

NOURISHING NEWS

The Newsletter of the **Community Food Bank**

Spring 2009 • Vol. VI, Issue III

Hour Reductions Increase Instability

As the economic roller-coaster continues, we all hold our breath. Distribution of food is at its highest ever at the Community Food Bank and its branches. This is partially a result of Southern Arizona's steady population growth, but mostly it's because of the economy and the ever-increasing cost of food.

According to the University of Arizona's Eller College of Management, economic indicators are bleak across Arizona. Eller states that in the fall of 2008 the unemployment rate for the state was 6.1 percent. Tucson fared slightly better at 5.8 percent, up from 4.3 percent in spring, 2008. Both unemployment rates were better than the national 6.6 percent—as of February, the rate had ballooned to 8.1 percent. Marshall J. Vest, forecasting project director with the Eller College, thinks that the rate will peak at around 8 percent during this recession. Believe it or not, this is good news. “[The rate] remains well below the rates posted during the mid-1970s and early 1980s recessions, when the unemployment rate reached 13 percent and 11 percent, respectively,” said Vest in the January 2009 Winter issue of *Arizona's Economy*.

Not surprisingly, the industry most affected by this recession has been home construction. Over half of the jobs lost in Arizona have been in construction. According to the food bank's Family Advocate Sandie Hinojos-Cuen, a lot of people have lost their construction jobs and jobs with local retailers that have gone out of business, like Circuit City and Mervyn's. More than that, however, she is hearing from people who are still employed. “It's not so much that they've lost their jobs, but they have had their hours cut,” explained Hinojos-Cuen. “These people are finding that they can't pay all of their bills with their reduced hours and salary.”

After people have paid their rent or mortgage, car payments, insurance, gas and medical expenses, they then think about food. “People leave food until the end; by the time they call the food bank, they are desperate,” said Hinojos-Cuen. Most of these people are completely

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unfamiliar with the system because they have never had to ask for help before. The food bank recently added another advocate to help with the added volume.

Despite the wide-spread news of economic gloom and doom, it's not all bad news for the clients of the food bank. Donors have stepped up in droves to help ease the strain of increased client load. So, while the food bank has reached its highest rate of food distribution ever, it has also reached its highest level of support from the community.

Experts project that the recession will end sometime late this year or in early 2010. “We've been through ten recessions since World War II and the bad times eventually fade. The last two were very short and mild, so this one seems extreme,” said Vest.



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 our community.

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For the Record



Dear friends,

We are moving into uncertain times. Cuts in funding at the local and state level are compromising assistance programs across the entire state of Arizona. These cuts are being felt here locally. Layoffs and work reductions within the Department of Economic Security are causing longer delays in people receiving assistance, which in turn means more people are seeking help from the Community Food Bank. Also, nearly every nonprofit we assist—some 305 across Southern Arizona—is feeling

the pinch. Department of Economic Security has been required to cut \$1.6 billion from its 2009 budget, and the shortfall next year is expected to be even higher.

Today we are seeing people we've never seen—men and women from the trades, electricians, plumbers, roofers, also real estate agents—and their families, more seniors, more children, and many more working poor. Your support, no matter how small, will help us through this difficult time.

As we move forward, the Community Food Bank will continue to provide a stable safety net for people needing food assistance. We will secure more food for local charities to help reduce their food costs. We will expand our outreach services for SNAP (food stamps), home gardening and economic literacy.

We have been fortunate that government funding reductions of our programs have been minimal, to date. We, like all food banks across the county, are experiencing 30-40 percent increases in the numbers of people seeking assistance. Please keep us in mind when you see a food drive or receive a request for a contribution. Every can and every dollar make a difference for a local family. Together, we can help our neighbors. Thank you for your continuing support.

Sincerely,

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2009 Quilt Raffle



Don't miss your chance to win! This year's quilt is a beautiful Stack and Wack pattern. This hand-stitched queen-size quilt took 244 yards of quilting thread. The scalloped black and rose border sets off an array of complimentary patterns found in the quilt's wonderful details. It was hand-stitched by Ester Zimmermann, a Mennonite quilter from Pennsylvania Dutch Country, and was designed by Ann Lapp, also Mennonite.

Last year, proceeds from the quilt raffle allowed us to provide enough food for over 300,000 meals. There is a suggested minimum donation of \$10.00 per ticket. Your donation to the quilt raffle is fully tax-deductible. The drawing will be held on April 30, 2009. There is no need to be present at the drawing to win; the winner will be contacted by phone. See additional pictures of the quilt at www.communityfoodbank.org.

A portion of every dollar you send between March 1 and April 30, 2009, will be matched by the Feinstein Foundation! See page six for details or visit www.communityfoodbank.org.

Hybrid Truck Saves Fuel & Food

Char Grove, Agency Market driver, is enjoying a whole new experience driving the Community Food Bank's new hybrid electric-diesel truck. Char picks up food from area grocery stores five days a week with her new refrigerated truck. Char is one of three drivers who pick-up food locally. Often donated are perishable foods that may go to waste if they are not consumed and other items like canned goods that simply are not moving quickly.

Char started driving the new hybrid truck in February. It is powered by an electric-diesel power plant that runs on electric power up to 30 miles per hour, when the diesel engine engages. This makes for excellent efficiency on Tucson's city streets. The manufacturer, Peterbilt, claims the hybrid is 30% more fuel-efficient and gives off much cleaner emissions than older trucks.

"I love this truck," Char says. "I believe the truck actually stays on the electric motor beyond 30 miles per hour. It's so quiet, I can hardly hear it."

The hybrid electric-diesel truck was purchased, in part, with a \$100,000 grant from the Lincy Foundation of Chicago.



Our Volunteers

Walking Miles for the Community Food Bank

Small acts done consistently can have a big impact. For the past eight weeks Peter Norback has been putting this idea, and his feet, to the test. In response to the new presidential administration's call to community service, Peter decided to initiate a *One Can a Week* project in the Miles Neighborhood where he lives.

He started out walking the neighborhood each Sunday between 11:30 a.m. and 5:00 p.m., knocking on doors, explaining the need, and asking for one can a week. He admits that the first week was nerve-racking, not knowing what the response would be. Every week he would cover the houses from the previous week and add some new houses, asking for the simple donation of one can a week to be collected by him each Sunday and then transported to the Community Food Bank. The Miles Neighborhood total by the eighth week was 154 pounds and \$20. Each week the program catches on more and more, equating to more and more food donations.

Peter has already had one of his neighbors volunteer to help! This response is exactly what he is looking for. His actions get others involved by donating food, but they also inspire others to take the initiative to get even more people involved. This snowball effect has great power to help in our community. "Anyone who wants to help in other ways in addition to donating food is terrific. I'm sure everyone knows the process, so just think of what would be comfortable for you to handle and give me a call," said Peter.

Peter would like to see the *One Can a Week* project spread to other neighborhoods in Tucson and is making himself available for anyone who is interested in trying. As Peter writes, "If you have friends or relatives in other parts of Tucson or other cities, I will be happy to help them get started. The more people helping people, the better." To start your own program, contact Peter at (520) 248-3694 or pnorback@cox.net.



Brenda Nicolls-Moore (left) & Theresa Nicolls

Volunteer Theresa Nicolls Supports Emergency Food Boxes

At the center of the Emergency Food Box program you'll often find volunteer Theresa Nicolls helping keep the office in order. Whether it's processing invoices, filing, updating information online or making copies, Theresa does it all with warm, friendly efficiency and homemade cookies.

Theresa was born in Conneaut, Ohio, near Lake Erie, but has been in Tucson since 1957. She's worked at Davis Monthan Air Force Base in the commissary and at the U of A Student Union cafeteria. In one way or another, she has been around the food business for a long time.

If Theresa looks familiar, maybe it's because our own Brenda Nicolls-Moore is her daughter. Brenda had to take a medical leave and recruited her mom to help at the Community Food Bank during her absence. That was three years ago, and Theresa has been helping out ever since.

Volunteers Needed!

For the National Association of Letter Carriers' annual Stamp Out Hunger Food Drive on May 9.

We need volunteers at numerous postal stations to help us sort through all the food!

See the outside cover or page 11 to learn how you can help.

Grijalva Speaks About the Economy

U.S. Congressman Raul Grijalva toured the Community Food Bank on January 12, 2009, to get a first-hand look at how the downturn in the economy has impacted the hungry. Congressman Grijalva discussed how the 2009 economic stimulus package will help local communities.

Congressman Grijalva spoke with food bank President/CEO Bill Carnegie, and saw how a 46% increase in demand for food has stretched the Community Food Bank's ability to serve its clients.

"We have endured the largest fiscal deterioration in American history," said Grijalva. "Many families cannot pay bills and are watching their life savings disappear. I believe this economic stimulus plan will help not just those who utilize the Community Food Bank, but help all Americans, regardless of income. This is an ambitious plan, and while it will not be easy, it will be the start of a new beginning for our nation."



Left to right: The Hon. Raul Grijalva, food bank CEO Bill Carnegie, and board member Jim Watson

Stimulus Helps the Hungry

The Economic Stimulus Bill includes much needed help for food banks across the country. The news comes just as the Arizona Department of Economic Security announced reductions in programs and services because of the recent budget cuts. Arizona's food stamp program (SNAP) is in serious need of assistance. Nationwide, the Economic Stimulus Bill includes \$19.9 billion for food stamps, \$500 million for special nutrition programs for Women, Infants and Children (WIC), and \$150 million for emergency food boxes.

Assisting families affected by the downturn in the economy should be reason enough to fund these vital programs, but providing these basic needs also helps the ailing economy. Food stamps and other social services are considered *automatic stabilizers* that will instantly boost the economy. Food stamp money will be instantly injected back into the economy by clients at grocery stores, markets and mega-chains. Food stamps are not something that can be used to pay bills, or saved; the money invested in food stamps will be turned around relatively quickly when clients make purchases. Officials say the additional funding for food stamps will reach clients in April and nearly all of that aid will be used right away.

Additional funds for emergency food are also much-needed. Individuals receiving assistance in the form of emergency food increased 21 percent this January. In January 2008, 31,920 people received assistance, as compared with 38,773 people in January 2009. Our national affiliate, Feeding America, indicates that this trend is echoed nationwide: "For one in eight Americans, hunger is a reality." This number is up from one in ten Americans just two years ago.



Giving

Diamond Winter Challenge Met

This winter the Diamond Foundation asked the Southern Arizona community to match its Diamond Winter Challenge to raise funds for the Community Food Bank's Agency Market program. The food bank's Agency Market provides food for use by about 180 local charities in Southern Arizona. Many of these charities are facing budget cuts due to the weakened economy, and are counting on this food more than ever. The Agency Market distributes nearly four-and-a-half million pounds of donated food each year to these charities.

The Diamond Foundation provided an initial \$20,000 and together the Calistri and Williams foundations added an additional \$15,000 to the challenge. The \$35,000 challenge grant ran through March 31.

Tucson Girls Chorus & Daisy Mae's Steak House

On January 17, the Tucson Girls Chorus and Daisy Mae's Steak House teamed up to remove over \$9,478 in \$1 bills that had been stapled to the walls of the steak house by customers. The Girls Chorus was assisted by parents, Daisy Mae's staff, and volunteers from Davis Monthan Air Force Base. The money was donated to the Community Food Bank. Everyone involved was amazed that the job of removing the \$1 bills from the walls was completed in a little over two hours.

It took over a week for several food bank volunteers to count the money.

Thank you to Beth Walkup, Interim Executive Director of the Tucson Girls Chorus, Dan Brady, co-owner of Daisy Mae's Steak House, and all of the volunteers for their unique contribution.

Sons of Orpheus Choir Sets Fundraising Record

The Sons of Orpheus, the male choir of Tucson, set a new record for donations at their 11th annual concert benefiting the Community Food Bank on December 17. The concert was held at Berger Performing Arts Center at the Arizona School for the Deaf and Blind.

Grayson Hirst, founder/artistic director of the Sons of Orpheus, conducted the choir in a concert of holiday music which included performances by students from the Arizona School for the Deaf and Blind, Josefina Gallagos, a University of Arizona graduate student, and the Uksters, a group of retired ukulele players and singers.

Jim Hogan, choir member, spearheaded the collection that raised 1,162 pounds of food and a record-setting \$9,150.

White Elementary School



Students from White Elementary School hosted a food drive that raised over 1,000 pounds this past winter

Let Feinstein Match Your Gift!

Donations of cash or food made between March 1 and April 30, 2009, are eligible for the Feinstein Challenge. During this nationwide challenge, the Rhode Island-based Feinstein Foundation will provide a partial match for every dollar raised or pound of food donated!

Founded in 1991 by Alan Shawn Feinstein, the Feinstein Foundation is dedicated to the alleviation of hunger, the importance of community service in education and the values of caring, compassion and brotherhood. Each hunger-fighting organization is given a proportional share of the \$1 million, based on how much money and food they raise. As a result of the 2008 challenge, the food bank received over \$12,000 in matching funds.

Seri Melaka Hosts Clients

While Seri Melaka cannot donate food in the traditional way, they still want to help the clients of the Community Food Bank. Sometimes all it takes is a kind gesture to make people feel valued. "The seniors really liked the atmosphere, fancy tables, cloth napkins; they really made the seniors feel special," said Mary Soriano of El Pueblo Neighborhood Center.

Every year Seri Melaka treats many food bank clients to a special meal at their restaurant. "After eating more than we should, we all relaxed over coffee or tea. We won't soon forget the generosity of our hosts at Seri Melaka," said Barry Austin with Esperanza en Escalante, an organization that helps homeless veterans transition into independent living.

Winterhaven Completes 21st Year

During the 2008 holiday season, the Winterhaven Neighborhood raised 26,533 pounds of food and \$31,646—including a generous \$10,000 gift from Cox Communications. The Community Food Bank is deeply grateful to our Winterhaven Neighbors.

Legal Community Against Hunger Breaks Record

The Legal Community Against Hunger fund drive raised a record \$32,800. With these funds the Community Food Bank was able to provide enough food for over 130,000 meals for children, families and seniors in need. Over the years members of the legal community have given over \$200,000 to the Community Food Bank. Special thanks to 2008 chairs, Hardy Smith and Cynthia Choate.

GLHN Architects & Engineers Make Matching Gifts



Pauline Hechler (center) accepts a holiday gift from Roger Harwell (left) and Bill Nelson, of GLHN Architects and Engineers. The firm raised over \$3,000 over the holidays by collecting donations from their employees and then matching them. GLHN also was a sponsor of Mardi Gras 2009.

Tucson Federal Committed to Community

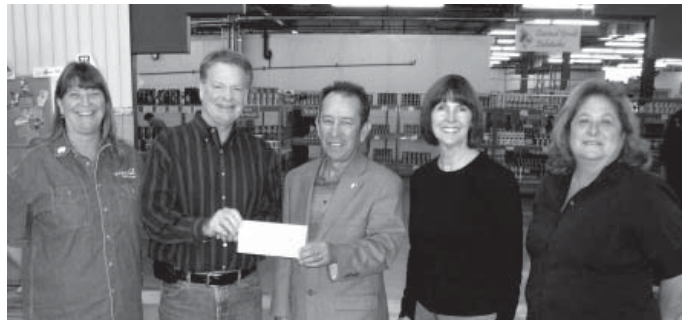


Tucson Federal Credit Union made a donation of \$5,000 in December, then came for a tour. Pictured are members of TFCU employees and Pauline Hechler in front of their mid-town branch on East Speedway.

Long Realty Makes Giving a Monthly Tradition

Long Realty did its part over the holidays with a huge food drive, the *Long Haul*, and a \$3,000 grant from Long Realty Cares Foundation. Earlier in the year, the foundation gave \$6,000 to the food bank's Snak Pak program through Angel Charity for Children. To top it off, the foundation has pledged \$1,000 a month for 2009!

Qwest Gives an Astounding \$25,000



Left to right: President of Southern Arizona Telecom Pioneers Club Patti Pace, Bill Carnegie, Director Community Affairs for Qwest George Favela, Pauline Hechler, Treasurer Southern Arizona Telecom Pioneers Club Catherine Greer

New Horizons Donates for Its Students

Human Resources Manager Ernie Chacon (right) and Pauline Hechler accept a contribution of \$1,500 from Paul Routen (center), owner of New Horizons. New Horizons gave a contribution to the food bank for each person who enrolled in classes over the holidays.



Mardi Gras 2009

Mardi Gras 2009 was our biggest and best yet. Over \$40,000 was raised for our Child Hunger and Nutrition Programs. Huge thanks are due to Jennifer Casteix, who chaired the event for the third straight year. Jennifer's vision has inspired a great party that brings together people from throughout the food bank community. At Mardi Gras we celebrate our mission and raise money for the most vulnerable children we serve. Thanks also must go to the Wine and Dine Auction Chair, Len Kronman, who single-handedly solicited more than 50 food and beverage donors, giving us a gorgeous selection of wines, restaurants and experiences to bid on.

Due to the generosity of our sponsors, we are able to give our Snak Pak for Kids and Kids' Clubs programs a firm foundation for next year. BlueCross BlueShield committed early to another Carnivale Sponsorship. And TMC HealthCare joined them, with \$10,000 for Mardi Gras, an additional \$5,000 in honor of their physicians, and turkey certificates for our clients! TMC is very committed to helping us in our work with children and we look forward to continuing to partner with the people of TMC and BlueCross BlueShield to present this event.

We are grateful, as well, to Royalty Sponsors Citi, Cox Communications and Tucson Electric Power; Jackson Square Sponsor Arizona Surplus Line Association; Krewe Sponsor Tucson Federal Credit Union; Throw Sponsors Arizona Lottery and Keegan, Linscott & Kenon; and Revelers Burk Hall & Co., GLHN Architects & Engineers, Snell & Wilmer and the University of Phoenix.

The business community has been extremely generous during a difficult time!

Scouts Perform Invaluable Service

Becoming an Eagle Scout takes years of work. Scouts working to complete their final Eagle Scout requirements identify their personal interests and skills, then research and visit with organizations which might need assistance. The Community Food Bank has been chosen by three Eagle Scout candidates during the last year.

Last spring, Andrew Whitehill built food display cases and whiteboard signs for his Eagle Scout project. Andrew designed the display cases, sought community contributions of building supplies, then delivered the completed project last summer. Today, the cases are used in the Value Market and the whiteboard is used at the Farmers' Market.

Eagle Scout candidates also have been particularly busy at the Community Food Bank's Marana Farm. Scout Brandon Munson built tables for the farm's greenhouse. The food bank supplied the pallets for some of the tables. Brandon secured the other necessary supplies, then designed and built the tables. These tables are part of what makes the greenhouse at the farm a successful growing environment.

Scout Nathan Ferguson also did his project at the farm. Nathan organized friends, family and other

scouts to build a lath house, which provides a large, partially shaded area for shading small plants as they mature. He purchased and sought donations for all the materials. The house was completed this past February. With summer about to begin, it will soon be serving the farm well.

Other scouts have also been pitching in to fight hunger. Boy Scouts and Cub Scouts from the Catalina Council of the Boy Scouts of America held their first *Scouting for Food* food drive on December 6. Scouts from Tucson, Marana, Green Valley and Santa Cruz County delivered grocery bags to homes a week prior to the event and then returned on December 6 to collect the donations. The scouts then delivered the bags to the Community Food Bank and branches in Green Valley and Marana. An impressive 17,000 pounds of food were collected.

Josh Fischer, program coordinator for the Catalina Council, coordinated the food drive for the scouts, and Jacob Coldsmith, transportation manager, organized the event for the Community Food Bank.

The Community Food Bank benefits tremendously from the commitment of the scouts. We always appreciate their generosity and determination.

Mardi Gras 2009

See more photos online at www.communityfoodbank.org!



King of Carnivale Mr. An with 2006 King Mayor Bob Walkup



Queen of Carnivale Christina An



Julie & Marty Laurel



Three Gorgeous Volunteers
Photo Courtesy of Geoff Kerr



Harriet Kronman, Jennifer Castiex & Len Kronman



Diane Frisch, Judy McDermott,
Betsy Bolding & Kristin Almquist



Ann Lovell, Senator Linda Lopez & Rudy Jones

Branch Highlight: Marana

This December, the Marana Community Food Bank was the victim of a theft. A locked bin full of food intended to help the food bank's clients was broken into, and the food stolen. The food was from a food drive held by Walgreens and Saguaro Environmental Services.

The story, however, has a silver lining. People responded in droves, more than replacing what was stolen. Radio station KIIM-FM 99.5 raised more than \$2,000 in cash and collected more than 100 pounds of food in two hours.

The theft created awareness in the community and motivated many new donors to step up. "I decided that perhaps this would be an opportunity for me to give back," said an anonymous donor. This donor had at one time received help from a pantry, and wanted to help the Marana branch.

The donor cited a newspaper article that recounted actor Paul Newman's generous gift to a local organization that helps the homeless. Although this person's donation was modest in comparison to what Paul Newman could afford, every gift makes a difference, especially to the people it helps.

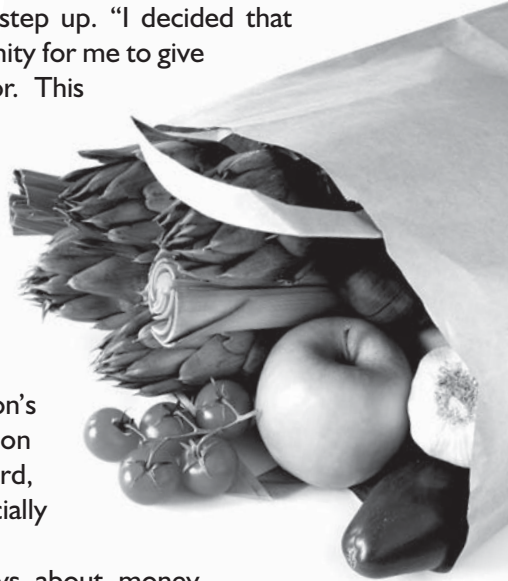
Giving back is not always about money. Some people give monetary donations, some volunteer their time or their professional services and others are able to do all three. But what really is important is the spirit in which one gives without expecting anything in return.

In more than 10 years of serving the Marana Community, the Marana Community Food Bank has seen a lot of changes. It has changed locations and staff, and increased the numbers served, but has always provided food to those in need in Marana with cheerfulness and respect. One recent change is that the Marana Community Food Bank is now packing its own food boxes. Volunteers are needed to help the Marana branch pack these boxes. If you would like to volunteer, please contact the Marana branch directly.

MARANA COMMUNITY FOOD BANK

11734 W. Grier Road
P.O. Box 70
Marana, AZ 85653

Contact: Cecilia Muñoz
(520) 682-3001
maranafb@communityfoodbank.org



Contact Our Other Branch Banks

AJO COMMUNITY FOOD BANK

421 Esperanza Road
P.O. Box 515
Ajo, AZ 85321

Contact: Karen Galliazzo
(520) 387-4916
ajofb@communityfoodbank.org

AMADO COMMUNITY FOOD BANK

28720 S. Nogales Highway
P.O. Box 729
Amado, AZ 85645

Contact: Mildred Lopez Feliciano
(520) 398-2261
amadofbank@communityfoodbank.org

GREEN VALLEY COMMUNITY FOOD BANK

250 E. Continental Road
Suite 101
Green Valley, AZ 85614

Contact: Mary Jane Goodrick
(520) 625-5252
gvfb@communityfoodbank.org

NOGALES COMMUNITY FOOD BANK

284 E. Baffert Drive
Nogales, AZ 85621

Contact: Arthur Espinoza
(520) 281-2790
aespinoza@communityfoodbank.org

Hunger Fellows Work for Change

The Congressional Hunger Center was established in 1993 to address hunger issues in the United States and internationally. The center trains emerging leaders in the fight to end hunger through fellowships. Fellows spend half their time in the field (at an organization like the food bank), learning about and participating in the day-to-day challenges of addressing hunger and food insecurity. The other half of the fellowship is spent in Washington, D.C. learning about policy development and implementation, and integrating field experience with policy experience. Fellows learn that hunger, food insecurity, poverty and homelessness are a complex mix that requires a system-wide approach to problem solving.

The Community Food Bank benefited from the work of two hunger fellows this fall. Raquel Oriol integrated the food bank's economic literacy program into an expanded eight-week curriculum which is used in family literacy classes and the Catalina Women's Group. Raquel worked with the teachers and students to prepare engaging and useful classroom sessions. The classes

include information on federal, state, and local services; the programs of the Community Food Bank; the health, environmental, political, and economic effects of food choices; the food system; and personal advocacy skills.

Eric Hoffman provided equally valuable work for the food bank. Collaborating with local artists, the Community Food Resource Center has created photographic, dance, and musical education tools. Eric developed promotion materials for the education tools and a Community Food Resource Center brochure to educate the community about food systems and community well-being. In addition, he interviewed local food system participants from farmers to food stamp advocates, gathered additional data, then wrote "Growing a Healthy Food System in Southern Arizona," which can be read on www.communityfoodbank.org.

Working with hunger fellows advances our ability to address the complex issues that surround hunger locally and nationwide.

VOLUNTEER NEEDS

- Help at the Stamp Out Hunger Food Drive, 2:00-6:00 p.m., on Saturday, May 9, at the following stations: Oro Valley, Mission, Mt. View Annex, Desert Foothills, San Xavier and Rincon. Volunteers willing to drive their own vehicles along specified routes also are needed.

- Interested in learning about growing food in the desert? Volunteer at our farm in Marana on Mondays, Thursdays, Fridays, and select weekend days.

- Help distribute information, food boxes and produce at sites around the city. Computer experience helpful, but not necessary. Bilingual a plus.

- Groups needed to sort food from the Stamp Out Hunger Food Drive, weekdays preferred.

Please call Kristen Hershberger at 622-0525 ext. 204 for more information.

NEEDED ITEMS

- Grocery carts in working condition.

CONTACT US

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Tucson, AZ 85726-6727

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Toll Free: (800) 950-8681

Fax: (520) 624-6349

Email: cfb@communityfoodbank.org

Web: www.communityfoodbank.org

HOURS

Community Food Bank

Monday–Friday, 8 a.m.–4 p.m.

Food donations accepted until 3 p.m.

Food Plus & Value Foods Store

Tuesday–Friday, 9 a.m.–4:30 p.m.

Saturday 9 a.m.–1:30 p.m.

COMING EVENTS

Stamp Out Hunger Food Drive

*City-wide Food Drive Hosted by
Your Postal Carrier*

May 9, 2009

UA4FOOD

UA4FOOD Hosts events throughout the spring to benefit the food bank. For a list of events, visit:

www.communityfoodbank.org

or www.ua4food.arizona.edu.

For details visit
www.communityfoodbank.org
or call (520) 622-0525



Nourishing News

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NOURISHING NEWS

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Spring 2009 • Vol. VI, Issue III

Help Your Letter Carrier This May

Every year the National Association of Letter Carriers asks local families to leave nonperishable items in a bag by their mail box for the Community Food Bank. This year they are asking for even more help.

On Saturday, May 9, 2009, Southern Arizona's letter carriers will again collect food donations to fight hunger during the National Association of Letter Carriers' annual Stamp Out Hunger Food Drive.

Last year the food drive collected over 334,000 pounds of food to help feed hungry people in Southern Arizona. Letter carriers collected all of this food along their route and a wonderful hard-working group of volunteers then helped them unload this food from their



trucks and repacked it into semi-trucks at the postal stations.

How you can help

- Donate non-perishable food! Needed items are canned meats, canned vegetables, canned soups, cereal, peanut butter, canned fruit or canned tomato products. Please do not donate items in breakable containers such as glass, as these can be hazardous to our postal carriers, volunteers and staff.
- This year the letter carriers urgently need help sorting the food and loading it into the tractor-trailers that will transport it to the Community Food Bank. Volunteer assignments are available at several post offices. To volunteer, call Volunteer Manager Kristen Hershberger by Friday, May 1, at 622-0525 Ext. 204.