

# PLENTY

summer 2016

food gatherers®

fighting hunger where we live

MEMBER OF  
FEEDING™  
AMERICA

Meet Up  
and Eat Up:

Healthy food to fuel their summer

Kale and spinach might seem unappetizing to your average seven-year-old, but whip it up with strawberries, bananas, and ice on a kid-powered smoothie bike and you've got a frosty and tasty beverage to keep kids cool during the summer. That was just one nutrition lesson offered to children participating in Food Gatherers' Summer Food Service Program this year. More than 10,000 students in the Washtenaw Intermediate School District, Ann Arbor Public Schools, Ypsilanti Community Schools and Lincoln Consolidated School District are eligible for a free or reduced-price school meal (Oct. 2014 school data).

This summer we will sponsor 31 Summer Food Service Program sites, offering meals, snacks and classes in nutrition education

designed and taught by Food Gatherers' interns from the University of Michigan School of Public Health (a partner since 2006). And there will be plenty of smoothies made thanks to three students from Skyline's Design Technology and Environmental Planning magnet, who designed, built and donated two new smoothie bikes to our programming!

Sponsored by your donations and the USDA, we are working to fill the gap in the summer months when children in low-income areas do not have access to free or reduced-price meals through the schools.



Children taking a turn riding the smoothie bike

Why  
"Plenty?"

Our very first gatherers chose to call the Food Gatherers newsletter **Plenty** because we know there really is **plenty** of food for everybody. The problem isn't supply, but responsible use and distribution. **In a nation of plenty, no one should go hungry.**

Here at Food Gatherers, we rely on **plenty** of generosity and dedication to rescue food, deliver it to more than 150 partner programs, and serve the people who need it most. We can't do it alone! Together, with your commitment, volunteer work, and willingness to give, we can mobilize all available resources to fight hunger where we live.



# From the President/CEO ~

While you might be familiar with Food Gatherers' mission and efforts to alleviate hunger, you might question how our efforts impact the complex root causes of hunger.

## The impact of our hunger relief work is two-fold.

There are **our highly visible programs**, like our Food Rescue Program, Summer Food Service Program and Food Gatherers Community Kitchen—these programs represent our efforts to alleviate hunger through direct and indirect food distributions. Then, there is **the work that is often invisible to the public**. We help our non-profit partner programs save money and labor so they are able to devote more of their limited financial resources to their work in addressing root causes.

How do we do this? Food Gatherers, unique among food banks nationwide, has always assumed more of the costs and labor associated with our food rescue and food bank program. We provide an abundance of free food through our rescue program, do not charge our agencies delivery fees and often deeply subsidize the costs to purchase inventoried food items.

Our feature story on Hope Clinic (next page), is an example of one such agency finding the intersection of food and housing, just one of the many root causes of food insecurity. With 150 varied non-profit partner programs, you can imagine the “deep dish” collaborations and broad scope of programs we can continue to support thanks to your investments.

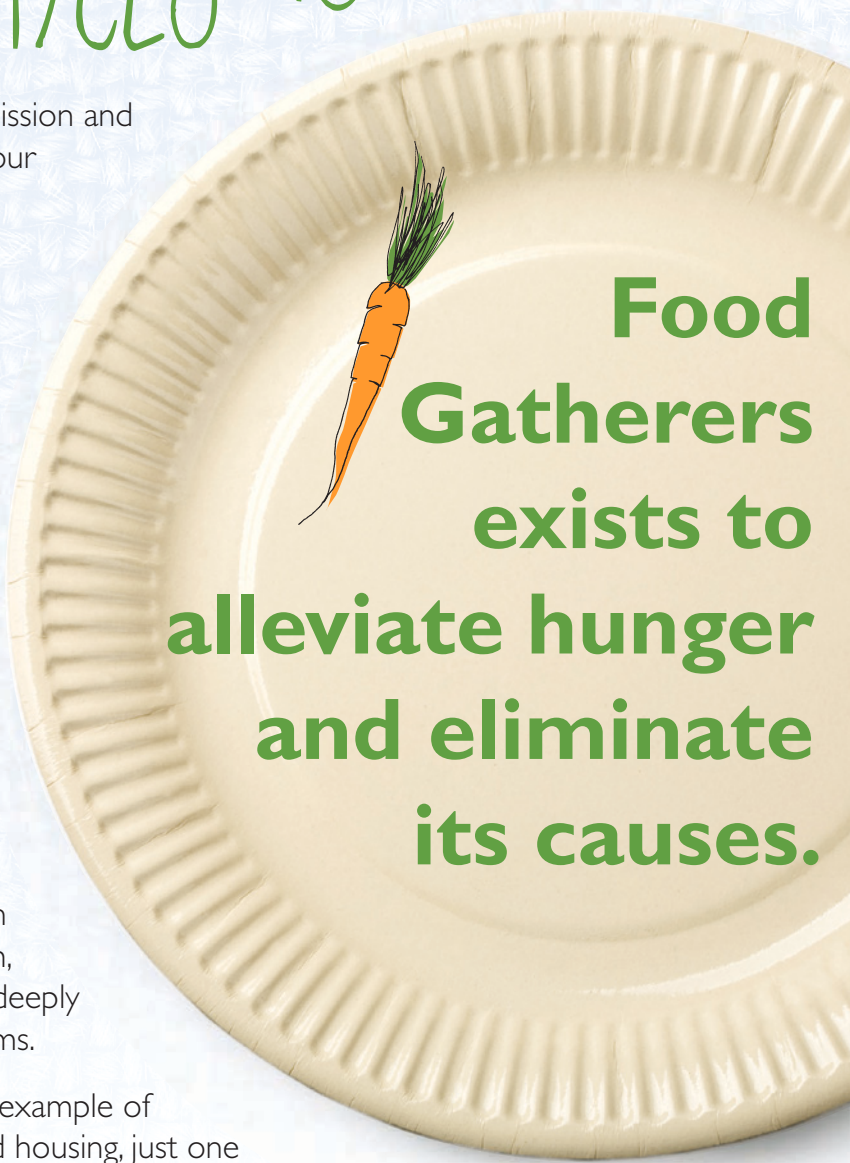


Gathering with you,

Eileen Spring  
President/CEO

*We help our non-profit partner programs save money and labor so they are able to devote more of their limited financial resources to their work in addressing root causes.*

P.S. Food Gatherers was just awarded our **12th consecutive Four Star Rating** by Charity Navigator, America's premier independent charity evaluator. This particular honor is only awarded to 1% of charities rated by Charity Navigator, and is testament to our organizational commitment to sound fiscal management, organizational accountability and transparency!



**Food Gatherers exists to alleviate hunger and eliminate its causes.**

# Hope Clinic: Paul's Story

*Food Gatherers distributes food to more than 150 partner programs in our community so they can continue to provide excellent services to our neighbors in need. Hope Clinic in Ypsilanti is one of these partners; they provide compassionate and practical help to those in need. Hope offers medical and dental care to the uninsured, plus a variety of social services to minister to the whole person. With Food Gatherers' support, Hope Clinic also offers a full spectrum of hunger relief services, including a food pantry, produce distribution, and a hot meal program on the weekends.*

It was the food program that first drew Paul to Hope Clinic. Homeless and living in a tent community, Paul shopped at the Hope Clinic food pantry and sought out non-perishable items that didn't require much in terms of preparation and storage: pop-top soups, pre-packaged snacks and bottled water. Looking to improve his housing situation, Paul worked many odd jobs but

needed a formal ID card to obtain full-time employment (his previous ID was unreadable due to years living outdoors). The staff at Hope Clinic stepped in to provide Paul with food and help him secure a Washtenaw County ID card. They went above and beyond meeting these needs by offering him a place to clean up for interviews, new boots and socks, lights for his bike, and even a needle and thread for his pants. "I have many moms at Hope," he says with a smile.

While receiving food assistance from Food Gatherers through Hope Clinic and many other local meal programs, Paul was able to move into a shared apartment in Ypsilanti and secure a job at a local pizzeria. Equipped with a stove and refrigerator to cook and keep things cold, he is able to choose healthier foods at the distributions: "Sometimes I'll get asparagus, and I'm just over the moon about it!" Food assistance from Hope Clinic alleviates his funds for other necessary expenses—like paying his phone bill so he can access his work schedule online.

Paul loves to give back to the place that has given him so much. He volunteers regularly at Hope Clinic, especially on delivery day, when volunteers need assistance carrying boxes of food from Food Gatherers' truck into the food pantry. He dreams of founding his own organization to help homeless individuals transition into steady work and bright futures.



"The outrage of hunger amidst plenty will not be solved by 'experts' somewhere. It will only be solved when people like you and me decide to act."

~Frances Moore Lappe

**Become an anti-hunger advocate!** Calling, writing or even tweeting your elected officials encourages them to take action on legislation to preserve crucial funding for hunger relief programs that affect millions of hungry Americans, including many in our local community.

To receive timely information on important issues facing our hungry neighbors, please visit [www.foodgatherers.org/advocate](http://www.foodgatherers.org/advocate) to sign up for our Advocacy and Action Alerts.



Food Gatherers' CEO Eileen Spring and Director of Community Food Programs Markell Miller meeting with Senator Debbie Stabenow and other anti-hunger advocates in D.C. to talk about Child Hunger, 2016.

# Upcoming Events:

## Produce Donations

As it approaches peak harvest time, remember that you can always donate fresh garden produce to Food Gatherers. More than 60% of the food we distribute is produce or protein items. Fresh and perishable foods can be dropped off at Food Gatherers Warehouse, 1 Carrot Way, Ann Arbor, M, T, T, F from 9AM-5PM, and W 9AM-7PM.



## September is Hunger Action Month

September is Hunger Action Month™, when Feeding America and member food banks ask everyone in America to take action to fight hunger in their community, all month long. Hunger Action Month is your opportunity to join a movement that has a real and lasting impact on our effort to feed more Americans than ever before. Whether it's by advocating and raising awareness, making donations, or volunteering, you can find the way that's right for you to make a difference during Hunger Action Month. Together, we can solve hunger.



## Mow Down Hunger with Weingartz, September 13 through October 11

As part of its seventh annual Mow Down Hunger campaign, Weingartz will match gifts to Michigan food banks, including Food Gatherers, to raise one million meals for Michigan. Funds raised through the campaign will fuel Food Gatherers' programs targeting child hunger, including school-based food distributions, and snack pantries serving students.

Start or upgrade a monthly donation to Food Gatherers and Weingartz will match your donation for a full year. Your monthly gift of \$25 will be doubled to \$50 every month for twelve months, providing 1,800 nutritious meals to our neighbors in need.

## Volunteer With Us!

Help sort food at our warehouse, cook meals at our Community Kitchen, or even ride along in our trucks to see firsthand how your support is connecting retail food donors and our partner programs that serve food. All of these volunteer opportunities and more are available at [www.foodgatherers.org/volunteer](http://www.foodgatherers.org/volunteer).



info@foodgatherers.org  
**Food Gatherers**  
**Main Office:**  
 1 Carrot Way  
 Ann Arbor, MI 48105