

food

Summer 2010 Newsletter

matters

a publication of the Food Bank of the Golden Crescent



**Food Bank of
the Golden Crescent**
3809 E. Rio Grande
Victoria, TX 77901
(361)578-0591
www.FBGCfoodbank.org

Serving the Counties of:
Calhoun, Colorado, De Witt, Goliad,
Gonzales, Jackson, Lavaca, Matagorda,
Refugio, Victoria & Wharton.

Our BackPack Program is Growing!

Mom, what's to eat? Does this sound familiar? How many times do parents hear those words as soon as their kids hit the door after school. They are growing and they are hungry!

Yet for some families in our community their children don't bother to ask the question because all too often they know what the answer will be. There's nothing to eat. Not for a snack and probably very little for dinner. And the weekends? Due to the fact that they won't be receiving their school provided breakfast or lunch, a lot of these children will suffer through two long days with hardly any food at all.

That's where we step in. The Food Bank of the Golden Crescent's BackPack program gives children in need enough "kid-friendly" food to last an entire weekend. The way it works is simple. Every Friday our children receive a backpack that looks like everyone else's. But instead of schoolwork these backpacks are filled with good nutritious food that kids can prepare on their own. Each Monday they return the backpack to school and then on Friday the process starts again.

And our program is growing! We now serve 130 homeless children in five elementary schools in Victory County ISD, 100 elementary school children in Calhoun County ISD and 10 elementary school children in Cuero County ISD (a pilot project).

But the need is so much greater! If you would like to help either with a donation of time or money we would love to hear from you! Please contact Ramona Hollan at 361-578-0591 for more information.



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**2009 - 2010
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Warehouse Worker
Justin Smith

From the Desk of the Executive Director



How giving can change your life...

Research has shown that the socialization that occurs in volunteer activities helps to buffer against isolation, depression, and physical illness. On the other hand, connecting with other people, bonding and starting new friendships are beneficial rewards.

People who volunteer their time are also more apt to be generous with their money. According to Douglas M. Lawson, Ph.D. and author of *Give to Live*, "Philanthropic efforts can break the cycle of stress, social and business pressure, unhealthy relationships, and self-destructive behavior."

Lawson goes on to state that researchers point to endorphins, the body's own opiate system, as the source of the emotional and physical high people experience when doing good works. Work done by sociologist Allen Luks suggests that there are stages that a volunteer or active donor goes through in his or her philanthropic efforts. Consider just a few of the following:

- The "Helper's High", a distinct good feeling about yourself.
- A longer-lasting sense of emotional warmth is stimulated every time the deed of giving is recalled.
- The greater or more consistent the giving of time, the greater emotional and physical the feelings are.

The benefits of giving have implications in three significant areas. The following are representative:

Physical benefits:

Greater longevity; significant reduction in toxic stress chemicals in the body.
Enhanced functioning of the immune system; healthier sleep.

Emotional benefits:

Increased self-acceptance; reduced self-absorption and sense of isolation.
Reduced inner stress and conflict; increased ability to cope with crises.

Spiritual benefits:

Sustained peace of mind; greater clarity about the meaning and purpose of life.
Enhanced quality of life; heightened sense of appreciation and acceptance of others.

In the words of Lawson, "These new findings have implications that can radically reshape and extend our expectations of life."

May God continue to bless!


Dennis Brown, Executive Director

If you are interested or would like more information on volunteering please contact the Food Bank at 361-578-0591.

Thank you for Supporting the Biggest Food Drive of the Year!

On May 8th, the National Association of Letter Carriers and you helped to make this the biggest food drive of the year! By simply setting your non-perishable food items out for your letter carrier to pick up, Victoria County residents were part of a drive that gathered 14,309 pounds of food for the Food Bank! That's an increase over the 12,106 pounds that was collected last year. And all of this food will go to your hungry neighbors who live right here in Victoria County. Thank you again for being so generous to families in need!

The Food Bank couldn't function without donations from the community. It is food drives and other local donations that give the Food Bank a variety of foods that provide nutrition and sustenance to people in need. If you are interested in holding a food drive and would like some more information please contact the Food Bank at 361-578-0591.



Above Right- High school volunteers assist postal workers in unloading the trucks.



Center Right- NALC Union President Tim Castner (l), and Food Drive Coordinator Byron Scott (r), oversee trucks arriving with food.



Bottom Left and Right - More high school volunteers



Recent Grants:

M. G. & Lillie A. Johnson Foundation
\$90,000 to put on a new roof and make foundation repairs.



Calendar of Events

September is Hunger Action Month

Schwan's Fundraiser
 Saturday, September 25, 2009
 Victoria Mall Parking Lot
 10:00 am – 4:00 pm



Incredible Pizza Company Fundraiser
 Wednesday, September 29th, 2010
 5:00 pm – 8:00 pm



The Pampered Chef Fundraiser
 Thursday, September 30th, 2010
 5:00 pm – 8:00 pm



Case Ole' Tent Event
 Saturday, September 11, 2010
 Victoria Mall
 4:00 pm - 7:00 pm



Food Bank Agencies Gather to Exchange Ideas and Information

On April 29th the Food Bank was pleased to host a Conference for our 100 agencies. These are the folks that take the food from our facility and distribute to those in need throughout our 11-county service area. The Conference was held at John Wesley UMC and even though there was a Hurricane Conference in Victoria that same day more than 80 of our 100 agencies were represented with over 150 people in attendance.

A highlight of the conference was the appearance of H.E.B.'s Community Relations Consultant Eddie Garcia. Mr. Garcia, who has worked at H.E.B. for over 40 years, said of their partnership with the Food Bank, "It is an honor and a privilege to work with this organization and their fight against hunger."

Mr. Garcia helped the Food Bank in giving out our 2009 awards. **H.E.B.** was also honored with the Food Bank's highest award, The People's Award for their contribution and partnership for over 25 years. Then the agencies got their turn, receiving plaques for being 5, 10, 15 and 20 year members of the Food Bank. **Imogene Bittick** was honored with the Volunteer Administrator of the Year Award, **CAMAL House** received the Helping Hands Award and **Frank Huerta** was recognized with the Special Outreach Award.

Volunteer Administrator of the Year Award; L-R Eddie Garcia from H.E.B., awardee: Imogene Bittick, and Dennis Brown.



The People's Award; L-R – Dennis Brown making presentation to Eddie Garcia, Gus Kroos, and Doug Wallace (all 3 from H.E.B.).



Special Outreach Award; Eddie Garcia (left) presented a \$50 gift certificate to Joey Loya (middle). Joey, from Faith Family Church, accepted the award on behalf of Frank Huerta who was being honored. Dennis Brown (right) presented the award on behalf of FBGC.



The agency providing the most volunteer hours to FBGC received the Helping Hands Award. CAMAL House Executive Director Freda Nelsson is shown accepting the award.



Our Saviour's Luther Church "Spring Fest" Sunday May 16, 2010.

Proceeds from this wonderful BBQ benefited the Victoria Senior Citizen's Center, Food Bank of the Golden Crescent and two Lutheran programs. Our proceeds were \$5,775.



Pictured left to right: Kim Smith, Dennis Brown, and Kathy Kern.

Earth Day, April 21, 2010

The Food Bank of the Golden Crescent was invited to participate by manning a booth and involving the children in something creative. We chose food art and incorporated it with a food pyramid.

