



1203 Hwy 2 W. Suite 2 Kalispell, MT 59901  
office: (406)752-3663 fax: (406)752-2572

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**To:**

### Every Day At Flathead Food Bank Is A Food Drive Day!

#### For Those 60 And Older . . .

The Commodity Supplemental Food Program (CSFP) is the only USDA nutrition program that provides monthly food assistance specially targeted to low-income seniors. In 2015 FFB delivered 16,992 bags of groceries through this program.

**It's about delivering nutritional food. More important . . . It's about making . . . a friend.**



The program is designed to meet the unique nutritional needs of participants 60 and over, supplementing diets with a monthly package of healthy, nutritious food—helping to prevent vulnerable seniors from having to choose between food and other basic needs.

Each month 2 bags of groceries are delivered to each participant. Canned fruit, vegetables, meat or fish; juice, shelf milk, cheese, pasta or rice, beans or peanut butter and cereal are delivered to their homes with dignity and uncomplicated paperwork.

Are you or someone you know eligible? Call us. Find out. Get signed up! Call: 406-752-3663



#### In Some Households . . .

. . . Food insecurity looks like empty cupboards in others it looks like having to choose between paying the electric bill or buying groceries. There are many families struggling to make ends meet, stretching money to cover costs, including food. Already in 2016, Flathead Food Bank has served 14,019 households representing 550 more families than in 2015!

**For your donations, thank you.**

**Volunteering At FFB Is An Investment In Our Mission, In The Lives Of Others! Please Call And Let Us Help You Find The Perfect Volunteer Opportunity For You, Your Family, Your Group, Your Organization. We Can't Do All We Do Without ...**

**YOU!**

**Food Bank Boxers NEEDED!**  
Tuesday's 7:30—10:00 AM,  
10:00 AM—1:00 PM, 1:00—4:00 PM.

**Embrace The Future Of FFB—2017!  
Less Cost. More Food.  
Less Hunger.**

#### Food Bank Ramblings . . .

The beginning of the school year brought a group of students to volunteer weekly at FFB. We started with a tour.

The numbers wowed them! FFB's hunger relief programs distributed over 750 tons of food last year! 490+ servings of "everything" in the pantry go out each week! 490 boxes of cereal, 490 cans of vegetables, 490 jars of peanut butter. *"The potatoes you bag in two hours will be handed out in a day!"*

The stories moved them. There's the young boy, about 4 years old, sitting in a shopping cart hugging frozen hot dogs. *"How you doing kiddo?"* I asked. *"Mister"*, he replied *"tonight I'm eating hot dogs!"* The mom, reduced to tears when she was given a birthday cake and gift bag for her 2 year old daughter. *"I simply did not know how we would celebrate her birthday! Thank you."* There's the grandpa, living in a shed with a dirt floor. He has no electricity or running water. In hot and cold weather, I, a volunteer deliver groceries. We make sure he is ok.

*"I simply didn't realize how the work we do, through volunteering, could impact the lives of people the way that it does. I don't know if the students will understand"*, the teacher stated. The students will take away what is important to them, the impressions, the experiences that touch their minds, the ones they can relate too.

Food can and often does transform a life—the life of a teacher, a teenager, a volunteer, a customer, perhaps even yours.

See the food, the people, the results. Volunteer, donate today.

**What's In Your Garden? What's On Your Tree? Donate Your Excess To FFB Today!**

**Holidays Are Almost Here! Be A "Stuff The Bus" Food Drive Volunteer!** 2 Hour Shifts—November 4, 5, 11, 12, 18, between Noon and 6.



### Food of the Month! September—Mac & Cheese October—Canned Meat

### Alarming Facts About Childhood Hunger In America!

- ◆ 16 million American kids live with food insecurity.
- ◆ 62% of teachers say children in their classrooms are coming to school hungry.
- ◆ Children facing hunger are twice as likely to repeat a grade in elementary school.
- ◆ Nearly half of all food stamp recipients are children.



### FFB Food For Kids BackPack Program

One in five American children face food insecurity - more than the populations of New York City, Los Angeles and Chicago combined. During the school week, most of these children, including children in Northwest

Montana, depend on the federal free and reduced meal program their school offers. Sometimes, the meals at school are the only ones they get. When the school closes its doors on Friday afternoon, many of these children go home to empty cupboards and empty bellies for 65 hours until they return to school on Monday morning. Who will feed them this weekend?

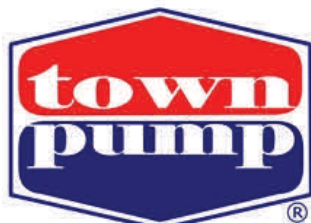
**FFB Backpack Program Numbers:** In 2015, 18 schools participated, 463 children received 17,594 Backpacks—In 2016, the numbers appear to be higher.

**Become A FFB Backpack Program Individual or Corporate Sponsor!** The cost of each Backpack is **\$3.75**.  $17,594 \times \$3.75 = \$65,977.50$  or more is needed in food or donations to support this growing program for kids.

**Donate Backpack Program Food Items:** Fruit and applesauce cups, juice boxes and pouches, instant oatmeal packets, breakfast bars, 7.5 ounce cans of Spaghetti O's, beef stew, beef & lasagna, macaroni in tomato and meat sauce, chili and beans.

### Town Pump

Charitable Foundation invites you to participate in the 15th Annual Matching Funds Campaign For FFB!



### “Be A Friend In Deed, Helping Those In Need!”

September 1—November 30, 2016

Town Pump will match every dollar collected by FFB, up to \$20,000! All the funds collected, including the matching funds, are for us to use exclusively for our hunger relief programs, the individuals, children, families, and senior citizens we serve! Visit our local Town Pumps, or FFB to make your donation and to help us make real results in the fight against hunger!

### What Can You Do To Help Hungry Children And Others?

**Advocate!** The single most important thing people can do is become vocal advocates for children, and other populations who do not have enough to eat. FFB needs people to say that we can do better for our kids, for the hungry. Senators and congressmen respond to the will of the people, and if we can have hundreds, if not thousands of advocates call and say, “For God's sake, don't cut food stamps. What are you thinking?” — that does make a difference. **FACT: You can join our new FFB ADVOCACY Team!**

**Volunteer!** Volunteering can have an immediately tangible impact on the food insecure in our community. We need volunteers who will sort, package and distribute food to the food-insecure through one of our many hunger relief programs — this, directly helps hungry children. **FACT: FFB has over 20 different volunteer opportunities!**

**Donate Food! Donate Money!  
Host A Food/Fund Drive!**

**FACT: Without resources from our community, we cannot do the transformational work we do through the power of food!**

**Spread Awareness!** We would celebrate the opportunity to provide you with FFB information, to share with you the FFB story—the story of the food insecure, the hungry in Northwest Montana; to give you a tour of our facility; to speak to your group or organization. **FACT: “Knowledge isn't powerful. Applied, shared knowledge is.” — Bob Helder**

When you purchase food to donate, tell the people in line with you at the grocery store, the cashier, your kids— “I'm buying this jar of peanut butter because there are kids down the street who can't afford peanut butter.”

**Want to learn more? Want to get involved? Call FFB today and we'll help you discover how you CAN create real results in the fight against hunger!**

2H, Turning Sales Into Emergency Assistance!

### This Fall . . . ,

Second Helpings Thrift Store Needs Donations Of:  
Furniture, Household & Holiday Decor,  
. . . All Of Your Lightly Used Items!



Second Helpings  
thrift store

### 35% OFF

### Your Total Purchase!

Valid September & October 2016.  
Not To Be Used With Any Other Coupon.

1203 Hwy. 2 W, (406)752-SAVE  
Open 10 AM - 5 PM Monday-Saturday