

**Our Hot Summer Finds Children and Families in Need of Meals**

Summer is in full swing and things are busy at the San Antonio Food Bank (SAFB). Last summer, more than 200,000 meals and snacks were served through the San Antonio Food Bank's Summer Food Service Program (SFSP), a partnership with the Texas Department of Agriculture and United States Department of Agriculture (USDA). This year the Food Bank's goal is to serve 9,000 children and distribute 300,000 meals through the SFSP. We can't accomplish this goal without the help of our community - donors and volunteers alike.

When school is out in the summer, low-income children lose their access to regular daily school lunches and breakfasts. According to USDA's FY2010 Report, in Texas 2,388,150 kids received free or reduced-price meals in the National School Lunch Program in 2010. Only 162,636 participated in the SFSP - 6.8%. School meals typically provide at least one-third and one-fourth, respectively, of the nutrients that a child needs during the school year. Research has shown that even mild under nutrition experienced by young children during critical periods of growth may lead to reductions in physical growth and adversely affect brain development. Proper nutrition is vital to the growth and development of children. Because families can't meet the need to feed their children, food banks report increases in requests for emergency food during the summer.

This summer, DOOR volunteers have committed to supporting SFSP. Through the support of the Spurs Team Up Challenge, the SAFB and DOOR San Antonio, we will prepare hundreds of thousands of meals for local children. Believing that one good approach to learning is best accomplished through collaboration, mutuality and partnerships; youth involved in the DOOR San Antonio program not only strive to directly engage themselves in social issues in San Antonio through service, but they also host and engage youth volunteers from around the United States and educate them on the social-urban climate of San Antonio.

We couldn't accomplish our task of feeding children in need without the support of our community - the companies that donate food or conduct food/fund drives, individual donors and our volunteers. We thank you!

Another initiative we have this summer is our Food Fair distributions at designated San Antonio Independent School District sites. We are partnering with the United Way of San Antonio & Bexar County to provide more than 27,000 pounds of food at each Food Fair. On average 450 families are receiving fresh produce and other healthy food items at each distribution. We also offer assistance in applying for federal benefits such as SNAP (food stamps), WIC, TANF, CHIP, Adult Medicaid, Long Term Care, Women's Health Program and other valuable resources. In addition we provide onsite nutrition education providing recipes for food items being distributed and budget shopping information for low income families.

These are just a couple of our programs that provide nourishment to families in need. We invite you to join us in the fight against hunger - donate food, time, money and your voice. Together we can combat hunger in Southwest Texas!



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***Fighting Hunger...  
...Feeding Hope***

The mission of the San Antonio Food Bank is to fight hunger in Southwest Texas through food distribution, programs, education and advocacy.

Our programs and services reach 58,000 individuals each week through our network of partner agencies.

Thank you for joining us in our efforts to fight hunger and feed hope in Southwest Texas.

*Extra Helpings* is a newsletter published three times a year by the San Antonio Food Bank.  
 Editor: Veronica Laurel

If you get two of these, please give one to a friend and notify the Food Bank.

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 210.337.3663  
[www.safoodbank.org](http://www.safoodbank.org)

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**President/CEO**  
**Eric S. Cooper**

Attend New Agency Orientation to go over programs. Orientations are held at 2 p.m. at the SAFB.

- August 16, 2011
- September 20
- October 18
- November 15
- December 20

Attend Food In, Food Out: How to Run Your Food Program to go over policies and procedures. Sessions are held at 2 p.m. at the SAFB.

- August 23
- September 27
- October 25
- November 22
- December 27

For more information about Partner Services or to register for classes, please call 210.337.3663.

# From Where I Stand

Dear Friend,

So far this has been an exciting year with growth in many areas. Earlier this year we opened The Kitchen Table in Comal County. This initiative serves as a true model for fighting hunger by offering a client choice pantry as well as a variety of educational classes. The Kitchen Table is currently serving 600 families and the numbers continue to grow.

We've also seen growth at the Main Plaza Farmers' Market. The number of vendors at the farmers' market has increased and we are seeing more individuals take advantage of the opportunity to shop for local, fresh produce each Tuesday. Every week the line for the \$5 Catalyst Catering lunch keeps growing too. If you haven't had the opportunity to stop by, I encourage you to do so.

We've seen exciting changes at the San Antonio Food Bank. Our new solar panels arrived and have been mounted on the roof of our facility. The new 65,000 gallon rain catchment tanks have been installed in our Spurs Community Garden. We hope to have our new green initiatives operational by the fall.

As you'll read in this newsletter, we are also growing our Summer Food Service Program – feeding 100,000 more meals to children this summer

than we did last year. Our goal to feed 300,000 meals to children creates a need for more product to meet the demand. We want to thank ConAgra, H-E-B, and all the companies that have stepped up to help.

We are gearing up for a busy fall and I hope you can join us at our upcoming events starting in September with Hunger Action Month and our SA Goes Orange Campaign. Your participation gets us closer to ending hunger in Southwest Texas. We can't do what we do without your support and I thank you for your help.

Sincerely,



Eric S. Cooper



## Policy News

With the 82nd Regular State Legislative Session completed the state looks at a \$172.3 billion, two year budget that will cut \$15.2 billion from current state and federal spending combined, due to the shortfall the state faced going into Session in January.

State agencies have had to cut staff and programs and school districts also faced major cuts to their individual budgets. As for Texas Food Banks, there were some positive Session outcomes with regards to TDA funding and hopefully the continuation of HHSC funding for the SNAP Pilot Expansion.

We testified in Austin in support of HB 710 (Walle), which proposed the elimination of finger imaging in the SNAP process which can save the state money.

SB 89 (Lucio) relates to summer nutrition programs provided by school districts; whereas it would require school districts to provide summer nutrition programs for six weeks during the summer or request a waiver authorized by the school's Board of Trustees when they have 50% or more students eligible for free or reduced-lunch.

We will continue to Advocate when it comes to needy families and individuals and critical policy that has an impact on their lives and on the programs that we provide. We hope you will continue to support us by reaching out to your legislatures when needed. Our mission is keeping us very busy as the demand continues to rise due to the economic climate that we face on many fronts. For our clients and potential new clients we will continue to be their Voice when they might feel like they're not being heard.

To keep updated on policy news, please visit our website at [www.safoodbank.org](http://www.safoodbank.org).

## Partner Services

It's early on Saturday morning and a line is already forming outside the River of Peace Pantry on Cypress Street. They stand in an orderly line with their umbrellas to shield them from the summer sun and clutch their empty boxes/bags that they will fill with food items. Volunteers come out to assign numbers to those waiting. Returning clients get a red card with their detailed information. New clients receive a blue card to indicate they need to be registered.

The building is small, so clients are called inside in small groups. Jack Nimmo, a volunteer, helps with registration. Returning clients have their information verified and any missing data is collected. New clients fill out the required paperwork and their data is input into the computer system. Once the registration is complete, they are sent to the pantry to collect food items. Seniors not only get to choose items from the food pantry, but also get a prepared meal box once a month.

Since opening their doors in April 2011, the pantry has served a total of 549 unique families. Weekly they are assisting 150 families each Saturday and they see about 30 new clients each week. Lately they have seen a high number of seniors, but they also administer food assistance to families and individuals in need. In addition they provide outreach to other services such as help with low-cost medications, utility bill assistance and more.

While some of their clients are unemployed, several are underemployed – working families not able to make ends meet.

When asked why he opened the Pantry, Tim Butler, Director of River of Peace Pantry, shared, "We knew there was a need in the area and I wanted to do my part to help the community. We are put on this earth to help people in need."

Tim noted that they have a total of 30 volunteers who help with the pantry, and have about eight to ten who volunteer each week. He stated, "The volunteers have it in their heart to help other people."

The long term goal is to help people and to keep them from making choices between food and their other bills, such as rent or medications.

Thanks to partner agencies like River of Peace Pantry, the SAFB is able to provide emergency food assistance to 58,000 individuals each week. For more information about becoming a partner agency, please contact Partner Services at 210.337.3663.



# Spotlight on Hunger

## A Resilient and Focused Family

Chuck and Cheryl have been married for 20 years and they live in New Braunfels with their two sons, Clinton and Clark, but if you ask Cheryl, it feels like only five. Five years ago, Cheryl suffered a seizure and was in a temporary coma. When she came out of the coma she had lost 75% of her memory. Cheryl didn't remember her husband or her children. Upon her release from the hospital, she went home and suffered a second seizure that resulted in another coma. This time, when she woke from it, she had lost 100% of her memory.

Chuck and Cheryl have had to build their life together again from scratch. They began dating and Cheryl fell in love all over again. Their family doesn't know when Cheryl may experience another seizure, so they treasure every moment they have together. Cheryl is disabled and the family has to rely on Chuck's income for support, but it is barely enough to meet their basic needs. They read about The Kitchen Table, a multi-organizational program of the San Antonio Food Bank providing a client choice pantry and education classes, in the New Braunfels newspaper. They utilize The Kitchen Table to help ease the cost of living.

Chuck shared, "We love the opportunity to pick out food that we can actually use. At other pantries we've been given a prepared box and sometimes can't use all the items." In addition to utilizing the client-choice pantry, the family also attends a variety of classes at The Kitchen Table including nutrition education, cooking and financial literacy. The children are home-schooled and the classes at The Kitchen Table have supplemented their learning.

Chuck and Cheryl particularly like the financial literacy classes because it helps teach their kids how to manage money and they believe instruction coming from someone else is always helpful. They also enjoy the cooking classes and how their kids have become excited about helping their mother cook meals.

At one point in their lives Chuck and Cheryl were making the difficult decisions between paying bills and buying food, also choosing between feeding their children and feeding themselves. Now they are slowly building their lives together again. Chuck noted, "In six months we hope to be back on our feet and in one year we hope to not have to rely on food stamps or a food pantry."



## Special Events

We have started the year strong with some great events. We had a very successful Doing Good on the Green Golf Tournament that brought in \$51,000. Kudos to all who participated in this fun annual event. We also had a successful National Association of Letter Carriers event where we collected more than 740,000 pounds of food. We had an awesome outpouring from our community and we thank you!

We are currently preparing for a busy fall with several upcoming events. The County Line Free Music Series is still going strong every Wednesday. Join us at the County Line on IH-10 for a free concert. Patrons are asked to bring a non-perishable food donation.

September marks Hunger Action Month and we'll be kicking things off with our 2nd Annual SA Goes Orange Campaign. We are happy to once again partner with Whataburger to offer you opportunities to help end hunger. Companies and individuals will have the opportunity to raise funds and awareness for hunger relief. Check our website for details on 30 Ways in 30 Days to fight hunger tips and ideas on things you can do for the cause.

Canstruction® is a national design/build competition, where architects and engineers create structures made entirely out of cans of food. The designs will be on display at North Star Mall September 12 - 24. The cans of food are donated to the SAFB after the event. We invite you to attend to see the hunger fighting creativity.

Our Harvest of Hope Brunch and Silent Auction will be held on September 25 at the Westin La Cantera. This is a



delicious tasting event in which guests are invited to sample signature dishes from area restaurants, hotels and catering companies while listening to live music and bidding on great auction items. If you are interested in participating, please contact Heather Roberts at [hroberts@safbank.org](mailto:hroberts@safbank.org) or at 210-431-8309.

And we can't forget that our November events will be just right around the corner. We are already gearing up for Food 4 SA, our city-wide food drive and The Great Turkey Challenge, our annual chip-timed 5k Walk/Run.

We hope that you will be able to join us for one or all of these exciting events!

Donate at [www.safbank.org](http://www.safbank.org)



Let the SAFB Client Services staff help you complete your application for SNAP, CHIP, Children's Medicaid, Adult Medicaid, WIC, Women's Health Program, Long Term Care, TANF or Medicaid for the Elderly and People with Disabilities.

Call 210.431.8326 or 800.246.9191

Monday - Friday  
8 a.m. - 8 p.m.  
Saturdays  
9 a.m. - 3 p.m.

A special thank you to the following for their support this Spring:

- 5 Star Cleaners
- Chase Bank
- CVS Caremark
- H-E-B
- Feds Feed Families
- San Antonio Parks and Recreation
- Valero

Special thanks to the companies and individuals that supported our *Doing Good on the Green* golf tournament: Tesoro, IBC Bank and all the other generous sponsors.

For more information on these and other events, please visit our website at [www.safbank.org](http://www.safbank.org) or call 210.337.3663.



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*Fighting Hunger...Feeding Hope*

## Calendar of Events

### Ongoing

County Line Live Music Series  
-Every Wednesday thru September  
-10101 IH-10 West Location  
-Free with a food/\$ donation to SAFB  
-Headliner 8 - 10 p.m.

Square Foot Gardening Class  
-4th Friday of each month  
-Practice planning small but intensively planted gardens  
-Register 1 week prior; call 210.431.8347

### August

17 Kraft Huddle to Fight Hunger  
-2 meals donated to SAFB for every combo meal deal purchased at H-E-B  
-Runs through August 30

### September

1-30 SA Goes Orange presented by Whataburger - Hunger Action Month  
-30 Ways in 30 days to get involved.

12-24 Canstruction®  
-Structures built of food items  
-On display at North Star Mall

25 Harvest of Hope Brunch & Silent Auction  
-Westin La Cantera, 11 a.m.  
-Tickets are \$100  
-Corporate tables available

28 Kraft Huddle to Fight Hunger  
-2 meals donated to SAFB for every combo meal deal purchased at H-E-B  
-Runs through October 11

### November

1-30 Food 4 SA  
-City-wide food drive  
-Goal to raise 1 million pounds of food

24 The Great Turkey Challenge 5K presented by H-E-B  
-5k chip-timed walk/run event  
-H-E-B Arsenal, 646 S. Main

### December

TBD 24-hour Volunteer Sort-A-Thon  
-Sorting donations  
-At the SAFB

For more information on our upcoming events, please visit our website at [www.safoodbank.org](http://www.safoodbank.org) or call 210.337.3663.



**GIVE A LITTLE OF YOURSELF**  
Donate Food, Time, Money and Voice to feed the hungry in our community.

Want to know how to get involved?  
[WWW.SAGOESORANGE.ORG](http://WWW.SAGOESORANGE.ORG)



Presented by



5k Run/Walk Fundraising Event

**Thursday, November 24, 2011**

Chip-timed race begins at 8:30 a.m.  
H-E-B Arsenal, 646 S. Main Ave.

Register to participate and support the San Antonio Food Bank's efforts to place turkeys on tables of those in need. Every \$10 donated provides one turkey to a family in need.

[www.thegreatturkeychallenge.org](http://www.thegreatturkeychallenge.org)