



SETTING THE TABLE

To Ensure A Place At The Table for Everyone

A Publication of the Mississippi Food Network

August 2008

NEW PROGRAMS AT MISSISSIPPI FOOD NETWORK HELP FEED CHILDREN

BackPacks aren't just for school books anymore. In partnership with Stewpot Community Services, the Mississippi Food Network kicked off their first backpack program. Excitement



filled the air at the end of the first week at the Stewpot Community Services summer program as each of the 125 children attending received a backpack filled with food for the weekend. The backpacks contain child-friendly, easy to open, nonperishable, food - fruit cups, cereal, shelf-stable milk, juice, granola bars, canned protein such as ravioli or chili, and fresh fruit when available. The Backpack Program is designed to meet the needs of hungry children at times when other resources are not avail-

able, such as weekends and school vacations. The teens participating in the Stewpot teen program this summer have been packing the backpacks each week as part of their community service project. Mississippi Food Network was able to start this exciting program through a grant from the Charity Projects Entertainment Fund (CPEF). Charity Projects Entertainment helped raise funds for this program by sponsoring the "IDOL GIVES BACK" promotion in partnership with FOX and "AMERICAN IDOL" which aired on FOX in April 2007.



The second Kids Cafe opened this summer providing lunch for 142 children attending the Central MS Prevention Services Summer Leadership Camp in Vicksburg. This agency provides enrichment activities in social skills, nutrition, abstinence, drug use and anger management. They also offer tutoring services and participate in fun activities such as swimming, bowling, skating and picnics. We hope to partner with this agency during the school year to provide meals for their children enrolled in the afterschool program.

If you would like more information on these programs, please contact Cassandra Guess, MFN Program Director at 601-973-7079 or cguess@msfoodnet.org.

Visit us on the web at www.msfoodnet.org



Setting The Table

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A WORD FROM WALKER

Many times I am asked, "What does your organization do?" My usual response is "how much time do you have?" Though it seems very complicated, in reality it is a simple concept. We acquire, warehouse, and distribute food and household items to Mississippians in need. As simple as the concept is, the execution of that concept depends on cooperation between the food bank, food donors, state government, member agencies and friends like you.

Where does the food come from that we distribute?

Each year we distribute more than 12 million pounds of food through our member agencies. Every month one million pounds of food comes into the warehouse and one million pounds of food goes out. And, to accomplish this it takes organization, cooperation, timing, and hard work.

The first step in distributing a million pounds of food each month is acquiring the food. Through our affiliation with America's Second Harvest, The Nation's Food Bank Network (A2H), we have access to national food donations from companies like Nabisco, Uncle Ben's Rice, Proctor & Gamble, ConAgra, Coca Cola, General Mills, and Kroger. In addition, we administer the Emergency Food Assistance Program (TEFAP) and the Commodity Supplemental Food Program (CSFP). The TEFAP and CSFP product is made available through the USDA for distribution to low-income individuals, families, children and senior citizens who are at risk for hunger.

We also purchase product with money raised from donations and grants. For every dollar donated to Mississippi Food Network we are able to supply \$15 worth of food. It's amazing that for \$20 we can supply 156 meals. Food drives are another source of food. Local organizations, schools, churches and companies have been very supportive with holding food drives to help stock our shelves and benefit our recipients. In these tough economic times every dollar and every can that is donated is vital to our mission.

A WORD FROM WALKER (continued)

How do we distribute the food in our warehouse?

Our food is distributed through 320 member agencies that are either 501c3 non-profit organizations or churches. Without the involvement of these local organizations that are working to fill a need in their community, we would not be able to get this food to the people who need it. These member agencies are operating soup kitchens, food pantries, shelters, youth programs, group homes, human service programs, and senior citizen programs.

Since we are centrally located in the state, most of our agencies pickup from our warehouse with their truck and trailer, take it back to the their site, and distribute directly to the people in their community in need of food assistance. We also deliver truckloads of food to drop sites in areas that don't have access to our warehouse. Our tractor-trailer is on the road 18-20 days each month delivering food and needed items.

Do you have any programs?

In response to the growing number of children at risk for hunger we have started some feeding programs specifically targeted for children.

Last year we opened our first Kids Cafe, a national program through A2H. Each week during the school year 100 children are receiving a hot, nutritious dinner five days a week before they go home from their afterschool program. During the summer they are being served breakfast and lunch to help replace the meals

they normally eat at school. We have plans to expand this program in the fall to serve 1,000 additional children.

This summer we began our Backpack Program. We provide a variety of nutritious, kid-friendly food items to fill a backpack that is being distributed to 126 children every weekend. Our hope with this program is to ensure that low-income children have nutritious food over the weekend or school holiday when they don't have access to the school lunch.

As you can see, it takes a lot of organization, cooperation, timing, and hard work to operate the Mississippi Food Network. We are proud that we are able to do this with a staff of 16 full-time and three part-time staff members. We each wear many different hats and fulfill our job descriptions, as well as doing what needs to be done to get the food to those in need. We also partner with the Mississippi Department of Corrections to utilize inmate labor and appreciate our many volunteers who donate their time.

In closing, as I have said many times, this is absolutely the best way to help people through good stewardship, accountability and cooperative efforts. I hope this gives all of you who have graciously supported us a better feel of how we work. I wish each of you would take an hour to come visit in person and see us in action. My thanks to all who have helped and God Bless.

Walker

WINNERS ANNOUNCED FOR 15TH ANNUAL 16-WAPT FOOD FOR FAMILIES FOOTBALL CHALLENGE FOOD DRIVE

Anticipation was high on Thursday, April 17, 2008, at the annual luncheon honoring the participants of the 15th Annual 16-WAPT Food For Families Football Challenge Food Drive that benefits the Mississippi Food Network. Each year area high schools are paired up with their "rivals" on the football field to see how many canned food items they can collect during the week. Over the years, this has become quite a competitive event with the schools trying to see who can raise the most food items and who will go home with the traveling Challenge trophy. During the 2007 football season, a total of 185,871 cans of food were collected. This 156,000 pounds of food helped provide more than 120,000 meals to hungry Mississippians. This food drive is a very vital part of our program because the canned food these students collect is all high quality and helps us serve our agencies better as they work to feed hungry people in Mississippi.



MFN Board Chairman Don Noblitt, MFN Executive Director Walker Satterwhite, Madison Central sponsor Pat Haffey, Madison Central students Timmy Dasinger and Shannon Green, and WAPT-TV representatives Jennifer Cook and Danny Walker

The first place winner this year was Madison Central High School who raised 78.2 cans per student. Second place went to St. Andrews High School with 61 cans of food per student and St. Joseph High School captured the third place spot this year with 46.3 cans per student. Other area schools that participated this year were Brandon High School, Callaway High School, Jim Hill High School, Murrah High School, Northwest Rankin High School, Pearl High School, Provine High School, Ridgeland High School and Vicksburg High School. All of these schools are winners with their giving spirit.



MFN Board Chairman Don Noblitt, MFN Executive Director Walker Satterwhite, St. Andrews sponsor Tara Lewis, St. Andrews students Oliver Galicki, Blythe Bynum, and Nitisha Shrestha, and WAPT-TV representatives Jennifer Cook and Danny Walker



MFN Board Chairman Don Noblitt, MFN Executive Director Walker Satterwhite, St. Joseph students Kathleen McMullin, Graham Coffelt, and Miles Forks, St. Joseph sponsor Faye Holingsworth, and WAPT-TV representatives Jennifer Cook and Danny Walker

USM DIETETIC INTERNS PARTNER WITH MISSISSIPPI FOOD NETWORK

For several years the students from the USM Dietetic Intern program have visited and toured the Mississippi Food Network as part of their program rotation. Through a new partnership, some of the students will be doing their special interest rotations at Mississippi Food Network next year. During their rotation they will be working with our CLUB Nutrition program, learning the different aspects of food banking, and working at some of the member agencies. This year Whitney Brown worked with us for two weeks on her Community Rotation. Whitney taught nutrition lessons on healthy snacks like fruit kabobs and Mr. Apple Heads at Stewpot and Operation Shoe-string as part of our CLUB Nutrition program. She also did a food demonstration for the Senior Citizens at Anderson United Methodist Church. She prepared a tuna casserole from the ingredients in their May CSFP food boxes and provided samples to the Senior Citizens at the monthly distribution.



The Dietetic Internship is a post baccalaureate dietetic program offering over 900 hours of intensive training in food service management, clinical nutrition and community nutrition. The interns enroll as graduate students and attend classes and participate in supervised practice 32 hours per week completing rotations in General Clinical Nutrition, Renal Nutrition, Nutrition Support, Long-Term Care, WIC-Community Nutrition, Wellness, School Food Service, Healthcare Food Service Management, three-week clinical staff experience rotation, and a choice of their own two-week special interest rotations at the end of the internship. We look forward to this continued relationship as an enhancement to our programs.



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REGIONS BANK EMPLOYEES PARTICIPATE IN FOOD DRIVE

The management staff of Regions Bank in the Jackson area recently participated in a summer food drive and delivered 828 pounds of canned food items. Summer is always a busy time for the food pantries with parents trying to provide food for their children who normally eat lunch at school. Our thanks to them for hosting a food drive to help provide food for our fellow Mississippians.



If you are interested in holding a food drive with your church, office or other group please call 601-973-7086

STUDENT FOOD DRIVE CONDUCTED AT MISSISSIPPI STATE UNIVERSITY NETS 1,500 POUNDS OF CANNED GOODS

Mississippi State University students collected more than 1,500 pounds of canned goods in their "War on Hunger" food drive at the end of the semester to help stock local pantries of the Mississippi Food Network. The "Committee of 19" campus organization sponsored the food drive, held the last week of April. Although many students had to study for final examinations, they honored their commitment to make a difference. One fraternity donated more than 700 cans, and other student organizations collected significant amounts of food. In addition, many faculty members made an effort to motivate students to participate.

The cans were distributed among seven food pantries in Oktibbeha, Clay and Lowndes counties. In keeping with the request for a variety of foods rich in nutrients, student volunteers sorted soups, canned tuna and chicken, beef stews, pineapple chunks and green beans brought to the Hearn-sburger Food Processing Plant on campus. The committee partnered with the Mississippi Food Network, the Society of St. Andrew's and Students Team Up to Fight Hunger (**STUFH**) www.stufh.org to conduct the drive. The donations will help pantries maintain their stocks that often are depleted in summer when more people seek assistance. When school is out, families on limited incomes must deal with the issue of providing three nutritious meals a day for their children who normally get breakfast and lunch at school.

We are very proud of these students and the great job they did on their first annual **STUFH** food drive. Our thanks to Dr. Chiquita Briley and the Committee of 19 for working with us on this project.



MADISON CENTRAL STUDENTS MAKE DONATION

Helping to feed their fellow Mississippians is a project the students of Madison Central High School take seriously. Each year the students participate in the 16-WAPT Food For Families food drive and collect canned food items. But, this year they took it one step further. The school submitted their success story of collecting more than 115,000 cans of food during the food drive to Do Something, Inc. (www.dosomething.org) and were the recipients of a \$500 cash prize. And, in keeping with their giving spirit, the students donated their prize money to Mississippi Food Network to help them acquire more food. We are so proud of this school and their students because their efforts are a great benefit to the Mississippi Food Network. Madison Central Principal Edith Mitchell presented the check to MFN Executive Director Walker Satterwhite.



HOBY STUDENTS VOLUNTEER AT MISSISSIPPI FOOD NETWORK

When most young people were “sleeping in” on Saturday morning, 40 volunteers participating in the Summer Leadership Seminar with the Hugh O’Brian Youth Leadership Program (HOBY) were sorting and packing boxes of food at Mississippi Food Network. HOBY is a leadership program for promising high school sophomores who are nominated by their high school and show initiative in being a future leader. We welcome and look forward to these students coming each year to volunteer for their community service project.



EMERGING LEADERS STUDENT INSTITUTE (ELSI) PARTICIPANTS



Students from the “Emerging Leaders Student Institute ELSI” held at the Hinds Community College Utica Campus came to volunteer at Mississippi Food Network as part of their community service for the program. The ELSI Leadership training program seeks to develop and enhance students’ interpersonal skills and to teach them leadership skills that will increase their involvement in school and community activities. All of the students attending hold a 3.0 grade point average and are selected by their schools.

CO-LIN PHI THETA KAPPA STUDENTS VOLUNTEER

As part of their Chapter Officer training, six students and their sponsor from the CoLin Community College Phi Theta Kappa helped stuff direct mail letters. The students attended workshops during the morning and then spent the afternoon at Mississippi Food Network doing volunteer work. We appreciate them volunteering at our organization this year and hope they will come again.



BLUE CROSS BLUE SHIELD EMPLOYEES VOLUNTEER



Every month Blue Cross Blue Shield employees continue to come to Mississippi Food Network to volunteer. The employees are completing their community service hours for their employee incentive program and have been a great help to us packing CSFP boxes and working on our direct mail project.

HAVE YOU REMEMBERED MISSISSIPPI FOOD NETWORK IN YOUR WILL?



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Just go to **www.goodsearch.com** and be sure to enter **Mississippi Food Network** as the charity you want to support. And, be sure to spread the word!

**WOULD YOU LIKE TO TOUR OUR WAREHOUSE? CALL US AT 601-973-7086
AND SET UP A TIME TO COME SEE US IN ACTION.**