

feeding MATTERS

2020 Winter Newsletter



A Fresh Start and a Strong First-Year Finish

Since 2015, the Community Health Endowment had been working with the Lincoln-Lancaster County Health Department on *Place Matters*, a mapping project aimed at illustrating the state of health in our community. Determining factors mapped and measured were: access to health care, prenatal care, and insurance, poverty levels, youth fitness, healthy food access and resulting life expectancy. In 2015, the first edition of *Place Matters* was released to the public. The maps, updated in 2017 and again in 2019, give us a clearer picture of the health of our neighborhoods as well as the impacts of projects and policies aimed at addressing deficiencies.

One such project, Lincoln Fresh, began to take shape in 2018 and officially launched in April 2019. Managed by Food Bank of Lincoln in partnership with Community Action Program of Lancaster and Saunders County, with funding from the Community Health Endowment, Lincoln Fresh's mission was simple — get fresh, healthy food to more people in Lincoln.

Over 36 weeks, the brightly colored, veggie-and-fruit-adorned truck made 269 individual produce stops. Each of 12,985 visitors to the truck was able to take home an

average of 8.4 pounds of food per stop. Each bag was valued at \$10 or more, giving the product distributed an approximate value of \$129,850. The selection rotated and included more than 75 produce varieties. On average, 361 people visited Lincoln Fresh each week.

The inaugural year ended on a successful note with the addition of three bonus stops to help supply fresh fruits and vegetables for holiday meals. Lincoln Fresh will hit the streets again in March. **Visit www.lincolnfoodbank.org for dates, times, and locations.**



Overall Lincoln Fresh Season Totals:

Sites: 17	Pounds: 108,647
Stops: 269	People: 12,985

THE FOOD BANK MISSION

Alleviate hunger in Southeast Nebraska.

OUR VISION

Nourishing our communities to end hunger.

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A Letter From the Executive Director

As we think about the opportunities a brand spanking new year presents we need to pause and express our gratitude for the thousands of volunteers who essentially make all our work at the Food Bank of Lincoln possible.

During Fiscal Year 2019 we were fortunate to have had a minimum of 4,765 people donate their precious commodity of time to alleviating hunger in Southeast Nebraska. These valued friends of the Food Bank lent a wide collection of talents by:

- Serving guests at Mobile Pantry Distributions
- Helping out at the Lincoln Public Schools Emergency Pantry
- Supporting the kids and staffs at our School Food Markets and Backpack distributions
- Serving meals at our Summer Food Service Program sites
- Volunteering on our Board of Directors
- Passing out fresh produce at Lincoln Fresh distributions
- Supporting families in our Bridges Out of Poverty Program
- Sorting and packing food in our Distribution Center
- Picking up filled bags during the annual Postal Drive
- Performing administrative duties in our offices.

All together these faithful friends donated over 37,000 hours of time to the pursuit of the Food Bank's mission. That number by the way, is equal to over 1,557 days. Our volunteers put a lot into a year.

In addition to rolling up their sleeves and doing the important work of alleviating hunger, our Food Bank volunteers lift each other up. They enrich the lives of our staff. They treat our neighbors who need food with respect and compassion. They form lifelong friendships. They learn. They care.

All the charities in our area have volunteers who perform wondrous acts of quiet, thankful work daily.

We are grateful for those that put in work at the Food Bank.

If you'd like to inquire about volunteering, please let us know. You can give us a call or go to our website and get the process moving, www.lincolnfoodbank.org.

Thanks for supporting us in our mission, to alleviate hunger in Southeast Nebraska.

Best regards,

Scott Young
Executive Director
Food Bank of Lincoln

*Thanks to our
faithful volunteers!*



Commodity Supplemental Food Program (CSFP)

Through a partnership between the Food Bank and the Center for People in Need (CFPIN), eligible seniors in Lancaster, Saunders and Otoe Counties can receive food through the Commodity Supplemental Food Program (CSFP), a USDA program. The Food Bank distributes CSFP goods every other month to senior centers and residential locations. CFPIN provides walk-in service at their facility in Lincoln and delivers to home-bound individuals. **Learn more at www.lincolnfoodbank.org, click on "Services" and "CSFP", or call (402) 466-8170.**



Nebraska City Distribution Expands Ability to Alleviate Hunger

In November 2019, the Food Bank of Lincoln expanded its Monthly Rural Mobile Food Distribution schedule to include Nebraska City. In cooperation with First United Methodist Church (FUMC), distributions are held every 3rd Friday, from Noon-1 p.m.

In the first two months, 539 individuals representing 201 families visited the site. Of those, 74 were seniors facing food insecurity. FUMC has operated a food pantry since 1984, supplied and funded through local support. For 10 years, FUMC has managed a weekend Backpack Supply Program in Nebraska City elementary schools, providing a food-filled backpack to 60 families every other week. FUMC anticipates that partnership with the Food Bank will ease demand on the church's food pantry and allow FUMC to devote more resources to their Backpack Supply Program and to serve people on fixed incomes who are currently underserved.

Practical Knowledge for a Hopeful Future

Since the Food Bank of Lincoln launched the first Getting Ahead in a Just-Gettin'-By World class in 2016, 150 "investigators" have successfully completed the program. The classes are part of the Bridges Out of Poverty methodology. Developed by Dr. Ruby K. Payne, creator of the aha! Process, it is a platform for innovative action and tools for change that can lead to lowering poverty rates. The Food Bank of Lincoln embraced the promise of this model to help educate and empower individuals impacted by poverty as another way to fulfill the mission of alleviating hunger.

Getting Ahead participants learn to identify their strengths, create a future story, understand "hidden rules" and use them to build stability. Investigators also gain access to long-term support and resources to aid in achieving their goals.

After gaining certification to teach and train representatives of local community organizations in Southeast Nebraska, the Food Bank through project leadership from Alynn Sampson, youth & family programs director, forged partnerships with Cedars, ConnectioN Point, Friendship Home, Civic Nebraska, and Lincoln Public Schools to reach more people impacted by poverty.

Getting Ahead graduates submit evaluations of the class, and their comments illustrate the value of the program.

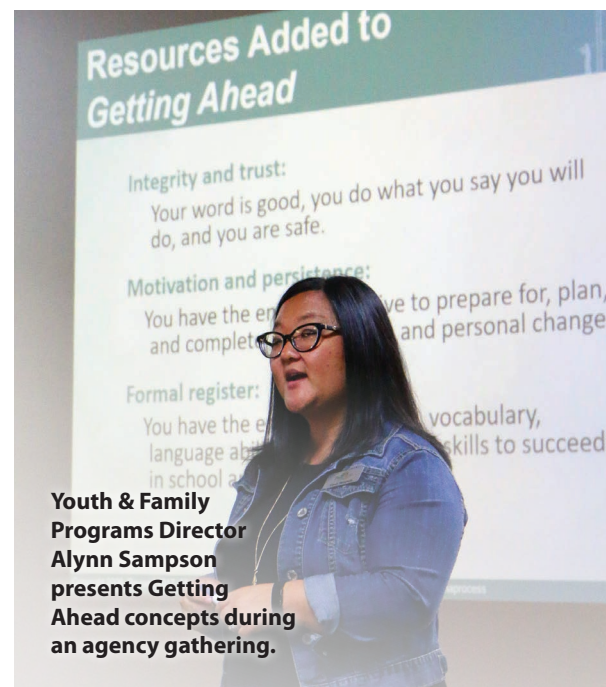
Getting Ahead helped me to identify issues and major faults in my daily living responsible for my current financial plight and offered a simple but comprehensible way out."

"Getting Ahead kept me fed and gave me tools to use to better my life and ways to see where I am in life now!"

"Helped me grow as a person and think very deeply about my goals."

"Helped me identify my strengths and weaknesses. I was then able to see why I may have failed in the past and what I could do to increase my success."

TO LEARN MORE about Bridges Out of Poverty training and certification, or upcoming Getting Ahead in a Just-Gettin'-By World classes, contact Alynn Sampson at (402) 904-6550, ext. 101, or asampson@lincolnfoodbank.org.



Youth & Family Programs Director Alynn Sampson presents Getting Ahead concepts during an agency gathering.

Running for those who are running on empty



(L-R) Kristine Brenneis, Juliann Riley, Hope Shortridge

As Kristine Brenneis approached her 50th birthday, she focused on running the Humana Rock-N-Roll Las Vegas Half Marathon to mark the milestone. She was a marathon runner in the past, "... when I was younger and healthier and had better knees," Brenneis joked.

At registration, she had the opportunity to contribute to a number of national charities.

Brenneis preferred to contribute locally, choosing the Food Bank of Lincoln as the beneficiary.

Her 14-year-old daughter Hope inspired Brenneis's awareness of food insecurity. Hope volunteers at her church's food pantry and the Lefler School Food Market. After Brenneis joined her daughter in those volunteer efforts, she wanted to do even more.

"I think people would be surprised to know that most people come to our pantry, you know, with their work uniform on, or they come with their port attached, that they're getting

chemo," Brenneis said. "So many people in our community are one blown car engine from disaster. It's the people sitting next to you in the next cubicle; it's the people sitting next to you at church; it's your kids' friends."

As she prepared for the Vegas run, Brenneis offered to match any contributions, and she threw in \$100 for each friend who ran the half marathon with her. Thus, the Kris Brenneis Marathon Team was born.

Brenneis's Vegas running mates included longtime friend Juliann Riley, Brenneis's husband, her brother, and one of his running buddies, and two more experienced runner friends who ran the full marathon. Last November, she achieved her 50th birthday goal surrounded by more than 40,000 runners and by 100,000 spectators.

The Team's fundraising translates to approximately 5,600 meals for hungry kids and their families. Reflecting on the victory and effort, Brenneis said, "We all have the basic need for food and love and friendship."

SAVE THE DATE

MARCH

17: Empty Bowls tickets on sale

APRIL

6: State Campaign Against Hunger begins

25: 13th Annual Extra Mile Walk Lincoln East High School 9-10:30 a.m.

Fundraising is not limited to LPS. Any Lincoln businesses can participate. For more information, please contact Development Director John Mabry, (402) 466-8170 ext. 110.

MAY

9: 28th Annual Stamp Out Hunger Postal Drive

26: 18th Annual Empty Bowls Luncheon Embassy Suites 1040 P St. in Lincoln 11 a.m.-1 p.m.

28: Give to Lincoln Day

Seeking Partners to Fill Empty Bowls

Approaching its 18th year, Empty Bowls, the Food Bank's signature event, welcomes more than 1,000 supporters. Guests can enjoy soup from 15 vendors and take home a handcrafted stoneware bowl from Down Under Pottery Studio. The "empty bowls" are a reminder of the many bowls we have filled, and the bowls we still need to fill.

We hope you join us May 26 for the 18th Annual Empty Bowls Luncheon. Explore the benefits and the impact of sponsorship levels ranging from \$750-10,000. Contact Development Director John Mabry (402) 466-8170, ext. 110, or jmabry@lincolnfoodbank.org.



HOURS

8 a.m. to 4:30 p.m.
Monday through Friday

LOCATION

4840 Doris Bair Circle, Suite A
(next to Doris Bair softball complex)

MAILING ADDRESS

Food Bank of Lincoln
4840 Doris Bair Circle, Suite A
Lincoln, NE 68504-1410

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