



# NeighborImpact

Critical Needs. Diverse Services. Empowering Change.

The Newsletter of the NeighborImpact Food Bank

# The Food Bank

VOLUME 1, ISSUE 1

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## Welcome to the Central Oregon Food Bank

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### Introduction

NeighborImpact's Food Bank serves Deschutes, Crook and Jefferson County. We are Central Oregon regional affiliate of the Oregon Food Bank's Statewide Network. Currently approximately 14,000 people accessed emergency food resources through 40 agencies throughout the region in 2009. Through the Oregon Food Bank, Food Recovery from local businesses and Food Drives, NeighborImpact's Food Bank distributes approximately 1.5 million pounds of food a year.



Anyone can host a food drive! Combined Communications and Mt. Bachelor joined forces with NeighborImpact to "Stuff the Bus" in October, bringing in over 8,000 pounds of food.



## Adopt A Truck Sponsorship

The Food Bank is currently offering a great sponsorship program. Businesses can have their logo displayed on the side of one of our two refrigerated food recovery trucks. The sponsorship opportunity has been successful so far, with Pahlisch Homes, Hayden Giving Fund and Bend Research being the first three companies to purchase spots

on our trucks. There are still several spots available, ranging from \$1800 for a large logo to \$250 for a mini logo. Sponsorships are good for one year. The Food Bank's refrigerated trucks are on the road 5 days, 45 hours a week, picking up and delivering perishable food items throughout the Central Oregon region.

### Number of Americans on Food Stamps Rises to Record Levels

According to a [recent Associated Press article](#), the number of Americans receiving SNAP benefits (previously known as food stamps) has reached a record high, with more than 35 million Americans receiving assistance. According to the article, "the numbers, while only one indicator, are a sign that Americans continue to struggle with the country's economic downturn. This is a reminder just how important federal nutrition programs are to millions of Americans, and why we must continuously fight to ensure every person receives the help they need to provide healthy, safe, and affordable food to themselves and their families.

# Community Food Assessment



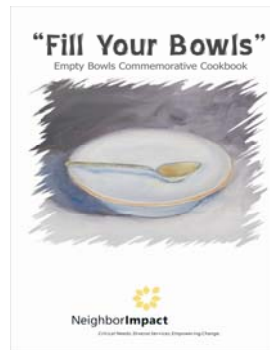
Fields Farm is one of Central Oregon's two CSA farms (Community Supported Agriculture).

We recently gained a new addition to our ranks, Sydney Leonard. She is an AmeriCorps/VISTA who came to Central Oregon from New England to work with Wy'East RC&D, in partnership with NeighborImpact, on a Community Food Assessment. What does that mean for Central Oregon? It means making healthy food accessible to all. This is a basic principle of Community Food Security which works to achieve this goal

in a way that empowers low-income communities and supports a sustainable local food system. Sydney is going to get to know the Central Oregon community, discovering its strengths and using those existing assets and resources to meet the needs expressed by the community through focus groups, surveys, and public discussions. She will be visiting farmers markets, community gardens, and farms to learn about local production and will learn about

the local emergency food system. The information gathered through the Community Food Assessment will be presented at a Food Summit which will bring together a diverse group of people who are interested or active in our local food system, to develop a comprehensive strategy that addresses the basic principles of food security and seeks to build up our community's food resources to meet its own needs.

## Empty Bowls Cookbook on Sale



As part of NeighborImpact's

annual community fundraising and hunger awareness event, Empty Bowls, the "Fill Your Bowls" Commemorative Cookbook is now available for sale. The Cookbook was created by a committee of NeighborImpact staff and volunteers and contains recipes from staff, Board of Directors, their friends and family and professional chefs from Central Oregon. Cate-

gories range from Soups and Stews to Desserts and Meals Under \$15. Also featured in the Cookbook is a section on how to properly read a recipe by Chef Julian Darwin administrator of the Cascade Culinary Institute and co founder of Empty Bowls. The cookbooks are \$12 and available for sale throughout the area or by visiting our website.



NeighborImpact set up a booth at the Redmond Farmer's Market last summer selling coffee and giving out information

## New! Virtual Food Drives!

The Food Bank has made it easier than ever for clubs, organizations and businesses to host a Food Drive! A fast, fun way to conduct a food and funds drive, Virtual Food Drives can be accessed right through our website and can be customized with your own logo and URL. The Vir-

tual Food Drive is a terrific way to get all employees or members involved and eliminates bulky collection boxes. Since its launch in October, the VFD has brought in over \$1100. To donate to the VFD go to [www.neighborimpact.org/vfd](http://www.neighborimpact.org/vfd) or if you would like to host

your own, contact Sandy at [sandyk@neighborimpact.org](mailto:sandyk@neighborimpact.org)



# Community Gardens



Community Gardens are popping up all over Central Oregon. From Church Groups and Schools to neighborhood associations, gardens are being created by many different organizations. Planning is underway for a Community Garden at our

Redmond facility to be created in the spring. The NeighborImpact Community Garden will rely on staff and volunteers with the produce being split up between the people who work and play in the garden and the Food Bank.

## Benefits of Community Gardens:

- Improves the quality of life for people in the garden
- Provides a catalyst for neighborhood and community development
- Stimulates Social Interaction
- Encourages Self-Reliance
- Beautifies Neighborhoods
- Produces Nutritious Food
- Reduces Family Food Budgets
- Creates opportunity for recreation, exercise, therapy, and education
- Preserves Green Space
- Reduces heat from streets and parking lots

## Ways You Can Help

- Grow a Row in your garden for the Food Bank
- Host a traditional Food Drive or Fundraising Event. We can help with coordinating and promoting it!
- Host a Virtual Food Drive. Fun and interactive and every dollar helps us distribute \$6 worth of food
- Donate food or money
- Volunteer. We have many opportunities
- Become a monthly donor
- Follow us on Facebook
- Become a sponsor. You can sponsor a truck or a special event, like Empty Bowls
- Visit our Website at [www.neighborimpact.org](http://www.neighborimpact.org) for other ways to help!

## Warehouse Expansion Plans

Plans are underway for expansion of the food warehouse. Currently, when a semi load of food items comes in from the Oregon Food Bank, the staff and agencies scramble to get the food distributed throughout Central Oregon before the next semi load comes in. The goal is to have the expansion complete by fall of 2010.

Overall, the food bank will have three times more storage space than it currently has. The freezer capacity will increase two to two and a half times, and there will be enough space to maneuver the forklift around, which currently is not possible. Being able to store food will enable NeighborImpact to serve the local agencies bet-

ter, since many of them have limited storage as well. The Food Bank will also have the ability to get more frequent shipments of food and will have a repackaging area, creating more volunteer opportunities. Repackaging will allow bulk items to be brought in and portioned into smaller units.



There's a lot you can do with a food drive to make it fun and successful!



## NeighborImpact

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### *Upcoming Events:*

*See our website for details*

**Murder on the Menu**  
An interactive Dinner Theater to  
benefit NeighborImpact  
February 11, 2010

**Bend Winterfest**  
Funds & Food Drive  
February 13, 2010

**Governor's State Employee**  
Food Drive  
February 2010

**Feinstein Challenge**  
\$1 Million Giveaway to  
Fight Hunger  
March-April 2010

**NeighborImpact**  
**Executive Director**  
Sharon Miller x102  
**Deputy Director**  
Holly Hutton x 106  
**Food Program**  
**Director**  
Steve Murray x 108  
**Development Specialist**  
Sandy Klein x 148

NeighborImpact is an  
equal opportunity provider  
and a member of :

