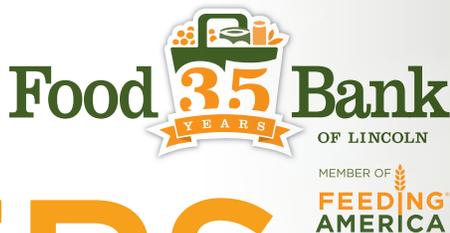


# feeding MATTERS



Spring Newsletter



“

*Sometimes we'll have a peanut butter sandwich as a snack at midday. Other days, a peanut butter sandwich is the meal.*

”

## FACES OF HUNGER: *Carla's Story*

Carla and her husband, John, have been married for nearly 50 years. Yet, in those five decades, the couple has never lived alone. As newlyweds, they shared their home with John's ailing mother. Today, they help care for grandchildren who live with them.

In their early years, the couple worked hard and did well for themselves. John worked as a rural letter carrier, and Carla owned a small bakery in Richardson County, located in the far Southeast corner of Nebraska. Everything seemed to be going mostly as planned.

That all changed as John's health began to deteriorate. He was diagnosed with multiple sclerosis, and later developed kidney cancer, cardiomyopathy and COPD.

As John's health declined, so did the family's financial stability. "We had taken a considerable loan out to start the bakery," Carla recalled. Medical bills piled up. Electric bills went unpaid. Vehicles were repossessed. The family was forced to close the bakery, and Carla stayed home to care for John and their children because they could not afford child care.

When their children were old enough to start school, Carla returned to work as a certified nursing assistant. After 10 years in healthcare, Carla suffered a back injury. She said her pride prevented her from applying for disability at the time. It's something she regrets in hindsight. "I never thought we

would live this way," Carla said. In 2010, Carla applied for SNAP (Supplemental Nutrition Assistance Program), but their application was denied because the family was \$100 over the income limit.

The stress of providing for her family was overwhelming, and Carla developed health issues a few years ago. She currently takes six medications to help manage those conditions.

Carla has tried to find odd jobs to make ends meet. One was tending to the flowers outside the local pharmacy. "Ken [owner of Ken's Pharmacy] was incredibly understanding," Carla said. "He allowed me to take care of the landscaping in exchange for covering some of the cost of John's medications."

Groceries came to be seen as luxuries, not necessities. "There are some days when I only eat one meal. I try to hold out until about 3 p.m. Some days it's a good-sized meal. I always make sure John eats a meal in the morning to keep his strength. Sometimes we'll have a peanut butter sandwich as a snack at midday. Other days, a peanut butter sandwich is the meal."

Now, as they piece their lives together, Carla said the once-a-month rural mobile food distribution helps them tremendously. **"I use everything we get here [at the mobile food distribution],"** Carla said. "I'm grateful I know how to cook and bake. Not a single scrap goes to waste. I don't know what we would do if we didn't have this option."

## BOARD OF DIRECTORS 2017

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What's important to you as a Food Bank of Lincoln supporter is important to us. As a donor, we want you to have full confidence in the Food Bank, our mission and our practices. According to the Donor Bill of Rights, your expectations of us should include:

- To have access to the organization's most recent financial statements
- To receive appropriate acknowledgement and recognition.
- To be assured that information about their donations is handled with respect and with confidentiality to the extent provided by law.

If you have any questions about how your donor dollars are being used, please call us at 402.466.8170.

*The Donor Bill of Rights was developed by the Association of Fundraising Professionals, the Giving Institute: Leading Consultants to Non-Profits and other top consultants to non-profits. Look for more from the Donor Bill of Rights in future newsletters.*

## A Message From the Executive Director

In March, the Lincoln Journal Star reported on the results of a survey conducted in 2016 by Community Action of Nebraska. Over 2,500 people responded to the survey, and around 60 percent of the respondents cited low motivation on the part of under-resourced people as a primary cause of poverty.

According to the article, "...people with \$60,000 or more in household income were most likely (73 percent) to blame the poverty of others on low motivation."

Experience tells us that being judgmental is never a healthy exercise. It is both common and easy to pass judgement on others with very few facts or no facts at all.

At the Food Bank, our facts inform us that there are no more low-income people with low motivation than there are in the so-called middle class, or upper class. Lack of self-motivation knows no economic class.

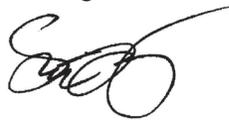
In January, the online version of the Wall Street Journal reported that Nebraska ranks as the third highest state where people have multiple jobs. The article cites many reasons that people work multiple jobs; the Ag Sector, and low wages among them. People are working extremely hard to try and keep up.

Our faithful partner Beatty Brasch of the Center for People in Need, who has done more work with under-resourced people in our area than anyone, talks frequently about the "heroic lives" lived by the people the Center and the Food Bank serve. We see lots of hard, hard work being done by our neighbors.

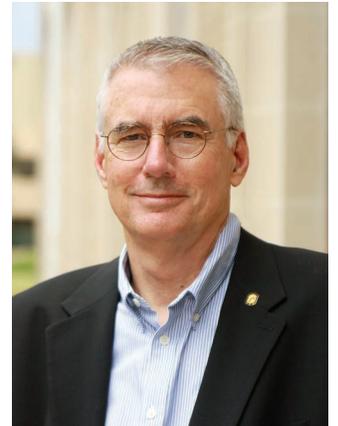
Under-resourced people are highly motivated to keep their families housed, clothed, healthy and fed. Their lives are desperately difficult compared to their fellow Nebraskans who enjoy more stable lives, with more stable resources.

We invite anyone who is interested to accompany us to a food distribution. We see high motivation in action. You might see the same. Give us a call or send an email if you are interested. And thanks for helping us fulfill our mission, to alleviate hunger in Southeast Nebraska.

Best regards,



Scott Young  
Executive Director  
Food Bank of Lincoln



# Saathoffs make major gift because "NO ONE SHOULD HAVE TO GO TO BED HUNGRY"

Al Saathoff is a former Food Bank of Lincoln driver, a star employee who helped us distribute millions of meals during his 11 years on our staff. His wife, Sue, is a former vice president with Cabela's who is also retired.

Al and Sue remain great friends of the Food Bank to this day. How great? Al and Sue recently made a \$100,000 gift to the Food Bank of Lincoln Foundation, which supports our daily efforts to alleviate hunger in Southeast Nebraska while also providing a strong rainy day fund for the future in our fight against hunger.

"Sue and I have always been blessed to have never known hunger, even during our early lean years," Al said.



*"We feel that no one should have to go to bed hungry. The Food Bank of Lincoln does so much to meet this very basic need for so many people. To be able to assist in this effort just feels good."*

And their \$100,000 gift is going to do a lot of good for many years to come, and we are grateful.

If you are interested in more information about the Food Bank of Lincoln Foundation or any of our other funding needs, please contact Development Director John Mabry at [jmabry@lincolnfoodbank.org](mailto:jmabry@lincolnfoodbank.org) or (402) 466-8170, ext. 110. Thank you.



## Use by? Sell by? What those dates really mean.

Did you know Food Bank of Lincoln can accept some food items beyond manufacturer "Expiration," "Use By" and "Sell By" dates? We can! Many national manufacturers provide code date extensions for food banks. If you have any questions about whether your food item can be accepted, contact the Food Bank of Lincoln Operations Department at 402-466-8170, ext. 111 for detailed information.



## An End-of-Year Child Hunger Progress Report

As the school year winds down, the Food Bank of Lincoln is wrapping up another year for our Child Hunger Programs. Thanks to our school and organizational partners and generous donors, you helped us distribute over 3,400 food-filled backpacks per week and serve 1,800 or more students and their families per month through the Food Market program. The average number of participants has either increased or exceeded our expectations in eight out of 10 of our Food Market programs over last year. Thank you for providing fuel for learning this school year!



## Hunger Doesn't Take a Summer Vacation

This summer, the Food Bank once again will work with multiple community groups to bring much-needed food to children who may not otherwise have access to regular meals. We plan to distribute approximately 600 backpacks per week during an eight-week Summer BackPack program. The program involves food-filled backpacks distributed at community and day care centers as well as a limited number of backpacks delivered directly to homes.



# BRIDGES OUT OF POVERTY



## MARK YOUR Calendar

**May 30** 15<sup>th</sup> annual Empty Bowls Luncheon

**June** City/County Campaign Against Hunger

**July 29** Mustache Ride

*Visit our website for details about this Food Bank events!*

## Bridges Findings Turn Questions into Actions

We continue to realize successes with our Bridges Out of Poverty initiative. This year, we have trained nearly 600 individuals on the Bridges Out of Poverty concepts. WaltherSeck Associates conducted workshop evaluations, which showed an increased knowledge about economic class by workshop participants, and included employers, managers, policy influencers and public service workers.

“Now what?” is a key question we often hear from workshop attendees. Below are responses to this question from some past participants.

- “[I find I am] being more open-minded; listening instead of being ready to ‘attack’ because of a certain behavior.”
- Employers who report they will evaluate the language they use on their website to ensure it speaks to all socio-economic groups.
- Looking at the language on their website.
- Having more intentional conversations to explore a variety of resources.
- “[Giving] respect to the norms, even if I don’t agree with them, is important. It will open doors in our relationships.”

We will continue to collect feedback about how individuals and organizations apply Bridges information in their everyday environments and situations.

There is a great deal of important work happening in our community to reduce poverty, but we need your help to ensure it continues. To make a contribution toward Bridges, please visit our website: [www.lincolnfoodbank.org](http://www.lincolnfoodbank.org).

### On the other hand...

Visit [www.LincolnFoodBank.org/Bridges](http://www.LincolnFoodBank.org/Bridges) to read a firsthand account from a mother in our community who is applying what she’s learned in “Getting Ahead in a Just-Gettin’ By World” class to create stability for her family.



**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

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