

# Your IMPACT

2017 POTLATCH NEWSLETTER

FOOD BANK  
of ALASKA



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## YOU Help Families Bridge the Seasons

Mark, a bus driver in Ketchikan, is sometimes between jobs. "You switch from the school year into working tourist season. Sometimes you don't make as much - some days by the end you didn't make a thing," Mark says.

Like you, Mark believes in giving back. We met him and his daughter Grace at the Salvation Army where they volunteer serving lunch to anyone in need of a hot meal. While there, Mark also picked up food boxes for his family and for his retired in-laws who are on a fixed income. Mark moved his family to Ketchikan in part to help them out.

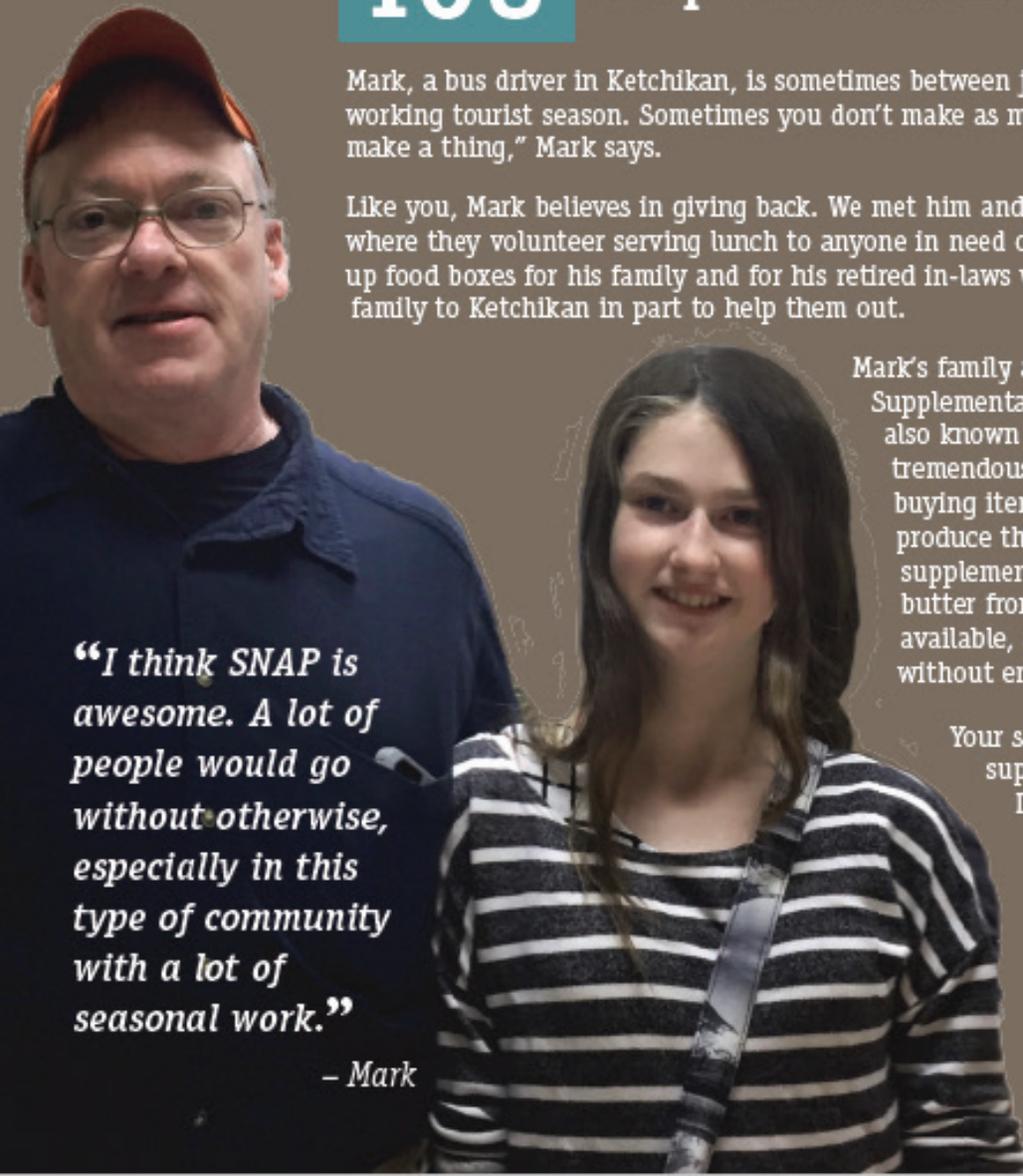
Mark's family also sometimes qualifies for the Supplemental Nutrition Assistance Program (SNAP, also known as food stamps). Says Mark, "It helps tremendously." SNAP lets them plan nutritious meals, buying items at the store like protein and fresh produce that they couldn't afford otherwise, and supplementing with staples like rice and peanut butter from the food pantry. If SNAP were not available, a lot of people in Ketchikan would go without enough to eat, Mark told us.

Your support allows Food Bank of Alaska to supply commodity food from the US Department of Agriculture to the Salvation Army serving Ketchikan and connects eligible families and individuals throughout the state to SNAP benefits.

*Photo: Your generosity feeds Mark and his family in Ketchikan during the gaps in seasonal work. Mark and his daughter Grace give back by volunteering to feed others.*

*"I think SNAP is awesome. A lot of people would go without otherwise, especially in this type of community with a lot of seasonal work."*

- Mark



*Our Mission: Food Bank of Alaska is dedicated to eliminating hunger in Alaska by obtaining and providing food to partner agencies feeding hungry people and through anti-hunger leadership. We believe that no one deserves to be hungry.*

## NOURISHING COMMUNITIES

*Special thanks to these donors who filled plates for Alaskans through support of \$50,000 or more during FY17.*



*“When you give to Food Bank of Alaska, you have a direct impact on people’s lives.”*

*ConocoPhillips food drive co-chair Tani Kron tells a reporter about raising over 80,000 pounds of food last year. Enthusiastic employees make sure that they donate more food than any other company in Alaska. Thank you!*

## Donating Meets the Needs of Our Community

Tani Kron doesn't have a hard time keeping her fellow ConocoPhillips employees motivated to be involved in their annual United Way of Anchorage Day of Caring campaign. This wildly popular and very competitive food drive inspires staff to raise enough money to buy over 80,000 pounds of food for Food Bank of Alaska, earning a financial match from ConocoPhillips.

Tani's own family struggled with hunger when she was a child. "Hunger hides behind a lot of doors – it affects a lot more people than you could ever know," she says. As co-chair of the ConocoPhillips Day of Caring Food Drive, Tani has learned that "because so many people in our office have food insecurity stories of their own, they love to help."

"We recognize that we are members of the community. We understand there is a lot of need that we can help with. There is outstanding commitment to the cause," says Tani.

Tani believes strongly that those who have more to give have a responsibility to act with generosity towards those with less. This, she explains, is something that ConocoPhillips does well in that they provide plentiful opportunity for their employees to give back to the community.

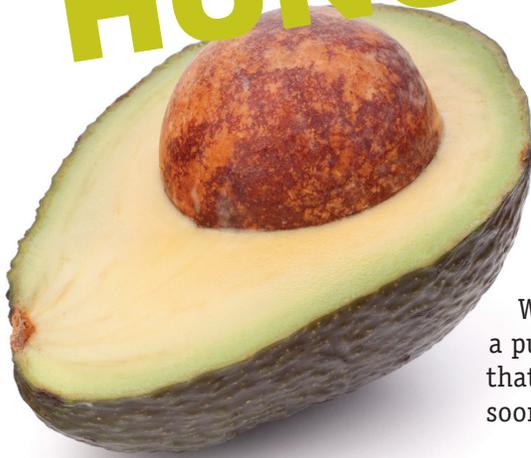
Tani encourages others who want to donate to their community to consider Food Bank of Alaska. She says, "It is the most impact you can have with your time and money. There is such a direct effect on people's lives."

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# Let's Take on Hunger as a Public Health Issue

## Solving HUNGER



The U.S. Department of Agriculture defines **food insecurity** as a lack of consistent access to enough food for an active, healthy life.

What if you had to choose between a meal and medicine? Unfortunately, over half of the people Food Bank of Alaska serves struggle with this choice, according to the Hunger in America 2014 study. What if your doctor told you that you could only control your chronic disease by eating a diet rich with fresh vegetables that you couldn't afford? In Alaska, 47% of households who need donated food have at least one member with high blood pressure, and 26% include at least one person with diabetes.

What if we thought about hunger as a public health issue? You might agree that this approach could solve hunger sooner.

Here's how the cycle of food insecurity and chronic disease works: It begins when an individual or family cannot afford enough nutritious food. The combination of stress and poor nutrition can make disease management even more challenging. Further, the time and money needed to respond to these worsening health crises drains the household budget, leaving little money for essential nutrition and medical care. This causes the cycle to continue.

Proper nutrition is critical to health, and we believe as you do that all Alaskans deserve access to wholesome, nutritious food. We are not experts in health care, but with your help Food Bank of Alaska can be an important partner in promoting good health for our neighbors struggling with food insecurity by:

- Purchasing healthy food such as fresh fruits and vegetables and low-sodium canned food to supplement donations that we distribute to our food pantry and meal partners. Our Anchorage-based Mobile Food Pantry can also quickly move donations of perishable, fresh food from our warehouse directly to residents in need.
- Educating health care providers on the issue of food insecurity and its impacts on health and encouraging them to ask questions about food insecurity when they assess patient health.
- Partnering with the health care community on projects, such as vegetable and fruit "prescription" programs.

If you would like to learn more, or help with these efforts, email Cara Durr, Director of Public Engagement, at [cdurr@foodbankofalaska.org](mailto:cdurr@foodbankofalaska.org).

## A Conceptual Framework: Cycle of Food Insecurity & Chronic Disease





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[foodbankofalaska.org](http://foodbankofalaska.org)



## September is Hunger Action Month

*Here Are Some Ways You Can Help Solve Hunger*

**Sept 9**

Feeding Our Neighbors Food Drive

For more information:  
[foodbankofalaska.org](http://foodbankofalaska.org)

**Sept 12**

Tour of Food Bank of Alaska warehouse, 5:30-6:30

RSVP: [jdigrappa@foodbankofalaska.org](mailto:jdigrappa@foodbankofalaska.org), 222-3102

**Sept 15**

United Way of Anchorage Day of Caring Food Drive

For more information:  
[liveunitedanc.org](http://liveunitedanc.org)

**Sept 28**

Dine Out Against Hunger

[foodbankofalaska.org](http://foodbankofalaska.org) for participating restaurants



## Thank You for Closing the Summer Meal Gap for Children

The lunch you help to provide at one of our 44 Summer Food Service Programs around the state may be the first meal a child has eaten that day. You can imagine how important this lunch can be to children and their parents when there are no school meals during summer vacation.

“When children come to eat, they leave happier,” says Brian, who assists with the summer meals program in Togiak on Bristol Bay in Southwest Alaska. “No one is picking on each other when they’re eating. They leave with a full stomach and with energy to burn.”

Your generosity helped to distribute more than 35,000 summer meals to children this year through this US Department of Agriculture program.

*Destiny poses with her lunch that you helped provide at the summer meal program supervised by NeighborWorks Alaska at Hampstead Heath apartments in Anchorage.*