

NOURISHING NEWS

The Newsletter of the **Community Food Bank**

Spring 2008 • Vol. V, Issue IIII

Food Donors Have Less to Give

A new trend is sweeping the nation, and it's not a good one for food banks. A multitude of circumstances is causing food shortages. A November 29 article in *The New York Times* discusses several alarming developments: "In late 2007, food banks reported seeing record numbers of people requesting food aid. At the same time donations from a federal program that gives food banks excess crops is at a low, and retail contributions are down sharply because tougher inventory control has reduced waste."¹ The Community Food Bank is just one of hundreds of food banks across the U.S. struggling to meet the needs of families in its region.

Causing the Trend

- The national surplus of food has decreased, ironically due to more efficient technology. New bar code procedures help food distributors keep their inventory low. Food producers have followed suit by growing or producing less food. That means less surplus food is available for food banks.
- Meanwhile, the demand for services has spiked due to the poor economic climate. Food banks are buying more food to keep up. At the Community Food Bank the need is up 25% overall for the year so far.
- The cost of food has risen sharply in the last year. A host of factors is working together to increase the cost



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of producing and distributing food. The Community Food Bank estimates it will be more than \$600,000 over its budget for food purchases by the end of the current fiscal year on June 30, 2008.

The National Reaction

Some food banks are rationing supplies; others are distributing stored food normally reserved for disaster relief; some are forced to do both. Many report that they have seen their stored food dwindle to 50% of the norm. These food banks rely on supplies from the federal Agriculture Department's Bonus Commodity Program to supply some of their food. The program buys surplus crops from farmers for use at food banks nationwide.

Continued on page 6

Factors Impacting the Cost of Food

- The cost of transporting food from where it is grown to where it is processed and sold rises in tandem with oil prices.
- The ethanol industry has caused a rise in corn prices. Consequently all food containing corn, or food from animals that are corn-fed, has increased in cost.
- A recent drop in the population of pollinators such as honeybees also may affect food production. *More on page 7*
- Predicted climate changes could have further effects on our food supply, especially food grown in other parts of the country and the world.

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 Pima County.

For the Record

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Dear friends,

Because we recognize there is value in collaboration and strength in numbers as we combat hunger, your Community Food Bank is a member of the Association of Arizona Food Banks. The association supports both immediate and systemic concerns. It brings our food bank access to more food, collaboration and training opportunities and coordinated advocacy on behalf of all Arizona food banks and the families we serve. The association's mission is to deliver food and services

to food banks and foster relationships in support of its commitment to end hunger.

The association operates the Arizona Statewide Gleaning Project, a program that transports donated product to our member food banks—59.1 million pounds last fiscal year! The advantage of this nationally recognized, coordinated system is the accessibility to tractor trailers full of food which can be economically transported and shared by Arizona hunger relief organizations.

The association advocates at state and federal levels to improve traditional nutrition programs and develops innovative approaches that impact the lives of the families we serve. At the federal level, the association coordinated food bank efforts to engage Arizona's congressional delegation to support passage of the 2007 Farm Bill, yet to be reauthorized. This bill includes essential programs such as Food Stamps, surplus USDA commodity distribution programs for low-income households and participating Indian tribal organizations.

The association works with other organizations, offers its leadership on the statewide Hunger Advisory Council, and is working on a ten-year plan to substantially reduce childhood hunger in Arizona.

CFB is proud to be a member of the association and appreciates the good work it does on our behalf. I encourage your support of the Association of Arizona Food Banks. For more information please visit www.azfoodbanks.org.

Sincerely,

Bill Carnegie
President/CEO

Nourishing News is a quarterly publication of the Community Food Bank. It is published in July, October, January, and April.

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You're Invited!

Performance Benefits the Community Food Bank

If we are what we eat, then what are you? Are you a nightly sit down dinner or your mother's famous tamale recipe? Are you a fresh sugar snap pea?

These are the questions that have been asked throughout the community over the past few months. The Community Food Security Center—a branch of the Community Food Bank—is collaborating with the NEW ARTiculations Dance Theatre—a local professional dance company. The purpose is to create a performance about food issues called "We are What We Eat."

The collaboration has provided opportunities for community members to talk, think, and reflect about food issues. The goal is to make where our food comes from and how each of us relates to it more visible. Through personal stories about the food system, the performance celebrates the way food connects us more deeply to our past, our environment, and each other. NEW ARTiculations choreographers are creating performances that include movement and spoken word that are based on the stories shared during community workshops.

The Community Food Security Center focuses on finding solutions to hunger through community partnerships, education and advocacy. This interdisciplinary performance uses the arts to increase awareness of food issues. In the past, education has included "Fields to Tables," an exhibit using photographs and text to follow three meals as they make their way from the field to the table. The center believes in the importance of education about food issues, not only through teaching and literature, but through seeing, hearing, and experiencing people's stories.

The collaboration is supported by the Tucson Pima Arts Council, the Punch Woods Endowment, NEW ARTiculations, DanceLoft and many generous individuals.



Bowls of Soup Support CFB

An Empty Bowls Luncheon will be hosted by Kino Community Center this April. Guests will receive a bowl of soup in a beautifully hand-crafted ceramic bowl donated by members of Southern Arizona Clay Artists. Lunches are \$10.00 each and include the bowl of soup, bread and the ceramic bowl to take home. Join us on Thursday, April 17, any time from 10:30 a.m. to 2:00 p.m. at Kino Community Center, 2805 East Ajo Way.

Join Your Letter Carrier

The National Association of Letter Carriers food drive will be Saturday, May 10. Support CFB by placing a bag of nonperishable food next to your mailbox.

A new award system will be used this year to recognize branches that lead their membership categories in food collections. Awards will be presented to the top 10 branches collecting the largest amount of food for their community's size. The Campbell Soup Company also will donate 1,000 pounds of soup to a local food bank designated by each winning branch.

Join us at the event! Volunteers make this event possible. *Learn more on page 8*

Join Us!

Free Preview Performance

Santa Cruz River Farmers' Market
Northeast corner of Speedway and Riverview
Thursday, April 24 at 5:00 p.m.

Free Matinee Performance

Community Food Bank
3003 S. Country Club Road
Saturday, April 26 at 2:30 p.m.

Evening Performance, \$15

Tucson Botanical Gardens
2150 N. Alvernon Way
Sunday, April 27 at 6:00 p.m.
Guests at this performance also can learn about regional food organizations, sample local food, and enjoy the gardens.



Giving

Angels Watch Over Children

There are an estimated 50,000 children in Pima County experiencing chronic hunger. Some of them are lucky enough to be in the CFB's Snak Paks for Kids® program. On February 27, ten angels filed into the Community Food Bank with news of a \$50,000 grant to expand the program to five additional schools.

These were no ordinary angels; they were from Angel Charity for Children, an all-volunteer organization that has raised over \$17 million over the past 24 years, benefiting 52 charities who serve Pima County's children.

With the help of angel liaisons Julie Perry and Erin Vincent, CFB staff and board members prepared and presented information about Snak Paks to Angel Charity representatives. These presentations gave CFB a much-appreciated opportunity to talk about the scope of our programs and services, and our commitment to children. Most important was the chance to explain the needs of children in the Snak Paks program, which serves the most vulnerable.

Children in the Snak Paks program receive a nutritious backpack of food every Friday when they leave school. For some, this will be the only healthy food they receive all weekend. Currently, 540 children receive a backpack. The angels' generous grant will allow the food bank to nearly double the number of children in the program.



CFB staff and angels gather at the food bank to celebrate

Farm-Fresh Eggs Arrive at CFB

It's a big deal at the Community Food Bank when we hear that the Hickmans are coming. When this happens, we know that we will be able to provide something special for our clients. This year was no exception. Hickman Family Farms from Buckeye, Arizona, delivered over 5,800 dozen eggs to the Community Food Bank on March 6. Bill Carnegie, CFB president and CEO, made it a point to unload the first eggs himself (pictured right).

Locally 2,600 dozen eggs benefited CFB's agency partners and Kid's Club sites. The remaining eggs were distributed throughout rural Southern Arizona at CFB's branches and other distribution sites. The egg donations from Hickman Farms are coordinated statewide by the Association of Arizona Food Banks (read more about the association in Bill's letter on page 3).



Fry's Shoppers Give Generously

Fry's recent shipment of corn flakes to the Community Food Bank filled a large portion of the warehouse. Box after box of this CFB staple was stacked to the rafters, a sight that thrilled Vice President of Operations Eric Hitzeman. "These are an essential item at the food bank; we use them for emergency food boxes," said Hitzeman, whose team is responsible for bringing in donated food. The 23,040 boxes of cereal donated by Fry's are actually a gift from the company's holiday food drives. The cereal was purchased with money donated by Fry's shoppers at the register. Special thanks to Fry's for hosting this food drive.



Vantage West Gives Back

Vantage West has served as CFB’s employee credit union for many years. “They are a great partner for the food bank,” said Ernie Chacon, CFB human resources manager. “We’re very thankful for all they’ve done for us over the years.” This holiday season, the organization decided to take its support a step further and accomplish some of its community giving through the food bank. Vantage West’s \$1,000 check was presented by representative Bernie Houser to CEO Bill Carnegie in December (pictured left). It allowed CFB to provide \$9,000 worth of food.



Eurofresh

New produce donor Eurofresh is helping CFB distribute healthy food to our neighbors. In January, Eurofresh began donating Hydroponic tomatoes, and recently the company added European cucumbers and bell peppers. By mid-March Eurofresh had already donated almost 90,000 pounds of produce! Several produce brokers have joined Eurofresh in giving fresh produce to CFB.

Seri Melaka Hosts CFB Clients

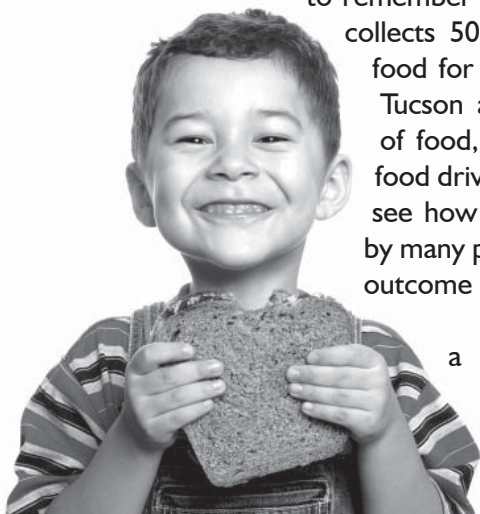
This past holiday season Seri Melaka restaurant once again treated food bank agencies and their clients to lunch. “Our clients enjoyed themselves and are still talking about how much fun it was and how good the food was,” said Freddie Cooper, executive director of Second Chance—a sober living facility.

Seri Melaka serves Malaysian cuisine, a treat that few of CFB’s clients have had the pleasure of trying. Every year the restaurant invites CFB to bring clients to enjoy a sit-down lunch on the house. Many of these clients seldom, if ever, have the chance to eat in a restaurant.

2007 Food Drives Provide 700,000 Meals!

Throughout the year, Jacob Coldsmith, Community Food Bank food drive coordinator, oversees CFB’s numerous food drives. From July 2006 to July 2007, he coordinated with 391 organizations that conducted food drives. Those 391 organizations donated 546,065 pounds of food. Looking at it another way, 1.28 pounds of food is equivalent to one meal for someone in need. When you do the math that comes out to about 700,000 meals.

With large numbers like that, it may appear that hosting a small food drive collection won’t make a difference. The important thing to remember is that even a small drive that collects 50 pounds can provide enough food for 39 meals. “If everyone in the Tucson area donated just one pound of food, we would double our yearly food drive intake,” said Jacob. “You can see how small generosity performed by many people can create an incredible outcome in our community.”



For information on hosting a food drive to benefit the Community Food Bank, contact Jacob at (520) 622-0525 x 260 or jcoldsmith@communityfoodbank.org.

The Largest Food Drives July 1, 2006–June 30, 2007	
National Association of Letter Carriers	276,511 pounds
Winterhaven Festival of Lights	24,764 pounds
Curves—collected at 16 locations	13,865 pounds
UA4Food	12,301 pounds
Rincon and University High Schools	6,728 pounds
Pima County Libraries	5,171 pounds
MIXfm Thanksgiving on the Mayflower	4,692 pounds
Valley Animal Hospital	3,760 pounds

Continued from page 1

The *New York Times* reports that supplies from the surplus program dropped to \$67 million in 2006, from \$154.3 million in 2005 and \$233 million in 2004. Figures for 2007 are not available.¹

These new trends are also bad news for consumers. They shrink how far a family's budget can stretch to cover basic needs. Many families face a choice between fuel to get to work and food for the table.

In the U.S. economy at large, home prices fell 9%, the wholesale price index increased 7.4%, and consumer confidence hit an all-time low in February—the lowest in 26 years.

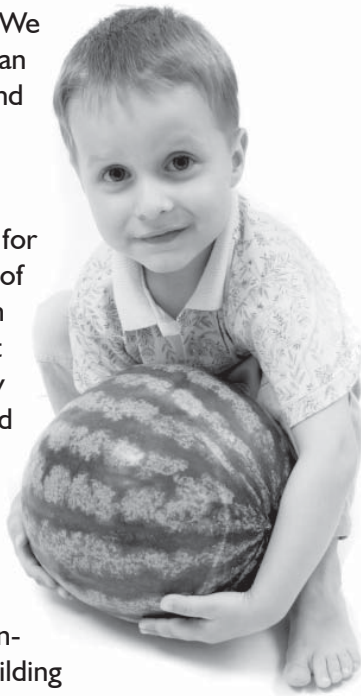
Here at Home

While things are looking bleak in many parts of the country, the Community Food Bank has not needed to cut services and has no plans to. "This food bank has never let the community down, but we do have concerns about the future," said CFB President and CEO Bill Carnegie. "We are doing everything we can to work more efficiently and creatively."

Other Regional Factors

Another concern for the food bank is the lack of local agriculture. Southern Arizona is very dependant on the rest of the country for its food supply—a food supply that is becoming increasingly expensive.

CFB is teaching people to grow some of their own food, and is growing produce on its ten-acre farm in Marana. "Building greater food security is critical for our city, county and region," said Carnegie. "Growing food closer to home cuts transportation costs, reduces emissions, and it's fresher. CFB can lead the efforts toward building food security in our region. We know how to do it."



Sources:

1. *The New York Times*, Food Banks in a Squeeze Tighten Belts, November 30, 2007, online version, http://www.nytimes.com/2007/11/30/us/30food.html?_r=1&oref=slogin

Eric Hitzeman, Operations Director, is dwarfed by the 20-foot-high shelves of food that fill the 100,000-square-foot warehouse he manages. "There are two million pounds of food on these shelves on any given day, but if we received no more food, it would be gone in five weeks. Think of it."

How are we keeping the shelves full?

- "We've hired two additional food solicitors who are working with supermarkets, farmers, and local food producers to recover as much surplus food as possible," Lei Florentino, CFB procurement manager explains. "We have 315 Southern Arizona agencies depending on us for their food needs."

- A full-time Food Drive Coordinator was hired in 2007 to manage the collection of food and support citizens at their workplaces, churches, and neighborhoods during a food drive. This has not only increased the number of food drives, but helped raise public awareness. *More on page 5*

- CFB's financial supporters are aware of the economic climate and are helping us as much as they can. "We are hoping to make up the difference in CFB's increased food purchase costs. It's a race to the finish, but this community's generosity has remained steady even when we're all being affected by the market changes," Pauline Hechler reports.

- The balance is shifting. Local governments have stepped into some of the areas where the Federal Government has checked-out. Massive increases in funding from the state, county, and cities we serve are helping save the day for our clients. About 20% of the Community Food Bank's support comes from government sources.

- CFB is working with Congresswoman Gabrielle Giffords' office to fund the installation of solar panels on covered parking structures to permanently reduce the monthly energy bill, which is currently nearly \$19,000 a month. Savings will help cover some of the additional food expense.

Honeybee Decline Worries Food Producers

Perhaps it is the fate of modern society to learn about the finer details of nature too late.

Colony collapse disorder, which has destroyed up to 60% of bees in the California beekeeping industry, has reduced the pollinators that make a flower turn to fruit.

Honeybees pollinate more than \$14 billion worth of seeds and crops in the U.S.—fruit, vegetables and nuts. Besides a serious economic loss for states where crops are grown, the productivity of American farms is imperiled as well. Ultimately, the nation's food security is at risk.

The pollination industry today is big business, with beekeepers paying as much as \$12,000 for a truckload of protein and sugar to feed their hives. Bees do the heavy work

of pollinating thousands of acres. Today's beekeepers rent their hives to industrial farming operations, trucking the buzzing colonies across the country.



Some theories about colony collapse disorder:

- Bee colonies are under more stress due to breeding them to mature earlier in time for crop cycles; stress lowers their immune systems, making bees prone to other pathogens.
- Mite infestations, and the pesticides used to kill the mites, could be causing decline.
- Trucking bees around the country could be spreading disease nationally.



DRIVE AWAY HUNGER 2008

Go for Green!

The 2008 Mariner Hybrid Gets an Estimated 34 Miles to the Gallon
The Mariner is also part of the carbon-offset program. By funding the U.S.-based renewable clean energy projects that reduce emissions elsewhere, Mercury offsets greenhouse gasses at its Kansas City plant by the same amount released during the manufacture of each 2008 Mariner Hybrid.

**Each Ticket is Only \$25
or Five for \$100!**

**Your Participation Helps Local
Children, Families and Seniors**



The drawing will be held on June 13, 2008, at 10:00 a.m. at Jim Click Ford (22nd and Wilmot in Tucson). The winner will have his or her choice of a 2008 Mercury Mariner Hybrid or \$25,000 in cash. No more than 5,500 tickets will be sold. Due to Arizona state law, we are unable to give a tax-deduction for car raffle ticket purchases.

To enter the raffle, use the enclosed envelope or visit www.communityfoodbank.org

Our Volunteers

Volunteer Carol Bushlong Insures the Quality of Donated Food

If you've walked into the Community Food Bank warehouse, you've probably seen Carol Bushong in the center of boxes and boxes of donated food. She is one of the volunteers who sort the donated food. Carol checks the expiration dates on food and makes sure nothing is torn, broken, bent or leaking. She's been doing it since 2003.

Carol was born in St. Paul, Minnesota. As a military wife, she has lived in Okawville, Illinois; Omaha, Nebraska; Ft. Walton, Florida; and Germany. Luckily she loves to travel, and still does when ever she can.

Carol has volunteered at St. Joseph Church and was a Cub Scout and Boy Scout leader for 21 years (pack and troop 733). She said that the most unusual job she ever had was conducting day camp for 500 Cub Scouts, three weeks a year for three years. Carol got involved at the Community Food Bank after reading about the need for volunteers in *Nourishing News*. She feels that volunteering at the food bank keeps her active. If you ever watch her sorting food, you will agree, she's constantly on the go.



Volunteers Visit Air Museum

The Community Food Bank lauded volunteers at a recognition dinner at Pima Air and Space Museum on March 4. One hundred volunteers, CFB staff and board members attended the event, which included guided tours of the facility. The museum generously donated the use of its site. CFB CEO Bill Carnegie spoke about the recently completed strategic planning process the food bank underwent. A buffet dinner, partially donated by Fry's Food and Drug Store, and music by the Kings of Pleasure Swing Band rounded out the evening. Volunteers donated a total of 80,276 hours of their time in 2007, an 8 percent increase over 2006.



*Emergency Food Box Volunteers
Betty & Ed McCormack at the event*

Calling All Volunteers

One of the Community Food Bank's largest volunteer events is coming up. This year's National Association of Letter Carriers food drive will be Saturday, May 10. Each participating postal station will need afternoon volunteers to sort and load donations of nonperishable food into Community Food Bank trucks.

If you are unable to participate you can still support the event and your letter carrier. Place a bag of nonperishable food by your mailbox on May 10.

How You Can Make a Difference

MAKE A FINANCIAL CONTRIBUTION

Online at www.communityfoodbank.org
By mail to Community Food Bank
P.O. Box 26727, Tucson, AZ 85726-6727

VOLUNTEER

Call Kristen Hershberger at 622-0525, ext. 204

SCHEDULE A SPEAKER

A representative will speak to your civic group, organization, house of worship or workplace.
Call Jack Parris at 622-0525, ext. 215

ORGANIZE A FOOD DRIVE

Contact Jacob Coldsmith at 622-0525, ext. 260

Presented by



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Mardi Gras 2008

Mardi Gras 2008 was a blast! More than 200 CFB supporters, costumed and beaded, joined in the festivities with King of Carnivale Jim Kolbe and CEO Bill Carnegie. Nearly \$35,000 was raised for our Child Hunger and Nutrition Programs, thanks to the outstanding leadership of Chair Jennifer Casteix and her committee. *To see more photos visit www.communityfoodbank.org then click the slideshow at the bottom of the home page.*



Dave Fitzimmons entertains the crowd



King of Carnivale Jim Kolbe leads the walking parade



Two masked guests get into the spirit.

Branch Highlight: Ajo

Fresh fruits and vegetables may soon become a regular option for the clients of the Ajo Food Bank. A portable refrigeration unit is making its way to Ajo and with it comes the ability to store fresh produce. "Right now, when they receive it, they have to distribute it right away," says Varga Garland, Ph.D. Varga serves as the Community Food Bank's vice president of food security and is the Ajo Branch supervisor working with Branch Manager Karen Galliazzo. "I was losing so much produce," said Karen, whose heart broke every time she had to turn away a food donation because she had nowhere to store it. "Now I'll have produce all month long!" The refrigeration unit is a contribution from Pima County, which is very supportive of the Ajo branch.



As part of her expanded duties as branch manager, Karen is also gearing up for 2008 Summer Meals. Summer Meals is a program that provides free lunch to children that would normally receive it through school during the year. The program runs during summer break. Ajo's Summer Meals site has been growing since its opening in 2006. In 2007 Karen began to see lots of children from the neighboring town of Why. She expects the numbers to expand again in 2008.

Mr. Olsen's IGA—a local grocer—has continued its generosity to the Ajo Food Bank despite the national food crunch. "Every month Mr. Olsen brings me 400 to 500 pounds of food," said Karen. The donations include mostly canned goods, which are invaluable to the food bank.

Also doing great things for the food bank are several local quilters. Over \$600 was donated through the proceeds of quilts, place mats and baby quilts sold at the Piece Makers Quilting Show this past February. The quit donors included Ajo branch board members and volunteers.

AJO COMMUNITY FOOD BANK

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

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

Ajo Wish List

Six-foot stepladder
Chairs in good condition

Contact Our Branch Banks

MARANA COMMUNITY FOOD BANK

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

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

Students Explore Hunger

On February 15, 150 St. Gregory College Preparatory School middle schoolers stampeded into the school's Nickerson Theater to discuss hunger: Who is hungry? Why are they hungry? What is the Community Food Bank doing to help?

The students were eager to learn about hunger and its various causes. Students enthusiastically volunteered their theories about why people sometimes go hungry to food bank staff member Pauline Hechler, who led the discussion. Amanda Morse and Michelle Kuhns, from CFB's Food Security Center, then explained Food Bank programs and services with the help of props from the food bank and 15 student volunteers on stage.

With the guidance of St. Gregory Latin teacher Jeff Clashman, the St. Gregory Middle School collected 3,738 pounds of food in less than a month, enough for about 2,900 much-needed meals.



VOLUNTEERS NEEDED

- Hundreds of volunteers needed to help collect food during the Letter Carrier's Food Drive on Saturday, May 10 from noon–6:00 p.m. Volunteer drivers also needed for rural routes.
- Collect food at Fry's Friday Food Drives taking place around the city, 10:00 a.m.–3:00 p.m.
- Volunteers with/without computer skills needed for data entry and/or office work.
- Photographer needed to document transitions on the Marana Farm.
- Groups, large or small, to pack food boxes.
- Groups and individuals needed to sort food after May 10.

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



NEEDED

- Grocery carts in good condition
- Heavy-duty shredder in good condition

CONTACT US

3003 S. Country Club Road
 P.O. Box 26727
 Tucson, AZ 85726-6727
 Phone: (520) 622-0525
 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

Seeds of Life Reception
Sunday, April 13

Hot Rods & Hot Dogs (Raytheon Employees)
Monday, April 14

Kino Sports Complex Community Center Empty Bowls Event
Thursday, April 17
10:30 a.m.–2:00 p.m.

Pima County Library Auction
Friday, April 18

International Association of Machinists & Aerospace Workers, Lodge 933, Golf Tournament
Saturday, April 19

National Association of Letter Carriers 16th Annual Food Drive
Saturday, May 10

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

The Community Food Bank receives most of its funding from people like you. Supportive public funding includes: City of Tucson, Pima County, USDA, Community Development Block Grants and Community Service Block Grants/Pima County and City of Tucson, Arizona DES/Social Services Block Grant and Arizona Department of Health Services. Community Food Bank programs provide services to eligible applicants without regard to race, color, creed, religion, handicap, age, national origin, sexual orientation, political beliefs or gender.

Nourishing News

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Healthy Foods Cost More

Researchers from the University of Washington determined that a diet composed of unhealthy food would cost \$3.52 per day, while a diet composed of nutritious food would cost \$36.32 per day. According to study authors, this may help explain the disproportionately high number of obese people among low-income populations.

In addition, researchers determined that the cost of nutritious food like fresh produce increased almost 20 percent across the two-year study period. During this time the price of high-calorie, unhealthy food dropped by 1.8 percent. Adam Drewnowski, Ph.D., director of the Nutritional Sciences Program at the University of Washington in Seattle, feels that healthy foods—particularly produce—are “rapidly becoming luxury goods.”

Source: New York State Healthy Eating and Physical Activity Alliance, “Healthy Foods More Expensive and More Prone to Inflation, Study Finds,” December 11, 2007, online version, <http://nyshepa.org/news/?m=200712>

