



Everybody Eats!

Regional Food Bank serving Linn & Benton counties since 1981

Winter 2018

Linn Benton
Food Share



Gleaning potatoes at OSU Crop Farm. LBFS gleaning groups harvested over 250,000 pounds from local farms in 2017

The Value of Food

Linn Benton Food Share has been working hard. It is thanks to you that we continue this good work. Everything we do revolves around food and relationship building – donors, volunteers, partnerships with other organizations and the people we serve – it's not just handing out cans of green beans or packages of rice.

Food banks are places to receive help but also an organizing force for people to do good. Over the years and in different ways, LBFS has provided hope generated from good food, helping hands, and knowing your neighbors care. Because of your support, there is a place at the table for all.

The power of food changes lives. Food is a conduit of community values and Linn Benton Food Share delivers on that promise. Your support puts good, high-quality food on the table for thousands of individuals and families every day. It was you, our supporters

and volunteers, who made this happen. Because you decided to act, we provided over 5 million pounds of food to our neighbors needing help last year.

Along with the food, you also shared the revelatory idea that people across the community care about those in need. I invite you to take stock of why you do this, what motivated you to action? I would venture that it includes core principles of fairness, decency and respect. Whatever your personal philosophy, your support results in providing that spark of hope for a family facing tough choices.

Your support of LBFS is an investment in the local community. In addition to our established network, LBFS is delivering programs addressing senior hunger, developing partnerships with health care providers and piloting programs with school districts. These new programs aim to show that a small

amount of food intervention pays big dividends to the whole community.

There are significant challenges ahead. Housing, health care, and support for federal nutrition programs have unknown futures. Changes on these fronts have a direct correlation to demand at local food pantries and meal sites.

With your help, we'll continue the fight for the community values inherent in our work. We hope you'll continue together with us in the days ahead.

Thank You

Ryan McCambridge
Director, Linn Benton Food Share



Senior Nutrition Program

The Commodity Supplemental Nutrition Program (CSFP) is a supplemental food box of cereal, pasta, rice, vegetables, fruits, milk & cheese that is delivered once a month to seniors age 60 and older who are at or below the 130% Federal Poverty Level.

Earlier this year, nineteen residents at the Millwood Apartments in Albany attended a joint meeting to learn more about the senior nutrition program (CSFP) and also gleaning.

With an average income of \$750, these seniors are not able to access the healthy food they need.

Residents were overcome with the idea of both a monthly food box through CSFP and a weekly supplement through the gleaning program. They quickly signed up for both.

LBFS gleaning groups are made up of low-income volunteers that distribute food collected from area grocery stores, harvested from local farms



and received from LBFS. Gleaning groups are key partners in helping LBFS recruit for eligible households for both CSFP and their own membership ranks.

Once signed up, the Millwood seniors quickly took on important roles with Mid Valley gleaners, helping distribute food (from their wheelchair no less) as well as signing in families on distribution days. One of the new members made lap quilts for her group. "I'm not able to do much, but I love to sew, and I am so glad that I can help."

We've seen CSFP boxes make similar impact at Linn Benton Housing Authority (LBHA) sites.

Managers of LBHA properties are particularly concerned for their elderly residents, wanting to provide not only a place to reside, but a place to grow relationships and build a community of support.

CSFP provides more to the elderly than supplemental food. It reduces social isolation and establishes new friendships.

Food is one way to do just that.

LBFS Quick Bites FY 2016/17

1 in 5
residents received emergency food

202,284
volunteer hours at LBFS network partners



46,856
emergency food boxes distributed by food pantries

1,157,090
lbs of fresh produce distributed

Here's why your support matters!

Dear Food Share,

I connected with a student today – a little older than most first year students. She spent the last few years in the military.

When we talked, she shared that she'd been eating rice and potatoes because they cost her .03 cents per calorie. She'd done the math.

Today, we were able to make her a box of food. I'm thinking about how serious her need was – and yet how challenging it had been to connect her with the resources she so desperately needed.

This work is hard – but moments like this make me feel the challenge on an even deeper emotional level.

I'm so grateful that we have the LBFS partnership and to have [the OSU] food pantry.

We're able to support students so much better because of our partnership – and because of the bigger, wider work that LBFS does.

Thank you so much for your support for our program, our partnership – and the difficult work you do. We really couldn't do this without you – and it's so, so important to the lives of our students.

Being able to help her out today with food – was more helpful than I have the words to explain.

So much gratitude,

Nicole

-OSU Food Pantry



Your Support = Healthy Food

'Thanks for all the healthy choices available at the Alsea food bank. Fresh carrots, apples, kiwi, and frozen kale, also flax, oats, and brown rice. These make my family's life healthier - and happier.'

Alsea Food Bank Recipient

Rise in Emergency Food Boxes

Total food boxes distributed	
2009/10 FY	39,567
2016/17 FY	46,856
+/-	+18.4%

Corvallis (+66.5%) and Albany (+61.7%) area agencies reported the largest increase since FY 2009/10

Cost of housing is a prime factor for increased requests for food help.

Take Two Apples... LBFS Food Rx

LBFS Partners with Samaritan Albany General Hospital

The link between good health and good food is a growing focus of health care providers and local nonprofits, alike. And LBFS has taken up the challenge.



Packing Food Medicine Box

A new partnership between LBFS and Samaritan Albany General Hospital provides weekly food assistance to low-income, food insecure patients recently discharged from Albany General Hospital.

Dieticians identify medically malnourished patients and offer a 4-week enrollment in this "food medicine" supplemental program.

Dieticians select foods available through Linn Benton Food Share, create informational sheets for menu planning, and track patient progress during the food delivery period.

LBFS utilizes volunteers to pack the weekly boxes and delivers to the patient's door. The working hypothesis is that focused, supplemental food aid can be an effective means of lowering costly readmission rates.

The Food Medicine Program aims to use the power of food to invest in patient's health.

The dividends realized are a healthier community for all and lower medical costs to public programs like Medicaid and Medicare.

Suzanne Watkins, a dietician at the Samaritan Health Services Albany General Hospital said "The patients have raved about the food boxes - the fresh produce and the ready-to-eat foods in particular."

One recipient of the food boxes was a patient she had been following each time he came in to the hospital for the past year or so.

She reported that he had been struggling for quite some time with food insecurity, and he was so grateful for the food box deliveries that he became emotional and called it "truly a blessing."

Another patient was not able to go back to work after his recent illness, and he was the sole provider of his family.

The patient stated, "The boxes were very helpful and alleviated some of the stress on the family."

This program provides more than cost savings, however. As we've delivered boxes we've seen gratitude from the patients and that spark of hope required for their healing.



Food Medicine Box

Patio Project Expansion

The LBFS Patio Project distributed a record 15,000 plant starts in 2017 to low income households for their gardens. Generous support from local nurseries, Peoria Gardens and U & D Nursery, in particular, made this possible.

The program expanded this year to include low-income housing sites and the Edward C. Allworth Veterans Home in Lebanon.

Jeremy Woodall, Programs Director for the Lebanon Veterans Home, said that plants received through Linn Benton Food Share were much appreciated.

This project promoted active living and food direct from the garden for the residents.

Thanks also go out to Linn County Commissioner Will Tucker for bringing LBFS and the Lebanon Veterans Home together. LBFS plans to strengthen this partnership in the years ahead.



Patio Project starts donated by Peoria Gardens

"Residents and volunteers from the community worked together to plant and care for hundreds of plants in the community garden space."

-Jeremy Woodall, Lebanon Veterans Home

LBFS Award Winner!

In December, Linn Benton Food Share received the "2017 OSUEA Cooperator" Award presented by OSU Extension in the Business Organization category.

LBFS is proud to partner with OSU Extension in strengthening our local food system and looks forward to more opportunities.

That's Nuts!

Last year LBFS distributed **35,844** jars of peanut butter!



CONTACT US!

Food Share Director

Ryan McCambridge
541-758-2608

info@linnbentonfoodshare.org • www.linnbentonfoodshare.org

Food Drives & Fundraisers

Colleen Dyrud
541-758-2621

Volunteer & Gleaning

Susan James
541-758-2645

Tax ID: 93-1099406

Mail: PO Box 1920
Corvallis OR 97339

Office: 545 SW 2nd St Ste A
Corvallis OR 97333

Phone: 541-758-2609



LBFS Network Members

ALBANY

Albany Gleaners
Albany Helping Hands
Chamberlin House
Community Gleaners
Family Tree Relief Nursery
Fish of Albany Pantry
JSYSI/Albany Youth Shelter
JSYSI/Youth Outreach Center
Mid Valley Gleaners
Presbyterian Child Care Center
Salvation Army Pantry
Signs of Victory Pantry
Signs of Victory Shelter
St. Mary's Soup Kitchen

BROWNSVILLE

Sharing Hands Pantry

HALSEY
 Pack Snack Backpack Program
 Central Linn Gleaners

HARRISBURG

Harrisburg Harvesters

JEFFERSON

Jefferson Community Pantry

LEBANON

Caring Team Pantry
Fish of Lebanon Pantry
Lebanon Gleaners
Lebanon Schools Backpack Program
Lebanon Soup Kitchen
Real Bowls Real People
River Center Backpack Program
St Vincent de Paul Pantry
The Lords Storehouse Pantry

MILL CITY

Canyon Gleaners

SCIO

North Santiam Gleaners

SHEDD

PNW Adult & Teen Challenge

SWEET HOME

Fair Share Unlimited Gleaners
Hope Church of
Sweet Home Pantry
Kids Food Pak
Seventh Day Adventist Pantry
SHEM Food Bank
SHEM Manna Meal Program
Sweet Home Gleaners

ALSEA

Alsea Community Effort
Alsea Gleaners
Jeni's Place/Alsea Food Bank

CORVALLIS

CARDV
Community Outreach Inc
Corvallis Family Table
Corvallis Men's Shelter
Grace Center
HSRC Food Pantry at OSU
Jackson St Youth Services Inc
Janus House
Mary's River Gleaners
Room at the Inn Shelter
South Corvallis Food Bank
St Vincent de Paul Pantry
SVDP at Garfield School
Stone Soup Corvallis Inc
Vina Moses
Weekend Power Pack Program

BLODGETT

Coastal Range Food Bank

MONROE

S Benton County Gleaners
S Benton Food Pantry
S Benton Nutrition Program

PHILOMATH

Neighbor to Neighbor
Philomath Gleaners
Philomath Food Bank
Strengthening Rural Families



LINN

BENTON