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.

**Mission**

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.

**Hunger Action Month**

Every September, the Northeast Iowa Food Bank observes Hunger Action Month – an initiative designed to mobilize the public to take action and join the movement to help end hunger.

“47,000 Northeast Iowans lack access to an adequate supply of food, and the Northeast Iowa Food Bank is eager to rally around Hunger Action Month as we continue our fight to solve this issue,” said Barbara Prather, Northeast Iowa Food Bank Executive Director. “September is an opportunity for all of us to take simple steps towards supporting those in need.”

Beginning September 1, the Northeast Iowa Food Bank, along with other food banks in the Feeding America network, kicked off Hunger Action Month by holding events throughout the country to inspire people to take action to help the millions of people who are food insecure in the United States. The color orange represents hunger. People in the community were asked to wear orange on September 3rd, Hunger Action Day.

Governor Branstad also declared September as Hunger Action Month in Iowa during a visit to the Iowa State Fair.
From the Director, Barbara Prather

Fall is upon us and school is open again for another year. But, for the nearly 1 in 5 children in Northeast Iowa who are food insecure, school means access to school lunch and school breakfast. School means access to the BackPack program so they have access to nutritious food they can prepare on the weekends. Also, in Black Hawk County, they have access to nutritious meals we prepare at Salvation Army and Boys & Girls Club sites.

This year Congress is supposed to enact the Child Nutrition Bill which funds, WIC, school lunch, school breakfast, Child and Adult Care Food Program and Summer Feeding. To date, they have not done anything. With the need in our country higher than ever, we need your help to ask them to enact this legislation. These programs are vital to those we serve and you make a difference by lending your voice to ensure there is adequate funding. Kids Cafe and Summer Feeding, both of which we operate, rely on funding from this bill. Your voice is important, so please contact our federal legislators to tell them what these programs do in your community.

With the beginning of fall, we go into the season where we heighten the awareness of hunger as an issue in Northeast Iowa. We kick it off with Hunger Action Month in September. This is a time to act and do something in your community that makes a difference. It helps us bring about change with more and more people getting involved.

Consider what your actions did for us last fiscal year:
• It took nearly 10,000 volunteers and over 40,000 hours to help us accomplish our mission this past year.
• It took many local businesses, manufacturers, the government, retailers, farmers, and community members for us to gather the much needed product to provide these programs.
• Funding is critical and the community provides about 90% of our funding that enables us to provide access for the many people who need our help.

With 1 in 8 people and 1 in 5 children in Northeast Iowa lacking access to an adequate supply of food, there is much to be done. We can do that by taking action this month and every month. Taking action gives a voice to those who may not think they have a voice. So give a voice to the grandparent who is now, unexpectedly, taking care of her grandchild; give a voice to the family who is suddenly stricken with medical bills; give a voice to the senior who needs extra help after working very hard his whole life; and finally give a voice to a hungry child who needs your help.

So please call Congress and your state elected officials to encourage them to take action… it will help someone who needs our help and it will make a difference.

Our Wish List  clip. keep. donate.

Northeast Iowa Food Bank
• canned meat
• soup
• crackers
• canned fruits
• whole wheat pasta
• tomato sauce

Cedar Valley Food Pantry
• canned meat
• canned fruit
• juice
• peanut butter

Elderly Nutrition Program
• peanut butter
• canned fruits
• instant potatoes
• 64 oz. juice
• single-serve meals

Kids Cafe
• plastic food storage containers
• quart-size zip lock bags
• juice boxes

BackPack Program
• peanut butter
• pop top cans of fruits/vegetables
• single-serve meals
World Food Day

For the last three years, John Deere Citizenship has partnered with Outreach to host a volunteer event for employees. An Outreach meal packaging event provides a company the ability to gather employees in a team-building, hands-on practical activity that is fun and helps feed the hungry in their community. The meals are nutritionally balanced to meet recommended dietary guidelines.

The goal of the annual event is to provide meals to the communities in which John Deere employees live and work. John Deere Waterloo Operations worked with the Northeast Iowa Food Bank as the recipient of packaged meals from the event. This year’s event exceeded the group’s goal and packaged more than 152,000 meals.

“Meal packaging with Outreach is an event that John Deere employees really look forward to every year. Everyone is excited by the fact that all of the meals are going directly back into their communities,” said Shannon Adams, Project Manager, Corporate Citizenship for John Deere.

“Employees feel a great sense of pride knowing that they have made such a huge impact.”

The event has been held at the National Cattle Congress grounds for the last three years.

<table>
<thead>
<tr>
<th>Year</th>
<th>Meals Packaged &amp; Donated</th>
<th>Volunteers (Employees)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>84,888</td>
<td>227</td>
</tr>
<tr>
<td>2014</td>
<td>118,584</td>
<td>330</td>
</tr>
<tr>
<td>2015</td>
<td>152,064</td>
<td>350</td>
</tr>
</tbody>
</table>

Food Drives

- Aldi Foods - Cedar Falls
- Cedar Heights Presbyterian
- Cedar Valley Lions Club
- Cedar Valley Unitarian Universalists
- Cedar Valley United Way
- Central Christian Church
- City of Cedar Falls
- Comfort Care
- Community Church of Hudson
- Fareway - Cedar Falls
- Fareway - Evansdale
- Fareway - Waterloo
- Fareway - Waverly
- Ferguson Enterprises
- Fighter Body Fitness
- First Presbyterian in CF
- First Wesleyan Church
- Hammond Ave. Church of the Brethren
- Hearth Fest, Inc.
- Hometown Foods
- Hudson Library
- HyVee - Flammang
- Iowa Irish Fest
- Kaplan University
- Kathy Calhoun
- KOKZ 105.7
- Lincoln Savings Bank - Tower Park
- Lincoln Savings Bank - Viking
- Lincoln Savings Bank - Downtown CF
- Lost Island Water Park
- Lou Henry Elementary
- Marlys Hughes
- Mount Hope UMC
- Music Station
- Nestle in Waverly
- Northwestern Mutual Financial Net
- Our Savior’s Lutheran
- Randall’s in Hudson
- Redeemer Lutheran Church
- River’s Edge Christian Church
- Riverview Conference Center - PHN
- Schumacher Elevator
- Silver Eagle Harley Davidson
- St. Ansgar Lutheran Church
- St. Edwards
- St. Johns Lutheran CF
- St. Timothys Lutheran in Hudson
- Stuff, Etc.
- Trinity Episcopal Parish
- UNI Womens Soccer
- United Church Of Christ Cedar Falls
- Unity Presbyterian Church
- Walmart - Cedar Falls
- Walmart - Independence
- Walmart - Waverly
- Walnut Ridge Baptist Church
- Waterloo Homecoming Association
- Westminster Presbyterian
- Zion Lutheran Church
Program Updates

2,000 Pounds Harvested
It has been a busy summer both inside and outside the Food Bank. The Community Garden passed a number of milestones and has produced more than 2,000 pounds of fresh fruits and vegetables. Tomatoes, potatoes, squash, and watermelon have been the heaviest produce, but several beds of beans, Swiss Chard, kale, and collards have brought in impressive numbers as well.

The garden needs constant attention to continue to provide for the Cedar Valley Food Pantry clients. We are always looking for volunteers to help tend the garden. From planning to weeding to harvesting, our success depends on the people who take time to come in and help make the garden successful. Please call 319-235-0507 to find out more about how you can help in the garden.

Summer Classes
This is the first year for a client cooking class at the Food Bank. Clients from the Cedar Valley Food Pantry are given the opportunity to sign up for a monthly cooking class. Clients said they appreciate having questions answered about cooking, gardening and produce. One client said, “I’m 62 years old and I still have learned a lot.”

The Food Bank also partnered with the Salvation Army and Boys and Girls Clubs of Waterloo and Evansdale to teach children about gardening and nutrition this summer. The kids attended a seven week course at the Food Bank that included container gardening, planting pizza gardens and cooking. They harvested the ingredients to put on a pizza for a snack. The Waste Trac Education Team also visited to talk about composting and recycling.

Nutrition News: Spaghetti Squash
Spaghetti Squash makes a very good noodle that is lower in calories and higher in water content than most wheat based pastas. It is highly rich in beta carotene and potassium. It can lower high blood pressure if consumed over time. The folate contained in spaghetti squash helps in strengthening the walls of blood vessels and enhances blood circulation.

Quick Spaghetti Squash
Cut squash in half
Spoon out seeds
Puncture a few holes in squash
Place on microwave safe dish and microwave 6-12 minutes
(Follows on size)
Fork out inner layers
Summer Highlights

Personal Care Drive

Most of us take for granted that we have a toothbrush or soap, but imagine if you didn’t. Nonprofit organizations are often in short supply of personal care items and families are unable to purchase these items with SNAP benefits (food stamps).

With the help of several organizations, businesses and churches, the Northeast Iowa Food Bank hosted the annual Personal Care Drive, throughout the summer.

The Food Bank worked with several locations to serve as collection points for the drive. Items could also be brought to the Food Bank.

Requested items for the Personal Care Drive included toilet paper, soap, shampoo, toothbrushes, toothpaste and boxes of tissue.

“Low income households struggle to purchase these basic necessities,” commented Barbara Prather, Executive Director of the Northeast Iowa Food Bank. “This drive gave us a chance to collect many of these items for local distribution as well as distribution through other pantries in Northeast Iowa.”

Representatives from the Food Bank also collected personal care items at several Cedar Valley retail locations in Waterloo, Cedar Falls, Waverly and Hudson. Thanks to your help, we were able to bring in more than 2,500 pounds of personal care donations!

Food Bank Welcomes New Staff

Chris Madigan (Volunteer Coordinator) joined the Food Bank in July, although he had been a volunteer since 2013. Chris also interned in the Programs Department in the Fall of 2014. He is originally from Chicago, Illinois, but his family later moved to Pella, Iowa when he was young. Chris graduated from the University of Northern Iowa with his Bachelor’s degree, with honors, in Family Services. Chris was also a recipient of the Old Gold and Purple Award. Chris lives in Cedar Falls and enjoys writing, snowboarding, and going on brewery tours.

Patrick Eastman (Operations Manager) joined the Food Bank in September. He grew up in Janesville where he is an assistant football coach for his oldest brother for the Janesville Wildcats. He was formerly employed as a Regional Manager at Rockwell Collins in Cedar Rapids, overseeing more than forty-five IT employees nationwide. He has a 4-year-old son, Brady. Patrick enjoys waterskiing as a member of the Waterhawks show ski team, tailgating with family and friends, snowboarding, snowmobiling, and watching the Hawkeyes, Patriots, and Red Sox.

Carmen Lappe (Agency Relations Coordinator) joined the Food Bank in September. She is from La Porte City, Iowa. She graduated from Upper Iowa University in May of 2015 with degrees in Human Services and Psychology. Carmen is a big music lover and she enjoys singing, as well as playing the piano, guitar, and ukulele. She also enjoys traveling and sports. Carmen lives in Waterloo with her husband Jeff and their dog Rosie. They will be welcoming a new bundle of joy to their family in February of 2016.

Ali McHone (Assistant Client Intake Specialist) joined the Food Bank in September. She is originally from Chicago, Illinois, but recently moved to Iowa to be closer to family. Ali currently lives in Cedar Falls with her husband Keith. She has two step children, two dogs and two cats. She enjoys reading, gardening and going on road trips.
Ken Cutts is a retired university teacher who also volunteers as a truck driver for the Food Bank. He has initiated a community meal and food pantry at St. Lukes Episcopal church where he is Senior Warden.

He serves on the Grant Distribution Committee of the Community Foundation of Northeast Iowa and volunteers at the Catholic Worker House.

He and his wife Patty are mentors to young people at the Waterloo Boys and Girls Club. They are avid supporters of UNI sports and music, and enjoy hiking in the Canadian Rockies and the White Mountains of New Hampshire.
Kudos To:

Rudy’s Tacos staff and everyone who came out to support our Community Garden fundraiser! You helped us raise over $800.00 in just three hours.

The media for their support in spreading our message and mission including KWWL, ICAN, Mix 93.5, 105.7, KXEL, 97.7, 101.9 and the Waterloo Cedar Falls Courier

Wheaton Franciscan Healthcare for their donation

Principal Financial for their grant for the BackPack Program

Retiring Board member Mark McGarvey for his service to the Board of Directors

Welcome to our new Board Members, Louise Scott from Upper Iowa, and Justin Kasuske from Tyson Fresh Meats

Client Corner:

“I had three of my grandchildren living with me for the summer and was finding it hard to feed them on just my income. Now that they’re in school, I shouldn’t need your services, but I’m very thankful for your help feeding my extra family through the summer.”
Mark Your Calendar

Student Food Drive

Students from local schools will host events and fundraisers in an effort to collect or purchase food for the Northeast Iowa Food Bank October 5th - November 16th. 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.

The Student Food Drive serves as one of the largest food drives for the Food Bank, gathering between 30,000 and 40,000 pounds of nonperishable items each year.

Tyson Sack Lunch

Tyson Fresh Meats is partnering with the Food Bank to raise money for the annual “Sack Lunch Day.” We are asking local businesses to participate by ordering lunches for delivery at the end of October, just in time for Halloween festivities. The lunches will be delivered to offices Thursday, October 29 and Friday, October 30. All of the funds raised go to the Northeast Iowa Food Bank. Orders can be placed by contacting the Northeast Iowa Food Bank at 319-235-0507 or by e-mailing skegebein@feedingamerica.org.

#Giving Tuesday

We have a day for giving thanks. We have two for getting deals. Now, we have #GivingTuesday, a global day dedicated to giving back. On Tuesday, December 1, 2015, charities, families, businesses, community centers, and students around the world will come together for one common purpose: to celebrate generosity and to give. More information is available at www.givingtuesday.org.

Gift Wrap Drive

The Northeast Iowa Food Bank will be offering a gift-wrapping service to mall shoppers in Waterloo and Cedar Falls again this year to collect free-will donations. Every dollar we collect provides up to 4 meals for families. To help us with this fundraiser, we are requesting holiday gift wrap donations. Please contact the Food Bank to make a donation of money, gift wrap, boxes and other supplies needed for the annual Gift Wrap event.

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 Sunni Kegebein at (319) 235-0507 ext. 105 or by email at skegebein@feedingamerica.org.