

Food Matters



MISSISSIPPI
FOOD NETWORK

MEMBER OF
FEEDING
AMERICA

Mission

To relieve poverty-related hunger in our service area by distributing donated and purchased food and grocery products through a network of member churches and non-profit organizations. We provide nutrition education to our needy clients.

We also emphasize advocacy and related needs.

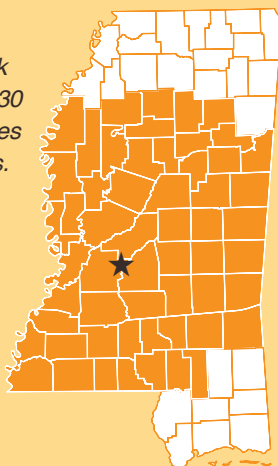
Vision

To eliminate poverty-related hunger in our service area.

Our Service Area

Mississippi Food Network distributes to 430 partner agencies in 56 counties.

★ = Mississippi Food Network Warehouse



Food Network Fact

Our service area is big! Our 56 counties add up to 32,955 square miles of Mississippi fields, towns and cities.

With an estimated 386,650 food-insecure Mississippians across all that space, that's about 12 people per square mile who are struggling with food insecurity.

MAKING A DIFFERENCE ONE MEAL AT A TIME

Madison Sebren radiates joy when she walks into Wynndale Baptist Church's Food Pantry along with her family. With such joy coming from her, one could blink and miss an important detail of Madison and her family's life – they face hunger on a regular basis. This family is an example of those our member agencies see on a daily basis – a family working, receiving SNAP benefits, but just not able to make it without some food assistance.

A family who "has missed car payments to ensure there is food on the table."

Melissa Corban knows firsthand the difficulties of asking for help – "it's hard to admit you can't feed your own family." **Melissa and her family have not always needed help, but after losing her job last year and her husband experiencing health issues, they just could not make ends meet – they could not pay all their bills and put food on the table.** But, Melissa is grateful for the help provided by Wynndale Baptist Church Food Pantry – "a place where they treat you like family and make it easier to get help."



These families are two of the thousands of families served each month by Mississippi Food Network and their 430 member agencies. Member agencies like Wynndale Baptist Church are "boots on the ground" each and every day helping people in their community facing hunger/food insecurity. Rita Norton and her group of volunteers give their time and talent packing food boxes for distribution and greeting clients with a kind word and smile.

Thank you to our donors, along with our member agencies, for helping us by Making A Difference One Meal At A Time.

Dear Friends and Donors:

I recently was honored to serve as a panelist for the Community Health Center Association of Mississippi's 32nd Annual Conference. The panel discussion, moderated by Mississippi Food Network (MFN) board member, Dr. Bettina Beech, also Dean of the University of Mississippi Medical Center's (UMMC) School of Population Health, brought together experts in a variety of fields for the purpose of helping conference attendees gain better insight on issues related to population health. The subject of my discussion was the Population Health/Food Connection and what are the solutions when healthy foods are scarce?

I took this opportunity to introduce to some and remind others that individuals, businesses and organizations in this country are beginning to partner, utilize research and bring to bear resources that are helping to positively impact our national hunger and food insecurity problem.

Some of the examples I gave included the fact that a recent article in TIME Magazine, entitled "Why Food Could Be the Best Medicine of All," provides evidence that awareness of food as medicine is starting to take hold in the minds of the American public and health care providers. I mentioned that cutting edge research has shown reductions in hospital admission and readmission rates, as physicians are beginning to write prescriptions for food. **I also pointed out that earlier this year, a Mississippi State Senator helped secure \$200,000 in state appropriations, to allow Quitman County Mississippi to reopen the only grocery store in the entire county.**

I used such examples to let those in the audience know that our country has the people and resources needed to solve our hunger/food insecurity problem. **This nation, for instance, produces and throws away enough food to ensure that no citizen has to go hungry or wonder when or how they will get their next meal.** I told them that when we come together as a nation to harness the collective will to solve this daunting problem, then and only then will it happen.

In the meantime, nearly one in four Mississippians is experiencing hunger or food insecurity and the contributions you make to MFN help us provide for those neighbors who are in need. **Your continued support is both needed and very much appreciated, because every donation counts!**

Sincerely



Charles H. Beady, Jr., Ph.D.
Chief Executive Officer



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SUMMER MEALS FOR CHILDREN

Mississippi Food Network completed another successful year for our Summer Feeding Program. Each year we partner with agencies to provide meals and/or snacks for children during the time they are not receiving meals at school. As in the past, our focus is on rural areas where they do not have other resources such as the school systems providing meals.

Our 25 partner sites in 2019 provided a total of 40,352 meals – an increase of 9,561 meals from 2018. We had sites in 16 counties in Bolivar, Copiah, Forrest, Grenada, Hinds, Holmes, Jefferson, Leflore, Lowndes, Madison, Montgomery, Rankin, Sharkey, Warren, Washington and Yazoo – from one end of our service area to the other. We partnered with libraries, Boys & Girls Clubs, YMCAs, schools, and a housing authority. In addition to the meals, the sites also offer enrichment activities to keep the children engaged when they are out of school, their parents are at work, and they are looking for something fun to do.

Again, thanks to our donors, site partners, staff and volunteers we were able to help these children and their families have a good summer.

COMMUNITY PARTNERS VOLUNTEER

Volunteers are a very important part of any non-profit's operation. Our volunteers help pack CSFP food boxes, backpack meal kits, mobile pantry boxes, and host food drives for us. A volunteer hour in Mississippi has a value of \$19.70 per hour according to the Independent Sector's latest figures.

Here are some of the volunteer groups who helped us during the summer:

- **WJTV raised 3,460 pounds of food** for their Founder's Day project.
- The Apple Store employees packed **942 backpack meal kits** on their day of service.
- The Obesity Health Disparities Research PRIDE Program at UMMC participants, led by Dr. Bettina Beech, a MFN Board member, **packed 1,000 Commodity Supplemental Food Boxes (CSFP)** for senior citizens.
- Entergy employees packed **375 backpack meal kits**.
- The Hugh O'Brien Youth Leadership (HOBY) group **packed 853 boxes of assorted food drive canned items** for distribution to our member agencies.
- Morgan Stanley employees **packed 1,100 backpack meal kits**.
- Trustmark Bank employees packed **650 backpacks and 600 CSFP boxes**.
- UPS employees from the HR department packed **300 mobile pantry bags**.



HOBY Volunteers



Morgan Stanley Volunteers



Apple Volunteers



Trustmark Bank Volunteers



Entergy Volunteers

SHOP AT KROGER TO HELP

Everyone buys groceries and if you are a Kroger shopper, you can help Mississippi Food Network by registering your Kroger card online at krogercommunityrewards.com. If you have never registered your card online, you will need to click SIGN UP TODAY in the new customer box and follow the instructions to set up your account. After you have your account click on Edit Kroger Community Rewards – you must enter your Kroger card number our NPO number HN833. You will see Mississippi Food Network on the right side of your information page. **And, remember, you have to re-register each year for your donations to help us.** So happy shopping everyone.



SAVE THE DATE

UPS-WJTV-iHeartMedia You Can Make A Difference Food Drive
Friday, November 1, 2019

16-WAPT Turkey Drive
Thursday, November 21, 2019

6th Annual Moonlight Market
Thursday, March 19, 2020

THE DAIRY ALLIANCE PROMOTES CAPACITY BUILDING

A partnership with The Dairy Alliance is providing Mississippi Food Network the opportunity to build capacity at member agencies and provide nutrition education. Grant

funding from The Dairy Alliance allowed us to purchase 30 coolers for member agencies. These coolers help build storage capacity providing member agencies the ability to store and distribute cold items like fresh milk. In addition, a cooking demonstration table has been purchased for use by our registered dietician in the Nutrition Education Program.

The Dairy Alliance is a non-profit organization made up of dairy farm families. They work with schools, health professionals, retailers, dairy processors and the public to promote dairy foods. **Mississippi Food Network is delighted to be working with The Dairy Alliance providing fresh milk to Mississippi families.**



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How You Can Help: Become a Monthly Partner

Hunger is a problem that exists every day in our community. Through our programs and services, Mississippi is working with our member agencies to help provide for people in their communities. When you become a **Monthly Partner**, your gifts ensure that nutritious food is available for our hungry neighbors all year long. To learn more about becoming a **Monthly Partner**, visit our website at www.msfoodnet.org and click on the DONATE button. When making your donation, you can choose Monthly Gift. **If you have questions, please call Marilyn at (601) 973-7086.**

