Food for Thought The Newsletter of Hope



Fourth Quarter 2010

Thank you!

Thank you for making this year's Empty Bowls Luncheon & Silent Auction fund raiser the most successful one to date!

Over 800 patrons streamed into the McAllen Convention Center on November 17th. Many commented on the amazing variety and quality of the food provided by 30 of the Valley's best restaurants, such as: Rudy's Country Store and Bar-B-Que, Bistro M, Lansky & Brats, House Wine, Zushi, Club at Cimarron, and Remington's.

Guests were able to repeatedly help themselves to samples of sushi, chili, appetizers, desserts, coffee and beverages during the 3 hour luncheon.

During the event there were also several items up for silent auction. Among the highlights of the auction were 2 ft. autographed bisque platters that were hand painted by local artists. Autographs included: Darius Rucker (Hootie and the Blowfish), Bishop Daniel E. Flores, Warrant, Lisa Ling and others.

Many guests stayed for the entire event just to be able to sample all of the food and make sure they had won the items they bid on.

"I had no idea of the size of this event," exclaimed one of the visiting sponsors from First Choice Power.

The Food Bank of the RGV wishes to again thank all the sponsors, restaurants, artists, and volunteers who helped made this Empty Bowls the best!

Plans are being made for 2011. See you next year!

Ignacio Almaguer (center). Food Bank of the RGV Board President, ac-

Ignacio Almaguer (center), Food Bank of the RGV Board President, accepts a check for \$10,000 from the Pharr Sunrise Kiwanis for their support as Presenting Sponsor during the Empty Bowls Luncheon & Silent Auction, November 17, 2010 at the McAllen Convention Center. Kiwanis Board Members include: Jose Espinoza, Jr (far left), Mercy Lomas (Kiwanis President), Jose Garcia and Manuel Rivera.



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Guests quickly find a ceramic bowl that "speaks to them" before one of hundreds of other guests snatch it away.

Mega Purse Event March 26

Do you have a constant itch to buy a new purse? Well give in without the guilt and buy a designer purse to benefit the Food Bank of the RGV! This year's event is Saturday, 10 am to 4 pm, March 26, 2011 with a Happy Hour Shopping Extravaganza the night before, 6-8 pm, March 25th. Call (956) 682-8101 for tickets.

Working jointly with The Monitor's Newspapers in Education (NIE) and Food Bank RGV's School Tools Program, the Mega Purse Event is one of our popular fund raisers that allows patrons to purchase donated purses and accessories. Brands may include: Fendi, Coach, Dooney, Louis Vuitton, Brighton Authentic and other designer purses for this amazing sale!

Companies, individuals and volunteers have helped School Tools distribute over \$233,000 worth of school supplies to underprivileged children since Fall 2010.

message from the director

Thank you for your support in 2010, and now for 2011!

Empty Bowls, Share Your Christmas, Summer Family Nutrition Program . . . helping you stretch your donations to reach and feed more people. Seeing tears shed when families received 200 pounds of food during the Summer Family Nutrition Program (June-September).

Those were the memories of 2010. And just as those memories have found a place in our hearts and minds, it's time to unwrap a new calendar and prepare for 2011.

With our economy still in recovery and word from the top that we can expect double digit unemployment for at least 3 more years, the spread of food insecurity is creeping into the middle class. A fact that has many worried and looking for answers.

David Moore Named New Chief Operating Officer

The Food Bank of the RGV welcomes David Moore as the new Chief Operating Officer.

David was born in Abilene, Texas and was raised in Dallas, Texas. He spent 4 years in the Navy stationed in Guam and both the Pacific and Persian Gulfs.

He comes from the banking and insurance industries where he worked for the past 31 years. His background includes operations management, budgeting and special projects.

David and his wife recently moved to the Valley from the Dallas area.

This is where the Food Bank of the RGV is working.

With our network of almost 200 agencies and partnerships with government, corporate and entities like Feeding America, we can stretch your donation of \$1 to provide 5 nutritious meals.

While 1 out of every 2 Valley children is going to bed hungry, it's no longer their future at stake, but our community.

I know my staff and I commit to New Year's resolutions and you may as well. Hopefully they won't fizzle out by February or March. If you plan on keeping some resolutions this year, think about the Food Bank of the RGV and how to help the hungry, it's a simple, feasible action that may cause a little sacri-



David Moore Chief Operating Officer

The COO manages the operations of the Food Bank of the RGV, making sure it is compliant with state and federal regulations and safety standards.



Terri Drefke, Executive Director

fice, but will bring you the feeling of reward that comes with caring for your fellow man.

Here's to an amazing 2010 and onward to an prosperous 2011!



Did you know?

The Food Bank of the RGV distributes about 1.5 million pounds of food per month.

Every \$1 donation can provide 5 healthy meals.

About 48% of children in the Valley live in poverty.

In 2010, 47% of households had to chose between buying food or paying their rent/mortgage.

healthy living recipe

Barbecue Salmon with Fresh Nectarine Salsa

Start to Finish: 17 minutes

Ingredients

4 4- to 5-oz. fresh skinless salmon fillets,

about 1-inch thick

3 Tbsp. bottled barbecue sauce

2 nectarines, pitted and chopped

3/4 cup fresh blueberries

1/4 cup coarsely chopped toasted pecans

Lemon wedges



Directions

- 1. Rinse fish; pat dry with paper towels. Lightly sprinkle salmon with salt and pepper. Place 2 tablespoons of the barbecue sauce in small bowl; brush sauce on both sides of the salmon.
- 2. For charcoal grill, cook salmon on greased grill rack directly over medium coals for 8 to 12 minutes or until salmon flakes when tested with a fork, turning once halfway through grilling. (For gas grill, preheat grill. Reduce heat to medium. Place salmon on greased grill rack over medium heat. Cover and grill as above.)
- 3. For nectarine salsa, in medium bowl combine nectarines, blueberries, pecans, and the remaining 1 tablespoon barbecue sauce. Season with salt. Serve salmon with salsa and lemon wedges. Serves 4.

advocacy

Child Nutrition Survives Vote, South Texas Pols. Turning Red

Excuse the pun, but South Texas politicos are turning red literally and figuratively.

With the mid-term election of Blake Farenthold (R) and the con-

troversial conversion of wonder how it will affect

their state and government funding sources.

On December 13, President Obama signed the Healthy, Hunger-Free Kids Act into law, which increases investment in the Child Nutrition Programs: School Breakfast and Lunch, Women Infants and

Children (WIC), and the Child and Adult Care Food Program (CACFP), which reimburses day care providers and after school programs for the meals and snacks they serve to

Aaron Pena to Republi- Regardless of political party, our elected can, some Valley non- officials should be aware that 1 in 2 children of 36% (46% children) for profits have begun to go to sleep hungry in the Rio Grande Valley. Hidalgo, Cameron and Wil-

> low-income children and seniors in their care."

> As this is a great victory, there is still a nearly \$5 million shortfall in the SNAP (Food Stamp) appropriations at the time of printing. A shortfall that Republicans want to keep.

The Food Bank of the RGV doesn't believe hunger and food programs should be bargaining chips in the political arena, especially with the needs of children at hand; children who have no vote, no political voice.

This is why, regardless of the political tide taking place in South Texas, regardless of the color of the district, our elected officials have to face the facts that their constitu-

ents are living at an average estimated poverty rate lacy Counties.

The estimated SNAP eligible residents NOT receiving benefits is just over 178,000. This equals an estimated loss of \$455 million in economic activity in the Rio Grande Valley alone.

For more information, please visit www.foodbankrgv.com.

programs in action

Over 2,000 Backpacks Given to Kids

Over 2,000 backpacks, the most ever distributed, were given to school children from 23 different schools in McAllen, La Joya, Donna, Edcouch-Elsa, Brownsville, Edinburg, Hidalgo, PSJA and Valley View.

Included in the packs were: notebook paper, pens, pencils, erasers, scissors, spirals, folders, crayons, coloring pencils, glue, protractors and highlighters.

School Tools is a free school supply program for teachers that work in schools with a student body at 95% economically disadvantaged. Teachers are able to "shop" for school supplies at no cost to them



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Children from Arturo Cantu Elementary in Mission hold up novels that were included in the back-packs donated to them and other schools by the Food Bank of the RGV's School Tools program.

or their school. Campuses must already be registered with School Tools to use the services.

The School Tools store is open January to April, 3:30 - 6:30 pm, Tuesday through Thursday, and the

second Saturday of each month.

For more information, please contact Joanna Crane, School Tools Manager at (956) 992-9669 or go to www.foodbankrgv.com.

Thank you for helping our teachers and students! The School Tools Program gladly accepts all sorts of new or gently used school supplies, but currently we are in need of the following items:

For more information or to make a donation please call Joanna Crane, School Tools Manager at (956) 992-9669 e-mail: joannac@foodbankrgv.com 1900 Fox Drive, McAllen, TX 78504

Erasers
Notebook Paper (wide rule)
Rulers
Scissors
Pens
Pencils
Crayons
Markers
Construction Paper



Glue & Glue Sticks
Kid's Books
Games
Sewing Supplies
Empty Glass Jars
Empty Medicine Bottles
Office Supplies
Student Incentives
(toys, stuffed animals, movies, etc.)

Food Drives Hit 95,000 lbs.

This holiday season (November to December), your generosity made it possible to collect 95,037 pounds of food to be distributed to needy families in the Rio Grande Valley.

Many schools, businesses and groups pulled together to make this awesome amount possible.

Lone Star National Bank employees and customers were able to donate over 5,500 lbs. Midkiff Elementary in Mission, brought the most of any school at 2,960 lbs.

With your help the Food Bank of the RGV is able to distribute food to local pantries in a matter of days.

Thank you and please remember food drives are important year round!

capital campaign



With children under the age of 18 living in 50% of households served by the Food Bank of the RGV, increasing our capacity to meet demand is our highest priority.

You Can Make a Difference in 2011!

The Capital Campaign for renovation and construction of the new facilities in Pharr, Texas are in the final stretch. With less than \$1 million left to meet our goal, the time is now to donate!

Progress has already been made with the completion docking bays, freezer and more. Please donat of a freezer and cooler that dwarfs the one currently used. Constructed in September, the freezer was made more efficient and effective in fighting hunger.



At peak periods, full stacks and palettes of food in the aisles are a common sight at the Food Bank of the RGV. A new warehouse will increase capacity and efficiency.

possible by a Social Service Block Grant.

How You Can Help

There are several named gift opportunities including facility, warehouse, administrative offices, Kids Cafe, docking bays, freezer and more. Please donate to the Capital Campaign to help us meet the need and become more efficient and effective in fighting hunger.

CUT ALONG LINE AND RETURN TO THE FOOD BANK RGV, P.O. BOX 6251, McALLEN, TX 78502

YES! I want to he	elp the Food Bank RGV in its mission to end hunger in the Rio Grande Valley.
My donation of \$ Name_	_ is enclosed (please use envelope provided).
Address	
City	Ctata 7in

Phone E-mail

Donate Online at www.foodbankrgv.com. It's fast, safe and easy! auctionpay GeoTrust of You can also call in your support at (956) 682-8101.

friends

When Porfiria H. Alvarez visits the Food Bank of the RGV, everyone greets her with a smile and hug. She knows everyone by name and picks up conversations where they left off without missing a beat. When you get that kind of response, you know you are in the presence of someone special.

Alvarez, Director of Community Services at the 7th Day Adventist: North McAllen Dorcas Pantry in McAllen, TX, has been a force in helping the Food Bank of the RGV feed the hungry for 15 years.

"It's my calling to help," she says. "It's the talent God has given me."

Her main talent is making sure she helps the community find emergency food assistance.

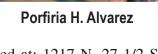
"She's awesome at getting emergency food to people who need it when they run out," lauds, Terri Drefke, Food Bank of the RGV Executive Director.

Alvarez has seen a monthly increase of 250-300 peo-

ple requesting food citing the economy as the main problem.

Alvarez has always made herself available to help the Food Bank of the RGV even throughout her own health struggles. But as she says, helping others keeps her from dwelling on past illnesses.

Alvarez's pantry distributes food on the 1st and 3rd Saturdays of the month from 3-5pm.



Dorcas of the Seventh Day Adventist is located at: 1217 N. 27 1/2 St., McAllen, TX. (956) 631-2771

www.foodbankrgv.com

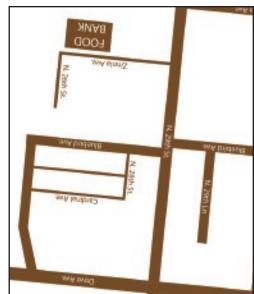


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