



THE AFFILIATE

HUNGER
ACTION
MONTH

Montana Food Bank Network Partner Agency News

September 2012

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(Guest Article)

ORDERS

DUE:

September 21

MAR'S DUE:

September 15

For more updates
and information
visit us at:
insidemfbn.org

Free and Reduced Price Meals

Helping Students Thrive In & Out of the Classroom

This fall, we urge you to educate your clients with children on the benefits of Free and Reduced Price (FRP) school meals and encourage them to fill out an application. FRP meals provide nutritious and delicious breakfasts and/or lunches to eligible children each school day. School meals meet all nutritional guidelines for children and can have a positive lifelong impact on a child's eating habits and physical well-being. In addition, students who eat breakfast closer to class time tend to perform better on standardized tests than those who skip or eat breakfast at home. Increasing participation in the school meal program helps children meet their nutritional needs, which can have many positive effects including decreased absenteeism due to illness, increased attentiveness during class time, and better behavior.

Applying is easy! Parents need to fill out a simple, one-page application and return it to the school office (or bring in their SNAP award letter- SNAP recipients automatically qualify!)

Applications can be picked up from their local school office or can be printed from the Get Help section on the MFBN website <http://mfbn.org/gethelp/schoolmeals>. If you would like more information, please contact Leah Ettman at (406) 721-3825 ext. 227 or lettman@mfbn.org



Featured Product:



This month's featured product is bread! Each week we receive an assortment of bread from local grocery stores. Right now we have an abundance of bread! The bread products include sliced loaves, tortillas, english muffins, bagels, hamburger and hotdog buns, and tostada shells. Miscellaneous banana boxes (item#5578) and bulk bins (item#4994) are currently available. Unfortunately, at this time we can only offer miscellaneous boxes and bins. Look for the french toast casserole recipe on Page 6.



Congratulations Tobacco Valley Food Pantry

The Tobacco Valley Food Pantry was approved for a grant of \$859 from the Tobacco Valley Community Foundation, part of the Montana Community Foundation. The pantry plans to use the money to purchase an energy efficient freezer. Congratulations and best of luck to other Partner Agencies looking for community funding opportunities.



OUTREACH BEST PRACTICES TIPS

TIP #3: Conduct eligibility screenings for your clients!

Have a client wondering if they're eligible for a program? Do you have internet access? Eligibility screenings are available online. Screenings are quick, free and give clients an idea of if they will qualify for a program, such as SNAP or WIC. Visit Montana's online screening tool on the Bridge to Benefits website: <http://mt.bridgetobenefits.org/>.



MAZON Partners with The Food Pantry of Park County in Livingston

MAZON: A Jewish Response to Hunger is a national and international funder, partner and innovator in anti-hunger efforts. Montana Food Bank Network has had a long relationship with MAZON, and we are very excited to partner with MAZON on one of their new strategic initiatives. MAZON's new Rural and Remote Initiative is designed to support and strengthen the capacity of community-based anti-hunger organizations in rural and remote regions of the US through training, technical assistance, and funding to develop knowledge, skills, resources and strategies to ensure greater resiliency and effectiveness in their efforts to create hunger-free communities.

There were 8 Rural and Remote Initiative partners selected in seven different states, including The Food Pantry of Park County in Livingston Montana! MFBN staff traveled to Livingston this month to meet with MAZON program directors and tour Livingston's Food Pantry and community programs.

A big congratulations to c for being selected to participate in this exciting project!

SEPT, OCT, NOV SCHEDULE

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

Date	Time	City	Partner Agency
25-Sep	9:00-9:30	Stevensville	Pantry Partners
25-Sep	9:45-10:00	Victor	Victor School Backpack
25-Sep	10:15-10:45	Victor	House of Praise
25-Sep	11:00-11:30	Hamilton	Bitterroot Valley Calvary Chapel
25-Sep	11:30-12:45	Hamilton	Haven House, WMMHC Eddy Meuchel Group Home, WMMHC ADT New Beginnings
25-Sep	12:45-1:00	Hamilton	South Valley Child and Family Center
25-Sep	1:15-1:45	Darby	Darby Bread Box
27-Sep	10:00-10:45	Bozeman	Gallatin Valley Food Bank, Headwaters Area Food Bank, West Yellowstone Food Bank, Gardiner Food Pantry, Big Sky Youth Center
27-Sep	12:45-1:15	Helena	Helena Food Share, Helena Pre-Release, Montana Youth Homes, Elkhorn Treatment Facility, Transitional Living Facility, Salvation Army, Lewis and Clark Group Home, Alternative Youth Adventures
2-Oct	8:30-9:00	Dillon	Beaverhead Community Food Pantry, Dillon School Backpack
2-Oct	10:30-11:30	Butte	Butte Emergency Food Bank
2-Oct	11:30-11:45	Butte	Butte Rescue Mission
2-Oct	12:30-1:00	Anaconda	Project Care, Discovery House
2-Oct	1:45-2:15	Maxville	Granite County Food Bank
4-Oct	9:00-9:30	Thompson Falls	Community Harvest Food Bank, Thompson Falls Seniors, Thompson Falls AOG Church, Thompson Falls School Backpack
4-Oct	10:00-10:30	Trout Creek	Open Gate Ranch Youth Group, Trout Creek Seniors, Trout Creek School Backpack
4-Oct	10:45-11:30	Noxon	Community Services Fellowship, Noxon Seniors, Heron Seniors, Noxon School Backpack
4-Oct	12:15-1:15	Troy	Troy Food Pantry, YAAK Food Cupboard
4-Oct	1:30-2:00	Troy	Troy Community Baptist Church Food Pantry
4-Oct	2:15-3:15	Libby	Libby Food Pantry, Libby Christian Church, Libby Seniors, Kootenai Valley Head Start, Libby Seniors
9-Oct	10:15-10:30	Livingston	Livingston Food Pantry
9-Oct	12:00-12:30	White Sulphur Springs	Meagher Country Nutrition Coalition
9-Oct	3:00-3:30	Lewistown	Central Montana Community Cupboard, FCCOA, B/G of Lewistown
9-Oct	5:00-5:30	Roundup	Musselshell County Food Bank
9-Oct	5:30-6:00	Roundup	Youth Christian Home
10-Oct	7:15-7:30	Hardin	Set Free Ministries
10-Oct	7:30-7:45	Hardin	Helping Hands
10-Oct	8:15-8:45	Garryowen	Center Pole Foundation
10-Oct	10:00-10:45	Billings	Family Services INC., Alternatives/Passages, Montana Rescue Mission
10-Oct	11:15-11:45	Laurel	Community Hope
10-Oct	12:15-12:30	Joliet	Joliet Food Pantry, Boys and Girls Club of Carbon County
10-Oct	1:00-1:30	Columbus	Project Hope
10-Oct	2:15-2:30	Big Timber	Big Timber Community Food Bank
12-Oct	8:00-8:15	Alberton	Alberton Seniors
12-Oct	8:15-8:45	Alberton	Alberton Community Food Pantry
12-Oct	9:15-9:45	Superior	Community Food Bank of Mineral County
12-Oct	11:00-11:45	Plains	Plains Community Food Bank, Shekinah Kitchen, Plains-Paradise Seniors, Plains School Backpack



DELIVERY SCHEDULE CONTINUED

12-Oct	12:30-1:00	Hot Springs—Hot Springs Food Pantry, Hot Springs School Backpack, Camas Hot Springs Community Senior Center
12-Oct	1:45-2:15	Dixon—Dixon Senior Citizens Center, Dixon School Backpack
16-Oct	8:00-8:15	St. Ignatius—St. Ignatius Seniors
16-Oct	8:15-8:45	St. Ignatius—Mission Valley Food Pantry
16-Oct	9:15-9:45	Ronan—Ronan Bread Basket, Mission Valley Seniors
16-Oct	11:30-12:00	Columbia Falls—Columbia Falls Food Bank, Columbia Falls Schools Backpack
16-Oct	12:15-12:45	Whitefish—North Valley Food Bank, Whitefish Four Square Church, Whitefish School Backpack
16-Oct	1:45-2:30	Eureka—Tobacco Valley Food Pantry, Eureka Four Square Church, Tobacco Valley Seniors
18-Oct	8:00-8:15	Polson—Polson Seniors
18-Oct	8:30-9:00	Polson—Polson Loaves and Fish Food Pantry, Polson School Backpack
18-Oct	9:45-10:15	Lakeside—Westshore Food Bank
18-Oct	10:45-11:30	Kalispell—Flathead Food Bank, Lighthouse Christian Home, Samaritan House
18-Oct	11:45-12:00	Kalispell—North West Montana Veterans Stand Down
18-Oct	12:30-1:00	Bigfork—Bigfork Food Pantry
18-Oct	2:30-2:45	Arlee—Arlee School Back Pack
23-Oct	8:30-9:30	Great Falls—Great Falls Food Bank, Salvation Army, St. Vincent DePaul, FISH, Great Falls Schools Backpack
23-Oct	10:30-11:00	Choteau—Teton County Food Pantry, Pondera Food Pantry
23-Oct	12:15-12:45	Browning—Blackfeet Food Bank
26-Oct	11:30-12:00	Seeley Lake—Seeley-Swan Food Bank
30-Oct	11:45-12:00	Lame Deer—Boys Girls of the Northern Cheyenne Nation
30-Oct	12:30-1:00	Ashland—St. Labre Food Pantry
30-Oct	1:45-2:00	Colstrip—Colstrip Community Food Bank
30-Oct	3:30-3:45	Miles City—Custer County Food Bank
31-Oct	8:30-9:00	Wibaux—Wibaux Food Bank
31-Oct	9:30-10:00	Glendive—Dawson County Food Bank, Boys & Girls Club of Dawson County, Glendive School Backpack
31-Oct	11:00-11:30	Sidney—Fellowship Food Pantry
31-Oct	12:15-12:45	Culbertson—Culbertson Food Bank
31-Oct	1:30-1:45	Poplar—New Life Mission
31-Oct	2:15-3:00	Wolf Point—Wolf Point Thrift Store & Food Bank, Wolf Point Seniors
31-Oct	3:15-3:30	Wolf Point—Basket of Hope
31-Oct	4:30-5:00	Glasgow—Valley County Council on Aging
31-Oct	5:00-5:30	Glasgow—Valley Community Food Bank
31-Oct	7:00-7:30	Malta—Malta Food Bank, Malta Opportunities, INC
1-Nov	8:00-8:15	Harlem—Harlem Food Pantry, Harlem Area Senior Citizens Center
1-Nov	8:45-9:15	Chinook—Chinook Food Pantry
1-Nov	9:45-10:30	Havre—Havre Food Bank, Feed My Sheep, Boys and Girls of the Hi-Line
??-Nov	TBD	Missoula—Missoula Agencies begin scheduled pick ups

Events and Reminders

Paper Mailing Lists?

In an effort to conserve paper and postage costs, we would like to ask that if you currently receive a paper shopping list, but do not require one, please let us know. Just a reminder, you can access the shopping lists, Affiliate, and MAR's on insidemfbn.org. To take yourself off the paper shopping list mailing, contact Brad Argo at bargo@mfbn.org.

REMEMBER Order Due Dates

Please turn in your orders by the due date, **September 21**. Orders are being efficiently processed directly following this due date. If you turn your shopping list in late, you risk that certain products may not be available. To help us best serve you, please remember this due date!

Food and Fund Drive

The NBC Montana and Sleep City "Don't let Montanans go to Sleep Hungry" food and fund drive will be on September 19th at the Sleep City store on Reserve in Missoula from 5am-12pm. People can bring non-perishable food or monetary donations for drop off.

With Community Support, West Shore Food Bank Gets New Space

Story provided by Barbara Coppock

We all know the words, “I think I can, I think I can”. With luck, lots of support, and perseverance, the people of the west shore of Flathead Lake DID. The food bank had outgrown the little Quonset hut that served it well since 1997. The aisles were narrowed by cases and cans stacked to the roof. There were only 2 free standing refrigerators. Of the 9 freezers, most were off-site. A small amount of storage was in a construction trailer parked out back.

Safety was a major concern, as there was no parking, other than on highway 93 right of way. There had been accidents. Also, clients had to stand in the cold and inclement weather, waiting for assistance. Just as the situation was becoming unbearable for all, a ray of light shone through.

The community was generously given the land to fill this vital need. Our director, Leslie Knuth found a contractor to start work on the building immediately. They drafted a wish list: 3,000 square feet space, adequate shelving and storage, walk-in freezer, walk-in refrigerator, prep table and sink, energy efficient, handicap accessible, a warm waiting room, easy access, lots of parking, room to grow.

It seemed too long of a list, too big of a job. But, the miracles started with the land and kept right on happening throughout the project. We had a small amount of capital in the bank. The fundraisers we planned were supported by the community. We had a plan in place and clearance for a loan.

Our general contractors were Ben and Scott Quinby of Lakeshore Building and Design. We could not have asked for better organization and workmanship. They also provided the project with bonuses we had not anticipated. They took on the building of the food bank with such passion and enthusiasm, nearly everyone working on the project gave unplanned breaks in the costs of the labor and materials. There are a few final touches we still need, but basically the West Shore Food Bank was completed in the black.

Our wish list is complete, better than we could ever have dreamed. The contractors and suppliers gave us upgrades and facility additions we thought were too extravagant and never would have dreamed possible, all without charge.

Yes, we thought we could and we did. We were able to help our community provide themselves with a wonderful new facility. It is a food bank that is functional, affordable, safe, and an addition the community can be proud of.



MFBN, Winner of Walmart Associates Choice Program Grant

Montana Food Bank Network (MFBN) is honored to be the winner in the Montana Walmart Associates Choice Program. MFBN was one of three Montana non-profits voted on by Walmart employees at stores across the state. Many of you helped support MFBN by sending letters of support and by hanging posters in your communities. All the awareness raised and support of the entire Montana Food Bank Network of agencies resulted in MFBN winning the top prize of \$50,000! Thank you for all your support!





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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



French Toast Casserole

(using Bread, item #5578 and 4994 off Free Food shopping list)

Ingredients

5 cups bread cubes	1/4 teaspoon salt
4 eggs	1 teaspoon vanilla extract
1 1/2 cups milk	1 tablespoon margarine, softened
1/4 cup white sugar	1 teaspoon ground cinnamon



Instructions

- 1.) Preheat oven to 350 degrees F (175 degrees C). Lightly butter an 8x8 inch baking pan.
- 2.) Line bottom of pan with bread cubes. In a large bowl, beat together eggs, milk, 2 tablespoons sugar, salt and vanilla. pour egg mixture over bread. Dot with margarine; let stand for 10 minutes.
- 3.) Combine remaining 2 tablespoons sugar with 1 teaspoon cinnamon and sprinkle over the top. Bake in preheated oven about 45 to 50 minutes, until top is golden

Nutrition Info: *Servings per Recipe: 8. Calories: 207, Total Fat: 7.2g, Cholesterol: 146mg, Sodium: 388mg, Total Carbohydrate: 26.6g, Dietary Fiber: 0.9g, Sugars: 11.6g, Protein: 8.5g.*



One of the greatest feelings in the world is knowing that we as individuals can make a difference. Ending hunger in America is a goal that is literally within our grasp.

-- Jeff Bridges

www.

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.org

For the latest information and updates on new products, special offers, delivery schedules, shopping lists, Pioneer Food Buying Service, grants, media featuring issues in food banking today and current outreach programs, log on to our website www.insidemfbn.org. You can even submit your monthly activity report and grocery rescue numbers online!

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Development Coordinator	Kattie Kingsley	x228
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Agency Relations & Volunteer Coordinator	Katie Lane	x252
Agency Relations Assistant	Diane Matthews	x222
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