



FOOD BANK OF
NORTH ALABAMA

Impact

Together we can solve hunger™

VOLUME 12 | WINTER | 2020

New Year's Resolution

As we all begin to hang our new 2020 calendars and sketch out our resolutions for the new year and the new decade, the Food Bank of North Alabama also is looking ahead. We would like to share with you some of our goals and a few projects that we will be working on in the coming year. When you support the Food Bank, you're helping us achieve these goals, such as growing our distributions and nutritional programs for seniors, providing milk for kids and expanding the Farm Food Collaborative. Here are some of our New Year's resolutions.

We Resolve to Provide Milk to Kids

In 2018, the USDA began regularly providing fresh milk to the Food Bank of North Alabama, allowing us to distribute large quantities of milk through mobile pantries and our partners for the first time. Milk quickly became a highly requested item due to its popularity with kids, its nutritional value and utility in cooking. **Though the USDA deliveries are expected to wane, the Food Bank is committed to continuing to provide nutritious milk by purchasing it directly.**

Milk is a valuable source of protein as well as vitamins and nutrients that are critical to the growth and development of children. It's also widely popular, with children often saying how happy they are to have milk during our mobile pantry distributions. Milk also can be a critical source of protein and calories for older adults.

In 2020, the Food Bank of North Alabama will be looking to continue this project with the help of sponsors and partners.

We Resolve to Effectively Serve Our Community



The Food Bank of North Alabama set records in 2019 as we efficiently distributed more food than ever across the Tennessee Valley. **We distributed nearly 9 million meals during the 2019 fiscal year.** And now, with each \$1 donation we can provide the equivalent of 7 meals.

In 2020, the Food Bank commits to providing food to those in need efficiently to ensure we can help as many of our most vulnerable residents as possible.

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Because of donors like you ... *amazing things are happening!*

New Year's Resolution

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We Resolve to Help Farmers And Provide Healthy, Locally Grown Food to Kids



The Farm Food Collaborative's plans for 2020 include growing their sales for Alabama farmers into new grocery stores, new school districts and Early Care and Education facilities in North and Central Alabama. This will be accomplished by working with existing farmers to increase crop production, as well as expanding their reach with new farmers.

One pilot program from 2019 that they will continue testing is freezing produce when it is freshly picked in the summer to then be used by school districts during the school year. The FFC team piloted this project last year through a partnership with Madison City Schools. Blueberries were harvested and frozen in July and then served on the lunch line in September. The next product they plan to test is strawberries. Because of the short window for harvesting strawberries during the school months, freezing will extend the season for farmers and school cafeterias, who can use the frozen berries in desserts and smoothies throughout the school year.

On a broader level, the Farm Food Collaborative will be deepening statewide partnerships. They will work with stakeholders throughout the state on a strategic plan to increase Farm to School efforts in Alabama. Along with the Alabama Department of Agriculture and Industries and the Alabama Department of Education they will hold procurement trainings for both Early Care and

Education providers, and school Child Nutrition Program Directors.

We Resolve to Impact More Seniors

In 2019, we began offering the Commodity Supplemental Food Program (CSFP) to Seniors in North Alabama. CSFP works to improve the health of low-income seniors at least 60 years of age by supplementing their diets with nutritious USDA Foods. Participants are provided monthly boxes that include a variety of nutritious foods.

The Food Bank will grow the CSFP program this year till we reach our maximum allotment.

We Resolve to Provide Healthier Foods to All in Need

The Food Bank started its Good Food Project many years ago to ensure everyone had access to healthier foods. As an off-shoot, we started a program called Kids Harvest, where during the summer we'd provide to kids and their families fresh produce along with nutritional information and simple food demonstrations.



This year we will expand Kids Harvest into Healthy Harvest to operate year-round and target senior residents as well as kids and their families. We will provide healthy foods while educating those we serve on the importance of nutrition.

Have a Happy, Healthy New Year

These are just some of the Food Bank of North Alabama's specific goals for 2020. We are honored and proud to be able to serve this community and provide as much food as we can to those who need it most. We know with donors and supporters like you, 2020 will be our most successful year ever. Thank you!

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