



Fairbanks Community Food Bank

# HARVEST

## Newsletter



*Neighbors Helping Neighbors*

**Special Food Box Customer Issue**

Spring 2015

## How Do I Get a Food Box?

This food bank was started in 1982 (33 years ago, during an economic recession), and it was a partnership with another local agency who does case work, Love In the Name of Christ (food bank does not do any case work). The purpose of the food bank is and was to salvage local surplus food and give it to people who need it. Our job is to serve local churches and agencies who would like to help people who need food assistance in the Tanana Valley. This food bank creates the logistics and structure for that to happen. We help churches and agencies get the collected food delivered as "local" as possible, in Fairbanks and North Pole, each day Monday through Friday. We also collect and warehouse the food and arrange for volunteers who can pack the food boxes and deliver those boxes in food bank vehicles to the food distribution sites. So the first step is to decide which of the food distribution sites is closest to you. On the right side of this page is the list of the weekly distribution sites.

If you need an emergency food box, please contact these distribution churches or agencies on the days specified. Call between 10:00 am and 12:00 (noon) Monday through Friday. Orders will not be taken before or after that time. Orders are then picked up on the same day at the Church or Agency you called (not at the Food Bank). Please respect these times as the program is run almost entirely by volunteers who assist in the different parts of the preparation each day. Remember! These food boxes are packed with a three day supply of food. Do not place orders closer than three days.

## FAIRBANKS COMMUNITY FOOD BANK Distribution Churches and Agencies

*Choose the Location most Convenient to you*

<i>Day of the Week</i>	<i>Fairbanks Locations</i>	<i>North Pole Locations</i>
Monday	Fairbanks Lutheran 1012 Cowles <b>452-3425</b>	North Pole Worship Center 3340 Badger Rd Beaver Brook Mall <b>T: 488-9084/F: 490-6718</b>
Tuesday	Christ Lutheran Church Farmer's Loop at Iniakuk Ave <b>479-4947</b> Feb. Mar. Apr./Aug. Sept. Oct. First Church of the Nazarene 1524 Westwood Way <b>479-7419</b> May June July / Nov. Dec. Jan.	Salvation Army 1602 10th Ave. Fairbanks <b>452-5005</b>
Wednesday	First Presbyterian Church 547 7th Avenue <b>452-2406</b>	St. Jude's Episcopal Church ½ Mile Laurence Rd <b>488-9329</b>
Thursday	Bible Baptist Church 32 Adak <b>452-1407</b>	Lord of Life Lutheran Church 1005 St. Nicholas Dr. <b>488-6720</b>
Friday	Fairhill Community Church of God 101 City Lights Blvd. <b>457-5522</b>	North Pole Worship Center 3340 Badger Rd Beaver Brook Mall <b>T: 488-9084/F: 490-6718</b>
<b>Weekend - Food Bank is not open but hot lunches can be obtained from Rescue Mission and Immaculate Conception Church</b>	Christ is the Answer 402 16th Avenue <b>452-6810</b>	NP Assembly of God Kit Street <b>488-6431 xt.21</b>
	Some other numbers to call if you need case work: Love, Inc. 452-5683 ICNVL 452-2293 Public Assist. 451- 2850 Rescue Mission 452-5343 Breadline 456-8317 Vet Center 456-4238	<i>Continue to Page 2 for more about the Change in Food Box Distribution Policy.</i>

How wonderful it is that nobody need wait a single moment before starting to improve the world. ~ Anne Frank

# Here are the New Rules

## Change in Food Box Distribution Policy

### January 1, 2015

This food bank has had the same food distribution policy since 1982 (over 33 years). Many things have changed, including the economy, and it is time to update our food box policy to reflect changing conditions.

#### *Here are the new rules:*

1. Anyone who asks for food assistance may receive up to 10 orders in a calendar year (January 1 through December 31).
2. There will be no regular food box orders accepted after the annual allotment of up to 10 is used in a calendar year, so order wisely. If all your 10 food box orders are placed in January and February, you will not have food box orders available March through December of that year.
3. As always (no change), all adults listed on the order will be required to provide photo ID at the time of pick up. No photo ID of all the adults who order the box, no box will be picked up.
4. Each food box will continue to be packed with about 20 pounds of food per person (no change). Food will be provided for 3 days: three breakfasts, three lunches, three dinners.
5. Food Bank does not do any special orders. We will provide locally

salvaged/collected food. If you need specific food, such as gluten free, sugar free, dairy free, heart health, diabetic, kosher or any of those special diet items, we are probably not the best place for you to ask for food assistance. We pack what we receive each day into the food boxes. There are no dieticians here. The food boxes are lovingly packed by our community volunteers, who care very much about sending you the best we receive each day, but none of us are trained in the unique characteristics of your dietary requirements. We provide what we have. No special diets will be packed. No special orders will be taken. If you receive food which you should not eat, please share it with a friend or neighbor. *First come, first served each day.*

6. The Food Bank will pack up to 60 orders each day (no change). The order time is between 10 am and noon, Monday through Friday. When we reach 60 orders for the day, we close the ordering time even if it is before noon on that day. If you order after we have received 60 orders for the day, or after 12 pm noon (whichever comes first), you will not receive a food box today, and must

re-order tomorrow. *First come, first served.*

7. There are no standing orders. Orders should be placed by the person who needs the food box, not the case workers (unless there are special circumstances because the person who needs the food cannot call). Once again, call early on the day you need the food box, *first come, first served.*
8. The number of stranded (wasted) food boxes (not picked up at the distribution sites) is increasing (in the last month we wasted at least 500 pounds of food each week because boxes were not picked up at the food distribution sites). If you order a food box, and it is sent to the distribution site you requested but not picked up there by you, you will not receive any more food boxes until you come into the Fairbanks Community Food Bank located at 725 26th Avenue (phone calls will not be a substitute for an in-person explanation) and give a reasonable and provable explanation for the situation which caused the waste. We have too many families who need the food and we do not want to continue to provide for people who waste what we send to them.

*The purpose and mission of the Fairbanks Community Food Bank is to be a SIMPLE and INEXPENSIVE way for our community to help people with short term problems.*

If you have special food needs or long term care needs, please find a different supply of food which better serves those needs.

**QUESTIONS ABOUT THIS FOOD BANK POLICY CHANGE?**  
Call Fairbanks Community Food Bank at 45-SHARE (457-4273).



# Frequently Asked Questions

- *Where do I get food boxes*

See chart of weekly locations on page 1.

- *Where is the food distribution site located?*

See chart enclosed, telephone numbers and addresses are on the chart.

- *How often can I get regular food box orders?*

Up to 10 orders in a calendar year.

- *How big are the food boxes and what is in them?*

We pack three days of food – three breakfasts, three lunches, three dinners, approximately 20 pounds of food per person listed on the order.

- *Do you deliver food boxes?*

No, this food bank does not deliver food boxes to individuals, we take them to distribution sites. There may be other options for you at some of the food distribution sites or with Love, Inc. If this is your problem, please ask at the food distribution site when you place your food box order. **Remember, if you order and do not pick it up, that will be counted as one of your 10 orders in the calendar year and you will NOT receive any more food boxes until you come to the Food Bank at 725 26th Avenue to explain the waste of food.**

- *Can someone else pick up my food box for me?*

Yes, if they have YOUR photo ID and if YOUR name is on the food box order. ***No photo ID at the time of pick up, no box.***

- *Can I have orange juice instead of apple juice (substitutions)?*

No, we cannot guarantee you any special requests for specific food.

- *I can't eat the cinnamon rolls you have included in the box. What should I do with them?*

Please share them with your friends and neighbors.

- *Can I pick up the food box at the distribution site after their scheduled hours or on a different day?*

No, the food distribution sites have their volunteers scheduled at certain times on certain days and you need to stay with the schedule they give you when you place a food box order with them.

- *Can I pick up the food box at the Fairbanks Community Food Bank instead of at the regularly scheduled food distribution site?*

No, food boxes are NOT handed out directly from our warehouse at 725 26th Avenue. They are taken to distribution sites.

- *Last week my order was placed with my sister Mary and this week I am with my new boyfriend George. Does that mean I have already used 2 of the 10 allowed food boxes for the calendar year?*

Yes, each time you are named on a food box order, you will be expected to present your photo ID to have the food box picked up, and you will be listed in our database for that order.

- *If I reach 10 orders in a calendar year but still need help, what can I do?*

There are USDA programs, which use federal income guidelines, which you can apply to use. You cannot be enrolled in both regular food boxes and USDA at the same time, but after you have used the 10 allowed for you each year, you may sign up for TEFAP or CSFP. Please call Pam at 374-0555 so she can explain the USDA programs to you. They distribute food once a month, at specified times, and there is preliminary paperwork required, so these food boxes will not be available on the day, or even week you sign up. You must be pre-registered in order to receive these special food boxes on their designated distribution days. Please do not wait until the last minute to get signed up for the USDA programs.

# Empty Bowls: April 11, 2015

There is a story about a man who left this earth and was taken on a tour of the inner realms. He was shown a room where there was a large group of hungry people trying to eat dinner, but because the spoons they were trying to eat with were longer than their arms, they remained frustrated. "This," his guide told him, "is hell."

"That's terrible!" exclaimed the man; "Please show me heaven!"

"Very well," agreed the guide, and on they went. When they opened Heaven's door, the man was perplexed to see what looked very much like the same scene: there was a group of people with spoons longer than their arms. As he looked more closely, however, he saw happy faces and full tummies, for there was one important difference: **the people in heaven had learned to feed each other.**

**BELIEVE THAT WE HERE ON EARTH CAN LEARN TO FEED ONE ANOTHER AS WELL.**

**Please join us here at the Food Bank on Saturday, April 11th for EMPTY BOWLS, from 11am to 2pm.** This is a national project which was adopted in Alaska by a local group of potters. The purpose of the project is to raise money for feeding hungry people, to increase awareness of the hunger problem, and to enhance art education. Local potters have made empty ceramic bowls which will be given to guests at the April 11th event in exchange for a donation of money. The guests will be asked to keep the bowls of their choice as a reminder that someone's bowl is always empty and that on this one occasion they have helped to alleviate hunger in Interior Alaska. All proceeds remain in this community.



As Dr. Wood said in an article about EMPTY BOWLS, May 27, 1992, "Government subsidy? No, just Fairbanks homefolk. Good neighbors together, and proud of it."

# Stamp Out Hunger: May 9, 2015

Every spring, the National Association of Letter Carriers holds the nation's largest food drive—at post offices throughout the country. For a week in May, everyone can help "Stamp Out Hunger!" in Fairbanks by making a delivery of non-perishable food items, such as canned meats and fish, canned soup, juice, pasta, vegetables, cereal and rice, at their local post office. All food donations are then repacked by the Food Bank and redistributed to community and emergency food programs to help families in need.

Let's make our local Fairbanks Community Food Bank look like this! At this point only one out of every four houses in the Tanana Valley participates in this great way to donate – the Letter Carriers do all the work – but we dream of a collection like this – and WE NEED YOUR HELP TO MAKE IT HAPPEN!



Stay tuned for more details about the Spring 2015 campaign. For more information about this NATIONAL FOOD DRIVE, go to [www.nalc.org](http://www.nalc.org).

## Our Mission Statement

The mission of this Food Bank is to collect surplus food in the community and share it with local people who need it.

### BOARD MEMBERS 2015

Tom Bartels, President  
Karen Kiss, Vice President  
Hollis Hall, Secretary  
Missy Hawkins, Treasurer  
Brad Johnson, Past President  
Ellen Ayotte  
Larry Baillon  
Phil Cochrane  
Sandy Cummings  
Tammy Tragis-McCook  
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If you would like to receive our e-blast newsletters and event notices, please send your email addresses to [anne@fairbanksfoodbank.org](mailto:anne@fairbanksfoodbank.org).

**Did you have a cup of coffee this morning?**

Some people in our community could not afford one. Help us help them by purchasing HARD TIMES coffee, thanks to our sponsors North Pole Coffee Roasting Company. \$3 for a sample package.

