FOOD for THOUGHT

FALL 2019
NEWSLETTER

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Take yourself back for a moment. Imagine being a child back in school. The teacher is about to review something foundational, like math tables or parts of speech.

Except you do not know where dinner is coming from.

What does that feel like? Why would you care about spelling or state capitals when you are trying to figure out when you are going to eat next?

That is reality for 1 in 6 children in eastern Iowa and western Illinois. Those children have such a harder time paying any attention to their teachers, succeeding in school, and growing up to be productive members of society through no fault of their own, except they do not have enough food.

For those children, our volunteers pack thousands of Backpacks every week, two breakfasts, two lunches, and two dinners delivered to schools on Fridays for children on the free or reduced lunch program to take home so they have something to eat over the weekend. In some places, we put a food pantry right in the school so the child or parent can take a bag of food home for the entire family. And we just wrapped up this year's Student Hunger Drive, where thousands of school children collected over a half million meals to help feed their hungry classmates.

Some of you will realize that we used to say 1 in 5 children were food insecure, it is now 1 in 6. Only because of your help, we are making progress, and we thank you for that. But we are going to continue until every one of those children is fed.

This being the last newsletter of the calendar year, please remember River Bend Foodbank in your year-end giving. For $150, you could feed a child every weekend for the entire school year. How many children could you help us feed?

Together we can solve hunger.™

Michael P. Miller
President & CEO

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I have been teaching for 13 years and am a Certified Trauma-Informed Care (TIC) Instructor. Teaching children with severe emotional trauma, and subsequent behavioral concerns, is a long-standing passion of mine.

A foundational principle of Trauma-Informed Care is the understanding of Adverse Childhood Experiences (ACEs) and their long-term effect. The Center for Disease Control (CDC) and Kaiser Permanente studied over 17,000 of Kaiser Permanente’s employees’ physical health, as well as their childhood experiences. The study is highly regarded in this field, and their findings were staggering! The higher number of ACEs (variety of childhood experiences including physical/emotional/sexual abuse by a parent, a parent with mental illness, and food insecurity) a person reported established a direct link between childhood trauma and the adult onset of chronic disease, depression, and suicide.

What does this have to do with the River Bend Foodbank?

School has often been many of my students’ refuge from multiple forms of trauma, and food insecurity is one of the most readily noticeable. Many teachers and I provide snacks for our students so they are never hungry at school, and my kids always seem to be hungry! Feeding America reports an association between food insecurity and delayed development in young children; risk of chronic illnesses like asthma and anemia; and behavioral problems like hyperactivity, anxiety, and aggression in school-age children. I can’t possibly expect my children to learn when their basic needs have not been met!

The idea of food insecurity being a potential ACE for a student always bothered me, as it seemed like a solvable problem! This curiosity, coupled with great opportunities, led to my role in the creation of the Davenport Community Food Pantry (DCFP). This county-wide pantry seeks to meet the food insecurity needs for the whole of Scott County, and to reduce the number of children in Scott County who are food insecure. We have been established for two years and are serving an average of 145 families (feeding between 500-700 people) twice a week.

No child should have to worry about their next meal, and now their families have ready access to the food they need.

If you would like to get more involved in fighting childhood hunger, the Davenport Community Food Pantry is a great place to start. We are always in need of volunteers or monetary donations to support the work the pantry is doing. Simply visit riverbendfoodbank.org to sign up to volunteer or make a donation. Together we can solve hunger."
On September 12th, we hosted our annual Wine and Dine for a Cause fundraising event at The Holiday Inn/The J Bar, Davenport, raising over 200,000 meals to feed our hungry neighbors in eastern Iowa and western Illinois. It was a wonderful night with delicious food, great wine, and wonderful company. Thank you to everyone who attended! We live in a wonderful and caring community who, by working together, can help solve hunger.

SAVE THE DATE!

WINE & DINE

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SAVE THE DATE!

WOMEN FIGHTING HUNGER

Thursday, March 26, 2020
Rhythm City Casino
7077 Elmore Ave., Davenport, IA

Featuring a keynote by Kelly Corrigan, New York Times bestselling author of multiple books, including The Middle Place, and creator of CircusOfCancer.org, a website that teaches people how to help a friend through breast cancer.

$425 for a table of 10, $50 for a single ticket

Purchase tickets at riverbendfoodbank.org/women-fighting-hunger. Registration deadline is March 18, 2020!