



# Help Us Feed Those In Need

301 Bunch Springs Rd.  
P.O. Box 149  
Berryville, AR  
72616

870-423-4246

Director—Sara Hodgson  
Secretary—Lieu Smith  
Treasurer—J Thompson  
Board Members

- Robert West
- Jason Tennant
- Ron Tracy
- Dale Hunter

Development –  
Peggy Lodewyks

## Needs of the Food Bank

- Help with utilities. We now have three commercial refrigerators, two walk-in freezers, and six chest freezers. We have maintenance costs and high electric bills.
- Funding to purchase staples such as peanut butter, spaghetti sauce, oatmeal, rice, beans, cooking oil.
- Volunteers to clean the building perhaps on Thursdays when the food bank is not open.
- Regular ongoing financial support. We pay no wages. All work is done with volunteers, however there are costs. We need those willing to donate each month to help with set expenses.

September 2016

Supporters Update

A hot July day a lady braved the heat index to walk a mile and a half to the food bank. Volunteers gave her a bottle of water to help her cool when she arrived. After she received her distribution of USDA commodities and donated foods, someone drove her home.

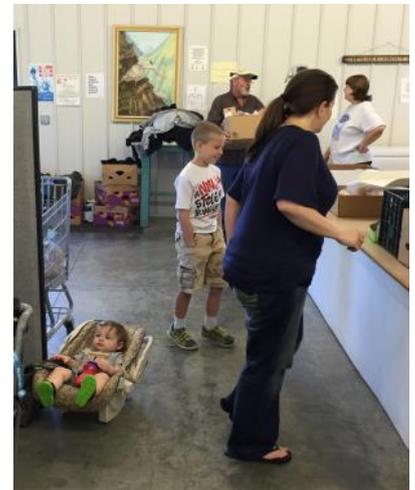
It is both so heartwarming to feel the gratitude; and yet so poignant to distribute to someone who had so little a box

containing 40 pounds of groceries.

In August a gentleman came in reluctantly seeking help. “I would never have thought I might come here, but I’ve been sick and off work. So here I am. I keep thinking that soon I will be released to return to work.”

Another lady explained that she hadn’t been in for a while. “My husband died and I’ve been staying with friends,

but now I have gotten back to work and rented my own place.” The food bank exists to serve people. Thank you for your part in keeping food on the shelves and doors open.



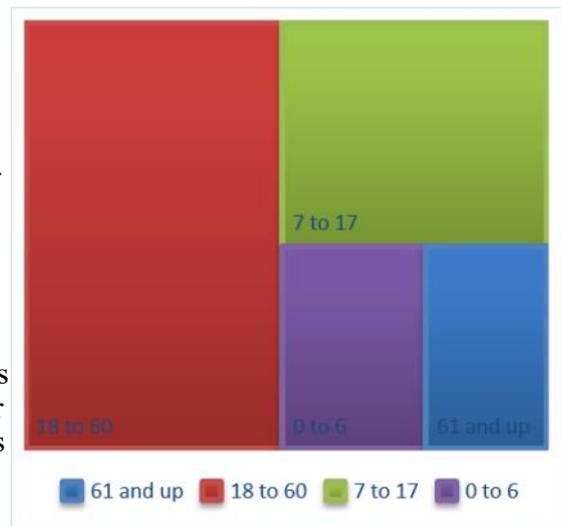
## A HAND UP, NOT A HANDOUT!

In August of 2016 there were 605 Carroll County households served at least once during the month and those households contained 1955 persons. **The chart to the right shows that over half those were dependent because of age.**

Since January of 2016 we have served 1,196 households at least once during the year. Comparing the same period of time with the households served in 2013, we served 1,422 households; **but only 301 were served both in 2013 and in 2016.** Most families just need the food bank for a short period of time and then they are able to care for themselves. There are some elderly households or some disabled households that will need the food bank for a longer period of time, but remember that is less than one third by any measure! Although eligible households may be

served each month or 9 times so far this year; the fact is so far this year households average less than 4 visits. **Your food bank truly gives a hand up.!**

**CHART SHOWING PERSONS SERVED August 2016**





We are adding 22 feet to the east end of our warehouse. This will enable the food bank to continue its service to our community and also provide an additional restroom for both our volunteers and clients. Since moving into our building in 2007 we have added the distribution of school supplies and backpacks by Project-Self Esteem and we have also added the Food for Hungry Kids program. This weekend food distribution program has expanded in its three years of operation. It has also grown from serving Berryville school to also serving Green Forest school. There simply was not ade-

quate floor space for the pallets necessary to provide sufficient variety for both household distribution and for the weekend food packs.

The addition is being funded largely by our share of the Arkansas Gives event held April 8, 2016. This program sponsored by both the Arkansas Alliance for Nonprofits and the Arkansas Community Fund is a one-day online giving event. The online donations plus the matching and prize money gave the food bank \$40,033 and additional donors gave \$22,500 specifically for this purpose.

**700 backpacks filled with school supplies were distributed to the school children of clients by Project-Self Esteem. Donations may be sent to 204 Atchley St, Berryville, AR**



## FOOD FOR HUNGRY KIDS: SUCCESSFUL YEAR!

Operation Food for Hungry Kids has just completed its third year of operation, with a total of 4706 food packs were distributed to some 175 hungry children in the Berryville and Green Forest school systems.

We are pleased to report that we have already been advised by the Carroll County Community Foundation and Cox Charities that each of these organizations will be supporting the Food for Hungry Kids Program with grants in the 2016-17 school year.

Operation Food for Hungry Kids has also been included in Mercy Hospital's Community Health Improvement Plan (CHIP) and has received a commitment from Country Fresh Market in Shell Knob to support the program long-term by helping us find quality food items that we might not otherwise be able to access, at significantly reduced cost. These two factors were significant contributors to our success in applying for and receiving grants over the life of the program. We will continue our emphasis on nutrition, as well as easing the hunger of these children. We

have designated specific goals for the contents of the packs, delivering about 3500 calories per pack, and focusing on reduced fat, carbohydrates and sugars, and increased fiber and protein, while still delivering items that are kid-friendly.

And last, but certainly not least, the community continues to pour out its love and blessings on these children. Many individuals and churches continue to contribute faithfully to this important program, and support the program as well by giving of their time to help pack the backpacks.

We continue to be truly blessed in our efforts, and we look forward to delivering over 5,000 backpacks to Berryville and Green Forest children in the coming school year.



## Givers come in All Sizes: Give in many Ways

A young donor brought food he collected for the food bank. He came back a few days later and bagged cookies and for distribution. There are many ways to help. You may host a food drive in your church, deliver and sort it at the food bank; you may donate personal money so food can be purchased from Northwest Arkansas Food Bank (pallets of food for 18 cents up to wholesale cost per pound). You may volunteer to transport food or other items for distribution. **Currently, we need pick ups from Lowell, AR for bulk toilet paper, diapers and salvage items. Those interested must provide their own transportation, gasoline and be approved by the distributing agency.**



### OUR VOLUNTEERS ARE THE BEST!

Our volunteers provide the “super force” for the service of our clients and our community at large. Last year a total of 274,727 pounds of food was distributed at an overall cash cost of 17 cents per pound! Wow! How can that be? Quite simply much of the food is donated (although there was \$62,577 spent buying food). Most of the transporting and many of the operating costs are given by the volunteers serving our clients. The dollars we receive from our donors are used for food purchases, utilities and the maintenance costs to distribute the food and serve our clients.

There have been 128 individuals volunteer since January 2016. Some only work one day; but most work a regular shift of 4 hours per week; and a few work regular shifts multiple days of the week. A total of 4,706 total hours have been given thus far this year. With no paid staff literally everything is done by volunteers.

Unlike national or statewide charities, those who donate time and money at Loaves & Fishes Food Bank can see exactly where it goes and what it accomplishes. Some of our volunteers are also clients and all of us together are serving our friends and neighbors.

*Then the righteous will answer Him, saying, ‘Lord, when did we see You hungry and feed You, or thirsty and give You drink?...And the King will answer and say to them, ‘Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.’ Matt 25:37, 40*

## POVERTY LINKED TO OBESITY?

On television we see the starving in other countries and see how very thin they are. But in America, the highest obesity rates are among the poor; and that may seem on the surface incongruous, but then as one considers prices in the grocery store it begins to make sense. The least expensive foods are often the highest in fat and carbohydrates; whereas the leanest proteins and the healthy fresh fruits and vegetables are the most expensive calories. This is even more true if one is eating out. Because of this incongruity, Feeding America (supplier of our regional food banks in Springdale) uses the term food insecurity defined by not knowing where your next meal will come from. “In Northwest Arkansas 1 in 4 people face food insecurity every day.” According to KUAF “Ozarks at Large” program, new numbers from USDA show that in Arkansas the food insecurity rate is the second highest in the nation, only behind Mississippi. **August 2016 Loaves & Fishes served 1,955 individuals living in 605 Carroll County households. Ten percent were 62 years old or older and 39 per cent were 17 years old or younger.** Your gift to the food bank helps the most vulnerable in our community. And through 3 times a week picking up of salvage foods, **your food bank is providing healthy choices to our food insecure neighbors.**





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(opposite the Berryville Cemetery)  
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You can donate on the web!



“Loaves & Fishes Food Bank of the Ozarks”—Like us!

Food Bank Hours  
Open to Clients

Monday, Wednesday, Friday  
10 a.m. to 2 p.m.

Tuesday 4 to 6 p.m.

Loaves & Fishes Food Bank of the Ozarks is a Christian ministry dedicated to following our Lord’s directive in Matthew 25:35 to feed the hungry. Loaves & Fishes Food Bank meets USDA requirements for commodity distribution; IRS nonprofit status; and Arkansas State nonprofit and charitable solicitation. Thus Carroll County residents who are unable to secure nutrition for themselves can receive food through the gleanings of foods from private donations, from salvage from stores, warehouses, processors or food producers as well as USDA commodities. Families are served once each month and food is distributed according to the number of persons living in the household. Income guidelines are followed. Persons receiving assistance usually receive help on the day they apply.

**All persons receiving assistance will be asked to provide:**

- 1. Proof of Carroll County, Arkansas residency by showing a current utility bill, rental receipt, or similar document.**
- 2. Picture identification (state ID card, drivers license, work badge or similar document)**
- 3. Statement of income for all members of the household**
- 4. Proof of identity for all household members (social security cards, AR Kids cards, health insurance card, or similar documentation.**

In accordance with Federal law and US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Ave., SW Washington, DC 20250-9410 or call toll free (866) 632-9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Telephone \_\_\_\_\_

\_\_\_\_\_ Contact me about presenting a program to my church or other organization.

I feel so blessed to be able to help with this needed ministry !  
 \$20                      \$50                      \$100                      \$250                      or \_\$\_\_\_\_\_

I want to donate for feeding hungry families & adults in need.\$ \_\_\_\_\_.

I want to donate to Operation Food for Hungry Kids!                      \$ \_\_\_\_\_.