



Food Matters

NEWS OF OREGON FOOD BANK

SPRING
2010

Thanks to community, OFB West moving from vision to reality

New walls mark spaces for warehouse, offices and a room for volunteers to repack perishable food. New plumbing sits ready for construction of a huge, new freezer and cooler. And, thanks to generous donors, OFB's "Fight Hunger, Feed Hope" capital campaign to create Oregon Food Bank West has marched past the halfway mark toward its \$8.5 million goal.

With the first phase of construction well underway and campaign funding on track, OFB Board of Directors unanimously agreed to move forward with phase two of the project's construction.

"I'm thrilled to see construction progress and to witness our vision taking shape," says Rachel Bristol, chief executive officer, Oregon Food Bank. "The board's decision to complete the project in its entirety instead of in two phases will save us \$150,000. This great news means we can hit the ground running this summer with a fully operational food bank to help the growing number of people who are hungry in Washington County and throughout the state."

Phase one includes truck docks, warehouse space, offices, freezer, cooler and a room for processing perishable food.

Phase two adds spaces to engage the community and to address the root causes of hunger: Volunteer Action Center, Nutrition Education kitchen, Learning Garden

classroom, two community meeting rooms, entry hall and equipment.

Currently, OFB serves Washington County through a leased facility in Hillsboro with two small warehouses, minimal food-packing space, limited parking, an outdoor food pick-up area that is exposed to the elements and a dilapidated freezer. The current lease expires June 2010.

OFB plans to move out of the Hillsboro site and into its new facility in June and to complete the entire project by August 2010.

That's none too soon for Washington County agencies and the people they serve.

"We're excited OFB West will soon be our neighbor," says Lisa Villagomez, who coordinates True Life Fellowship Food Pantry, which opened in January right across the parking lot from OFB West.

"We're seeing people who are unemployed, families who have foregone food to pay for rent or have skipped meals to buy gas to get to work, families who are taking in other family members who have lost their homes, and families struggling to keep a roof over their head. It's a humbling

experience to meet these families," she says. "We're trying to help them maintain their dignity and get through this economic crisis. OFB West offers the possibility of reaching even further into our community."

"Everyone we've worked with at OFB has a heart to serve. It's been an awesome experience for me personally," she says.

"I wish we lived in a world that didn't need food banks," comments Sharon Lundquist, coordinator, Sunset Presbyterian Helping Hands Pantry, 14986 N.W. Cornell.

Instead, distribution of emergency food skyrocketed 28 percent in Washington County during fiscal year 2008-09 – twice the statewide average. Washington County's population increased 14 percent from 2000 to 2007 while its poverty rate increased 38 percent.

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How to help

To donate to
Oregon Food Bank West,
contact:

Gina Taylor, Oregon Food Bank
503-419-4193
gtaylor@oregonfoodbank.org

Or send a check to:
Oregon Food Bank
P.O. Box 55370
Portland, OR 97238-5370
Please note that your donation
is for Oregon Food Bank West.



Dear Friends,

Hunger, once again, is on the rise in Oregon and southwest Washington. The most recent U.S. Department of Agriculture hunger report, analyzing Census Bureau data, shows Oregon's food insecurity and hunger rates increased significantly. Oregon now holds the unenviable position of having the second-highest hunger rate in the nation.

An average of 6.6 percent of Oregon households, about 95,000 households per year, experienced "very low food security," also known as "hunger," in 2006-08. These households cut or skipped meals or went entire days without food. That compares to 3.9 percent in 2003-05. Only Mississippi, at 7.4 percent, had a higher percentage of hunger than Oregon.

A larger group, 13.1 percent of Oregon households, experienced food insecurity, meaning they lacked consistent access to adequate nutritious food. That compares to 11.9 percent during 2003-05.

These numbers are alarming. Moreover, the USDA report reflects the state of hunger in Oregon and the nation in 2008. Since then, the economy has weakened significantly, and many more people struggle to eat.

Not surprisingly, a separate FRAC (Food Research and Action Center) report, using Gallup data, confirms that hunger in Oregon continued to grow in 2009. Using a broader definition of "food hardship," the FRAC report shows a striking difference in the food hardship rate between households with and without children. For households without children, it's 15 percent. For households with children, it's a startling 26.7 percent.

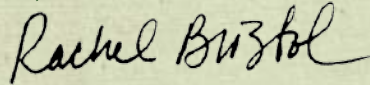
Children who are hungry get sick more often and have more trouble learning in school. Childhood hunger and malnutrition can result in irreversible health problems, such as hypertension, diabetes, kidney and heart disease, later in life. Child hunger is a health problem, an educational problem and a job-readiness problem. It also impacts both short- and long-term health-care costs.

We're working to address childhood hunger in multiple ways. We're asking Congress to strengthen child nutrition programs such as school lunch and breakfast, summer meals and WIC (Women, Infants and Children). And we're participating in the Childhood Hunger Coalition to encourage health care providers to join the fight against hunger.

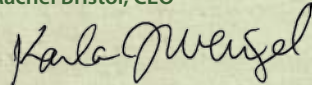
In this issue, you'll also read about the many ways OFB West will help us move more nutritious food to families not only in Washington County but throughout Oregon. We ask for your support to successfully complete this capital campaign.

In these challenging times, we were especially grateful for your heart-warming generosity during the holiday season. We ask for your continued support as we work together to eliminate hunger and its root causes ... *because no one should be hungry.*

Best,



Rachel Bristol, CEO



Karla Wenzel, Board Chair

Macdonald 'cared the most for those with the least'

Every volunteer who repacks food at Oregon Food Bank in Portland walks through the doors of the Maybelle Clark Macdonald Volunteer Action Center.

Maybelle Clark Macdonald's support for Oregon Food Bank's mission was far-reaching: from the capital campaign to build Oregon Food Bank in northeast Portland, to Oregon Harvest Dinner, to The Regional Food Bank of Tillamook County, to Blues for Katrina, to an annual challenge grant that matched guests' donations at OFB's gala Oregon Harvest Dinner, and so much more.

"Mrs. Macdonald, who died in December at the age of 93, was a wonderful friend to the food bank going back more than 30 years," says Rachel Bristol, CEO, Oregon Food Bank.

"She was a lovely lady. In her heart, she cared the most for those who had the least. We mourn her passing. Through her leadership, philanthropy and commitment to the community, Mrs. Macdonald made life better for one and all."

Oregon Food Bank is honored to be named recipient of a \$1-million bequest from the Maybelle Clark Macdonald estate. OFB will cherish her memory by permanently recognizing her legacy gift as the cornerstone of Oregon Food Bank West.

The Macdonald bequest brings the "Fight Hunger, Feed Hope" OFB West capital campaign just past the halfway mark toward the \$8.5-million goal.

OFB West

... continued from page 1

To help meet the alarming need, Helping Hands Pantry expanded its schedule and doubled the number of people it serves.

"That means our drivers need to pick up food from OFB's Hillsboro site more frequently," Lundquist explains. "Fortunately, the trips will be shorter when OFB West opens because the new facility is so close to our pantry."

"Survival," is the word Linda Robinson, Hope Pantry administrator, uses to describe what OFB West will mean for her food pantry. Last June, Hope Pantry distributed 179 emergency food boxes to help 735 people. In December, the pantry distributed 300 food boxes, helping 1,500 people.

"We're seeing more and more new people," she notes, "people who've been unemployed long enough that they've exhausted their resources. And we're seeing families moving in with other relatives to survive.

"Before we joined hands with OFB, we had few places to go for resources. OFB has helped us increase supplies and made us aware of grants," she says.

Barbara Upson, who serves on the board of Faith Café, recalls January 2009 when Faith Café served 80 low-income people the first Sunday of the month and 100 people the last Sunday of the month.

"Now," she notes, "we serve 100 people at the beginning of the month and 120 people at the end of the month. And the people we now see are often so hungry they want second servings or ask for food to take home. In response to the need, we've opened an additional day."

For Upson, the OFB West building will increase food security and safety. "Volunteers will repack bulk food in a nice, clean room, and the Nutrition Education kitchen will be a good resource for nonprofits."

"I look forward to the large, new cooler" and "a nice selection of food," adds Heather Thompson of Tualatin Valley Gleaners.

"With the dramatic increase in need for emergency food, the urgency to complete OFB West has never been greater," says Bristol. "We need the community's continued support to make Washington County a better place for businesses, workers and families."

OFB West Facts

Size:

36,000 square-feet

Raised to date:

\$4.9 million

Campaign goal:

\$8.5 million

Architect:

GBD Architects

Construction:

Walsh Construction

OFB West to expand services throughout the OFB Network

Oregon Food Bank West will help address the rising need for emergency food not only in Washington County but throughout the OFB Network. It will provide opportunities to:

- **triple current storage and processing capacity**, enabling OFB to increase food distribution in Washington County.
- **serve as the nucleus for volunteer repack of nutritious perishable food.**
- **reduce the cost of outside processing of frozen foods** by about \$125,000 per year.
- **improve the safety and efficiency of distribution** to OFB's 117 partner agencies in Washington County and allow OFB to serve areas of unmet need.
- **triple its volunteer pool** in Washington County from 4,700 to 15,000 volunteers per year over the next three to five years.
- **strengthen OFB's ability to serve as a first responder in local and statewide disaster relief.**
- **expand OFB's education and outreach programs** (Nutrition Education, Learning Garden and Advocacy).
- **support OFB's statewide network.** About 30 percent of new food processed will support the statewide network.



Students at Rachel Carson School of Environmental Science cheer the beginning of new gardening partnership with OFB West. Students will learn science while growing food for people who are hungry in Washington County.

OFB West partners with Rachel Carson students

Students cheered as they cut the ribbon and broke ground on OFB West's new Learning Garden at Five Oaks Middle School.

The middle school, just one block from the soon-to-be OFB West, is home to Rachel Carson School of Environmental Science, where hundreds of enthusiastic middle-school students will learn the science of gardening as they help grow food for people who are hungry in their community.

The new partnership fits perfectly with the school's philosophy of community service, says Rebecca Hall, teacher at Rachel Carson.

It's also a perfect fit for OFB West, which lacks garden space. OFB has already installed irrigation, a storage shed and a fence at the site. OFB West volunteers will help maintain the site year-round.

OFB West Capital Campaign Cabinet

Dennis Doyle, mayor, City of Beaverton

Janeen McAninch, president, Becker Capital Management

Brendan McDonnell, OFB Board member, Partner, K & L Gates

Craig Overhage, community volunteer

Jonathan Schlueter, executive director, Westside Economic Alliance

Connie Spiess, community volunteer

Desari Strader, Washington County commissioner, executive director, OSEIA

Charlie Swindells, president, Law Office of Charles Swindells

Karla Wenzel, OFB Board chair, Portland General Electric

Rick Wills, former chair, CEO, Tektronix

Advisory

Dick Stenson, president and CEO, Tuality Healthcare

Volunteers look forward to OFB West

What does OFB West mean for volunteers?

The big news: OFB expects to triple its Washington County volunteer corps over the next three to five years from 4,700 to 15,000.

"Those who currently volunteer at OFB-Washington County Services in Hillsboro will find OFB West a more efficient and welcoming place to volunteer," says Starr Farris, OFB volunteer manager. "And corporate and school groups who now trek from Washington County to northeast Portland to volunteer will have a great space to repack food right in their own backyard. Plus, OFB West is centrally located and on a bus line."

Here's why current volunteers at OFB's Washington County Services in Hillsboro look forward to moving to the new facility:

"OFB West will have more room for more volunteers to help." – *Nancy Sageser*

"We will be able to pack more food and feed more people." – *Laurie Skinner*

"I'm thrilled because OFB West will have more refrigeration capacity and more storage for cold foods." – *Kathy Whitworth*

"OFB West is more centrally located than the current OFB facility in Washington County. So, we'll have more transportation options to get to the facility to volunteer. I'll be able to walk to the new building." – *Tom Messenger*

"The demonstration kitchen will be a huge asset. It will be a great educational opportunity for people to learn to make the most efficient use of foods." – *Patty Pattison*



Coho salmon arrive. Oregon Department of Fish and Wildlife workers count and sort huge run of coho salmon. American Canadian Fisheries processed the fish and delivered 75,000 pounds of nutritious, frozen fillets to OFB.

Two major grants provide nourishment and hope

Peaches ... pears ... mixed vegetables ... ground turkey ... chili ... macaroni and cheese and more.

OFB is moving truckloads of nutritious food throughout the OFB Network thanks to a \$500,000 grant from the **Meyer Memorial Trust** and a \$250,000 grant from the **Collins Foundation**. The grants enabled OFB to purchase almost one-and-a-half-million pounds of food to distribute throughout Oregon and Clark County, Wash.

“Our continued support of OFB reflects our concern for the large number of people in our communities who are still struggling in this economy,” said Doug Stamm, chief executive officer, Meyer Memorial Trust. “While Meyer Memorial Trust’s resources are not sufficient for the size of the problem, we hope our support will encourage others to keep helping feed hungry Oregonians.”

“It saddens us deeply that more Oregonians are experiencing hunger,” says Cynthia Addams, executive vice president, The Collins Foundation. “OFB and its regional network are working harder than ever to meet the growing need for emergency food. We hope this grant will provide some help, especially at a time when food supplies are traditionally at their lowest. It’s a great time to give to OFB!”

“These extraordinary times present enormous challenges. We thank Meyer Memorial Trust and The Collins Foundation for their tremendous support and for understanding the ongoing high level of need in our area,” says Rachel Bristol, CEO, OFB. “The Meyer Memorial Trust, The Collins Foundation and other loyal donors prove that by joining together we can provide nourishment and hope for those in need.”



Ready. Set. Go. OFB Board member Rhoni Seguin and former University of Oregon quarterback Joey Harrington ready their shopping basket against Brad Ross and three other Portland Winterhawks in Albertsons Dash for Hunger. Relay teams raced to fill their baskets. The event raised \$50,000 to support the capital campaign for OFB West.

Stone Soup

MAJOR GIFTS FROM FOUNDATIONS, BUSINESSES, ORGANIZATIONS AND INDIVIDUALS

The Paul G. Allen Family Foundation provided \$200,000 to purchase food.

The Charlie Swindells Fund of The Oregon Community Foundation contributed \$100,000 to Oregon Food Bank West: “Fight Hunger, Feed Hope” capital campaign.

Through its workplace giving program, **Portland General Electric** and its employees pledged \$90,105 to OFB for calendar year 2010.

Oregon Food Bank partnered with **United Way of Columbia Willamette** to raise more than \$90,000 from the **Community Relief Fund** to purchase and distribute food.

Providence Health Systems donated \$13,772 in general support, \$10,000 to Oregon Harvest Dinner and \$50,000 for OFB West.

Tektronix Foundation provided \$55,000 for general support.

Spirit Mountain Community Fund donated \$50,000 for OFB West.

Richard and Tracey Clark contributed \$50,000 to OFB West.

The City of Portland contributed \$50,000 to OFB’s Food Purchase Fund.

The Marie Lamfrom Charitable Foundation donated \$50,000 for general support.

Community Newspapers pledged more than \$47,000 for general support and to support OFB West.

New Seasons Markets contributed \$15,000 to Oregon Harvest Dinner and led a food drive that raised 11,188 pounds of food and \$7,903.

Pioneer Waterproofing Company donated \$30,000 to OFB’s Oregon Harvest Dinner.

Hampton Lumber contributed \$25,000 to Oregon Harvest Dinner.

Target donated \$30,000 to support hunger relief in the Portland metro area.

up

THANK YOU
FOR MAKING
A DIFFERENCE!

FOOD AND FUND DRIVES

Fill the Bag, presented by **Jiffy Lube** in partnership with **U.S. Bank**, **PODS** and **Smart Center Portland**, collected 122,648 pounds of food.

Western States Chiropractic collected 9,079 pounds of food.

Walgreens hosted a food drive and collected 8,094 pounds of food.

Intel's annual holiday food drive collected more than 7,800 pounds of food.

Aequitas Capital Management's food drive brought in 7,484 pounds.

ODS Companies collected 5,856 pounds of food.

Kaiser Permanente's food drive weighed in at 5,440 pounds.

ADP secured 5,344 pounds of food.

FOOD DONORS

Pacific Natural Foods donated 900,000 pounds of soup, milk, soy milk and other beverages.

National Frozen Foods contributed 663,000 pounds of frozen vegetables.

Albertson's Distribution Center donated 592,000 pounds of various groceries.

Norpac donated 530,000 pounds of frozen vegetables.

Tualatin Valley Potato contributed 367,000 pounds of potatoes.

Pacific Coast Fruit Company donated 304,000 pounds of fresh produce.

Amy's Kitchen donated 264,000 pounds of frozen pizza, black bean soup and entrees.

River Point Farms donated 257,000 pounds of onions.

NW Natural raises \$150,000 for OFB Network

In celebration of its 150th anniversary in 2009, NW Natural kicked-off a year-long effort to support hunger-relief programs through cash and in-kind gifts totaling more than \$150,000. NW Natural rolled out its initiative in January 2009 with a \$100,000 gift to support OFB's food-transportation costs.

This was just the beginning of a year in which NW Natural partnered with nearly all regional food banks in the company's service area. From Coos Bay to The Dalles, NW Natural community affairs managers worked with regional food banks to provide both cash gifts and innovative in-kind support. Here are a few examples:

- Food Share of Lincoln County received \$5,000 from NW Natural.

"The funds allowed us to help emergency food pantries throughout Lincoln County with their food costs," says Nancy Smith, director, Food Share of Lincoln County.

- In Eugene, Food for Lane County partnered with NW Natural to host a dinner for 200 major food and fund donors.
- In Salem, Marion-Polk Food Share used a timely gift of \$5,000 to help replace an aging fork lift.
- NW Natural also reached out to its customers through a special appeal for Oregon Food Bank. The appeal, included in a monthly billing cycle, raised more than \$114,000 from individual customers for vital hunger relief programs.



Give a Day. Get a Disney Day. Mickey Mouse joined Hands On Greater Portland volunteers at OFB to inspire people to volunteer in their communities. Volunteers can receive a free, one-day admission to a Disneyland Resort or Walt Disney World Resort theme park. Visit www.DisneyParks.com for details.

Retirement community raises funds for OFB

Thanks to the exceptional efforts of residents, staff, guests and local business owners, a Washington County retirement community raised nearly \$7,500 for Oregon Food Bank.

Laurel Parc at Bethany Village hosted a gourmet dinner and silent auction in November and donated all proceeds to OFB.

"Residents and staff decided to do something to help families in need," says Margaret

Schreiber, general manager of the retirement community. "Many residents remember that their own parents relied on emergency food in hard times. So, raising funds for OFB was a natural way to give back and help others."

Nearly 200 residents and guests turned out to bid on an assortment of silent auction items and to enjoy a meal prepared by Ric Menegat, Laurel Parc's executive chef.

News Briefs

Bristol named top nonprofit CEO

Rachel Bristol, Oregon Food Bank's CEO, was named Oregon's Most Admired Nonprofit CEO in 2009 in a vote of chief executives organized by the Portland Business Journal. In addition, more than 2,000 CEOs selected **Oregon Food Bank** as **one of Oregon's Most Admired Nonprofits**. OFB ranked number two out of 170 nominees.

OFB Board elects new members

OFB Board of Directors elected four new board members to three-year terms: **John Attey**, vice president and general counsel, The Regence Group; **Syd Hannigan**, who retired from her position at Safeway as director of grocery, general merchandise and liquor, Portland division; **Josh Hinerfeld**, CEO, Organically Grown Co.; and **Karen Schartman**, vice president and CFO, Kaiser Permanente Northwest. In addition, Portland metro partner agencies elected **Lucinda Tate**,

outreach ministry coordinator and community center director, St. Andrew Catholic Church, to a two-year term as ex-officio local agency representative.

NORPAC receives Mahonia Award

Governor Ted Kulongoski presented the 2009 Mahonia Food Industry Award for Hunger Relief to **NORPAC Foods, Inc.** NORPAC donated more than 1-million pounds of frozen vegetables to the OFB Network during the past year and more than 6-million pounds since 2000.

Legal settlement fills cereal bowls

Kellogg's contributed 108,000 boxes of cereal to OFB and 372,000 boxes to Feeding America as part of settlement over deceptive health claims. "The settlement will benefit Oregonians who are hungry," states Attorney General John Kroger.

OFB to advocate for USDA commodities

The OFB Network distributed almost 900,000 emergency food boxes during 2008-09.

"OFB was only able to respond to the unprecedented demand for food through the tremendous generosity of the community and a significant increase in USDA commodities," says Rachel Bristol, CEO, Oregon Food Bank.

USDA commodities that OFB received almost doubled during 2008-09, thanks, in part, to stimulus funding through the American Recovery and Reinvestment Act (ARRA). But ARRA funds will expire later this year.

OFB advocates will travel to Washington, D.C., in March to visit Oregon members of Congress to convey the urgency of maintaining current levels of USDA commodities. They will also ask Congress to make new investments to help food banks store and distribute emergency food. For more information, visit www.oregonfoodbank.org or e-mail jkleen@oregonfoodbank.org.

Calendar

2010

**MARCH
2010**

KGW Great Food Drive

Help KGW raise one-million pounds of food for the OFB Network throughout March. Join the Omelet Breakfast kickoff, **March 3, 6 to 9:30 a.m.**, Pioneer Square, and receive a free Willamette Eggs and Tillamook Cheese Omelet when you donate food or cash to the Great Food Drive. For every pound of Tillamook Cheese purchased during the month, Tillamook Cheese will donate one-cent (which totaled \$30,000 in 2009). Donate food or cash at any participating U.S. Bank branch. Donate 10 or more cans of food at any local Toyota dealer and receive \$10 off your parts and service visit. In addition, Fred Meyer will host an in-store, 10-day food drive challenge from March 19 to 28, and Regal Cinemas will distribute free movie passes at Great Food Drive events. You can donate online at www.oregonfoodbank.org.

**MARCH
1-12**

Project Second Wind

More than 45,000 K-12 students learn about hunger issues and collect food and funds in creative ways. Look for Project Second Wind activities in Portland Public Schools, March 1 to 5, and in Washington County schools, March 1 to 12. Sponsored by Umpqua Bank. For details, e-mail mbrunner@oregonfoodbank.org.

**APRIL
12-16**

Canstruction

Pioneer Place, Portland

Take the family to see enormous sculptures built entirely from nonperishable food by architects, engineers and contractors. Event organizers donate all food used to build the sculptures to OFB. Free. Sponsored by Portland Chapter, Society for Design Administration. For details, e-mail mbrunner@oregonfoodbank.org.

**APRIL
26**

Taste of the Nation

Luxe Autohaus,
410 N.E. 17th Ave., Portland

Share Our Strength's Taste of the Nation features food from more than 50 restaurants and beverages from more than 40 wineries and breweries. Other highlights include live music, a Wall of Wine, restaurant gift certificates, great silent auction packages and more. The event benefits Oregon Food Bank and other hunger-relief organizations. To purchase tickets, visit www.portlandtaste.org.

**MAY
8**

National Association of Letter Carriers Food Drive

Fill a bag with nonperishable food and put it by your mailbox early on Saturday, May 8. Letter carriers will collect nonperishable food donations when

they deliver mail. This one-day food drive is made possible by the U.S. Postal Service, National Association of Letter Carriers and others. Donations benefit the OFB Network. Visit www.oregonfoodbank.org in April to sign up to volunteer.

**JULY
2-5**

Safeway Waterfront Blues Festival

Tom McCall Waterfront Park, Portland

Enjoy more than 120 performances on four stages, including Little Feat; Troy "Trombone Shorty" Andrews and Orleans Avenue; Commander Cody and His Lost Planet Airmen; Bobby Rush; Super Chikan and the Fighting Cocks; Cedric Burnside and Lightnin' Malcom; PorterDavis and Mingo Fishtrap from Austin, Tex.; Baskery from Sweden; Zydeco Swamp Romp; fireworks; blues cruises; workshops and more. The Safeway Waterfront Blues Festival, presented by First Tech Credit Union, is OFB's largest fundraiser. \$10 plus two cans of food per person, per day. Visit www.waterfrontbluesfest.com for details. Purchase special passes and blues tickets online beginning in May.

**OCTOBER
16**

Oregon Harvest Dinner

Enjoy entertainment and a fabulous dinner prepared by Portland's top chefs. To be an event sponsor, contact Megan Lewis, mlewis@oregonfoodbank.org.

Easy ways to make a difference

Feinstein challenge fights hunger

The Alan Shawn Feinstein Foundation of Rhode Island will add money to every donation made to OFB between March 1 and April 30, 2010.

The amount of the match depends on the amount OFB raises during the two-month period and the total amount raised nationwide by all participating nonprofit, hunger-relief agencies. The foundation will give away \$1 million, but it divides the money according to each nonprofit's total of the entire amount raised.

To donate, visit www.oregonfoodbank.org or call 503-282-0555 or 1-800-777-7427. Or mail gifts to Oregon Food Bank, P.O. Box 55370, Portland, OR 97238-5370.

Donate your state tax refund

Help fight hunger by donating all or part of your Oregon state tax refund to Oregon Food Bank through the Oregon charitable tax checkoff donation program. To designate your donation to OFB, enter Code 25 on the line that reads "charity code" in the charitable checkoff section of your Oregon income tax form. Enter the amount you want to donate next to the code. Your donation will help OFB and its network of regional food banks and local partner agencies continue to provide emergency food statewide.

Become a Souper Hero

Fight hunger one bowl of soup at a time with one of OFB's long-standing partners, Pacific Natural Foods in Tualatin. It's easy to join Souper Heroes. Become a fan of Pacific Foods on Facebook. For each new fan who joins between now and March 31, Pacific Natural will donate a carton of healthy, all natural soup. For details, visit www.facebook.com/PacificNaturalFoods.

Take the Pound for Pound Challenge

Planning to shed a few pounds? Join the Pound for Pound Challenge to help raise funds to fight hunger in Oregon and southwest Washington. Visit www.pfpChallenge.com or www.BiggestLoser.com. Enter your weight-loss goal and ZIP code. For every pound you pledge to lose, corporate sponsors will donate 14 cents to the OFB Network.

Join our online community

Looking for more ways to help fight hunger? Learn about OFB news and events online.

- Visit our Web site at www.oregonfoodbank.org



- Follow OFB on twitter at <http://twitter.com/oregonfoodbank>



- Become a fan on Facebook at www.facebook.com/pages/Oregon-Food-Bank/123500462249

Join OFB's Monthly Sustainer's Club

Looking for a hassle-free way to support Oregon Food Bank? Writing a check to OFB almost every month? Join OFB's Monthly Sustainer's Club (MSC) and make supporting Oregon Food Bank easy for you and effective for OFB.

As a Monthly Sustainer's Club member, you decide how much you want to donate each month. You can choose to use a checking account or credit card. We take care of the rest. You'll get an annual statement of your donations each January and OFB's newsletter three times a year but no other mailings.

It's easy to join MSC. Just clip and return the coupon below. Or contact Nanette Klimkow at 503-282-0555, Ext. 203, or nlimkow@oregonfoodbank.org.

Join OFB's Monthly Sustainers Club

Name: _____

Phone: _____

Mailing address: _____

City: _____

E-mail: _____

I prefer to make automatic gifts monthly from my checking account.

Enclosed is a check with my first montly gift
 my blank, voided check

I prefer to charge automatic gifts monthly to my credit card

Visa Mastercard Other

Card #/Exp. date _____ security code _____

Monthly gift amount (minimum \$10)

\$100 \$75 \$50 \$20 \$10 Other

Please make this monthly transfer on the

5th day 20th day of each month

This authorization will remain in effect until I notify Oregon Food Bank in writing that I wish to change my contributions.

Signature/date _____

Please complete this form and mail to Oregon Food Bank, P.O. Box 55370, Portland, OR 97238-5370.

Regional Food Banks of the OFB Network

Operated by Oregon Food Bank

Oregon Food Bank -
Washington County Services
Hillsboro

Southeast Oregon Regional Food Bank
Ontario

Oregon Food Bank - Metro Services
Portland

Regional Food Bank of
Tillamook County
Tillamook

Regional Food Banks

CCA Regional Food Bank
Astoria

South Coast Food Share
Coos Bay

Linn-Benton Food Share
Corvallis

FOOD for Lane County
Eugene

Josephine County Food Bank
Grants Pass

Klamath/Lake Counties Food Bank
Klamath Falls

Community Connection
La Grande

Yamhill Regional Food Bank
McMinnville

ACCESS Food Share
Medford

Food Share of Lincoln County
Newport

CAPECO Food Share
Pendleton

NeighborImpact
Redmond

UCAN Food Bank
Roseburg

Marion-Polk Food Share
Salem

Columbia Pacific Food Bank
St. Helens

Mid-Columbia Community
Action Council
The Dalles



Our mission: To eliminate
hunger and its root causes
... because no one should be hungry.

www.oregonfoodbank.org



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Gardeners plant to make a difference

Planning your vegetable garden? Consider planting a few extra plants or even an extra row to help fight hunger.

During the 2009 harvest season, gardeners donated 81,630 pounds of nutritious produce to food pantries, soup kitchens and other agencies in the Portland metro area.

“It’s easy to join Plant a Row,” says Rebeca Siplak, OFB Learning Gardens program coordinator. “Simply plant a little extra in your garden. At harvest time, donate the extra produce to your local food agency.”

“No quantity is too small,” says Eric Sopkin, OFB Metro Services coordinator, who helps gardeners partner with local agencies at harvest time.



For gardening resources or to find a partner agency near you, visit www.oregonfoodbank.org/plantarow. Or call Sopkin, (503) 282-0555, Ext. 260, esopkin@oregonfoodbank.org.

MOST WANTED PRODUCE

Refrigerated space is often limited, so food pantries and soup kitchens appreciate produce that transports and stores well.

Here are some recommendations:

- tomatoes (pick slightly underripe)
- green beans
- garlic
- onions
- hot peppers
- cucumbers
- zucchini
- collard greens
- beets
- summer squash

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