



THE AFB NEWS BEET



AUGUSTA FOOD BANK HELPING THOSE IN NEED SINCE 1981

AFB Board of Directors

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Gay Patterson, Annette

Peabody, Nanette Salvino,

Daniel Wathen

Executive Director: Abigail Perry

Contact Information

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Augusta, ME 04330

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

Welcome

Welcome to the very first edition of our newsletter, [The AFB News Beet](#). Our goal is to keep our amazing volunteers, donors, supporters, and our local communities well informed and updated about our activities. We hope to publish three times a year. Your feedback is appreciated!

In Dedication

We dedicate our first newsletter to our friend and co-worker, Mary P. Whalen, who died on February 21, 2014, only a week after serving clients at the Food Bank. She touched us all, clients and volunteers alike, with her loving spirit and generous heart. Her untiring energy and devotion on behalf of the Food Bank for more than 20 years will continue to inspire us.

Here's . . . Abbie!

In 2008 the Augusta Food Bank made a momentous decision with benefits beyond description when it hired Abbie Perry as its first paid employee. Now almost 6 years later, it seems that everybody knows Abbie as the Executive Director of the AFB! It is only fitting that in this first issue we introduce you to the Abbie behind the ED. Aside from being passionate about making sure people have enough food, Abbie also loves food herself! She is committed to eating only local, seasonal food. She preserves a lot of her own food for the winter and enjoys cooking classes in her spare time. Abbie is a baseball fan, especially of the Red Sox! Having played softball at the College of Wooster in Ohio, she still enjoys the game as an umpire in local youth softball. Abbie loves to travel! She has driven cross country several times, spent a college semester in Australia, and visited Norway in 2013. Did you know that Abbie has an extensive playing card

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.

Food Bank Prayer

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-

Donation Opportunity

You can help the AFB!

Redeem your bottles and cans at the following redemption centers and ask for credit to our account:

[Neighborhood Redemption](#)

[Damon's Beverage](#)

[Bub's Redemption](#)

[Capitol Containers](#)

collection from all over the world? Abbie especially enjoys spending lots of time with her 6 nieces and nephews. We can't forget to include Abbie's dog Tucker, her best buddy, who goes everywhere with her! Since Abbie arrived at the AFB, she has played a key role in our ability to expand and meet the challenge of increased need. She is the face of the AFB and is an incentive to those of us who work with her to continue to set high goals for our organization.

Food for Thought

The AFB has been helping those in need for 33 years. Clients may receive groceries once every 28 - 30 days. A week's supply of food includes eggs, bread, fresh produce when available, canned goods, dry foods, and meat choices. There was a notable increase from 2012- 2013 in the following areas: *requests for food* = 4,351, a **4.54%** increase; *persons fed* = 9,898, a **6.41%** increase; (children alone accounted for a **10.63 %** increase); *new persons fed* = 1, 103, a **6.88%** increase; *total meals provided* = 207, 897, a **6.39%** increase.

Please visit our website www.augustafoodbank.org. You will find an abundance of information there including our 2013 Annual Report.

From the Executive Director

We are grateful to Nancy Haines and Marjorie Gallagher for finally making our newsletter a reality. Thanks for the push and all your hard work in getting this set up!

As some of you may know, we are in the process of exploring our options for a possible new location. We know that there is a long road ahead of us, but in order to be able to provide the best services possible and in the most efficient way possible, we have to acknowledge the fact that we need to operate from just one location, not 3 different ones! We currently use space at St. Mark's to distribute food, have warehouse space on Bangor Street, and manage our Kids Pack program from donated space at South Parish Congregational Church. If you are interested in finding out more or helping with this endeavor, please let me know!

We are able to fulfill our mission with a caring, involved community of donors, supporters, and volunteers. From people who donate their time, some hours every week, to those who purchase a jar of peanut butter, to those who contribute dollars to support us, thank you.

Enjoy this newsletter and all the great information included here. And, as always, thanks for helping us do what we do! Cheers! - Abbie Perry -

Popular Programs

Kids Packs: We provide extra food for kids during summer and holiday vacations including cereal, milk, yogurt, canned fruit and pasta, juices, and granola bars. We have distributed over 5,000 Kids Packs since the program started. In 2014 our Kids Packs program will expand to provide services six months of the year.

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.

Special Events

Food Mobile: In conjunction with the Good Shepherd Food Bank, we sponsor food mobiles throughout the year which are well attended. At the most recent event held in the fall, 300 families representing over 800 people took advantage of this opportunity. The next food mobile is set for **Friday, June 6 from 10 - 12** at the Hannaford Willow Street parking lot.

Walk to Stop Hunger: The annual 5k walk sponsored by the Maine State Credit Union was held on April 26 on the Kennebec River Rail Trail. There were a number of groups walking on behalf of the AFB including groups from Lithgow, South Parish Church, Prince of Peace Church, and our own volunteers. Many of us walked to honor Mary Whalen who was such a motivating force in the successful involvement of the AFB in this event. Actual amount raised is not yet available but will be published at a later date.

Annual Dinner & Auction: Our third Dinner & Auction Event was a great success! Through the support of our many sponsors, local businesses, and individuals, we raised close to \$20,000 for the AFB. Over 220 attended the event at the Calumet Club and enjoyed a terrific live auction, amazing silent dessert auction, delicious dinner, and a 50/50 raffle. **Save the date: 4th Annual Dinner/Auction November 7, 2014, Calumet Club.**

Yard Sale: Our first yard sale, held in May 2013 at the Shaw's parking lot, surpassed expectations, bringing in \$1,200! Shaw's has given us permission to hold our 2nd yard sale on **Saturday, June 7, from 8 - 2.** Mark your calendars and start collecting items! We'll be looking for volunteers that day to set up, help with sales, cook our specialty hot dogs and fried onions, and assist with clean up.

Come join us!

Volunteer Appreciation



Our first *appreciation spotlight* shines brightly on Jeanne Davis, one of the most dedicated volunteers in Augusta Food Bank history. Instrumental in the formative direction of the AFB, Jeanne has recently retired from the board. During over 30 years of volunteer service, Jeanne participated as secretary and president of the board. She was an integral part of the home delivery program, guided us to partner with United Way, initiated Monday evening hours at the food bank, and compiled an information packet for new volunteers. Under her guidance the food bank grew to meet ever increasing demands. We will miss Jeanne's presence and selfless service; we will continue to value her advice and guidance.

From Our AFB President

The Augusta Food Bank is doing an incredible job not only by continuing our great service to the community but also by improving the nutritional value of the foods we provide. I attribute this accomplishment to our very supportive Board of Directors which is comprised of community and congregational representatives and especially to our outstanding Executive Director, Abigail Perry. In 2013 we welcomed new board members Becky Lamey, Nan Salvino and Martyn Vickers who have been tremendous assets to the AFB. Our latest additions to the 2014 board include Helen Forbes, Jackie Lacasse, Lynn Lovaglio, and Dan Wathen. We look forward to their involvement for years to come!

The greatest hardship to overcome in 2013 was the loss of the Hallowell Pre-Release Center's crews who for countless years performed the bulk of our heavy lifting and moving of caseloads of food. In the near future, we must address the inefficiencies of our three locations and consider housing all of our operations under one roof.

United Way of Kennebec Valley continues to be a constant financial supporter and a great resource for us. Without *Good Shepherd Food Bank*, we would not be able to provide the amounts of food, especially fresh produce, to our clients. On a sad note, the *UMA Community Garden* which has been the source of much of our fresh, local produce has been discontinued because of budget cuts. We are grateful for all their past help. As of press time, efforts are underway to continue the garden as a volunteer project.

Thank you to our devoted volunteers who work to fulfill our mission every day. I remain grateful to everyone who makes this organization what it is. By working together we can substantially improve the lives of those who struggle to meet basic needs. - Nancy Haines -

"Hunger is a serious problem, and we salute the good work of the Augusta Food Bank. May you find increased financial support as well as additional food resources to help people put food on their tables . . . I'm proud to have worked with you."

-Val Marsh of the UMA Community Garden -

Giving Makes a Difference

During recent months we were privileged to receive a donation of 5,000 pounds of food from *Hannaford Bros.* After their Pine State Annual Trade Show, *Pine State Trading Company* once again donated convenience items, meats, sandwiches, produce, breads, and water in quantities to fill our van as well as 2 pickup trucks. From *Walmart* we have been receiving, on average, 1,000-1,500 pounds a week of produce, mixed non-perishable items, bakery, meats, dairy, eggs and frozen items. The May 10 *Stamp Out Hunger Food Drive* brought in over 5,000 pounds of food!

Thank You to Our January - April 2014 Donors!

Hannaford Bros., Shaw's Supermarket, Walmart, Pine State Trading Company, United Way of Kennebec Valley, May Coffin, Brenda Healey, donations in memory of Mary Whalen, Skowbegan Savings Bank, Ken Fortin, Don & Marie Magioncalda, Quirion Construction, Green Street United Methodist Church Missions Committee, Cony High School World Language Clubs, William & Nancy Dowling, Integrated Waste Solutions, NETCo, James & Alison Nichols, Ellen Beals, Robert Allen & Sara Burns., donations in memory of Merle "Buster" Sprague, Scott & Carlene Milewski.

"One of the greatest feelings in the world is knowing that we as individuals can make a difference. Ending hunger in America is a goal that is literally within our grasp."

- Jeff Bridges -

To join the community in supporting the AFB go online to augustafoodbank.org to make a donation or mail your check to 9 Summer Street, Augusta.



Upbeet Events - Mark Your Calendars

- **Food Mobile - Friday, June 6, Hannaford Willow Street parking lot from 10 - 12**
- **Yard Sale - Saturday, June 7, Shaw's parking lot from 8 - 2**
- **Annual Dinner/Auction - Friday, November 7**

Visit us at www.facebook.com Augusta Food Bank





Pine State Trade Show donations



United Way Food Pantry Shelves



Temple Beth El Youth

Thank you for all the various ways you support us!

Augusta Food Bank
9 Summer Street
Augusta, ME 04330