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Southeast Missouri Food Bank needs your help to provide meals this holiday season.

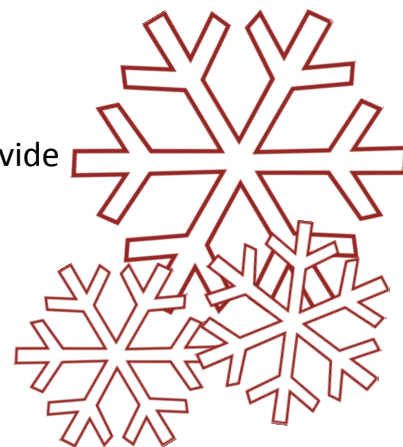
The end of the year is just around the corner, and we have a lot of work to do!

Please provide a gift to the Southeast Missouri Food Bank if you can, by filling out the enclosed envelope.

Because of the efficiency of our network of partners, every dollar you give will help provide 7 meals this holiday season. That means your gift of \$50 will help provide enough food for 350 meals. \$75 helps provide 5425 meals. And an extra-generous gift of \$100 will provide enough food and groceries for 700 meals.

You have the power to fill empty plates this holiday season.

Please donate now and help reach hungry men, women and children across Southeast Missouri. Give them a reason to be thankful this holiday season.

**SOUTHEAST MISSOURI****Food Bank***Delivering Help and Hope to the Hungry***P.O Box 1688****Cape Girardeau, MO 63702-1688**

573.651.0400 tel

573.651.0405 fax

www.semofoodbank.org

Southeast Missouri Food Bank's Wish List

Lawn Mower
Push Mower
Volunteers
Pallet Jacks
Gas Powered
Weed Eater
Copy/Fax Machine
Single Axle Tractor
Shrink Wrap Stand

STUFF A TRUCK

KFVS12 & Southeast Missouri Food Bank teamed up to feed hungry families during "Stuff a Truck". Canned goods were collected at five locations in our service area, those locations included, Davis Farm Supply in Perryville & Jackson, Better Night Sleep Center in Poplar Bluff, Doctors Express in Cape Girardeau, and Sikeston Motor Company in Sikeston. A total of 11,395 pounds were collected on November 17, 2010. We would like to thank each location on their efforts to support our hunger-relief mission.

A Note from Karen Green Executive Director

Dear Friends,

In our 25th year as a Food Bank I wanted to share with you all that has been accomplished with your support.

1985- "Bootheel Food Bank" began serving as a hunger relief agency and a food pantry in Sikeston, MO

1995- the Food Bank became a member of "Feeding America" (formerly Second Harvest) Food Bank network of over 200 Food Banks serving the USA

2007- Changed name to "Southeast Missouri Food Bank" to better reflect our 16 county service area

Leased a facility to serve as a primary distribution center in Cape Girardeau, MO

Opened the Sikeston Food Pantry at 920 S. Kingshighway

2009- Distributed a record 5.2 million pounds of food to 154 hunger relief agencies in Southeast Missouri

Began our "Mobile Food Pantry" program served 8 of our 16 counties

Began our Backpack for Friday's program serving three elementary schools in two school districts

2010- Expect to exceed last year's distribution record

Mobile Food Pantry has served all 16 counties with 47 distributions so far with over 350,000 pounds of food to hungry people in the region

Expanded the Backpack for Friday's program to serve seven elementary schools in three counties

As you can see over time we have made great strides in serving the increasing number of food insecure families in Southeast Missouri. As I contemplate the growing numbers who need our help I am asking you to consider helping us take the next big step.

Our Board of Directors is developing a plan to better utilize our resources for the future. We are seeking a home for Southeast Missouri Food Bank. In the past we have operated in a leased building costing the Food Bank approximately \$10,000 a month (or \$120,000 per year). These funds could have brought thousands of pounds of more food to the hungry. We know we can reduce our costs long term and better address the needs of those we serve by owning a facility. As we explore our options (buy or build to suit) we estimate a need of 50,000 sq. ft. of space on a parcel of land consisting of 7 acres or more. The Food Bank's presence in Cape Girardeau county has brought tremendous growth resulting in expansion of goods and services, so our future home will be established there. Expect to hear much more about our plan in the near future. Your comments and/or suggestions are welcome. This worthy endeavor will not be possible without caring individuals like you so I hope we can count on your support.

Gratefully Yours,



Mobile Food Pantry in **Marble Hill**

Southeast Missouri Food Bank received an anonymous donation to support the Mobile Food Pantry in Marble Hill.

A Mobile Food Pantry is a method of direct client distribution that utilizes a dry/refrigerated vehicle to provide food to people in need.

This Mobile Food Pantry was held on Tuesday, November 2nd from 11:30-1:30. Southeast Missouri Food Bank teamed up with Marble Hill Senior Food Pantry to serve 153 families.

If you would like to host/support a Mobile Food Pantry please call Missy at 573.651.0400.

Clients Choice

Ellington Food Pantry in Ellington, Missouri is trying out a new system in their new location. This method of distribution is called Clients Choice.

Clients Choice is a method of distributing food at a pantry that allows clients to select the food they take away. By giving clients items that they neither want nor can use, valuable food resources in the community are wasted.



If you would like to learn more about this system and bringing it to your pantry please contact Missy Rice at 573.651.0400 or email her at merice@feedingamerica.org.

BackPacks For Friday Program in Kennett

BackPacks For Friday is expanding to another Southeast Missouri school during the 2010-2011 school year. Kennett School District started the program the first week of August. Kennett will be able to send home a backpack full of nutritious food to 18 families each week during the school year. The BackPacks For Friday is a program designed to meet the needs of hungry children at times when other resources are not available, such as weekends and school vacations.

Southeast Missouri Food Bank addresses childhood hunger in our community by partnering with area school districts, local volunteer organizations and sponsors. We need your help to create awareness and generate funds to expand the "BackPacks For Friday" program, feeding hungry children over the weekend— one backpack at a time.

To help provide weekend backpacks for children in Kennett or other schools in Southeast Missouri please contact Amanda Winschel at 573.651.0400 or awinschel@feedingamerica.org

Share the **Harvest**

Share the Harvest (STH) is a program in which deer hunters can have their deer processed and donated to local pantries for free or at a very low cost. Since 1992, STH has coordinated the donating of venison to local food banks and pantries, but a significant portion of processing costs were the responsibility of the hunter. Thanks to a new agreement between the Conservation Federation of Missouri and the Missouri Food Bank Association, more money has been made available to subsidize processing. The result is little or no cost to hunters and a doubling of capacity. Donated venison will provide lean protein to the hungry Missourians who need it most. A link to a list of participating processors can be found at www.semofoodbank.org.

New Partner Agencies in 2010

Southeast Missouri Food Bank is pleased to announce the addition of the following new hunger-relief partners in Southeast Missouri in 2010:

PEPP Program, Marble Hill

Community Counseling Center, Cape Girardeau

First Baptist Church of Whitewater, Whitewater

Heart 2 Heart Pantry, Cape Girardeau

Full Gospel Holiness Pantry, Grandin

Feed 5000 Ministries Pantry & Soup Kitchen, Sikeston

Ladies of Charity, Perryville

New Direction Outreach, Sikeston

Trinity Baptist Church, St. Mary

East Missouri Action Agency, Cape Girardeau

Faith Family Worship Pantry, Fredericktown

Shining Light Soup Kitchen, Charleston

First Baptist Church of Perryville, Perryville

The Rock International Ministries Pantry, Jackson

Holy Ghost Outreach Ministries Pantry, Ellington

Boys and Girls Club of Cape Girardeau, Cape Girardeau

Friends Ministry, Poplar Bluff

Amazing Grace Pantry and Shelter, Gordonville

Board of Directors

LESTER GOODIN

Christian School for the Young Years

JEFFERY SUTTON

Montgomery Bank-Sikeston

JERRY HUSKEY

Jerry Huskey, CPA

KURT BATZ

Coca-Cola Enterprises

TIM POWDERLY

SEMO Box Company

KIMBERLY KESER

AWL Family Health Care Center

FRANK JONES

CPU, Inc.

Get Connected!



Holiday Cards

Great gift ideas to support the Southeast Missouri Food Bank



Have a relative who is impossible to shop for?

A donation to Southeast Missouri Food bank can solve your holiday shopping woes.

For a minimum \$15 donation, we'll mail a holiday card to your loved ones. Just send us a list of names and addresses along with your donation, and we'll take care of your holiday greetings.

Or, you could give a donation and get the cards from us and give them to your family members during the Holidays.

The inside of the card lets the recipient know who provided the gift on your behalf and that the donation will help Southeast Missouri Food Bank fight hunger in Southeast Missouri.

Every \$1 donated provides 7 meals worth of groceries to families in need. Your thoughtfulness will brighten the holidays for your friends and family, as well as for families who could use an extra hand this holiday season.

For more information please contact Amanda Winschel at 573.651.0400 or awinschel@feedingamerica.org.

About Us



Southeast Missouri Food Bank promotes food recovery, acquires and distributes food and household products; and provides leadership and education on issues of hunger and poverty in an effort to alleviate hunger in our region. We need your help to support our local efforts in Southeast Missouri. We are looking for **VOLUNTEERS**, **FOOD DONATIONS**, and **MONETARY DONATIONS** to help us feed the hungry in our community.

Over 150 nonprofit hunger relief agencies in sixteen counties in Southeast Missouri benefit from the Southeast Missouri Food Bank. These counties include **Bollinger, Butler, Cape Girardeau, Carter, Dunklin, Madison, Mississippi, New Madrid, Pemiscot, Perry, Reynolds, Ripley, Scott, Ste. Genevieve, Stoddard and Wayne**. Member agencies include food pantries, soup kitchens, shelters for abuse and homeless, senior citizen programs, low-income children's programs and nonprofit rehabilitation facilities.



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