJ Chapter PEO	U of I Community Credit Union- CF
Century Link	Old Navy	Vector Marketing
City of Cedar Falls	Quest Diagnostics	VGM Homelink
Community Church of Hudson	Riverview Conf. Center-PHN Ministries	Walgreens
Family Health Chiropractic	Schumacher Elevator Company	Walnut Ridge Baptist Church
Farmers State Bank- Jesup	Social Security Administration	Wartburg College/Student Life Office
First United Methodist Church	St. Edward Church	Waterloo Bucks
Hammond Ave. Brethren Church	St. John Lutheran Church	Waterloo Fareway Food Store
John Deere Accounting	St. Peter's Lutheran Church W.E.L.C.A.	Zion Evangelical Lutheran Church

Happy Birthday to Del Foster!

Del just recently celebrated his 90th birthday. He volunteers regularly at the Food Bank by riding in our trucks and helping to collect perishable food donations from local retailers. He has been volunteering once or twice a week for the Food Bank for several years. Thanks Del!

