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fall 2011

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September is Hunger Action Month (HAM). Southeast Missouri Food Bank, a member of Feeding America, joins with our partner hunger relief agencies to ask everyone in Southeast Missouri to play a role in fighting domestic hunger.

Hunger affects communities all across the country—rural, urban, and suburban. Here in Southeast Missouri, 1 in 6 people struggle with hunger. The problem is closer than you think, but so is the solution.

Throughout the campaign, Southeast Missouri Food Bank will call on **you** to take action. In addition, we've teamed up with celebrities to tell the real stories of those struggling with hunger.

Watch Matt Damon tell his story at www.semofoodbank.org. **Share** the video with your friends and family. **Get involved** by learning local hunger statistics and downloading Southeast Missouri Food Bank's calendar, 30 Ways in 30 Days, to find daily ways to make a difference.

Our nation is suffering from a massive recession, and we're working harder every day to assist individuals and families right here in Southeast Missouri during these tough economic times. Whether it's by advocating and raising awareness, making donations, or giving of your time and energy, everyone can play a role in ending hunger during Hunger Action Month and beyond.

To learn more about Hunger Action Month and the work that Southeast Missouri Food Bank does all year long, visit our website at www.semofoodbank.org.

Join us this Hunger Action Month! Together we create awareness for those struggling with hunger in Southeast Missouri.

**HUNGER
ACTION
MONTH™**

**SOUTHEAST MISSOURI
Food Bank**
Delivering Help and Hope to the Hungry

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**A NOTE FROM
KAREN GREEN**
Executive Director

Dear Friends of the Food Bank,

Children in the region have started back to school. While many will complain about losing their summer freedom, for others school is the only place where they are guaranteed a meal.

Child hunger is a serious problem in Southeast Missouri. According to a 2011 study sponsored by ConAgra Foods Foundation, the child food insecurity rate for the 16 county region served by Southeast Missouri Food Bank is 28.2%. Food insecurity means a lack of access to adequate food resulting from a lack of money on other resources. The report focuses on children under the age of 18 years of age. ***The bottom line is 24,790 kids in Southeast Missouri need your help.***

On the first day of school in our communities these children will have already fallen behind their classmates. They will have more difficulty concentrating in class, be sick more often during the school year, and be less likely to excel academically.

The consequences of child hunger extend far beyond this school year. Children who grow up poor are more likely to be unemployed and to receive public assistance as adults, continuing the cycle of poverty.

Through child-feeding programs like our Backpacks for Friday and the ABC School Pantry pilot program beginning this year in the Hayti school district, Southeast Missouri Food Bank provides additional meals for children whose families cannot afford to keep food on the table.

As you know the staff and board members of Southeast Missouri Food Bank are committed to making child hunger-relief a priority in this region. It is our goal to provide a better tomorrow for children in need. Many of you actively share our commitment by donating money, food products or time to aid in the important work that we do.

I hope you will join us on September 30th for the “Party For The Good” at the Osage Center in Cape Girardeau as we partner with RSVP/VIC to celebrate volunteerism and come together to bag food for Backpacks for Friday Program. Check the newsletter for details.

Sincerely,

Jackson High School Sophomore Amanda Krewson has found a great way to give back to the community and raise awareness about hunger in Southeast Missouri. Amanda Krewson has volunteered at Southeast Missouri Food Bank all summer!

“Hunger in America is becoming a big problem,” said Amanda, who has volunteered a total of 27.5 hours this summer! “When I heard about the opportunity to volunteer at the Food Bank, I wanted to do anything I could to help the fight against hunger. Volunteering here and knowing that I am helping a lot of people in need gives me a rewarding feeling that makes taking the time out of my day worth it.”

Southeast Missouri Food Bank has served Southeast Missouri for 26 years—it would not have been possible without volunteers. Thank you to all who have volunteered your time at Southeast Missouri Food Bank.

For more information about how you or your group can volunteer at Southeast Missouri Food Bank, please contact Cathy Connell, Community Outreach Coordinator, at 573.651.0400 today.



The Southeast Missouri Food Bank is proud to announce they are a recipient of a \$22,500 grant to support a School Based Pantry. This grant is funded by Unilever US Foundation. Many thanks to Unilever!

Southeast Missouri Food Bank chose Hayti School District, Hayti, MO for the first school pantry. A School Pantry in Hayti, Missouri, will open September 2011. One Pantry site will serve the students in the three schools in the Hayti District.

Currently no children’s hunger-relief programs exist in Hayti. With a food-insecurity rate of 32% in Pemiscot County, clearly the children and adults are hungry and underserved. Our immediate goal is to provide hunger-relief assistance in one school district and move forward with more School Pantries to other districts.

Executive Director Karen Green said “We are thrilled to receive this funding and be able to expand this needed service to the hungry children in the Hayti School District. We hope to one day have enough funding to provide all of the hungry children in our 16 county service area through our Children’s Feeding Programs.”

An initiative of Feeding America, the mission of the School Based Pantry Program is to help alleviate child hunger in Southeast Missouri through the provision of food to children and their families at school. School based pantries are located on the grounds of a school intended to provide a more readily accessible source of food assistance to low-income students and their families. Sites are consistently in the same location as the school’s campus, have set distribution schedules, and offer ongoing food assistance services.

For more information about the ABC School Pantry, please contact Amanda Winschel, Children’s Programs Manager at 573.651.0400 or email her awinschel@feedingamerica.org.



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Be a  friend.

Stay in  touch.

#semofoodbank

HUNGER ACTION MONTH CALENDAR



SEPTEMBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Visit your local library to learn about hunger.	2 Shop at Schnucks, Cape, and donate canned goods! 8-5	3 Check out the video on our website starring Matt Damon!
4 Coordinate a community event to raise awareness about hunger.	5 Labor Day	6 Recipe Share! Share a favorite recipe via email with 10 friends.	7 Volunteer Fair @ SEMO University 11-1:30 Join us!	8 Have your kids draw a picture about hunger. Discuss and display at work/fridge.	9 Give your time. Volunteer at SEMO Food Bank!	10 Write an article for your churches or work's newsletter.
11 Grandparents Day... Make a donation in honor of your grandparents.	12 Contact your church about holding a food drive.	13 Watch with your family "30 days on Minimum Wage" on youtube.	14 Make a financial contribution to SEMO Food Bank.	15 Culver's Share Night to benefit SEMO Food Bank, 4-8	16 Mark your calendars to attend Party For The Good! Info below.	17 Kids Day @ SEMO FB Visit our website for more.
18 Support your local farmers market this week.	19 Take a tour of Southeast Missouri Food Bank, visit us today!	20 Change your Facebook status to bring awareness about hunger.	21 Write a letter to elected officials about hunger.	22 Blogger Badge: add the HAM badge to your blog.	23 First Day of Autumn	24 1 million Americans will be fed today with Mobile Food Pantries, Volunteer!
25 Take collections for SEMO Food Bank from your congregation!	26 Gather hygiene items and donate to SEMO Food Bank.	27 Post volunteer opportunities on your blog, workplace, or church.	28 Rosh Hashanah	29 Host a potluck & discuss hunger & how guests can make a difference.	30 Party For The Good, pack backpacks from 4-8, Osage Centre	



1 in 4 children in Southeast Missouri go to bed hungry. You can help. Donate your time.

What: Packing food for the BackPacks For Friday Program, serving over 450 children in 18 elementary schools in your communities. Food and Entertainment provided.

When: September 30, 2011 | 4:00 p.m.– 8:00 p.m.

Where: Osage Community Centre, Cape Girardeau

Volunteers can pre-register online: www.semofoodbank.org