How do we do it, you ask? It’s all thanks to people like you. Our community—the thousands of volunteers and over a hundred community partner agencies who make this incredible feat happen each year.

Maybe you’re a community partner ensuring that kids who go to the Boys and Girls Club get their snack after school. Or you may be a staff member of Missoula County Public Schools carefully tucking an EmPower Pack in the backpack of a child who will not know hunger over the weekend. You could be a member of the Housing Advocate Network spending time each week at the food bank helping people find housing or a Hunter against Hunger harvesting an extra deer to help ensure we have enough protein to distribute.

You may volunteer at our ROOTS Box builds where you are in charge of placing one can of soup into every box that passes by and then you push it to the next person. A new box arrives. You place the can of soup. You pass it along. Over and over and over again. You may be a greeter or a resource assistant sitting down with each new guest in our store. You may spend hours sorting cans or repackaging bulk items. Or you may do some other volunteer work that is not easily seen, such as sorting bread or potatoes, but is just as vital to the food bank.

Your support and dedication to this work is how we make such a significant impact on hunger in our community. So, you may think what you do in partnership with MFB&CC isn’t a big deal; that you are just packing cans of soup, or loading Fresh Food Boxes, or entering data, but what you are really doing, is nourishing community. And we couldn’t do it without you.

Thank you for all you do!

Amy

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Missoula, Montana 59801

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SPRING 2023

we nourish community

Volunteer Today!
applications online at
www.missoulafoodbank.org

CANdemonium
March 31 - April 14
CAnimals stampede into Southgate Mall for this year’s annual canned food design & build competition. It’ll be a roaring good time.

School Meals Engagement Night
Tuesday, March 7th
Join the movement to make school meals free for all students.

Empty Bowls Full Souls
Wednesday, June 21st
Tickets on sale this summer.

CAUTION: you may be surprised to hear that the food bank only has 24 paid staff members. 24?! I know! I was when I started a few months ago.

How can that be possible when you consider the staggering number of people we serve each year?

➤ 24,287 people in 7,525 different households, distributing 1,256,983 lbs of food in our store alone.
➤ We made 41,524 EmPower Packs.
➤ 143,881 Kids Table snacks and meals and delivered 6,313 grocery boxes to our aging neighbors.

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Thank you for all you do!

Amy

We lead the movement to end hunger through advocacy, volunteerism, and healthy food for all. We nourish community.
THE POWER OF A SNACK: SURVEY REVEALS EXCEPTIONAL IMPACT OF SCHOOL SNACK PROGRAM
BY KATIE WOODHOUSE

In 2020, MFB&CC partnered with Western Montana Mental Health Center to address the impact of food insecurity in Missoula school classrooms. Insufficient nutrition has long been linked to attention deficits, behavioral problems, and decreased school performance, negatively impacting children’s physical and mental development. Together, with school counselors and therapists, we launched the Kids’ Table School Day (KTSD) program, which distributes a 5-week rotating menu of snacks to elementary, middle, and high school students. KTSD underwent its first evaluation last December, and the results are inspiring – not only have students’ school engagement increased, but staff and students alike have experienced gains in confidence, climate, and capacity.

Distribution site leaders agreed that KTSD has helped kids spend more uninterrupted time in their classrooms and engage more with their academic work. And, while our snack program is meeting its academic goals, counselors’ testimonials reveal that KTSD is succeeding far beyond the classroom.

Food insecurity aggravates adolescent stress and anxiety – when a child feels insecure about their next meal, it is predictably difficult to focus on much else. The abundance of snacks KTSD offers has made a marked difference on improving behaviors characteristic of food insecure students.

“The past year, I had 2 or 3 kids each year who would ‘hoard’ or save food from [school] breakfast in their lockers as they felt insecure about when they would have food again,” one program counselor said. She went on to describe the “abundance in snacks that are visible and accessible” provides students with a level of safety surrounding their access to food, which garners hoarding and the anxiety fueling it unnecessary.

The consistent, abundant provision of snacks in schools have allowed children the confidence to follow their body’s cues and eat when hungry. This characteristic of food insecure students.

“Before, students returned to the office for a snack, waiting to see this program continue to flourish!”

... the “abundance in snacks that are visible and accessible” provides students with a level of safety surrounding their access to food ...