



St. Louis Area Foodbank

# Setting the Table

A NEWSLETTER FOR PARTNER AGENCIES OF THE  
ST. LOUIS AREA FOODBANK

February 2007

## Hunger Advocacy Day in Jefferson City Set for Wednesday, March 28

Each year, representatives from the St. Louis Area Foodbank and the Missouri Food Bank Association meet in Jefferson City, MO for Hunger Advocacy Day to educate policy makers on hunger issues and advocate for favorable policies on behalf of the hungry.

In the past, partner agencies have joined the Foodbank on this day and we encourage you to do the same this year.



Each year, the Foodbank and local hunger-relief representatives go to Jefferson City to educate policy makers on hunger issues.

Transportation to and from Jefferson City on Wednesday, March 28, 2007 will be provided for people who have registered by March 23, 2007. Seating may be limited, therefore registrations are accepted on a first come, first served basis.

Participants will meet at the Foodbank at 6:30 a.m. We will return to the Foodbank at 3:30 pm.

Participants will receive an orientation packet with information about the state of hunger throughout Greater St. Louis and the surrounding counties for distribution to legislators. There will also be an opportunity to meet with a representative for a short explanation of bills pending that would have an impact on the people we serve.

Breakfast will be provided by the Foodbank. You will be responsible for your own lunch when we stop to eat on the way back to St. Louis.

If you would like to join or if you have questions, please contact:

Anitra Jynes  
314-383-3335, X 3111  
ajynes@stlfoodbank.org

Karen Dennis  
314-383-3335, X 3110  
kdennis@stlfoodbank.org

### VOLUNTEER OPPORTUNITY: Letter Carriers' Food Drive

It's that time of the year again and we have a great food drive that we need your help with!

The Letter Carriers' Food Drive will be held on Saturday, May 12th. The shift choices are 1:00pm - 4:00pm and 3:00pm - 6:00pm. T-shirts and refreshments will be provided.

**Agencies that volunteer will be given 25 extra cases of food drive during distribution.**

The postal locations that volunteers are desperately needed are:

WEATHERS STATION - 3415 N. KINGSHIGHWAY

JENNINGS STATION - 9810 HALLS FERRY ROAD

CREVE COEUR STATION - 331 N. NEW BALLAS

SOUTH COUNTY STATION - 5636 TELEGRAPH ROAD

SOUTHWEST STATION - 3232 CLIFTON

AFFTON STATION - 55 GRASSO PLAZA (AT GRAVOIS & ROCK HILL)

If you would like to volunteer, please contact Lenora Young at the St. Louis Area Foodbank by **April 13th** at 314-383-3335, ext. 3101.

### Foodbank Staff

#### MANAGEMENT

Frank Finnegan  
Executive Director  
314.423.6100, ext. 104

Matt Dace  
Assistant Director  
314.383.3335, ext. 3104

Tom Richter  
Controller  
314.383.3335, ext. 3107

Verletta Cole  
Manager, Corporate & Foundation Gifts  
314.423.6100, ext. 103

Tim Donovan  
Manager, Info. Systems  
314.383.3335, ext. 3118

Lenora Young  
Food Donations Manager  
314.383.3335, ext. 3101

#### AGENCY RELATIONS

Karen Dennis  
Sr. Agency Relations Coordinator  
314.383.3335, ext. 3110

Anitra Jynes  
Agency Relations Coordinator  
314.383.3335, ext. 3111

#### WAREHOUSE/INVENTORY

Craig Morford  
Warehouse Supervisor  
314.383.3335, ext. 3115

Darren Smith  
Inventory Coordinator  
314.383.3335, ext. 3114

#### ADMINISTRATION

Ceara Horsley  
Administrative Assistant - Bookkeeping  
314.383.3335, ext. 3105

Mary Mitchell  
Administrative Assistant - Development  
314.383.3335, ext. 3113

TOLL FREE:  
1-800-229-3335

**WELCOME!** The St. Louis Area Foodbank is pleased to welcome **Craig Morford** to serve as the organization's Warehouse Supervisor. Craig comes to the Foodbank with a considerable amount of warehouse & distribution supervisory experience from local companies such as Holten Meats, Dierbergs Markets, and Anthony International. Be sure to say hello on your next visit!

## What Can You Freeze?

You can freeze almost any food. Some exceptions are canned food or eggs in shells. However, once the food (such as a ham) is out of the can, you may freeze it.

Being able to freeze food and being pleased with the quality after defrosting are two different things. Some foods simply don't freeze well. Examples are mayonnaise, cream sauce and lettuce. Raw meat and poultry maintain their quality longer than their cooked counterparts because moisture is lost during cooking.

### Nutrient Retention

The freezing process itself does not destroy nutrients. In meat and poultry products, there is little change in nutrient value during freezer storage.

### Packaging

Proper packaging helps maintain quality and prevent "freezer burn." It is safe to freeze meat or poultry directly in its supermarket wrapping but this type of wrap is permeable to air. Unless you will be using the food in a month or two, overwrap these packages as you would any food for long-term storage using airtight heavy-duty foil, (freezer) plastic wrap or freezer paper, or place the package inside a (freezer) plastic bag. Use these materials or airtight freezer containers to repackage family packs into smaller amounts. It is not necessary to rinse meat and poultry before freezing. Freeze unopened vacuum packages as is. If you notice that a package has accidentally been torn or has opened while food is in the freezer, the food is still safe to use; merely overwrap or rewrap it.

### Length of Time

Because freezing keeps food safe almost indefinitely, recommended storage times are for quality only.

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## **MISSOURI INCOME TAX AND PROPERTY TAX CREDIT CLAIM ASSISTANCE**

The Missouri Department of Revenue offers Income Tax and Property Tax Credit Claim assistance at its Tax Center located at:

3256 Laclede Station Rd., Ste 101  
St. Louis, MO 63143  
Phone: (314) 877-0177 | Fax: (314) 877-0198

Taxpayers will be served on a "first come - first served" basis - appointments are not required. If you have questions about obtaining assistance, you may contact the Tax Assistance Center nearest you (there is only one location in the St. Louis Area).

For Missouri income tax assistance, you must bring:

1. Your completed federal income tax return;
2. W-2 form(s) or any other documents verifying Missouri withholding;
3. Social security number verification (driver license, social security card, etc.).

You can drop-off any Missouri tax return. Tax assistance office hours are 7:30 a.m. to 5:30 p.m. Monday through Friday. For Property Tax Credit Claim assistance, you must bring extra information. Please call (314) 877-0177 first.

## **ILLINOIS TAX INFORMATION**

Alton, Illinois  
Service begins January 16, 2007  
Illinois Employment Training  
90 North Port Drive  
Tues and Thur 5:30 pm - 8:00 pm  
Saturdays 10:00 am - 1:00 pm

East St. Louis, Illinois  
Open only on Tues. and Sat. after March 17, 2007  
New Bethel Missionary Baptist Church  
5803 Belmont  
Tues., Wed., and Thurs. 5:30 pm - 8:00 pm  
Saturdays 10:00 am - 1:00 pm

Marion, Illinois  
Man-Tra-Con Corp.  
January 29th - April 15th  
1301 Enterprise Way  
Mon & Wed 5:30 pm - 8:00 pm  
Saturdays 10:00 am - 1:00 pm

What You Need to Bring:  
All W-2 and 1099 forms  
Social Security Cards or ITIN Card for all household members and copy of 2003 tax return. These programs are partially funded by the Illinois Department of Human Services.

# MEMO

To: St. Louis Area Foodbank Partner Agencies  
From: Karen Dennis, Senior Agency Relations Coordinator  
Date: February 2, 2007  
Re: Agency Ordering Information  
Pages: 1 Total

Please list persons (up to three) authorized to order and pick up food for your agency. In the future this information will be essential in ordering and receiving food from the St. Louis Area Foodbank.

Agency Name: \_\_\_\_\_ Agency Number: \_\_\_\_\_

\*Person completing this questionnaire (please print): \_\_\_\_\_

Signature \_\_\_\_\_ Date: \_\_\_\_\_

*\*Person completing form must be authorized agency representative.*

Persons authorized to pick up food from the St. Louis Area Foodbank for your agency:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Also, please check the type of agency that best describes your program (check all that apply):

- |  |   |
|--|---|
| <input type="checkbox"/> BOYS AND GIRLS CLUB | <input type="checkbox"/> FAITH-BASED    |
| <input type="checkbox"/> RED CROSS           | <input type="checkbox"/> SALVATION ARMY |
| <input type="checkbox"/> UNITED WAY          | <input type="checkbox"/> OTHER          |

**Please complete and return via fax at 314-383-1371 by February 16, 2007**

Or mail completed form to:

St. Louis Area Foodbank  
Attn: Karen Dennis  
5959 St. Louis Ave  
St. Louis, MO 63120

For questions: Call Karen Dennis at (314) 383-3335, ext. 3110 or Toll-Free: (800) 229-3335, ext. 3110

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St. Louis Area Foodbank  
5959 St. Louis Avenue  
St. Louis, MO 63120

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

## CLIENT CHOICE PANTRY?

We have had several food pantries in our area introduce "client choice" to their clients on a small scale this year. The pantry staff have taken only the items



they have a surplus of and arrange these items on tables or pallets so the client can take whatever items they need or know they will use. You can set a limit as to

how many items are taken if you would like. If this works you could slowly add more items to the client choice section. This will give you an idea if you would like to pursue a "client choice" pantry.



*The director of a client choice food pantry gave the following statements:*

*"A customer-choice model of distribution operates more like a grocery store. We expect that this model - in which clients will have broader choice among the food items we're able to provide - will not only honor the dignity and ethnic diversity of the people we serve, it will also minimize waste and promote efficient distribution of our charitable resources.*

*People need food for many reasons. High fuel costs and expensive housing are making it difficult for families to make ends meet. In most people's budget, food dollars are the last dollars spent. If any other crisis comes up they do not have enough to buy the food they need. Then, they come to pantries such as ours for help"*