

CHEFS' NIGHT OUT CELEBRATES 28 YEARS

Since its inception, Chefs' Night Out has raised \$1.8 million, providing 5.4 million meals for Lane County residents experiencing hunger. Thank you to the more than 50 food and beverage purveyors, our many dedicated volunteers, 1,100 guests and these generous sponsors for supporting this year's event, presented by King Estate Winery & Restaurant.

King Estate Winery & Restaurant • Jerry's Home Improvement Center • The West Family • Curtis Restaurant Equipment • PacificSource Health Plans • PakTech • Imagination International • NW Natural • Reynolds Electric Inc. • Sysco • Timber Products Company • Umpqua Bank • Bulk Handling Systems • Dari Mart Stores Inc. • KPD Insurance • Lochmead Dairy • Oregon Restaurant & Lodging Association • PeaceHealth • Toby's Family Foods & Genesis Juice • The UPS Store

CONGRATULATIONS TO THESE BEST BITE WINNERS

Presentation & Hospitality Winner: LCC Culinary Arts & Hospitality Management • Presentation & Hospitality Honorable Mention: Bates Steakhouse & Catering • Vegetarian Bite Winner: Agate Alley Bistro • Vegetarian Bite Honorable Mention: Carte Blanche Caterers • Sweet Bite Winner: King Estate Winery & Restaurant • Sweet Bite Honorable Mention: Fisherman's Market • Savory Bite Winner: Oregon Electric Station • Savory Bite Honorable Mention: Excelsior Inn & Restaurant • Peoples' Choice Award Winner: Rain NW • People's Choice Award

Honorable Mention: Oregon Electric Station • Mike West Overall Best Bite Winner: King Estate Winery & Restaurant • Mike West Overall Best Bite Honorable Mention: Agate Alley Bistro

CONGRATULATIONS, LINDA AND JENIFER

Congratulations to Linda Hur and Jenifer Reid, winners of the 2018 West Family Culinary Award to inspire and encourage the next generation of chefs. Jenifer and Linda are enrolled in LCC's Culinary Arts and Hospitality Management Program, and each received a \$2,000 cash award from the West Family at Chefs' Night Out.

"The culinary arts industry is my true calling," said Linda. "I look forward to any chance to cook, especially for others. I cannot get enough of it. I am driven by the idea of feeding people happiness."

"I love the precision and finesse that goes into baking," said Jenifer. "Every ingredient has a purpose and causes its own reaction. To me, this is such a beautiful and artistic manifestation of chemistry."

Photos by FFLC and Seen Eugene here: <https://tinyurl.com/cno2018pics> or <https://tinyurl.com/cno2018seeneugene>



Emerald Christian Academy

FEEL THE LOVE

Thank you for helping us meet the \$50,000 Love Your Neighbor match in February. Your generous gifts from Dutch Luv, the Grilled Cheese Experience, the Governor's State Employees Food Drive, SCAN-a-Coupon, individual gifts and food and fund drives helped us reach that goal. We asked you to love your neighbor, and that's just what you did. Thank you!

Local youth stepped up to the challenge, too. A first-time food drive brought in 5,280 pounds of food in February. Seven schools competed with each other to raise the most pounds per student. Thank you and congratulations to students and staff at Emerald Christian Academy (first place) in Pleasant Hill and to Family School/Chinese Immersion School (second place), Kelly Middle School (third place), Churchill High School, Prairie Mountain Elementary School, Sheldon High School and Willamette High School in Eugene for crushing this drive. You rock! Thank you also to Track Town Pizza for donating a pizza party for the first place school.

THANK YOU, STATE EMPLOYEES

Thank you to everyone who generously supported the 2018 Governor's State Employees Food Drive in February. The statewide, month-long drive collects food and funds for families experiencing hunger throughout Oregon. Locally the drive collected 6,800 pounds of food and \$24,000. Thank you to state employees who pledged an additional \$10,000 over the coming year. We are so grateful for your generosity and your compassion.

University of Oregon • Oregon Department of Human Services, District 5 • Oregon State Police and Crime Lab • Oregon Department of Justice, Child Support • Oregon Department of Employment • Oregon Department of Environmental Quality • Oregon Student Access Commission

JUSTICE OF EATING AWARDS

FFLC is accepting nominations for the 2018 Justice of Eating Awards, which honor groups, individuals and FFLC partner agencies for their distinguished contributions to hunger relief in Lane County. Nomination forms must be received by 5pm on August 31. Go to foodforlanecounty.org/joe2018 to complete and submit a nomination form. For more information, call (541) 343-2822 or email info@foodforlanecounty.org.

UPCOMING EVENTS

May 4

Empty Bowls Sale at Sam Bond's Brewing, 540 E 8th Avenue, Eugene, 5:30pm-8pm

May 12

National Assoc of Letter Carriers Food Drive

May 12

Summer Plant Sale at the Youth Farm, 705 Flamingo Ave, Springfield, 10am-4pm

May 31

Farm stand opens at Sacred Heart at RiverBend, 3333 Riverbend Dr, Springfield, 2pm-6pm

June 2

Farm Stand opens at the Youth Farm, 705 Flamingo Ave, Springfield, 10am-2pm

June 25

Summer Food starts at most sites

July 13

REALTORS® of Lane County Charity Golf Tournament

July 22

FFLC Day at the Lane County Fair, get in free with a donation of food, 11am-1pm

August 18

Lane County Food Fight Challenge

More info online at foodforlanecounty.org/events.

FOLLOW US



FOOD *for* THOUGHT

■ NEWSLETTER ■ SPRING 2018

Alleviating hunger by creating access to food



FOOD FOR LANE COUNTY

770 Bailey Hill Road
Eugene, OR 97402
(541) 343-2822

VISION

To eliminate hunger in Lane County

MISSION

To alleviate hunger by creating access to food

We accomplish our mission by soliciting, collecting, rescuing, growing, preparing and packaging food for distribution through a countywide network of social service agencies and programs, and through public awareness, education and community advocacy.

Editor: Denise Wendt

Design: Amy Renée Design

AN APPLE A DAY

Potatoes and onions from King Estate, Washington apples, Hood River pears, oranges from California. Thanks to donations from local and regional farms, excess produce from California and produce from FFLC gardens, we are distributing more fresh produce than ever before — and our recipients are loving it.

Food banks around the country are sourcing more fresh produce, and FFLC has been part of that momentum. Our emergency food box pantries are distributing more produce. We created Produce Plus to get fresh fruits and vegetables to locations where people already are. We're offering more cooking classes and nutrition education classes to teach people how to use the fruits and vegetables they get from us.

We're also integrating health care and hunger relief by partnering with health-related organizations. Partners include health clinics where Oregon Health Plan members are receiving care, Volunteers in Medicine, Springfield Family Physicians, Department of Human Services, Lane County Community Health Centers, PeaceHealth's Senior Health and Wellness Center and Women, Infants and Children. We'd love to expand to more health clinics, especially in rural areas.

Produce Plus participants say they eat more fruits and vegetables than they would without the program. They tell us it helps them manage their health issues better and they have more food at each meal. Volunteers in Medicine in Springfield provides fresh fruits and vegetables to its clients through FFLC's Produce Plus program. For Executive Director DeLeesa Meashintubby, the program is invaluable to her low-income clients.

"Produce Plus is such a blessing," said DeLeesa. "Many of our patients have diabetes, hypertension or high cholesterol, and many can't afford to eat the way they should. Through FFLC and Produce Plus we're providing them with access to food they may not be able to afford."

Your gift strengthens a countywide network of 150 programs that partner with FFLC to provide food.

JOB PROGRAMS PREPARE TRAINEES FOR A FRESH START

We kicked off a new 12-week job training program in January called Fresh Start. Students work at the Dining Room and in the FFLC kitchen learning basic skills for careers in the food industry.

Our warehouse job training program welcomed its third class in January. During both programs, trainees receive case management and support with interpersonal skills and job search training. FFLC staff meet with potential employers and staffing agencies to help trainees find jobs upon completion of their training.

ED LUCAS was looking for a change. He found out about Fresh Start from a partner agency where he was a client. He had been sick for a while and was eager to get back to work.

"It's taken me a long time to get back to where I can even think about working," said Ed, who was recently hired by Robin Brown-Wood, former FFLC board member and owner of ALMA Foods & Catering.

JANELL JORDAN found out about the warehouse training program through a friend.

"It's been a great program. Everybody's been really nice. I'm actually really sorry that I'm leaving."

CHRIS INGRAM was a custodian on and off for 15 years when he saw our flyer at a Department of Human Services office he was cleaning.

"I wanted to try something different and hopefully start a meaningful career

instead of just another job," said Chris. "I've enjoyed every minute of it here. I've learned a lot in a short time. I just want to thank everybody involved in this program. It's been a wonderful thing for me."

For more information or to apply, contact Karen Edmonds at (541) 343-2822 or info@foodforlanecounty.org.



I'VE GOTTEN USED TO NOT HAVING FOOD

Troy had been eating at FFLC’s Dining Room for about a year when we spoke with him in November. For now, his car is his home.

“It’s nice to have a place like this to get a decent meal,” said Troy. “I always eat pretty well. I’m on food stamps, too, but it’s never quite enough.”

When money is tight, and it’s always tight, Troy faces difficult choices. He receives a small income as a writer, but the little money he does make often goes for gas.

“Do I put food in me or put gas in the car? Often the car comes first because I need

to stay warm.”

“I’ve gotten used to not having food. Sometimes food is just a comfort. I’ll fast for a couple days to help me cope with it and accept it more easily. I know that the Dining Room is going to open Monday again for food.”

“The first time I ever fasted was when I really ran out of food and food stamps. I fasted for a long time. I got so skinny I scared myself.”

Troy knows that a lot of people distrust people living on the street, but he sees a lot of talent and potential in the people he meets.



photo by Oregon Food Bank

“I’m amazed how much knowledge and experience there is. It’s just blows me away, because I had all those preconceived ideas, too. I’ve gained a much deeper appreciation of people, a better understanding.”

“That’s the plus side for me. I want to get off the street, but I’m glad I’ve gone through it.”

IRA DIRECT TRANSFER: A TAX-SMART WAY TO DONATE

In 2017 Congress made permanent the ability to make donations to charities directly from IRAs, a strategy that can save you money on your taxes beyond the simple deduction.

If you are 70½, you can donate through a qualified charitable distribution (QCD) — a direct transfer from your IRA to charities. QCDs count toward your required minimum distribution (RMD) and can go as high as \$100,000 per year. If you are not yet 70½ you can add QCDs to your tax planning for future deployment.

With a QCD you can simply instruct your IRA custodian to make a distribution check payable directly to FOOD for Lane County. You never take constructive receipt of the money yourself, which allows you to deduct the IRA withdrawal “above the line” instead of itemizing on Schedule A. The benefits are several.

Normal IRA withdrawals are claimed as income and become part of your adjusted gross income (AGI). If you itemize, charitable

contributions may be deducted from your AGI. So far so good. But the AGI number is important in its own right — it determines your capital gains rate, the taxability of Social Security income, the cost of Medicare Parts B and D premiums and whether you pay the 3.8% Medicare surtax. By keeping your AGI low using a QCD, you can save taxes elsewhere in your tax return.

The fine print: You must be at least 70½ the day you make the QCD. You can make QCDs from IRAs only — not 401(k)s, SEPs, SIMPLEs or other retirement plans. However, it is easy to roll assets over from a retirement plan to an IRA and then make the QCD from the IRA. Checks must be made payable to the charity, not to you. This is general information and is not intended as investment advice. Tax laws are complex, and therefore you should always consult with a tax professional regarding your individual situation.

Stephen Mallery, Mallery Financial, LLC

MAKING A DIFFERENCE, ONE CUP AT A TIME

You may know that Dutch Luv raises money for hunger relief here in Lane County. But did you know that the event raised more than \$310,000 for food banks in seven states this February 14? In Lane County, Dutch Luv and Dutch Bros raised \$12,254 for local hunger relief. Because FFLC can provide 3 meals for every dollar raised, that’s 36,762 meals! That’s a whole lot of love.



“We’re blown away by the support of our communities,” said Travis Boersma, co-founder of Dutch Bros Coffee, headquartered in Grants Pass. “The willingness of people to support each other is unbelievable and what Dutch Luv is all about.”

Every year, Dutch Bros locations celebrate Valentine’s Day by donating \$1 from every drink sold to local food banks. Dutch Bros Coffee donates more than \$2 million annually to nonprofit organizations and causes.

#GIVETOGIVE

Thank you to Jersey Mike’s on Delta Highway and 13th Avenue in Eugene for donating 100% of sales to FFLC on March 28. The 8th Annual Day of Giving raised \$7,000 for local hunger relief. It was the culmination of Jersey Mike’s Month of Giving fundraising campaign in March, which supported more than 170 charities nationwide. “The opportunities to give are all around us,” said Peter Cancro, Jersey Mike’s founder and CEO. Since 2010, Jersey Mike’s locations throughout the country have raised more than \$28 million for local charities.



SAY CHEESE!

Thank you to everyone who supported the 4th Annual Grilled Cheese Experience, presented by Kendall Cares. The event raised almost \$12,000 for hunger relief in Lane County. Thank you to passport sponsor OnPoint Community Credit Union, to the 24 participating restaurants and to everyone who enjoyed cheesy goodness in support of the event! Congratulations to Instagram drawing winner Tyler McCarty, who won two tickets to Chefs’ Night Out, and passport drawing winner Sally Blankenship, who won a GoPro.

COTTAGE GROVE CELEBRATES 40TH ANNIVERSARY WITH FOOD FIGHT

Cottage Grove celebrates the 40th anniversary of *Animal House* on August 18 with a parade, a showing of the movie at the historic Cottage Grove Armory, tours, celebrities, the world’s largest toga party featuring the Kingsmen and Otis Day — and a food fight! The Lane County Food Fight Challenge will collect food countywide in July to benefit FFLC and rural food pantries. Watch FFLC’s and the Animal House 40th Reunion and Toga Party Facebook pages for more information.

WAYS TO DONATE

 **DONATE ONLINE**
foodforlanecounty.org/donate

 **MAIL GIFTS**
770 Bailey Hill Road
Eugene, Oregon 97402

 **CALL**
(541) 343-2822

 **TEXT**
FFLC to 41444

SEE WHAT’S GROWING IN THE GARDENS

Our gardens are the place to be this summer!

SUMMER PLANT SALE

Saturday, May 12 • 10–4pm
The Youth Farm • 705 Flamingo Avenue
Springfield

2 FARM STANDS!

Sacred Heart at RiverBend
Thursdays 2–6pm
Grand Opening May 31

The Youth Farm
Saturdays 10am–2pm
Grand Opening June 2

CSA memberships are available.
We accept SNAP matched up to \$10,
WIC and Senior FMNP matched up to \$4.

VOLUNTEER!

Volunteers are needed year-round at the gardens. Contact Dan Budd at (541) 343-2822, email volunteer@foodforlanecounty.org or fill out a volunteer application form online.

Summer Plant Sale



LETTER TO READERS



The kind of food we have in our warehouse has changed over the years — for the better. We have more perishable food than we’ve ever had before. About half of the 8 million pounds we distribute annually is perishable. About a quarter of that is fresh produce.

Much of the produce comes from California thanks to an agreement between Oregon Food Bank and the California Growers Association. The produce is more than what food banks there can use. We also receive produce from local and regional farms, wholesalers, local grocery stores and our own Youth Farm and GrassRoots Garden.

We’re thrilled for the additional fruits and vegetables, because fruits and vegetables are good for you and not always affordable. We’ve been able to help our partner agencies accommodate this

increase in produce by providing them with refrigerators, tables, awnings for displaying produce outside when necessary, baskets, display racks — whatever they need to get this healthy food to our neighbors experiencing hunger. We’re also providing more cooking classes and nutrition education classes to help people use the fresh produce they get from us.

But fresh food comes with its own set of challenges. Our warehouse was designed for shelf-stable food. We could store and process more perishable food if we had more temperature-controlled space — more coolers for storage, a cool room for food processing and more refrigerated trucks for transport. As the food supply continues to change and the demand for healthier food increases, we are preparing to meet these challenges. Fresh produce provides a tremendous opportunity to both feed people and offer nutritious food that can improve health outcomes. We look forward to increasing our capacity to do both.

Beverlee Potter, Executive Director

LETTER CARRIERS DRIVE IS MAY 12

The National Association of Letter Carriers Food Drive is Saturday, May 12. This very important drive helps stock emergency food pantry shelves from Florence to Oakridge and Coburg to Cottage Grove. Please leave a plastic bag of nonperishable food by your mailbox early on May 12. Your letter carrier or an FFLC employee or volunteer will pick it up.

Thank you to these recent drives for raising 500 or more pounds of food or \$500 or more. To organize your own drive or to donate to a drive near you, contact Stefani Roybal at (541) 343-2822 x124 or sroybal@foodforlanecounty.org.

Aesthetic Surgical Arts • Bijou Art Cinemas • Busy Bee Cafe • Central Lutheran Church • Church World Service • CrossFit Evviva • Curtis Restaurant Equipment • D2000 Safety • Dari-Mart Stores • Dollar Tree • Dutch Bros/Love Abounds Foundation • Emerald Bridge Club • Eugene Disc Golf Club • First United Methodist Church • Footwise • Good Earth Home, Garden & Living Show • Governor’s State Employees Food Drive • Integrity Foundation • Lane County Home & Garden Show • Leia Hart • Levi Strauss & Co. • Ninkasi Brewing Company • Oregon Department of Human Services • Providence Health Plans • SELCO Community Credit Union • The Village School • Univera Serve First • University of Oregon • Wags! Dog Emporium • Whole Foods Market



SCAN-A-COUPON

Thank you for donating to SCAN-a-Coupon. SCAN is an easy way to give where you live. SCAN today at one of these participating stores.

Market of Choice • Down to Earth • The Kiva • Friendly Street Market • Capella Market • Sundance Natural Foods

OUR PARTNERS



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Empty Bowls & Brews

a benefit for FOOD for Lane County



Bowls handcrafted by local artists starting at \$10

Friday May 4, 2018
5:30pm to 8pm

NEW LOCATION
Sam Bond's Brewing
540 E 8th Ave. Eugene

100% of proceeds benefit hunger relief. Each bowl purchased includes a coupon for a free bowl of soup at a participating local restaurant. More info: (541) 343-2822 or foodforlanecounty.org

