



OFF THE SHELF

SUMMER 2017 NEWSLETTER

Food is the Best Medicine

Healthy Foods Distributions have become a staple for Central Illinois Foodbank over the past year. Since our first distribution in April 2016, the Foodbank has created lasting partnerships within the healthcare community. Central Counties Health Centers and SIU Center for Family Medicine have become key contributors to the Foodbank's Healthy Foods Distribution program.



"The Healthy Food Distributions on site at SIU Center for Family Medicine have been invaluable to our patients. Having our diabetic educator/dietician demonstrate healthy recipes using fresh produce was a big hit as well," said Janet Albers, MD, SIU chair and professor of the Department of Family and Community Medicine.

"It's innovative actions such as the Healthy Foods Distributions that will pave ways not only to address food insecurity, but also allow consumers the opportunity to secure healthier foods that may otherwise not be an option," said Donna Reeves, Central Counties Health Centers, director of community engagement.

Since the partnership began, 6 Healthy Foods Distributions have distributed food to over 5,000 people in need. They have also done much more than just put healthy foods into the hands of those who otherwise might not be able to afford it. Thanks to the partnerships with the health centers, people who attend not only receive food, but also have the chance to meet with vendors regarding finances, healthcare needs, legal assistance, employment services, and SNAP education.

"We really wanted to turn the corner from just giving people food, to helping people enrich their lives," said Pam Molitoris, Central Illinois Foodbank executive director. "So far we've seen a lot of people really utilizing the extra services during our distributions."

Pictured Left:
Crystal, Alaina, and Alyssa Cadwell receive milk at a Healthy Foods Distribution at the Illinois Building.

Pictured Right:
Derran Walker III shows off grapes he received at the Healthy Foods Distribution at the SIU Center for Family Medicine.



The Foodbank has also partnered with Crossings Healthcare in Decatur, and hopes to form more partnerships within the medical community that will help to expand the Foodbank's healthy foods initiatives.





DIRECTOR'S DISH

by Pam Molitoris
Executive Director



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I distinctly remember my first field trip in school. We went to Chicago to see the King and I. When we got off the bus the teacher told us all to find a partner. In fact, our lives are about finding partners, whether it be on a school trip so we aren't alone if we get separated from the group, a best friend, a spouse, or even a four-legged friend; we crave companionship. It is what helps us grow and shapes who we are. It makes us better people to have someone who challenges us, and who encourages us to become the best versions of ourselves.

The partnerships that we are forming at the Foodbank with other organizations are no different. We need our partners to help us expand and serve more people in need in our communities. Partners like Central Counties Health Centers and SIU Center for Family Medicine help us to reach a sector of the population we otherwise might have missed, and bring things to the table that we simply just do not offer. They see day in and day out the struggles that those in our low-income communities have maintaining a healthy lifestyle, with limited resources.

The old saying, "Two heads are better than one," has never been truer as we look to further our healthy foods initiative. We will continue to think of innovative ways to better the Foodbank for those that we serve, and we have confidence that our partners will help us accomplish more than we could ever accomplish on our own. We will also depend on you, our supporters. We cannot continue to do any of our work without your continued support. We hope that you will continue with us on this journey to provide not only food to those in need, but a healthier life.

Pam Molitoris

Getting To Know Our New Board President: Erica Riplinger



Tell us about your background. What do you do when you're not serving Central Illinois Foodbank?

I am a Springfield native, graduating from Sacred Heart-Griffin High School, the University of Illinois at Urbana-Champaign and Southern Illinois School of Law. I am an attorney and partner at Brown, Hay & Stephens, LLP, concentrating my practice in the areas of civil litigation and family law. When I am not serving the Central Illinois Foodbank, I like to spend my time with family and loved ones, as well as my canine sidekicks, Gus and Ditka.

What inspired you to get involved with Central Illinois Foodbank?

I first heard about the Central Illinois Foodbank and the wonderful work it does while growing up in the Springfield area. My continued work with families in the area showed me first-hand the vital role the Central Illinois Foodbank plays in providing meals to people in need, and inspired me to get involved. I am very proud to be a part of an organization that not only operates with the utmost integrity, but is dedicated to continuous growth.

As President of the Board, what are you looking forward to with Central Illinois Foodbank?

I look forward to the continued collaboration with our many community partners to end hunger in the 21 counties the Central Illinois Foodbank serves. The staff, the Board and our partners are committed to working to increase food distributions, including nutritious and healthy foods, expanding our programs, increasing awareness and building new relationships.

RECENT NEWS

Foodbank Awarded Walmart Foundation Grant

Central Illinois Foodbank has been awarded \$18,900 through the Walmart Foundation's Retail Store Donation Performance pilot program. The Foodbank exceeded their goal of growing their retail donation pounds by 6%. The base period to meet this goal was between the months of July to December 2016 and was compared to the pounds the Foodbank collected during the same period in the prior year. The Foodbank picked up over 1.2 million pounds of food to exceed their previous year's performance.

Save the Date

19th Annual Harvest Celebration
Thursday, September 28, 2017



Call Heather Austwick at 217-522-4022 with sponsorship and reservation inquiries.



Spotlight on Hunger

Jeffrey Tarvin and his fiancé, Tammy Horner, live paycheck to paycheck. With two teenage boys at home and high utility bills, they often have to visit Kumler Outreach Ministries in Springfield to make ends meet. "Our bills are just too high and we don't make enough money to buy food and pay our bills," said Horner. "Things got tighter when I got laid off from my employer because of severe carpal tunnel in both of my hands. I need my hands to work," said Tarvin.

Tammy has a full-time job that helps keep the family afloat, but the winter has not been easy. They have been without a furnace and had to turn off their electric heaters because of the high cost to keep them running. "It has got as low as 39 degrees in our house this winter, I've tried to get help, but we just haven't gotten it yet," Horner said.



Jeffrey Tarvin and Tammy Horner hold their food from Kumler Outreach Ministries.

Despite the cards being stacked against them, they maintain a positive attitude towards their situation. Horner said, "I thank God every day for you guys. Sometimes if it wasn't for you, we wouldn't eat. I trust in God, I'm pretty positive in everything."