



THE AFB NEWS BEET



AUGUSTA FOOD BANK HELPING THOSE IN NEED SINCE 1981

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Executive Director: Abigail Perry

Contact Information

9 Summer Street

Augusta, ME 04330

(207) 622-5225

www.augustafoodbank.org

augustafoodbank@gmail.com

**Food distribution takes place at
St. Mark's Parish Hall, Augusta,
Monday through Thursday,
12:30 - 2 pm and Monday
evening from 5:30 pm - 7 pm.**

The Beet Goes On . . .

Welcome to the 3rd edition of the **AFB News Beet!** Thanks for taking time to read about how we've been helping out our community. Special thanks to all who responded to our 2nd edition's "**Be A Beet Booster**" appeal! We remember in gratitude **Daniel Hewins**, long time volunteer at the AFB and the Soup Kitchen and an active member of Prince of Peace Lutheran Church, who died December 31, 2014, in NC.

From the President

I am pleased to serve as the newly elected President of the Augusta Food Bank and I look forward to working with all of you. Your past President, Nancy Haines, served admirably and she continues to be a strong backup for me. I am recovering from knee surgery so I have been off to a slow start, but Nancy has kept the ship afloat, and I am nearly back to full capacity. You should see more of me from now on.

I am impressed by the willingness of board members and volunteers to step up and do the work of the Food Bank. With you and Abbie, it seems as though day to day operations are in good hands. The first area that I would like to focus on concerns our future location. As you know, a permanent or different location for the Food Bank has been under consideration for a couple of years, and changes at St. Mark's add a note of urgency. I have asked Mark O'Brien to head up a review by the Building and Planning Committees of the options that are available to us and to identify the pros and cons of each option.

In the near future, we will have a special meeting of the Board and invite volunteers to see if we can develop a common view as to those options that present the most promise. As it stands now, we have eight or nine options and it is imperative that we narrow the field so that we focus our efforts on those options that are most likely to bear fruit. I trust that you will participate in this process and that we can then move to the next phase of our effort more effectively.

Clearly, finding a permanent home is one of the major challenges that confronts our organization but I am encouraged

Our Mission

The Augusta Food Bank welcomes eligible residents of Augusta and Manchester and provides them with groceries to help bridge the gap between their current circumstance and adequate nutrition.



When I have food, help me to remember the hungry; when I have work, help me to remember the jobless;

When I have a warm home, help me to remember the homeless; when I am without pain, help me to remember those who suffer;

And remembering, help me to destroy my complacency, bestir my compassion, and be concerned enough to help, by word and deed those who cry out for what we take for granted. Samuel F. Pugh-



Words of Wisdom

" I have the audacity to believe that people everywhere can have three meals a day for their bodies; education and culture for their minds; and dignity, equality, and freedom for their spirits." - Martin Luther King

that we are equal to the task. Our cause, providing food for the hungry, is noble. We have strong support from individuals, businesses, community organizations, and church congregations. If we can identify the most advantageous direction for the Food Bank and mobilize the support that we have within the community, we are fully capable of providing the permanent location that the Augusta Food Bank requires in order to fulfill its responsibility to provide food for those who are hungry. With your help, we will succeed. - **Dan Wathen**

Special Meeting Report

On April 29, 2015, Board members, members of the Building and Planning Committees, and volunteers met to assess future AFB location options. President Dan Wathen introduced the meeting and Mark O'Brien led the group of over 35 in considering the pros and cons of a variety of options. After much discussion to narrow the choices, a straw vote was held. The group directed the Board and the Building and Planning Committees to proceed with exploring the following options: (1) **rent or buy an existing building**, (2) **build a new facility**, and (3) **hybrid operation** (fixed warehouse location with mobile distribution truck).

From the Executive Director

Welcome to our new President, Dan Wathen!

Here is an update of what has been going on at the AFB. In the month of March we had 471 requests for food assistance at our distribution location (9 Summer Street). That number shatters the previous record high for a single month (September 2014) which was 446 requests. This year's March number is over 100 visits more than March of 2014 (365 requests).

We provided enough food for approximately 24,702 meals. Since the beginning of 2015, over 62,284 meals worth of food has been distributed. That doesn't include our other programs, including our Kids Pack Program and our Weekend Pack Program (providing a bag of food to 72 area kids each). All our data points to the need for our services rising, not decreasing.

How fortunate we are to have such a supportive community! We appreciate every can of peas, every jar of peanut butter, every bag of rice that you are able to contribute. We appreciate your monthly donations from the \$5 recently donated along with some food items to the monthly checks some of you give. Please keep up your support in word and deed, and we will continue our work to provide food and nutrition to those in our community who need an extra supporting hand right now. Thank you! - **Abbie**

Donation Opportunities

~ We are always appreciative of your help ~



Food Items: canned fruit, rice & rice mixes, granola bars, canned tuna.

Volunteers: volunteers to help check in clients, volunteers to stock shelves and assist with retail store pick-ups, volunteers to distribute food to clients when we are open.

Our Wish List: office supplies, children's activities (crayons, coloring books), cookbooks for distribution to clients, books for our library, plastic bags, quart size freezer bags.

Bottle Redemption: redeem your bottles and cans at the following centers and ask for credit to the AFB account: Bub's Redemption, Capitol Container, Clynk Accounts, Damon's Beverage, and Neighborhood Redemption. Thanks to your generosity, we raised \$380 during the November - March time period!

Part time Position: We will soon be seeking a part time assistant for Abbie. We will forward a job description when available and appreciate your keeping us in mind if you know people who may be qualified and interested.

If you wish more information or would like to offer an hour or two per week, please call 622-5225 or email augustafoodbank@gmail.com.

On the Beet - Popular Programs

Kids Packs: We provide extra food for kids during summer and school vacations including cereal, milk, yogurt, canned fruit, pasta, juices, and granola bars. We have distributed over 5,000 Kids Packs since the program started. In 2014 our Kids Packs program expanded to provide services six months of the year. To date in 2015 we have handed out 275 Kids Packs.

Home Delivery: Once a month we offer home delivery of one week's worth of groceries for those who are homebound. At present we are making between 15 -20 deliveries each month.

Senior Housing: When surplus items such as squash, dry beans, peanut butter and canned goods are available, we deliver to the Senior Reduced Income Housing Units in the Augusta area. With each delivery we help close to 300 individuals.

Weekend Back Packs: This new program recently launched in the Augusta schools through funding we received from the John T. Gorman Foundation provides extra food for students in need during weekends. We are presently distributing 72 packs a week and focusing on using reusable rather than disposable bags.

Many thanks to our bag sponsors: Geiger Bros., NRF Distributors, Maine CASA, TD Bank, Rotary Club of Augusta, Maine State Credit Union, Kennebec Savings Bank, Maine State Lottery, Augusta Fuel Company.

Augusta Community Suppers: Part of the Food Stream

Weekly Saturday Supper Schedule

1st Saturday - St. Mark's Episcopal Church/St. Barnabas (year round)

* **2nd Saturday - South Parish Church, UCC (622-0552)**

* **3rd Saturday - Green Street Methodist Church (622-0843)**

* **4th Saturday - Penney Memorial Baptist Church (622-6401)**

* **5th Saturday - Prince of Peace (623-9486) (noon at Bread of Life Kitchen)**

Other smaller churches contribute volunteers, food, and money. In the summer months the suppers are put on through a combined effort of the UU church, St. Mark's and St. Barnabas. ***June, July, August please call for summer schedule.** Everyone is welcome to visit one of the churches on a Saturday night, sit back, and enjoy a home cooked meal. - **Helen Forbes**



Appreciation Spotlight

Today our *appreciation spotlight* shines brightly on **Marcella Tweedie**, an invaluable volunteer at the Augusta Food Bank! Indispensable to the smooth running of the Food Bank, Marcella works multiple positions from intake worker to pantry to the annual auction/supper to wherever there is a need. Because she is such a dependable, enthusiastic supporter of the Food Bank, everyone enjoys working with her! Marcella retired from the Augusta School Department as a third grade teacher at Farrington School where she taught for over 30 years. After retirement her love of gardening led her to Longfellow's Greenhouses where she worked for several years. An avid reader, Marcella also enjoys spending time with friends and especially with her two married children and five grandchildren who live in the area. Thank you, Marcella, for all you do and for being such an inspiration!

Upcoming Beet Events

- April 16 - May 21, 2015 "Cooking Matters"**, nutrition and cooking education class presented by HCCA (Healthy Communities of the Capital Area), held at AFB 5:30pm -7:30pm.
- May 8, 2015 Food Mobile** brought to you by the *Good Shepherd Food-Bank* at 7 Willow St. (former Hannaford parking lot). **10:00am-12:00pm** for those in need of emergency food assistance in Augusta and surrounding areas. Variety of fresh produce, breads, meats, and non-perishable items while supplies last! Please bring bags/boxes. Sponsored by Helen & George Ladd Charitable Corporation.
- May 9, 2015 National Association of Letter Carriers Stamp Out Hunger Food Drive**
Now in its 23rd year, this is the nation's largest 1 day food drive. The AFB usually collects between 5,000 - 7,000 pounds of food from this event and sorts it as it comes into the warehouse. We need helpers to sort food and also to spread the word! Please leave a bag of food items at your mailbox!
- May 9, 2015 2015 Walk /5K to Stop Hunger**
Sponsored by the Maine State Credit Union and Mix107.9, this is the 10th year for this walk. Walk in support of the AFB! Those raising \$100 in sponsorship will receive a free t-shirt! In 2014 the walk raised **\$2,341.61** for the AFB. Starting point is at Capitol Park by YMCA. **Race: 8:00am / Walk: 10:00am.** Download your pledge form at www.mainestatecu.org/uploads/1426088793.pdf.
- June 6, 2015 3rd Annual AFB Yard Sale**
Shaw's parking lot **8am-2pm**. Donate the "treasures" you no longer need/use! Enjoy Marty's "famous franks & fried onions"! Help us top last year's **\$2,563** total!
- November 7, 2015 5th Annual Dinner/Auction** - Augusta Civic Center North Wing - details to follow.

[visit us at www.facebook.com/AugustaFoodBank](http://www.facebook.com/AugustaFoodBank)



Thank You to Our November 26, 2014 - March 31, 2014 Beet Donors!

Listed below are donors who contributed \$100 or more. Total donors during this time period = 136!

United Way of Kennebec Valley, Bank of America Charitable Foundation, Lorraine Hutchinson, Tricorp Federal Credit Union, Fallona Family, Green St. UMC Mission Comm., Ken Fortin, Integrated Waste Solutions, Inc., Martyn & Margaret Vickers, Stephen Roberge, CMP, Ellen & Michael Szela, Ed & May Coffin, Red Barn Cares Foundation, Pamela Morin, Don & Marie Magioncalda, Ellen Beals, Kennebec Valley Chamber of Commerce, Scott & Jennifer Small, John Andrews, Jr., Shaw's, Charles & Nancy Shuman, Quirion Construction, St. Michael's Parish, Deanne Kieltyka, 44th Parallel Bikers Organization, Le Club Calumet, Inc., Skowhegan Savings Employees, William & Nancy Dowling, Penney Memorial United Baptist Church, Robert Allen & Sarah Burns, James & Alison Nichols, NETCo Inc., Chris & Erica Asch, Lauren Cote, Bethlehem Lodge #35, Joe & Arlene McVety, Good Shepherd Food Bank, Prince of Peace Lutheran Church, William & Laura Atlee, Robert Ladd, Plummer Funeral Home, Inc., Roger & Carol Pomerleau, Barbara Crowley, Augusta Spiritualist Church, Terrence & Doris Casey, Green St. UMC, Hannaford Cony St., Dennis Keller, Wallace & Lorena Paquette, Tera & Alec Rosenblit, Ronald & Joyce Bagnall, Jacqueline Lacasse, Augusta Teachers' Group, Joan Bartlett, Nancy Berish, Ernest Thurston, Scott Lyon Construction, Inc., Pauline Gingras, Bruce Flaherty, Jeannine & Jean Dulac, Downtown Diner, Cecile Bouffard, Wendy Wolf, Helen Allerding, Worumontogus Lake Assn., E. Scott & Sharon Dow, Catherine Dow, Newell & Jaroslava Perkins, Roger & Roberta Katz, Deena & Chester Day, Susan Squires, American Legion Auxillary Unit #205, John & Susan Lacasse, Mary Ann Prugh, Hildie Lipson, James McKenna III & Jane Oberton, Louise & Paul Lerley, Capitol City Tire, Eric & Sandra Lind, Linda Williams, Irene Forster, and Donna Doore.

"America is the richest country in the world. And yet tonight, thousands of your neighbors will go to bed hungry. It may be your child's schoolmate who is undernourished and has difficulty learning on an empty stomach. Or it could be a co-worker, a working mother whose low-wage job doesn't make ends meet. Perhaps it's an elderly neighbor who has to make a decision whether to delay filling a prescription or buying groceries. The faces of hunger are as broad as the face of America."

- David Nasby, General Mills

Any articles you would like to have included in our fall newsletter? Please contact **News Beet** editors, Nancy Haines at mainehaines@yahoo.com or Marjorie Gallagher at mgallagher611@gmail.com.



Augusta Food Bank
9 Summer Street
Augusta, ME 04330

BE A BEET BOOSTER !



Join the community in supporting the AFB by going online to augustafoodbank.org or by using the donation form below.



First Name _____ Last Name _____

Street/Box # _____ City _____ State _____ Zip _____

Company Name _____

Home Phone _____ Work Phone _____ Email _____

PAYMENT: CHECK ENCLOSED _____ VISA _____ MASTERCARD _____ DISCOVER _____ AMERICAN EXPRESS _____

Credit Card No. _____ EXP. _____

Mail to Augusta Food Bank, 9 Summer Street, Augusta, ME 04330

The AFB is a 501C-3 non-profit organization.

