



# Montgomery Area Food Bank

Anastasia Papastefan, Nutrition Assistant

Obesity Task Force Meeting

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Clanton, Alabama



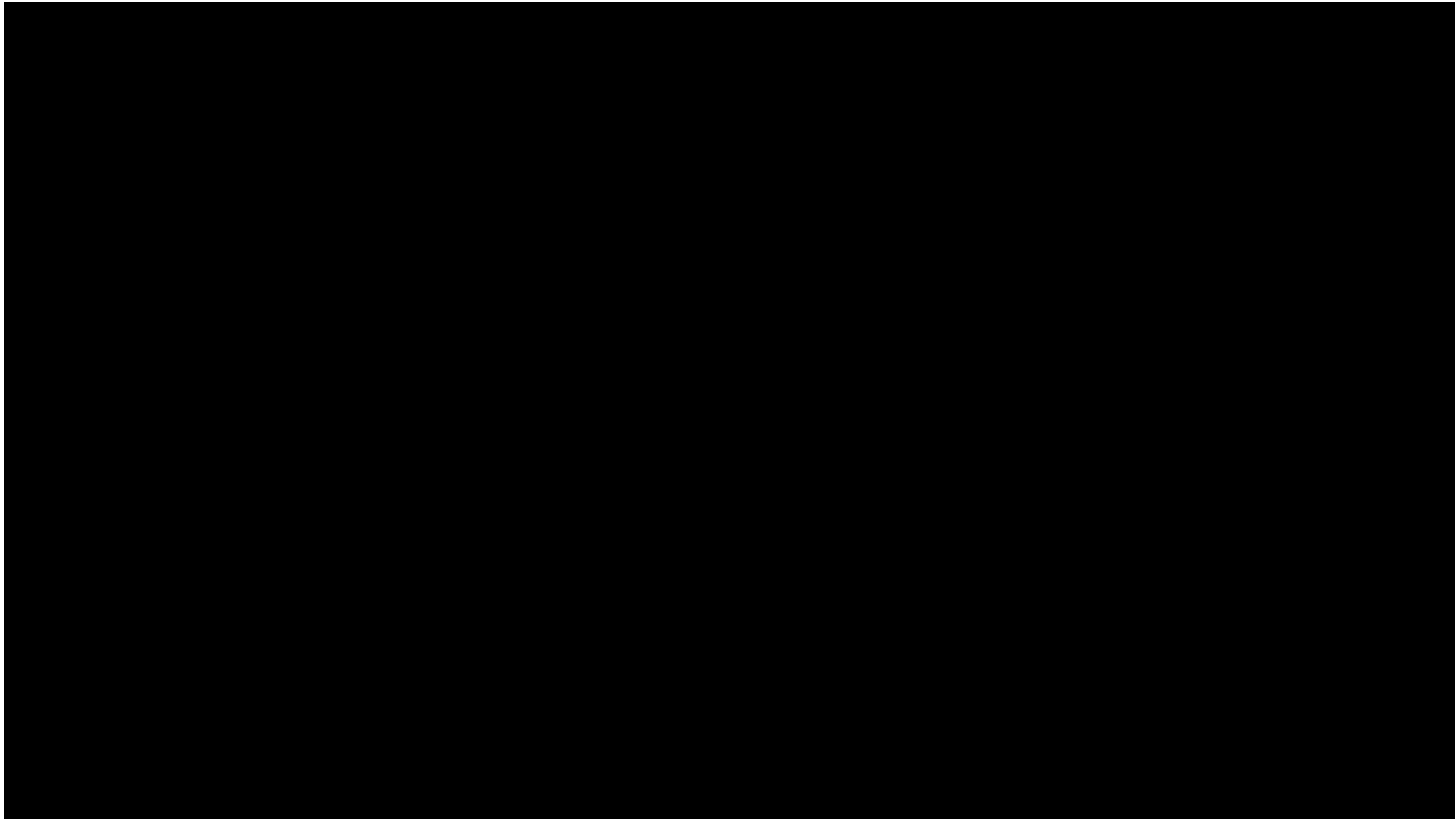
## Feeding Hope Across Alabama

### Who are we?

- 501 (c)(3) non-profit organization
- Fighting hunger and food insecurity in 35 of Alabama's 67 counties
- Largest food bank in Alabama
- Responsible for four Partner Distribution Organizations (smaller food banks)
  - Tuscaloosa, Selma, Auburn and Dothan



Total number of counties served: 34  
 Note: Some counties are shared by two PDOs.





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## Why are we here?

Our Mission Statement:

“The mission of the Montgomery Area Food Bank is to nourish the hungry by gathering then distributing grocery products across 35 Alabama counties, by educating and mobilizing the community, and by engaging in partnerships that advance self-sufficiency.”

- We directly serve the people who are at 100% concentration of food insecurity and poverty
  - Individuals facing food insecurity are most susceptible to chronic diseases and illnesses
- Extended reach through our Partner Distribution Organizations (PDOs) to 800 agencies



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# How We Serve the Community

## Partner Agencies

- 501 (c)(3) charities or churches who establish a partnership with us
- They operate food programs directly from their location
- Support extends to 800 local community agencies through 24,921 square miles of metropolitan and remotely rural areas

## Feeding Programs

- Emergency On-Site Food Pantries
- On-Site Feeding Programs
- Meals-on-Wheels



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## Senior Supplement Program

- Designed to provide nutrition assistance to senior citizens 60 years of age and older
- Seniors in our SSP receive a monthly 25-35 pound box of nutritious food
  - Program encourages food that supports specific nutritional needs of seniors
  - We also provide a Senior Supplement newsletter that we distribute to our seniors





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# School Pantry Program

- Our pilot program that will start this fall
  - Designed to provide food assistance for our most severely food-insecure children and their families
  - We are joining with three Partner Agencies and three local elementary schools to test the program
  - School pantries will be located on the school's property to offer a more readily accessible source of food assistance





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## END Program

- Exercise, Nutrition and Diet Program
- Resource to educate clients about how to improve health and well-being
- END materials provided are based on U.S. Food and Drug Administration nutritional fundamentals
  - Provides people with skills in nutrition, cooking, food budgeting and food safety







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# Mobile Pantry Program

- Conducted with one of our pre-qualified participating agencies
- Designed to distribute a truckload of nutritious product
- One of our primary means of expanding our outreach into historically underserved areas
- 5-7 tons of food at one time, assisting 120-150 families at ONE time and in ONE place, with each family receiving from 75-100 pounds of nutritious food
- 70-75% is fresh produce and refrigerated items





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## MP/END Project

- Combined our MP and END programs
- We are able to emphasize the strongest aspects of each separate program
- END program “teaching moments”
  - Allows us to promote our END priorities of healthy living
- Has put us in a position to guide Alabama communities to make healthier choices



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## Facts

- Alabama ranked among the worst in several chronic health categories
- Food insecurity, poverty, obesity and diabetes are closely interrelated
- Compulsive eating shares the same addictive biochemical mechanism with cocaine and heroin abuse



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## How Can We Work Together?

- We have the audience – you have the knowledge
- Let's work together to provide awareness and further benefit the people who need it the most





# Feeding Hope Across Alabama

THANK  
YOU!

Montgomery Area Food Bank  
521 Trade Center Street  
Montgomery, Alabama 36108

[www.montgomeryareafoodbank.org](http://www.montgomeryareafoodbank.org)

334-263-3784

