



THE AFFILIATE

Montana Food Bank Network Partner Agency News

October 2014

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ORDERS

DUE:

November 7

MARs DUE:

November 15

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MFBN Hits the Road with Mobile Food Pantry

Chuckwagon Visits Shelby and Fort Benton



If you see a chuckwagon rolling down the highway it's probably because MFBN has started distributing food boxes through the updated Mobile Food Pantry program.

Made possible through sponsorship from Northwest Farm Credit Services, Walmart, and Cobank, this program is designed to provide direct service to rural "gap counties" that have limited or no emergency food assistance. MFBN works with community partners to identify and prequalify households in need and brings pre-packed food boxes and fresh produce into town for a one to two-hour distribution.

In the past month we have had successful distributions in Shelby and Fort Benton and are looking to add distributions in a couple more locations. MFBN is working hard to improve our statewide emergency food system, so if you know of communities with hungry people that are not receiving the food assistance that they need, please let us know! They might be prime candidates for a Mobile Food Pantry distribution. Contact Jeff at jgutierrez@mfbn.org / ext. 232. with any questions or for more details.

Featured Product: *Holiday Hams*

Stock up for the holiday season with hams! Look for Safeway Select brand boneless frozen hams on the Donated Shopping List. Each ham is about 2 lb average and comes in either 6 per case (I7074) or 8 per case (I7075). Questions about the hams? Contact Brad at bargo@mfbn.org, ext.251.



FOOD SAFETY 101

Holiday Edition: How to Safely Thaw Frozen Food

As the holidays near us, and your freezers begin to fill with frozen turkeys and hams, it is a good time to think about food safe practices for defrosting frozen foods. Meat not thawed in a proper manner is at risk of growing bacteria that can cause foodborne illness. Remember to follow the below thawing techniques, and remind your clients of them as well!



Refrigeration: Food can be safely thawed by simply placing it in a refrigerator. While this can be somewhat time consuming, you run essentially no risk of your food entering the temperature danger zone. Remember to put thawing meats on a bottom shelf in your fridge. If your meat gets a little juicy during the thaw process, you don't want those juices to drip and contaminate the ready to eat foods in your fridge.

Running Water: Food can be submerged under running water. However, while it's tempting to use very warm water, the water should be 70 degrees Fahrenheit or lower.

Microwave: Food can be thawed in the microwave, but only if the food is going to be cooked immediately after thawing.

Cooking: It's okay if your meat is still a bit frozen when you begin the cooking process! Sometimes that can lead to even juicier meats in the end.

Also, make sure you cook your birds to temperature! Whole poultry should reach a temperature of 165. Have a happy and food safe Thanksgiving!

Hunters Against Hunger Kicks Off

MFBN's phones have been ringing off the hook as wild game processors around Montana have started to receive donations through Hunters Against Hunger!

This exciting new program takes advantage of Montana's hunting heritage and abundant wild game to help feed the hungry. Through Hunters Against Hunger, MFBN will reimburse processing costs for legally harvested wild game donated to approved game processors, and the meat goes directly to the local partner agencies for distribution. Currently 16 processors in 15 communities are on board and have been assigned preapproved processing limits. This is a fantastic opportunity to stock your freezers with high quality protein at no cost to your agency!

To learn more about the program or see if you have a processor in your community go to <http://mfbn.org/hunters-against-hunger> or contact Jeff at jgutierrez@mfbn.org / ext. 232.

DELIVERY SCHEDULE:

* All delivery times will be published online and in the Affiliate concurrently. If, for any reason, your scheduled delivery time changes from what has been published, MFBN staff will notify you.

Date	Time	City	Partner Agency
12-Nov	10:00-10:45	Bozeman	Gallatin Valley Food Bank, Headwaters Area Food Bank, West Yellowstone Food Bank, Gardiner Food Pantry, Big Sky Youth Home
12-Nov	12:45-1:30	Helena	Helena Food Share, Margaret Stuart Boys and Girls Home, Elkhorn Treatment Facility, Transitional Living Facility, Helena Pre-Release, Lewis and Clark Group Home, Alternative Youth Adventures, Salvation Army
13-Nov	8:30-9:30	Great Falls	Great Falls Community Food Bank, St. Vincent DePaul, FISH, Salvation Army, Great Falls Schools Backpack, Chouteau County Food Bank
13-Nov	10:15-10:30	Fairfield	Fairfield School Food Pantry
13-Nov	10:45-11:30	Choteau	Teton County Food Pantry, Pondera Food Pantry
13-Nov	12:45-1:00	Browning	Blackfeet Food Bank, Browning Schools Backpack
18-Nov	8:30-9:00	Dillon	Beaverhead Community Food Pantry, Dillon School Backpack
18-Nov	10:30-11:30	Butte	Butte Emergency Food Bank, Butte Schools Backpack
18-Nov	11:30-11:45	Butte	Butte Rescue Mission
18-Nov	12:30-1:00	Anaconda	Project Care, Discovery House
18-Nov	1:45-2:15	Maxville	Granite County Food Bank
18-Nov	8:00-8:15	Alberton	Alberton Seniors
18-Nov	8:15-8:30	Alberton	Alberton Community Food Pantry
18-Nov	9:00-9:30	Superior	Community Food Bank of Mineral County, Superior School Backpack
18-Nov	10:30-11:30	Plains	Plains Community Food Bank, Shekinah Kitchen, Plains-Paradise Seniors, Plains School Backpack
18-Nov	12:00-12:30	Hot Springs	Hot Springs Food Pantry, Hot Springs Seniors, Hot Springs School Backpack
18-Nov	1:30-2:00	Dixon	Dixon Seniors, Dixon School Backpack
20-Nov	9:00-9:30	Thompson Falls	Community Harvest Food Bank, Thompson Falls Seniors, Thompson Falls AOG Church, Sanders County Coalition for Families, Thompson Falls School Backpack
20-Nov	10:00-10:30	Trout Creek	Open Gate Ranch Youth Group, Trout Creek Seniors, Trout Creek School Backpack
20-Nov	10:45-11:30	Noxon	Community Services Fellowship, Noxon Seniors, Heron Seniors
20-Nov	12:15-12:30	Troy	Troy Community Baptist Church Food Pantry
20-Nov	12:30-1:30	Troy	Troy Food Pantry, the YAAK Food Cupboard
20-Nov	1:45-2:15	Libby	Libby Food Pantry, Libby Christian Church, Libby Seniors
25-Nov	8:15-8:30	Livingston	Livingston Food Pantry
25-Nov	10:00-10:45	White Sulphur Springs	Meagher County Nutrition Coalition, White Sulphur Springs School Backpack
25-Nov	1:15-1:45	Lewistown	Central Montana Community Cupboard, FCCOA, B/G of Lewistown
25-Nov	3:15-3:30	Roundup	Musselshell County Food Bank, Roundup School Backpack
26-Nov	7:15-7:45	Hardin	Helping Hands, Set Free Ministries, Hardin School Backpack
26-Nov	8:15-8:30	Garryowen	Center Pole Foundation
26-Nov	10:00-10:30	Billings	Family Service, INC., Alternatives/Passages, Montana Rescue Mission, Teen Pantry Program, Lockwood School Backpack
26-Nov	11:00-11:30	Laurel	Community Hope, Laurel School Backpack
26-Nov	12:00-12:15	Joliet	Joliet Food Pantry, Boys and Girls Club of Carbon County

DELIVERY SCHEDULE continued

26-Nov 12:45-1:30	Columbus—Project Hope, Columbus School Backpack
26-Nov 2:15-2:45	Big Timber—Big Timber Community Food Bank
2-Dec 8:00-8:15	St. Ignatius—St. Ignatius Seniors
2-Dec 8:15-8:30	St. Ignatius—Mission Valley Food Pantry
2-Dec 9:00-9:30	Ronan—Ronan Bread Basket, Mission Valley Seniors
2-Dec 11:15-11:45	Columbia Falls—Columbia Falls Food Bank
2-Dec 12:00-12:30	Whitefish—North Valley Food Bank
2-Dec 1:30-2:15	Eureka—Tobacco Valley Food Pantry, Eureka Four Square Church, Tobacco Valley Seniors
4-Dec 8:15-9:00	Polson—Polson Loaves and Fish Pantry, Polson Seniors, Polson School Backpack
4-Dec 10:15-11:00	Kalispell—Flathead Food Bank, Lighthouse Christian Home, Samaritan House, St. Matthews Church
4-Dec 11:15-11:30	Kalispell—North West Montana Veterans Stand Down
9-Dec 9:00-9:30	Stevensville—Pantry Partners
9-Dec 9:45-10:00	Victor—Victor School Backpack
9-Dec 10:15-10:45	Hamilton—Bitterroot Valley Calvary Chapel
9-Dec 11:00-12:00	Hamilton—Haven House, WMMHC Eddy Meuchel Group Home, WMMHC ADT New Beginnings
9-Dec 12:30-1:00	Darby—Darby Bread Box
11-Dec 10:15-10:45	Lakeside—West Shore Food Bank, Lakeside School Backpack
11-Dec 11:00-11:30	Bigfork—Bigfork Food Pantry, Bigfork School Backpack
11-Dec 12:45-1:15	Seeley Lake—Seeley-Swan Food Bank, Seeley Lake School Backpack
16-Dec 12:30-1:00	Ashland—St. Labre Food Pantry
16-Dec 1:45-2:00	Colstrip—Colstrip Community Food Bank
16-Dec 3:30-3:45	Miles City—Custer County Food Bank
17-Dec 8:30-9:00	Wibaux—Wibaux Food Bank
17-Dec 9:30-10:00	Glendive—Dawson County Food Bank
17-Dec 11:00-11:15	Sidney—Fellowship Food Pantry, Jitterbugs Preschool and Daycare Center
17-Dec 12:00-12:45	Culbertson—Culbertson Food Bank
17-Dec 1:30-1:45	Poplar—New Life Mission
17-Dec 3:15-3:45	Glasgow—Valley County Council on Aging
17-Dec 3:45-4:15	Glasgow—Valley County Emergency Food Bank
17-Dec 5:45-6:15	Malta—Malta Food Bank, Malta Opportunities, INC
18-Dec 8:00-8:15	Harlem—Harlem Food Pantry, Harlem Seniors
18-Dec 8:45-9:15	Chinook—Chinook Food Pantry
18-Dec 9:45-10:30	Havre—Havre Food Bank, Feed My Sheep, Boys and Girls of the Hi-Line
22-Dec As Scheduled	Missoula—Missoula Agencies begin scheduled pick up's



Events and Reminders

Upcoming Legislative Webinar

The 2015 Montana State Legislative Session is just around the corner. Participate in MFBN's legislative webinar to learn more about how the legislative process works and how non-profits can get involved during the session! The hour long webinar will be offered January 14 at 2pm and January 15 at 10am. Stay tuned for more information, including a registration link.

Agreement Addendums

If you have not yet turned in your signed Addendum for the Agency Agreement, please do so as soon as possible. If you have any questions, contact Jeff at jgutierrez@mfbn.org.

TANF MOU

If you are a food pantry and would like to receive TANF food, please **return your signed MOU by December 21.**

MFBN to Expand Work on Root Causes of Hunger

For many years MFBN has been a leading advocate in Montana for policies that increase access to food, particularly through the federal nutrition programs. We thank you all for your partnership in advocating for increased food access. While we will continue to focus on increasing access to food, we are also expanding the scope of our work. We know that hunger and food insecurity are symptoms of a larger problem. Our own research, as well as the professional research from so many others tells us that the causes of hunger and lack of access to food are caused by a multitude of situations beyond food itself.

We are pleased that our board of directors has adopted a clear set of guidelines to assist us in carrying out our Strategic Plan objective: ***Advocate for policies that support the public nutrition programs, as well as policies that address the underlying causes of hunger, at both the state and federal levels.***

Moving forward, MFBN will utilize these guidelines to support efforts at both the state and federal levels including:

- Policies that encourage development of affordable avenues through which people can purchase food and support local agriculture
- Policies that increase access to affordable housing
- Policies that address homelessness and are intended to move homeless people into housing
- Expansion of affordable and available health care services
- Policies that promote quality, affordable, accessible child care
- Policies that promote quality, affordable, accessible care for dependent adults
- Actions and policies that empower hungry people to act on their own behalf to advocate for policy change or to organize services for their benefit
- Policies that address the economic causes of hunger by supporting low-income residents' ability to meet their basic human needs through established economic channels, including earned income tax credit, energy assistance and Temporary Assistance to Needy Families.

We are excited about this opportunity to expand our work to impact the root causes of hunger.



New Open Enrollment for Health Coverage Starting November 15

Starting November 15, 2014 you or your organization's clients will be able to enroll in an affordable health care plan! Consumers will have access to the 2015's new health care plans, costs and options.

As food assistance organizations, we have an opportunity to reach a large number of people in our communities. Please help to spread the word and make sure people are aware that Open Enrollment is November 15 to February 15, 2015. Also, there are many "boots on the ground" to help; for information on trained help in Montana, please go to <https://localhelp.healthcare.gov/>

Here is the link to a one page guide on the health insurance marketplace: <https://www.healthcare.gov/quick-guide/>. Most people who apply through the Marketplace qualify for premium tax credits and savings on out-of-pocket costs based on household size and income. Last open enrollment, 86% of those who enrolled in Montana received some type of financial assistance.

Refer constituents with questions about the new Marketplace to the 24/7 call center available at 1-800-318-2596 with trained customer service representatives who can answer questions about the Marketplace in 150 languages.

If you'd like to distribute educational materials they are available at: <http://marketplace.cms.gov/getofficialresources/get-official-resources.html>



FEEDING
AMERICA

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MISSION:

To end hunger in
Montana through
food acquisition,
distribution,
education, and
advocacy.

VISION:

A Montana free
from hunger where
everyone has equal
access to nutritious
food.

CORE VALUES:

Justice
Respect
Integrity
Trust
Excellence
Diversity



Scalloped Potatoes with Ham

Using Featured Product, Ham

Ingredients

8 oz ham cubed
2 lbs potatoes, peeled & cut into 1/4" slices
1/4 C finely chopped onion

3 TBSP butter
5-6 TBSP flour
2 1/2 cup milk (i use 2%)
1 tsp salt
black pepper to taste



Instructions:

- Heat oven to 350.
- Heat the butter in a medium saucepan. Add onion, cook until translucent. Sprinkle in flour & whisk it into a paste. Cook 2-3 minutes whisking constantly.
- Add the milk, whisk until smooth. Season with salt & pepper and bring to a simmer for 5 minutes, stirring occasionally.
- Spread a couple of spoonfuls in a greased casserole dish.
- In 3 layers, layer potatoes, ham, and sauce.
- Cover and bake for 60 minutes. When the potatoes are tender, uncover, raise oven temperature to 375, and bake for 15-20 minutes.

"The future depends on what we do in the present."

-Mahatma Ghandi

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