

# Nourishing News

the newsletter of **The Community Food Bank**

FALL 2005



## WORLD FOOD DAY

*Why do we care?*

these issues. For nearly 30 years, we have worked to get food to hungry people in Pima County. The need has grown as Pima County has grown. In our first year of operations, we distributed just over 10,000 emergency food boxes. Today, we distribute 200,000 food boxes per year. Yet we don't stop there. Through a variety of programs, many of them highlighted in this newsletter, we are helping people find alternative food sources, and alternatives to

purchase food needed for the hungry in Pima County. We will have information about hunger and food systems on hand as well. There are over 55,000 children in our neighborhoods at risk for hunger; so are their parents; so are many of our senior citizens. For more information about World Food Day activities visit our website at [www.communityfoodbank.org](http://www.communityfoodbank.org).

Commemorating the founding of the UN's Food and Agriculture Organization, October 16th was declared World Food Day 25 years ago. Throughout the world, communities who care about ending hunger will hold various events relating to equitable food systems.

*"Hope is not what we find in evidence; it is what we become in action."*

- Frances Moore Lappe, author of *Diet for a Small Planet*, featured guest on World Food Day Teleconference.

Friday, Oct 14, 2005. You are welcome to call in and participate in this three hour teleconference. For more information, visit our website at [www.communityfoodbank.org](http://www.communityfoodbank.org).

lifestyle habits that will promote more secure means of getting nutritious and culturally appropriate foods to families. Our programs inspire hope for our neighbors in need and for our community as a whole.

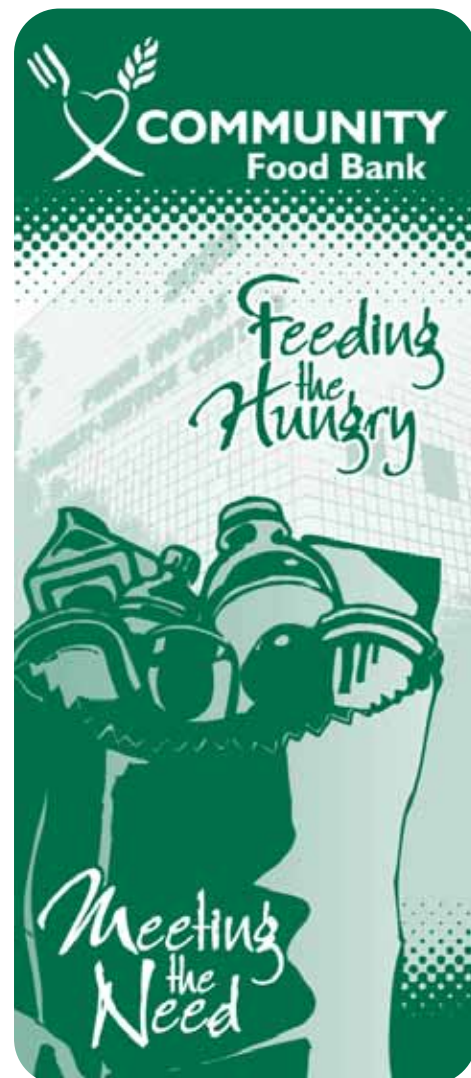
This year, we plan to celebrate World Food Day by hosting a "closed bid auction" at Pastiche Modern Eatery (3025 N. Campbell.)

Local artists have donated some beautiful items; proceeds of the auction will go to

The Community Food Bank is a local organization which cares deeply about

## FOLLOW CFB PERSONNEL IN HOUSTON

Two of our CFB warehouse staff left Tucson with 8,000 pounds of water and hygiene supplies on September 6. As assigned by America's Second Harvest, CFB's refrigerated truck would haul food between pantries in the Baton Rouge or Mobile areas. Later reassigned to Houston, they would organize operations at a major diversion warehouse, and personally move thousands of pallets of food, water, and supplies. Follow their story as they meet Katrina evacuees, work 15-hour days in blazing heat and humidity, and reflect on disaster preparedness in Tucson. Katrina Diaries begin on page 3.



*Our Mission:* "Through education, advocacy, and the acquisition, storage, and distribution of food, we will anticipate and meet the food needs of the hungry in Pima County."

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Sandra Akers, Kids Cafe

Kitty Ufford-Chase, Snak Paks

Kristen Hershberger, Volunteers

Anthony Bruno, Amado CFB

Karen Morales, Green Valley CFB

Dorothy Escobedo, Marana CFB

Karen Galliazo, Ajo CFB

Hunger hurts us all. You have seen those words printed on pages of this newsletter in the past; they are still true today. We live in a town that boasts a wonderful quality of life, in the southwestern region of a country of plenty. Yet one out of seven of the residents of Pima County live in poverty; one in five of our neighbors is at risk for missing meals and suffering from poor nutrition because of insufficient means to get the food needed to be healthy.

That means that senior citizens suffer health problems; that means our workforce is not as strong as it could be. It also means children in school cannot perform to their potential; babies and toddlers cannot sleep with empty stomachs. So, hunger hurts even the most affluent among us if the people around us are suffering.

Frances Moore Lappé, who will be the celebrity guest on the World Food Day teleconference Friday, October 14, has said, "Hunger is not caused by a scarcity of food but by a scarcity of democracy." We believe we have the means to feed all our neighbors. We are working daily to find the collective will to do so.

With your support, we can make a difference for all residents of Pima County. There are many ways to help. As you read the articles in this issue of Nourishing News, you will find the right way for you. We need your help; hunger hurts us all.



**Joy Tucker,**  
*Interim Executive  
Director*

### GRANTS RECEIVED

- Alcoa Foundation for Farmers' Market
- Ronald McDonald Kids Cafe Grant
- Eliot Spaulding Foundation for Food Assistance
- Diamond Foundation for Snak Paks for Kids
- Arizona Community Foundation for Technology
- Charles and Gertrude Gordon Foundation for Food Assistance
- Raytheon Corporation for Kids Cafe
- Kathryn Jacobson Kids Cafe Grant
- Sandin Family Trust for Snak Paks for Kids
- Success Charitable Foundation - Amado
- Greater Green Valley Community Foundation - Amado
- Santa Cruz County United Way - Amado
- Pima County CDBG For Community Food Security
- Arizona Nutrition Network Matching Grant for Child Nutrition Education
- Arizona Department of Economic Services Grant for Food Assistance
- USDA Funding for Food Stamp Advocacy
- FEMA Funding for Food Assistance Programs

### DID YOU KNOW?

Safety conscious CFB employees set an OSHA record for ZERO reportable injuries/illnesses during a stunning 106,080 hours of work, reducing annual premiums by 17%! You go gang!

# A WOMAN'S TOUCH PROVES MORE THAN EUPHEMISM

## Healing the wounds of Katrina Evacuees at TCC - An Interview with Beth Walkup

When Beth Walkup and Maola Coleman joined forces as the Tucson Convention Center "Hospitality Committee" for Katrina evacuees, they were not serving tea and crumpets! No, what they offered turned out to be essential ingredients that ultimately helped nearly 100 people make a good transition to Tucson.

Maola Coleman, long-time community leader, immediately recognized the primary need of people coming on the plane - as did many leaders and clergy in Tucson's African American community. Maola and Beth's team thought the importance of feeling at home would be paramount. Part of that would be seeing "faces like ours", said Ray Clarke, head of the Tucson Urban League, and the first person to board the plane to welcome the evacuees. In fact most of the volunteers at the TCC were members of the African American faith community in Tucson. Evacuees said it made a huge difference for them.



Maola and Beth worked in tandem with Tucson's interagency task force. Maola summoned the services of local pastors as well as COPE, Behavioral Health Services. They ministered to the mental and spiritual health of new arrivals. Friendships quickly formed under the roof of the TCC in what Beth Walkup describes as "mutual adoption" between volunteers and evacuees. After a while word got out that she was the mayor's wife and from then on she became Ms. Mayor to the evacuees.

"The Tucson community has been offered a unique opportunity to learn something from our new members and from Katrina," Beth reflected. "The storm revealed the economic and social realities that make many Americans more vulnerable than others. This has implications for our community as well as America."

Read Katrina Diaries for further reflections on response and experience with evacuees and delivery of food and services.

### DID YOU KNOW?

As of this printing, CFB donated about \$4,500 in personnel, gas and mileage; \$20,000 in food to Houston evacuees, and over 100 Food Boxes and produce for local evacuees.

## UPDATE ON TUCSON'S HURRICANE KATRINA EVACUEES

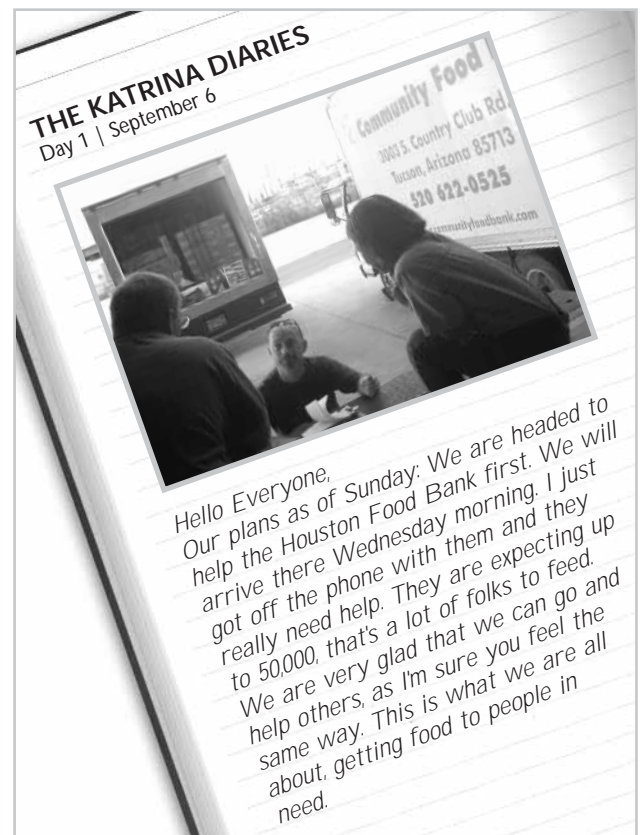
*Excerpts from Emily Nottingham's Report to the Mayor and City Council*

Over 300 evacuees have moved to Pima County since Katrina hit. Many of them are seeking their own housing throughout the county, but need food assistance.

Tucson received 82 Katrina evacuees at the Tucson Convention Center on September 7th. They arrived via airplane as coordinated by the Governor's Office. By Sunday September 11th, all shelter residents were moved from the TCC to temporary housing. The City has placed families and individuals for 90 days to allow them time to make choices about more permanent living arrangements.

Each family or individual placed has been assigned a Housing Advisor from the City of Tucson, a case manager from a local non-profit, and a Faith Based Advocate.

Pima County will assist with deposits and utility costs through their Emergency Services Network; furniture and household goods are available through Goodwill Industries and clothing and personal goods from the Salvation Army. Lutheran disaster relief and the faith-based community will provide long-term support and friendship.



# WELCOME TO KIDS CAFE®:

## *Our Response to Childhood Hunger*

**"Every day, more than 16,000 children die from hunger-related causes - one child every five seconds"**

*(Bread for the World Institute, 2005)*

Child hunger in the world is a grim reality. Even in our "country of plenty" we have an epidemic of child hunger.

What is hunger? As defined by America's Second Harvest, hunger is the "inability to purchase food to meet basic nutritional needs." In the United States, 13 million children live in households where people have to skip meals or eat less to make ends meet. Some of these children experience extreme forms of poverty and malnutrition, others only mild forms.



psychological development. Hungry children have a hard time learning in school, shorter attention spans, and suffer more absences due to illness. A child unequipped to learn is more likely to be poor as an adult. Children represent the largest population segment of our society experiencing hunger.

So what is being done to help these children?

Welcome to Kids Cafe! Here you get a free, nutritious snack, learn about nutrition and the importance of eating healthy, play a game, learn a song, all in a safe, fun environment. But hold on! You must be under 18 to participate - sorry grown-ups.

There are ten Kids Cafes in Tucson, all operated by the Community Food Bank. World Food Day is a good time to reflect on childhood hunger issues and decide what each of us can do to help. We are, after all, in this together.

Studies show that even slight malnutrition can have damaging effects on children: abnormal and irreparable brain, cognitive, and

For more information about the Kids Cafe program please contact Sandra Akers, Kids Cafe Coordinator at 622-0525.

## DID YOU KNOW?

For children living in low-income families, 24% are overweight or at-risk for overweight. Overweight is often caused by a "feast or famine" situation. Many of Pima County's children miss up to 18 meals a month.

## KIDS CAFE - COST

Per site/year	=	\$10,000.00
per child/year	=	\$300.00
per child/month	=	\$30.00
per child/week	=	\$7.50

We currently serve about 650 children through ten Kids Cafes. Each site serves approximately 75 children a healthy snack twice a week along with a fun nutrition lesson. We need to open more Kids Cafe sites to meet the need. You can help us build momentum by contributing on any of the above levels. **No donation is too small!**



## SUMMER MEALS

In the middle of the school year, it is good to know that our children are able to receive nutritious meals for free or reduced fees while they are enrolled at school. However, summers are a different story. Many low income families are laid off in the summer, and their school-aged children have no access to school meals.

Amado Community Food Bank responded to this need several years ago by contracting with the State of Arizona to provide free

lunches to children in the Amado CFB service area. The program anticipated about 300 meals a day; the reality proved to be double that number. Amado and other CFB locations will be seeking additional funding for the coming summer to provide these summer programs in rural and economically distressed neighborhoods where schools are not operating a meals program.

Feeding the hungry, meeting the need. That is our goal, every month of the year, to ensure that our children can play, learn and grow to their full potential.

# PASSING THE BACKPACKS PROVED BOUNTIFUL



All that was needed was funding for the program! So Karen took the backpacks to church one Sunday and told the congregation she needed \$10,000 for her program. The pastor asked the ushers to use the packs instead of the offering plates. When Karen was asked if she believed it would work, she responded, "If God wants me to fill those backpacks with food, He will make it happen." And it did.



Kids at Peter Howell Elementary School not only received good food for the weekends; they also learned responsibility by returning their empty backpacks on Mondays, and they came ready to learn more in school-a plus for everyone! Thank you, Desert

Skies, for "walking the talk" and helping our kids here in Pima County.

If your faith community might be interested in partnering with the Community Food Bank and a local school to start a Snak Paks for Kids program, please contact Kitty Ufford-Chase, Faith Communities Coordinator.

See p. 7 for the Diamond Foundation Challenge in support of Snak Paks for Kids.

When backpacks became "collection plates," Desert Skies United Methodist Church members emptied their pockets to the tune of \$10,000! The outpouring of financial support brought tears to Karen Anderson's eyes.

Last fall, Karen, Youth Director at the church, learned about a unique program that sends at risk children home with backpacks full of nutritious snacks on weekends. A willing group of church youth fills backpacks. Adult volunteers transport backpacks to the school and purchase food through the Community Food Bank's Value Foods Store. And at risk elementary school kids eat better during the school year.

## DID YOU KNOW?

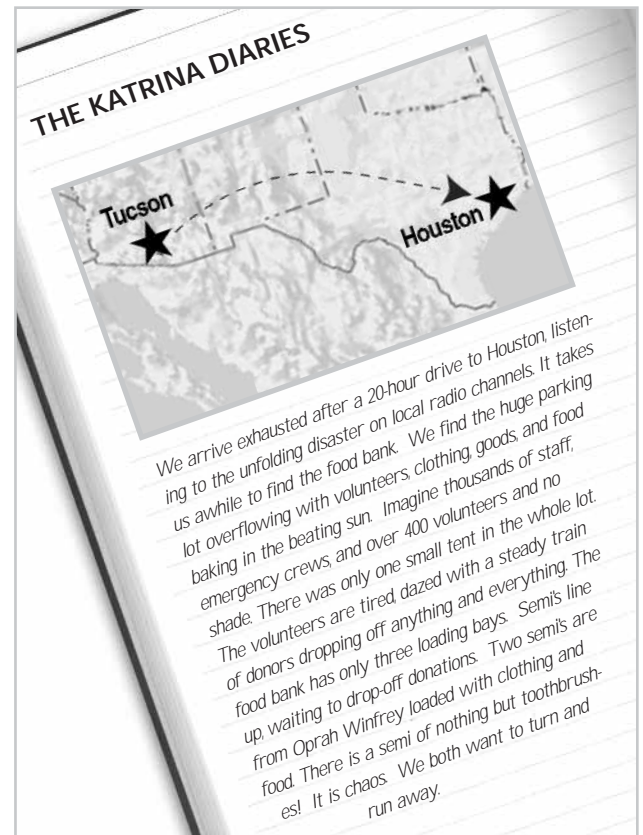
Expansion of Kids Cafe and Snak Paks for Kids to additional sites is needed to address the needs of over 50,000 children in Pima County at risk for hunger and under nutrition.

## SNAK PAKS FOR KIDS - COST

Per school/year	=	\$10,000.00
Per semester	=	\$5,000.00
Per child/month	=	\$20.00
Per child/weekend	=	\$5.00

We currently support two Snak Paks for Kids programs with plans to open two more by the end of 2007. We are limited only by funding to support our community partners who adopt a school site for the program. You can help us send more kids home with a backpack full of nutritious snacks each weekend by contributing at any of the levels above.

**No amount is too small to help us meet the needs of Tucson's most vulnerable citizens.**



## MACY'S THANKS FOR SHARING

It's time once again to commit to the MACY'S THANKS FOR SHARING campaign!

Macy's West is inviting America's Second Harvest Network to renew our involvement for this year's Thanks for Sharing campaign. The campaign encourages Macy's cardholders to contribute to some great charitable organizations in their communities, including our Community Food Bank!

For the fourth year in a row, Macy's will be raising money by asking new and current Macy's credit card holders for a \$25 enrollment fee in addition to their purchase. As a "thank you" to customers, Macy's will send all participants a Macy's Reward Card valued at 10% of most of their Macy's credit card net purchases (in-store and [www.macys.com](http://www.macys.com)) made from the day the customer enrolls

through December 31, 2005. Macy's Reward Cards will be mailed to customers beginning in February 2006.

For every \$25 received, Macy's will donate \$10 to local branches of the designated charities, which include the Community Food Bank, United Way, the American Cancer Society, and Boys and Girls Clubs. The \$10 donation will be divided equally among the beneficiaries in each store community.

### DID YOU KNOW?

Local donations for Katrina relief forwarded to America's Second Harvest at the date of printing: \$13,500.

## BETH WALKUP AND JIM CLICK CO-CHAIR FUNDRAISING FOR HOLIDAY SHARE

*So no one will go Hungry for the Holidays*



This year Beth Walkup, First Lady of Tucson, and Jim Click, Business Leader and Humanitarian, are co-chairs of the fundraising drive to collect monies to cover

the cost of the foods needed to prepare Holiday Boxes for the Holiday season.

Using the CFB's buying power we will create Holiday Boxes allowing families to prepare a special meal for the Holidays for their families.

Cash contributions and holiday food donations will help us provide additional Holiday Boxes for families in need. If you would like to donate holiday food items,

check our website for drop-off locations, or call 622-0525 for a location nearest you. (<http://www.communityfoodbank.org>)

We need to raise \$180,000 to make enough food boxes and provide gift certificates for all the families in need during the Holidays. Watch and listen for Beth and Jim's TV and radio messages!

### SURVEY RESULTS

Based on the newsletter surveys from you, we learned that you want more in-depth articles, and prefer us to spend as little as possible. We present you with the latest version of Nourishing News: longer and two color. Thank you so much for responding!

It's good to know we have careful readers who pay attention to what we do. Our goal is to inform our readers with up-to-date information on how your contributions make a difference in the lives of thousands of Pima County residents.

### WHAT ONE DOLLAR CAN DO!

**\$1** provides 8 meals

**\$1** provides \$10 worth of food

**\$.96** of every dollar goes to direct service

Every dollar you give can work wonders in the daily lives of people living all around us. Please help us replenish our shelves. We are part of the national response team to Katrina evacuees and the cities trying to support them. Think globally, act locally!



## THE DIAMOND FOUNDATION CHALLENGE

The Community Food Bank has received a \$10,000 grant from the Diamond Foundation to help cover the costs of Snak Paks for Kids programs. The Foundation offered an additional \$10,000 matching grant for donors willing to sponsor a new site (\$10,000 will support the first year). The Sandin Family Trust stepped up with a gift of \$10,000 to match the Diamond Challenge. More funding is still needed: at least 50,000 children, whose families earn poverty level wages or less, miss as many as 18 meals each month. These children are hungry on a regular basis. It is for them that Snak Paks for Kids was established with a grant from Tucson Electric Power Company in 2003.

## A MARIACHI CHRISTMAS and A HOLIDAY FEAST



are timeless CDs from nationally recognized artist, Ismael Barajas, who has roots in Tucson. He has generously donated this musical collection of Christmas songs to benefit the Community Food Bank. Ismael is one of the most outstanding and talented guitarists and composers of our time. He has brought together the most beautiful blend of salsa,

jazz, bossanova, flamenco, classical and Mexican folk music. This blend of musical rhythms is a delight to the ears and the soul.

## ORANGE HUNGER AWARENESS MAGNET

Let others know that hunger hurts us all with these wonderful orange magnets. Put one on your car, put one on your file cabinet or refrigerator, or give them to friends and family. The magnet reads "Hunger Hurts Us All" and measures 8" X 3 1/2". For a \$5.50 donation (covers shipping and handling) to the Community Food Bank, we will send you this reminder of your partnership with us in combating hunger in Arizona. These magnets help send the message that hunger is not a solitary problem, but that it impacts our families, communities, state and nation.



Please send me \_\_\_\_\_ "Hunger Hurts Us All" Magnet(s)

- \$5.50 per magnet, includes shipping & handling

Please send me \_\_\_\_\_ "A Mariachi Christmas" CD(s)

Please send me \_\_\_\_\_ "A Holiday Feast" CD(s)

- CD's are \$15.00 each
- There is a \$2.00 handling & postage fee for each CD
- Special rate for 10 CDs or more: \$12.00 each, plus handling & postage
- \$10.00 of your CD purchase is tax deductible.



My check is enclosed in the amount of \$ \_\_\_\_\_

Please make check(s) payable to: Community Food Bank

Please charge my credit card in the amount of \$ \_\_\_\_\_

VISA    MASTERCARD    AMERICAN EXPRESS    DISCOVER

Name (please print) \_\_\_\_\_

Card # \_\_\_\_\_ Exp Date \_\_\_\_\_

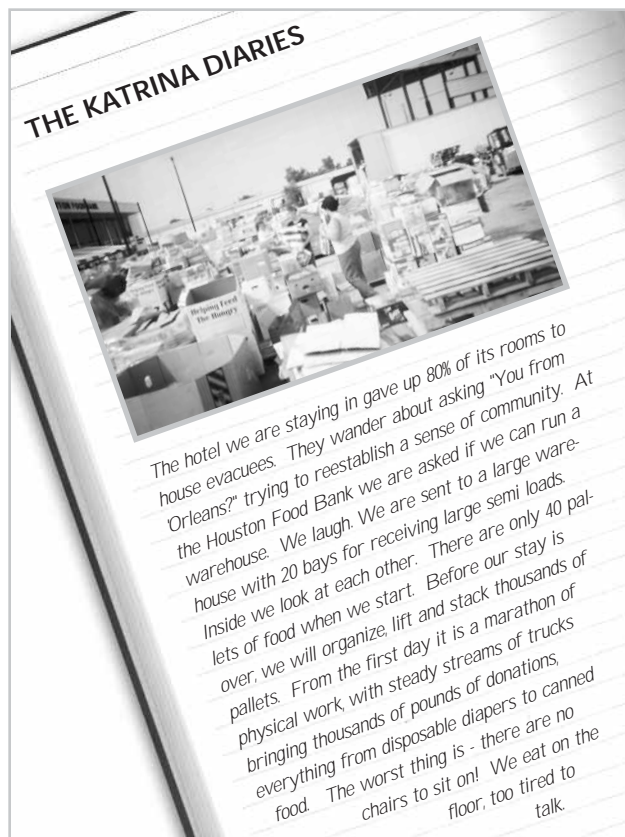
Signature \_\_\_\_\_

Telephone \_\_\_\_\_ E-Mail \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

*You may pick up items at the Community Food Bank and save the postage cost*



## GARDEN

This fall, the garden at the Community Food Bank will get a much needed addition. Ready for planting, the Community Food Security Center has a new greenhouse designed and built with generous help from Texas Instruments, RJM Concrete, Tucson Ready Mix and Lincoln Handtruck. Dana Helfer, Food Production Coordinator and garden manager explains, "This greenhouse is a big boost for us because we can use it to grow



Steve Harrigan and Volunteer



Aaron Fraire in Family Garden

food plants for the garden and also for the many home gardeners we help through our garden assistance." All of the partners have donated materials and many long hours to make this greenhouse possible and we are so excited. The CFSC gives a huge thank you to all the TI employees who worked on this project and especially Steve Harrigan, Alma Newberry and Pete Herrman who worked hard to make this an addition that is built to last.

## GREENHOUSE VOLUNTEERS

Victor Acuna  
 Ana Maria Acuna  
 Victor Acuna Jr.  
 Gustavo Loaiza  
 Patrick Frahm  
 Paul Prazak  
 Steve Harrigan  
 Alma Newberry  
 Pete Herrman  
 Rosie Loaiza  
 Wallace Burney  
 Todd Tanner  
 Alan Larsen  
 Bob Mink  
 Staff at Tucson Ready Mix

## CFB'S PARTNER SERVES UP THE OKRA

Rick D'Eredita loves to cook. And...he loves okra...so much so that he wrote a cookbook about the vegetable that for some is an acquired taste - unless you live in the South where its gelatinous cousins can be found in every pot of butter beans or field peas.

Rick spends a lot of time thinking about food as the new Director of Food and Nutrition for Morrison Healthcare Food Service, which supplies food to hospitals nationwide. Morrison, along with Carondelet St. Mary's Hospital, donated \$2,500 each to help start the Santa Cruz River Farmers' Market in Barrio Hollywood.

Send your taste buds on an exploratory journey, or try a new rendition of your favorite veggie with Rick's very southern Stewed Tomatoes and Okra below! Don't forget to visit the SCR Farmers' Market where okra is sold in season from CFB's own organic garden.



Okra, fruit of a large vegetable plant thought to

be of African origin,

was brought to the United States three centuries ago by African slaves. The word, derived from the West African nkruma, was in use by the late 1700s. Grown in tropical and warm temperate climates, it is in the same family as the hibiscus and cotton plants.

### STEWED OKRA AND TOMATOES

By Rick D'Eredita

Diced raw onion 1-3/4 oz  
 Margarine 3/4 oz  
 Tomatoes canned Whole and broken 24oz  
 Bacon grease 1-1/2 oz  
 Sugar 1-1/4 Teaspoon  
 Black Pepper to taste  
 Fresh Cut Okra 2 lbs

1. Dice onions
2. Melt margarine in large pot and sauté onions in margarine until brown
3. Break tomatoes into pieces. Add tomatoes, bacon, sugar and black pepper to onions and bring to a simmer.
4. Add okra to pot. Cook until tender
5. eat! : hmm hmm good

Serves 10

# WHY A FARMERS' MARKET?

## • INCREASE ACCESS TO AFFORDABLE, LOCALLY GROWN FRUITS AND VEGETABLES:



Naturally grown, local food is superior in nutrients to processed food or food coming from greater distances. People with low incomes can buy at our Farmers' Markets with Food Stamps and/or Vouchers.

## • DISSEMINATE HEALTH AND NUTRITION INFORMATION TO THE PUBLIC:



CFB partners at the newly opened Santa Cruz River Farmers' Market, Carondelet St' Mary's Hospital, Morrison Healthcare Food Services and El Rio Clinic provide community health and nutrition information at the Farmers' Market.

## • NEIGHBORHOOD REVITALIZATION:



At the Market's Grand Opening on August 18th, Pima County Supervisor Richard Elias encouraged neighbors to visit with each other while walking to or shopping at the farmers' market to revitalize relationships in the neighborhood.

## • ECONOMIC DEVELOPMENT:



The Community Food Bank organized a gardeners' cooperative to assist home gardeners to sell their excess plants, herbs and vegetables at the farmers' market; local farmers find a steady customer base there. Neighborhood small businesses sell baked goods, tortillas, honey and prepared foods at the Farmer's Market, too.



## Come see for yourselves!

Shop at the Santa Cruz River Farmers' Market every Thursday from 4 pm -7 pm at the Santa Cruz River Park. West of I-10 and South of Speedway near north Riverside and West Ontario. Cash, food stamps, credit and debit cards welcome. For more information call Kelly Watters at 622-0525, Ext. 242 or visit our web site. For Grand Opening Photos go to

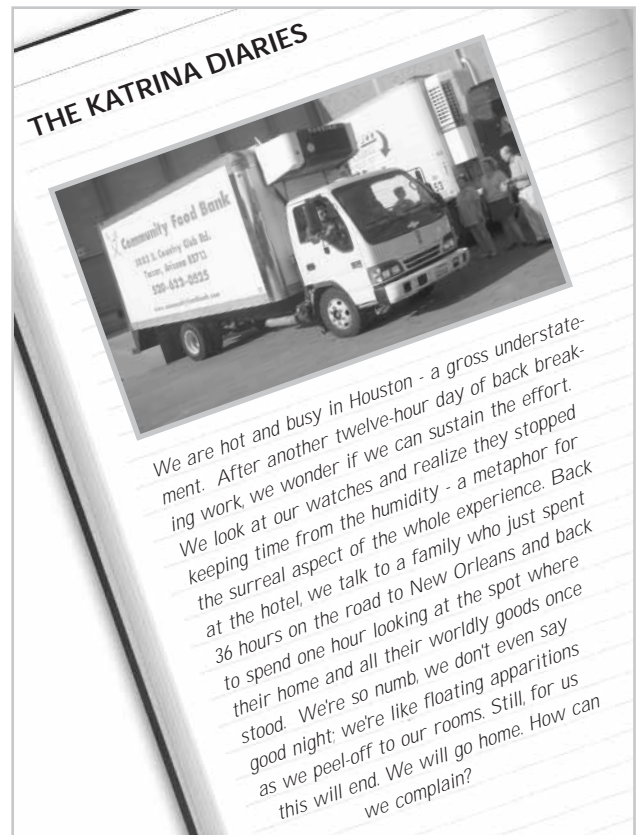
[www.barriohollywood.com](http://www.barriohollywood.com).



Keep the money and the produce flowing, and save plastic bags, by buying a colorful canvas bag with partner logos! Call Kelly Watters at 622-0525, Ext. 242.

## DID YOU KNOW?

In its first two months of operation, the Santa Cruz River Farmers' Market netted \$14,500 for participating farmers and vendors.



# BUSINESS COMMUNITY PARTNERS SUPPORT A SHARED MISSION -

*Improving the Quality of Life for Pima County Residents*

If you've tried one of the Providence Institute's Free Introductory Classes, you probably were encouraged to donate a few dollars in the Community Food Bank's donation jar on the front counter.

"This is just one way we try to support organizations that work to improve the quality of life in our community," related Noah Providence. "The Providence Institute's philosophy is that profound and lasting global change is brought about through the transformation of individuals. I think we are in related service areas with the Food Bank."

The Providence Institute's Yoga Studio has blossomed since its 1997 inception as the Tucson Yoga Center. They emulate the philosophy "Think globally, act locally."

So, breathe deeply and stretch, and be at peace knowing your donation is doing good work in the community because of partners like the Providence Institute!



*From L to R: Rodyon Jones, Rachel Howard, Yarrow King, Teena Jo Neal*

## MIRAVAL GENERATES OVER \$10,000 FOR KATRINA RELIEF EFFORTS

*Funds Support America's Second Harvest Through Local Food Bank*

Miraval employees raised over \$10,000 to support America's Second Harvest, which is providing food and other resources to the Red Cross Relief efforts along the Gulf Coast. The Community Food Bank in Tucson accepted the gift on behalf of the organization, which joins together food banks across the country.



*Mark Michalski, Miraval General Manager, presents Joy Tucker & CFB board member, Mark Fay, with gifts to help Katrina victims.*

Miraval employees raised \$5,000, according to Brenda Helps, director of Human Resources for the company. When they presented the gifts to the board of directors, the board matched the employees' contributions, raising \$10,085 for Katrina relief efforts.

The Food Bank continues to receive cash and non-perishable food donations both for Katrina relief efforts as well as to restock supplies for local distribution.

### VOLUNTEERS NEEDED

CFB needs you! If you've got extra time, call to find out how to fill that time by helping out your community: sort donated foods; support office workers; help in the garden. Call Kristen at 622-0525 for more information.



### DID YOU KNOW?

Each year CFB Volunteers donate over \$1.3 million in personnel cost savings!

### VIRTUAL FOOD DRIVES

Thinking of doing a Food Drive? Think twice - Do it VIRTUALLY. CFB's Virtual Food Drive on our website is an easy way for your organization to contribute. When you give one dollar, we can procure or distribute \$10 worth of food. Not only that, we can purchase what we need and there are no staff costs for transportation, etc. It's WIN-WIN. Easy for you, and more productive for us! Set up a competition between departments or partners and duel it out on your credit cards for our benefit! Learn how: call Jill Rodriguez at 622-0525. It's virtually amazing.

## THE CALL TO SERVICE

*"Every day I wake up, open my eyes and say thank you" ~ Mr. Kwang An*



Every now and then we meet someone whose life accomplishments make us wonder what we do with our time.

Meet Mr. An, humanitarian,

entrepreneur, and business

owner of Sakura restaurants, whose devotion to life and work spans the oceans, intersects with U.S. Presidents, and follows the curvature of hunger in countries worldwide.

"Hunger...I grew up hungry. After the Korean War there was little to eat; I spent my days wondering where the next meal might come from, never having enough." From a family of successful entrepreneurs to financial ruin after the war, Mr. An's experience as a youth created his desire to

achieve financial stability. He believes he should give back to his community - a community that "made me what I am. For 30 years the people of Tucson have helped me through my businesses, and now I share what I have with them."

With a broken foot, and his 14 year old son, Jwoon, Mr. An greeted each and every donor for our "KGUN 9 Stuff the Bus."

Donors at his other restaurant were greeted by his son, Bin. Monetary donations from Mr. An's friends and customers reached just shy of \$10,000 that day! But more importantly, he had a special lesson to share with his youngest son. "I want my son to learn that life is not just about our own recreation and pleasure, but about helping others, too. Rather than talk about giving back, I want him to physically make it happen and experience how good you feel when it's done."

Jwoon An is a University High School student who recently joined the Community Food Bank as a new volunteer. He began at daybreak with his father and a friend, and physically filled an entire Suntran bus - a fourteen-hour job. His father flew him in from summer prep school in California just for the day.

When asked what message Mr. An wants to give readers, he said: "Walk in another's shoes...in America we have choice. We can choose to do something about our poverty because we have services and people to help us get out of economic need. But in other countries...there is nothing." An recently returned from a trip to six countries delivering millions of pounds of food, supplies and medicine with the Global Peace Initiative and accompanied notables like Evander Holyfield, four-time heavy-weight champion of the world.

## THANKS TO BIG HEARTED BASHA'S - and YOU

Don't forget to have your Basha's card linked to the Community Food Bank!!!



Our Group Identification Number is: 27471

## 55TH ANNUAL WINTERHAVEN FESTIVAL OF LIGHTS - and CFB Needs You There!

Participate in one of Tucson's oldest community events. Since 1949 Tucsonans have wandered through the heavenly neighborhood light displays of this historic neighborhood. The Community Food Bank will be there too, accepting donations in the best spirit of the Christmas season.

**We need volunteers to help us throughout the Festival**

**(Dec. 17 - Dec. 31). Please call Kristen Hershberger, CFB Volunteer Coordinator to sign up. Call 622-0525, Ext 204.**



We heard the Houston Food Bank is closed under heavy security. It is packed to the rafters with food and provisions. As we prepare to leave for Tucson our thoughts are deeply churning over the whole experience. Huge numbers of people and heavy flows of supplies have to be managed. In all my life, I will never forget the faces - the eyes - of people whose hearts are broken. We drive the Community Food Bank truck across town. People are giving us thumbs up and yelling "Thanks!" Maybe we did help. We start planning how we can take the knowledge we gained back to our community.

# BRANCH BANKS

## AJO COMMUNITY FOOD BANK

### AJO COMMUNITY FOOD BANK

201 Esperanza Rd.  
PO Box 515  
Ajo, AZ 85321

Contact: Karen Galliazzo  
Phone: (520) 387-4916  
Email:  
ajocfb@tabletoptelephone.com

Ajo, surrounded by U.S. Bureau of Land Management lands and adjacent to the Tohono O'Odham Nation, is called an "island in the desert." Most jobs are part-time and minimum wage. Our young adults, who remain in Ajo to care for aging parents, have a hard time finding work that can pay the bills.

That's why the remodeling job at the old Curley School, scheduled to begin in January, is so exciting. As many as 40 local people may be hired, with wages and benefits that will really help.

As one resident exclaimed: "The Ajo Food Bank has helped my family many times these past years. If I get one of those jobs, I will do my part to volunteer there so I can help others here at home."

## AMADO COMMUNITY FOOD BANK

### AMADO COMMUNITY FOOD BANK

28720 South Nogales Hwy  
P.O. Box 729  
Amado, AZ 85645

Contact: Tony Bruno  
Phone: (520) 398-2261  
Email: amadofbank@aol.com

Our Edible Landscape partners took a crew of volunteers to the community of Lakewood where revitalization was needed. Lakewood does not have garbage pick up service due to dumping fees and a 28-mile trek to the nearest landfill. Partners with Amado CFB marshaled resources and manpower cleaning and weeding alleyways and yards of those who could not do it for themselves. It was an awesome experience to see neighbors for the first time in twenty plus years coming out to help fellow neighbors; teenagers helping seniors they may have taunted the day before, and seniors serving cakes, water, and soda to energize volunteers. Anyone wishing to help with the next clean-up may call Edilla Quiroz at United Community Health Center 625-1274.



### AMADO COMMUNITY FOOD BANK NEEDS:

- We are looking for two 10-foot sections of double tiered warehouse racking, 11 foot height for the interior of the new garage.
- A home refrigerator with ice-making capability if possible.

Call Tony Bruno, Amado Manager.

# BRANCH BANKS

## GREEN VALLEY COMMUNITY FOOD BANK

### GREEN VALLEY COMMUNITY FOOD BANK

250 E. Continental,  
Green Valley, AZ 85614

Contact: Karen Morales  
Phone: (520) 625-5252  
Email:

[g.v.communityfoodbank@att.net](mailto:g.v.communityfoodbank@att.net)

On October 27th - 29th, all of Green Valley looks forward to the Annual Country Fair White Elephant Arts & Crafts Fair!

This fabulous event is sponsored by the Country Fair White Elephant, a local, volunteer-driven, resale thrift store which provides funding to non-profits in our area through proceeds from sales at the shop. Local residents donate to the store and customers come from everywhere to shop. Green Valley Community Food Bank is honored to be the recipient of funding from the Country Fair White Elephant.

The Country Fair White Elephant celebration will be held at the Green Valley Mall, located on Esperanza Boulevard, at I-19, Exit 65. The festivities culminate with the Annual Parade Saturday morning at 10:00 a.m. This year, the theme of the Parade is **"Building a Community of Good Neighbors."** Green Valley Community Food Bank's Director, Karen Morales, will be a judge for this year's parade, along with Hal Myers, Director of Green Valley Assistance Services, and Amber Mathewson, Librarian at the Conrad Joyner Library. Come join the fun at the 41st Annual Country Fair White Elephant Celebration!

## MARANA COMMUNITY FOOD BANK

### MARANA COMMUNITY FOOD BANK

11734 West Grier Road  
Marana, Arizona 85653

Contact: Dolores Escobedo  
Phone: (520) 682-3001  
Email:

[marana@communityfoodbank.com](mailto:marana@communityfoodbank.com)

The food bank here is getting busier and busier, as the region grows in population. For that reason KOLD-13 will be sponsoring a major Food Drive in anticipation of the Holiday Season:

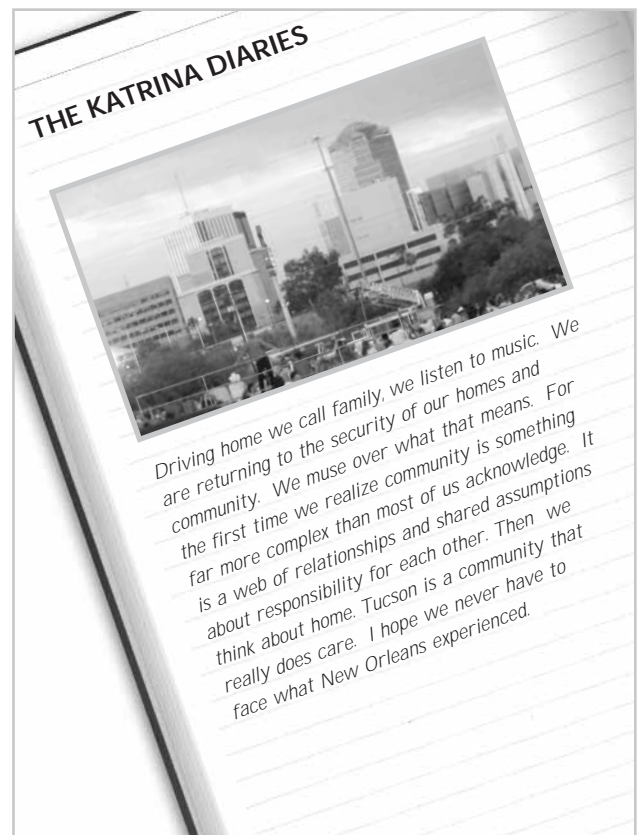
*"KOLD News 13 is pleased to partner once again with the Marana Food Bank to help those who are less fortunate. As the Holiday season makes each of us more aware of special needs, perhaps this is the time we can all make the commitment to help the Marana Food Bank help others all year round."*

**On behalf of the KOLD News 13 Family, Jim Arnold, Vice President, General Manager, KOLD News 13**

Watch for details on Ch.13; food bins at the station will be set up during the week of October 31 - November 4th for easy drop off of canned and non-perishable foods.

We also need a couple of regular office volunteers. "Crystal, who worked nearly fulltime helping me manage the office, has found a paying job, and we wish her all the best," said Marana Food Bank Manager, Dolores Escobedo, "but now I really need help keeping things organized!"

If you have time to give, contact Dolores at 682-3001.



# ENJOY THE CUISINE AND HELP THE COMMUNITY FOOD BANK

*at the Southwest Gas Tucson Culinary Festival!*

Mark your calendars now for the third annual Tucson Culinary Festival sponsored by Southwest Gas in partnership with Tucson Originals' Restaurants. The Festival, to be held November 2nd - 7th, will offer special wine dinners and outstanding wine luncheons at some of the finest local restaurants.

On Saturday, November 5th renowned hostess and Mexican Food Authority, Zarela Martinez will return to her roots in Southern Arizona for the 2005 Tucson Culinary Festival. She will do a presentation cooking class featuring recipes from her highly acclaimed cookbook. Join Zarela for lunch at

Westward Look at 11 a.m. to learn about the spice and spirit of her beautiful heritage.

The signature event of the Tucson Culinary Festival, Reserve Tasting, begins at 4 pm on November 6th, followed by the Grand Tasting from 5 - 8 pm at Westward Look. Featured will be 25 of our community's top chefs preparing their culinary specialties while more than 60 wineries present and pour their distinguished wines. Purchase raffle tickets for a chance to win your own wine cellar with over 200 excellent bottles of wine from Alliance Beverage Distributors, and a year's cold storage from 58° & Holding Co.

If you like great food and wonderful wine, you won't want to miss this stellar event. The Community Food Bank will be the beneficiary of this year's event. Ticket sales are being handled by CFB.

For more information about the Tucson Culinary Festival, go to <http://www.tucsonculinaryfestival.com> or call the Community Food Bank at 622-0525, Ext. 235.



Community Food Bank

# CFB STAFF ATTENDS HARRY CHAPIN WHY AWARDS IN NYC



In association with World Food Day and World Hunger Year, Anthony Bruno, Amado Community Food Bank Manager, and Susan Williams, CFB Staff Writer and owner of

Write for Change, will attend the Harry Chapin Awards banquet, October 18th, at the New School for Social Research in New York City. Susan, one of the founders in 1981 of the Harry Chapin Memorial Run for Hunger, will run at the 25th anniversary of the event, while Tony will be receiving the Harry Chapin Self-Reliance Award of Excellence for the Edible Garden Program serving Amado, Sahuarita and Lakeside communities.

The Harry Chapin Self-Reliance Awards program distributes cash grants (\$5,000 maximum award) to outstanding grassroots organizations in the United States that have moved beyond charity to creating change in their communities. Organizations selected as Harry Chapin Self-Reliance Award winners are judged outstanding

for their innovative and creative approaches to fighting domestic hunger and poverty by empowering people and building self-reliance.

Later in the week, Tony and Susan will be accompanied by Dr. Varga Garland, CFB's Community Food Security Center Director, as they visit major

foundations in NYC. They will visit the Ford and Rockefeller Foundations among others.



## BEING THERE! CFB NEEDS YOU

The lessons learned from the Katrina disaster are simple: we must prepare; we must fill our shelves; we must work together.

We need your support as we strive to keep our shelves full of nourishing food, and find creative solutions to food insecurity in our communities.

YOU have always helped us feed our hungry citizens, and sustain hope for thousands of Tucson neighbors. Send us whatever you can. Nothing is too small.

## HOW ARE WE DOING?

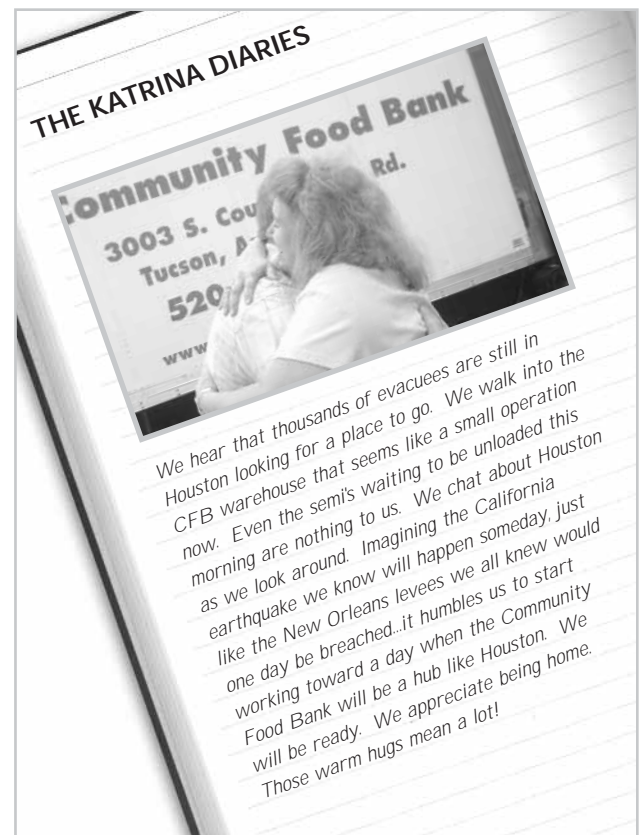
*Although we hope we are "meeting the need," it is good to hear how it feels to receive food assistance from CFB. Here are two letters from recent recipients of services:*

Hi, I'm a client of SAAF's. On lifetime disability SSI, I have a limited food allowance, above the small amount I get on foodstamps. All of you are really concerned and hardworking for the greater community. What I most appreciate is that you are more convenient than other locations, and prices are fantastic (referring to our Value Foods Store and Mobile Market) I like being able to purchase smaller quantities, especially fruit and vegetables. One of your volunteers said that the program (Mobile Market) may be offered more than once a month; I hope so! Many thanks for a wonderful job you're doing for the larger community.

Hi Food Bank--I am a disabled senior and use and need the food bank. I have used your services for a few years now and appreciate the help very much. I am writing this note of special thanks because when I came in yesterday there was a program giving extra food for those of us with a food stamp card. The items I received were very needed food, and I want Food Bank to know how important this food is to me. Frankly at times lately, there didn't seem like much there to last a month. Again thanks for the needed supply this month I really need the help. I know there are a couple other programs I might be able to use, but I don't have a car, so when my social worker brings me to you, that has to be it. Thanks again for your important service, "Bob"



**Community Food Bank**



# Nourishing News

the newsletter of **The Community Food Bank**

P.O. Box 26727

Tucson, Arizona 85726-6727

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## **MARK YOUR CALENDAR:**

- Macy's Thanks for Sharing.....10/9 to 12/31
- World Food Day.....10/16
- Blues Heritage Fall Festival .....10/16: 11:30 - 8pm
- Pastiche Auction.....10/10 to 11/10
- Crop Walk .....10/29
- Southwest Gas Culinary Festival.....10/17 - 11/6
- Stuff the Bus.....11/ 10 & 11/17
- Festival of Giving.....11/20: 6 - 9pm
- Winterhaven Festival of Lights .....12/10 - 12/26
- George Winston Benefit Concert...1/17 - 1/18/06

## WISH LIST

- CFB needs large unused paper bags to support our programs for the hungry.
- Electric golf carts are needed.
- Back packs for the Snak Paks for Kids program.
- Clothes dryer in working condition

## ART AUCTION TO BENEFIT CFB:

Items of art, donated by several local artists, are on display from October 10 through November 10 at:

### PASTICHE MODERN EATERY

3025 N. Campbell

325-3333

Visit [www.communityfoodbank.org](http://www.communityfoodbank.org)

to learn more.

## CONTACT US

3003 S. Country Club Rd.

Tucson, AZ 85713

Phone: (520) 622-0525 / (800) 950-8681

Fax: (520) 624-6349

E-mail: [cfb@communityfoodbank.com](mailto:cfb@communityfoodbank.com)

Web: [www.communityfoodbank.org](http://www.communityfoodbank.org)

## HOURS

**The Community Food Bank:**

Monday - Friday: 8 am to 4 pm.

Donations of food are accepted until 3 pm.

**Food Plus and the Value Foods Store:**

Tuesday - Friday: 9am to 4:30pm and

Saturday: 9am to 1:30pm.

**FUNDING:** The Community Food Bank receives most of its funding from people like you. Supportive public funding includes United Way, City of Tucson, Pima County, USDA, Community Development Block Grants and Community Service Block Grants/Pima County & the City of Tucson, Arizona DES/Social Services Block Grant & Arizona Department of Health Services. *Community Food Bank programs provide services to eligible applicants without regard to race, color, creed, religion, handicap, age, national origin, political beliefs, or gender.*

