

PLENTY

Fall 2018

MEMBER OF
**FEEDING
AMERICA**

food gatherers
fighting hunger where we live

Food is Medicine: *You are what you eat!*

You hear this all the time, but did you know eating healthy food can prevent or ease many chronic diseases including obesity, heart disease, high blood pressure, hepatitis, stroke, and type 2 diabetes?

Every day at Food Gatherers, we meet community members struggling to get healthy food on their tables. Many (88%) report purchasing inexpensive, unhealthy food because they cannot afford better options. Others struggle with food insecurity, unaware that there are programs throughout the community to help them access healthy food.

Today, Food Gatherers is joining with local health care providers to help our neighbors struggling with food insecurity access the fresh food they need to support their health. The **Health Care and Food Bank Partnership Initiative** creates a connection between local health care institutions and Food Gatherers' network of partner pantries.

When individuals or families visit participating clinics, they fill out a short questionnaire asking about basic needs such as food, housing, and affording medication. The care team at the clinic then connects patients to the appropriate resources. This collaboration between health care providers and Food Gatherers helps patients obtain quality food with dignity and provides the necessary support to maintain good health. Additionally, Food Gatherers is teaching future physicians about the negative impact of food insecurity on health, especially for children.

“By working with health care providers, Food Gatherers will be able to reach people who may not be accessing food pantries but still need help,” says Ellen Rabinowitz, Health Officer, Washtenaw County Health Department. “When a doctor or a nurse can advise a patient that they are improving their health or their child’s health by getting the food that they need, it destigmatizes food insecurity.”

The Initiative is an exciting expansion of the work Food Gatherers has been leading for 30 years. We were early adopters of best practices in hunger relief: creating client choice pantries that showcase produce and protein, connecting clients to SNAP and other federal food programs, and providing innovative food distributions at schools and community clinics. To continue making meaningful changes for low-income individuals, Food Gatherers is committed to engaging community institutions such as schools, colleges, employers, and now, health care providers, to improve access to healthy food, and highlight hunger in our community.

The Health Care and Food Bank Partnership is a multi-year, multi-strategy initiative, with separate components funded in part by Michigan Medicine Community Health Services, the Michigan Health Endowment Fund, and generous community donors.



Opening day for Maggie’s Marketplace in the Ypsilanti Health Center



Healthy food choices at Maggie’s Marketplace, a food pantry, in the Ypsilanti Health Center

Your support keeps healthy meals on your neighbor’s table.

Please make a gift now to keep their plates full: www.foodgatherers.org/donate



Forever Gathering

It's official! Food Gatherers has created a Nonprofit Endowment Fund with the Ann Arbor Area Community Foundation. As the Fund grows it will provide sustainable annual income that can offset recession, inflation, federal budget cuts, political fluctuations, and other changes. The Fund directly supports our mission to alleviate hunger and eliminate its causes in our community and is an important part of our commitment to fiscal responsibility.

To learn more about the Fund please call or email Helen Starman **734.761.2796** or helen.starman@foodgatherers.org.



Sealed with a carrot by Ann Arbor Area Community Foundation CEO Neel Hajra and Food Gatherers President/CEO Eileen Spring

Farm Bill and Education Awareness Event

On August 14th, Food Gatherers co-hosted a Farm Bill Education and Awareness event at Ruhlrig Farms. The non-partisan regional event increased community awareness of the farm bill and how Southeastern Michigan growers, retailers, food banks, and individuals work together to make sure we all have food to eat. The farm bill is important federal legislation, passed about every five years, that covers the food on our plates, farmers and ranchers, and the natural resources (soil, air, water) that make growing food possible. Programs covered by the bill range from crop insurance for farmers to healthy food access for low-income families.

Event speakers included Mary Judnich (Office of Senator Stabenow), Jason Ruhlrig (Ruhlrig Farms), John Kran (MI Farm Bureau), Bernie Dave (Walmart), Annie Shapiro (Fair Food Network), Kait Skwir (Food Bank Council of MI), Jerry Ann Hebron (Oakland Avenue Farm Extension), and Jae Gerhart (MSU Extension). Event co-hosts included Detroit Food Policy Council, Forgotten Harvest, Oakland County Food Policy Council, and Washtenaw County Food Policy Council.



Food Gatherers Markell Miller with Mary Judnich, Office of Senator Debbie Stabenow



Thank you Ruhlrig Farms for hosting the event and donating to food banks throughout Southeastern MI!

Fighting Hunger in Our Community

Thank you, Cultivate Coffee and Tap House, for supporting Food Gatherers at your Sundays in the Garden event on August 12th! In its second year, the summer event hosted over 12 Sundays, recognizes and supports local nonprofits, Michigan breweries, and Michigan musicians and bands.



Planet D Nonet performs at Cultivate's Sundays in the Garden event to benefit Food Gatherers.

You can support food rescue through Food Gatherers: www.foodgatherers.org/donate

Community Kitchen Interns Learn from Local Chefs

Beyond alleviating hunger, Food Gatherers works to address its root causes. Each summer our Community Kitchen Job Training Program provides culinary arts instruction to young adults at risk of homelessness. In addition to their daily instruction with Food Gatherers Community Kitchen Manager Scott Roebuck, our 2018 interns had the opportunity to visit and learn from several local chefs. Here are some of the highlights:

- A visit to Miss Kim for lunch and a cooking lesson with managing partner Ji Hye.
- A lesson in Ukrainian cuisine with Lisa McDonald.
- A visit to Tio's to make Mexican pizza and work on the line.
- A visit to Domino's world headquarters and the pizza test kitchen.
- A lesson in knife skills and safety with Chris Roberts from Zingerman's.

We are proud of our interns and grateful to our community partners who generously share their time and culinary talents!

Community Kitchen interns Alec and Arion shown here, after lunch and a cooking lesson, with Miss Kim manager Ji Hye, Community Kitchen Manager Scott Roebuck, and Miss Kim staff person Katie, one of the first residents of the Carrot Way apartments next to our warehouse.



Create Your Own Food Chain

People often ask us, "How can I join the fight against hunger?" There are many answers to this question - donate funds, donate food, volunteer - but the best way to fight hunger in our community is to invite your friends, neighbors, colleagues, and family to **join** you! Learning about hunger in our community from a trusted friend is more compelling than anything we could do, **and now, you** can use our online fundraising pages to easily and effectively spread the word!

Last holiday season we piloted the online fundraising pages with Community High School as part of their annual participation in our Rockin' for the Hungry fundraiser. Student groups and individuals set up fundraising pages to promote their campaign among family, friends, and neighbors. Together, 530 students surpassed their \$50,000 goal, raising more than \$56,000, the equivalent of over 168,000 meals!!!!

In 2018, individuals and corporations have successfully used fundraising pages to raise over \$100,000 for the fight against hunger! It's easy to create a page and we are happy to help you! To learn more, call or email the Food Gatherers development team (734.761.2796 or development@foodgatherers.org) or register online: foodgatherers.org/fundraise. We'd love to have you join the fight against hunger!



Community High Students fighting hunger in their community.



Share Your Food Gatherers Memories

As we approach our 30th anniversary, we appreciate the contributions of everyone who made our work possible over the years. We could not have come this far without you! Please help us record the community effort that Food Gatherers represents by submitting your favorite Food Gatherers stories, and memories to: anniversary@foodgatherers.org. Here is one of our newest submissions:

"My first memory of Food Gatherers was being upstairs at Zingerman's Next Door, and overhearing people nearby discussing Food Gatherers activities - they appeared to be a working group for Food Gatherers. Seemed like a great idea! Next was my first time volunteering at the Community Kitchen - sorting baked goods for the day's meal. The message was "if you wouldn't want to eat it, then toss it..." Food Gatherers were discriminating about the food they served to their guests. So respectful! I've never forgotten that. Lastly, volunteering outside Kroger's. The shoppers who come and go recognize the Food Gatherers name. Their responses reflect their respect and trust for Food Gatherers. You have built a wonderful organization for this community, one that people admire and trust. Thank you for working to alleviate hunger. You make a difference to so many. Kudos to you all on your anniversary." Elizabeth Nolan

Zero Waste Grillin'

Food Gatherers is committed to protecting our environment. For 30 years we have rescued perishable food that would otherwise go to waste, and distributed it, free of charge, to community agencies providing food to people experiencing hunger.



Staff and volunteers worked throughout the event to encourage appropriate recycling, composting, and trash disposal.

Last year, rescued food comprised 43% of the 6.5 million pounds of food we distributed. Food rescue provides multiple benefits to our community through reduced food waste, reduced greenhouse gas emissions, tax deductions and reduced disposal fees for local businesses, and most importantly, safe, wholesome food for our neighbors in need.

Our efforts to be environmentally responsible extend beyond our food rescue program. This year we collaborated with Zero Waste Washtenaw for Grillin' 2018. Working together, we recovered 1,270 pounds of recycling and compost, and just 32 pounds of trash. Grillin' 2018, attended by over 1,400 people, was 97.5% zero-waste. Thanks to all the outstanding volunteers and staff for your commitment and hard work!



Washtenaw Coordinated Funders



coordinatedfunders.org

Upcoming Events

Appreciation Event

October 28, 2018

To celebrate our 30th anniversary, we are hosting an Appreciation Event at the warehouse from 3:00-5:00 p.m.!



Costumes are encouraged, preferably with a Food Gatherers theme, and Paul and Lori Saginaw will be judging. We hope to see you there! Please RSVP to the volunteer team (734.761.2796 or volunteer@foodgatherers.org).

Giving Tuesday

November 27, 2018

Giving Tuesday brings together millions of people to support and champion the causes they believe in and the communities where they live. Help kick off the giving season and join the fight against hunger in our community with a gift to Food Gatherers!

Rockin' for the Hungry

November 28 - December 2, 2018

Ann Arbor's 107one radio personalities broadcast live at our largest annual outdoor food and fund drive. Gifts made during Rockin' are matched by lead community members.

foodgatherers.org/rockin

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