

# APACHE JUNCTION FOOD BANK

SPRING 2019



*Together with our volunteers and partners, Apache Junction Food Bank provides emergency food services to qualified individuals and families in East Valley communities with kindness, respect, and dignity.*



**A**fter one year, about 50% of people no longer need food assistance. After two years, over 70% have moved on. By five years, 94% of clients no longer need supplemental food assistance. These statistics speak to the strength, pride and determination of those who ask for help from food banks.

*The following was asked of 279 persons:*

*Q: Is it important to you to eat healthy food?*

**No = 14**

**Yes = 265**

**Healthy eating  
PREVAILS!**



2018 was a truly productive year for the Apache Junction Reach Out, Inc. Food Bank. We continue to serve approximately 40,000 people and distribute 1,000,000 lbs. of food each year. The good news is that the volume of clients served seems to have plateaued.

Serving our mission is truly a celebration of volunteerism with over 100 volunteers contributing over 14,000 hours of service. This last year we saw the passing of two of our longest serving volunteers, Jo Taylor, client services (20 yrs.) and Gerry Hundt, past Board President (8 yrs.), both inspirational examples to our organization. Earlier this year we celebrated our volunteers in conjunction with the Genesis organization to recognize all their philanthropic efforts serving those in need from food insufficiency and insecurity.

Last year we were recognized as one of the top agency food banks, not only by United Food Bank, but also by a local philanthropist who wanted to see his commitment live on to serve others. As part of this relationship, we set up a mission-focused endowment in honor of Mr. Hundt, to support the mission of the organization for years to come. Additionally, we were able to set up an education endowment for our clients that will provide information, education, and healthy resources, focused on empowering them in a greater way.

### ***Improved Operational Efficiency***

Operational Efficiency was a key focus for the AJFB this year. Our goal is to insure that 90% of every donation we receive goes directly back to the clients we serve. To meet that goal we need a diverse and active board supporting our staff. Despite some attrition on our board of directors, not only were we able to triple our Board numbers, but also, with the help of an ASU consultant, we created a board profile identifying the skills, experience and diversity required to lead us for many years to come. Earlier this year we had unannounced inspections from DES, United Food Bank and the USDA. We are pleased to say we past with exceptional results.

We have continued to foster some great corporate relationships. Our stores that provide 60% of the food we distribute support our various campaigns and events. Last year when our local Walmart renovated its store, we were the beneficiary of their expandable conveyor. We now can unload the 600,000 lbs. of store food we pick up down a conveyor rather than manually lifting and carrying every box. The truck is unloaded faster, and there is less chance for personal injury.

### ***Expanded Marketing***

Following some transitions in leadership, we finally, through a pro bono relationship with KEO Marketing, redesigned our website and re-engaged our social media platforms. Through Facebook and our website [ajfoodbank.org](http://ajfoodbank.org), we are now keeping our clients, donors, volunteers and others more up to date on food bank happenings.

We would not be able to accomplish our mission without the support of the public, the City of Apache Junction, Pinal County and United Food Bank. Last year, when unbudgeted expenses relating to our truck occurred, the public gave us unexpected support to pay the repair bills. This support also allowed us to initiate a capital campaign for the much-needed replacement of our current truck. Throughout 2019 we will be working on additional campaigns for our cooler and freezer enlargement to accommodate more products to distribute.

### ***Upcoming Renovation***

Most recently, and with great excitement, we announced our food bank renovation campaign. For a long time, we have worked in a very confined space. As we plan for the next 10 years of serving our clients at our current location, we needed to rethink our client reception area as well as update our administrative space. Seeing 75-100 people over a 2-hour period, 4 days a week, requires great focus on the part of our customer service volunteers. Giving them a committed, controlled area is a priority.

Just four years ago we operated with an operations manager and a truck driver. Today, to serve twice as many people, we have an executive director, a bookkeeper, a warehouse manager and two truck drivers, with an administrative assistant soon to be hired. We have to renovate our office space to accommodate all this growth.

At this time, I am happy to say that Pinal county has approved our plans and with their help we are securing funding to begin the reconstruction. When completed, we will have a dedicated client services room with exterior windows for client reception, new interior and exterior countertops, and a dedicated executive director office with space for an administrative assistant, bookkeeping records, and a small conference area.

With all this activity going on, our number one focus continues to be on our mission of feeding the hungry in the East Valley with dignity and respect. Thank you all for your continued support!

Bob Mohle  
President of the Board  
Apache Junction Reach Out, Inc.  
Apache Junction Food Bank

## IMPRESSIVE RECOGNITION

### INDIVIDUALS

Nicki Krafft 424 Hrs.

*(pictured right)*

Robyn Malgieri 400 Hrs.

Dave Stelzner 336 Hrs.

Collin Hill 300 Hrs.

James Coffey 293 Hrs.



### FAMILIES

Nicki Krafft and Dave Stelzner 760 Hrs.

Jack and Robyn Malgieri 690 Hrs.

Diane and Gale Pence 530 Hrs.

### BOARD MEMBERS

Georga Humphreys 550 Hrs.

Sharon Allison-Brown 345 Hrs.



Above: left to right Hyo Lee, Dillon, Sam Lee

Left: Attendees at Volunteer Appreciation Celebration

My name is Samantha "Sam" Lee, and I am one of the volunteers at the AJFB. I am twelve years old, and this is my sixth year as a volunteer. I started following my brother and our parents to volunteer as a part of my brother's school work. As my brother got busy with school and my parents with their work, now it is just me volunteering.

I work in the warehouse whenever I am on school break, three times a week on average, from 8 am - 2 pm. I remember when I first started. I was 6-7 years old, standing on a step stool to put Girl Scout cookies on the shelves. I also used to line up cans on the shelves and inspect them for dents. Now, I lift heavy boxes and teach new volunteers/community service members the ropes. My mornings are usually filled with bagging canned goods and sorting store-donated food. In the afternoon, I help with the office work, filing or labeling various things. In addition to the warehouse work, I also volunteer at

the food bank's Renaissance Fair, US Postal Food Drive, and the Volunteer Appreciation Event. My favorite event is the Volunteer Appreciation Event because it always is fun to help decorate and see other volunteers I haven't seen in months.

**"..volunteering is something that everyone should try, whether they are young or old.."**

—Sam Lee, 12 yrs old

Whenever people find out how long I have volunteered, they are shocked. They don't expect someone so young to be working to aid people instead of playing video games (which I honestly find quite boring). I believe volunteering is something that everyone should try, whether they are young or old, at whatever service might interest them. When I was younger, I didn't really grasp the concept of why I was volunteering. As I got older, I understood my volunteering job was helping people less fortunate than I was. It helped me see the bigger picture of things, such as the fact that people may not be homeless but may still be starving. I encourage everyone to volunteer to help change someone's life.

## Food Bank Seeks Community Help For Capital Improvements

The Apache Junction Food Bank has announced a \$25,000 capital campaign for building renovations at its Idaho Road facility. It is asking the community to “invest in itself” in serving the emergency food needs of local residents.

In initiating the capital campaign, food bank president Bob Mohle cited the pressing need for facility improvements and upgrades: We have the physical space we need in this building for the short term; we just don’t have the configuration of that space to efficiently serve the 40,000 clients we now assist every year. Over the last ten years we have doubled our volume and the required staff to meet that volume without any revisions or modifications to the building. We’ve critically outgrown our ability to efficiently and effectively carry out our mission of providing emergency food service to East Valley families in need...and to do so with kindness, respect, and dignity.

“Our primary focus will be on enlarging the public and administrative areas of the building. Our client receptionists are literally working elbow-to-elbow right now, making it extremely difficult to give clients the attention and privacy they deserve. We need new space for our Senior Program and a quiet meeting area. We’re talking small improvements that will make a huge difference in our operations. We need the public behind us on this. An investment in the future of the food bank is an investment in the future of the community.”

The food bank hopes to meet its \$25,000 goal by May 30th. To make a contribution online visit [www.ajfoodbank.org](http://www.ajfoodbank.org) and click on “Donate.” Credit cards and PayPal are accepted. Donations may also be dropped off or mailed to 575 N. Idaho Rd, Suite 701, Apache Junction, AZ 85119-4015. To donate by phone, call 480-983-2995.

The Apache Junction Reach Out Food Bank is a 501(c)(3) organization that works with its volunteers and partners to provide emergency food services to qualified individuals and families in East Valley communities with kindness, respect, and dignity.



AJ FOOD BANK PRESENTS



WE NEED YOU TO JOIN US!

IT'LL BE IN THE BAG WHEN YOU DO!

LETTER CARRIERS' FOOD DRIVE SAT. MAY 11, 2019

**JOIN US at the AJ FOOD BANK for this annual event where we partner with our local USPS letter carriers!**

**BUILD YOUR TEAM OF 10 AND REGISTER AT THE LINK PROVIDED ON OUR FACEBOOK PAGE!**

SIGN UP TO BE A PART OF THE **FUN!**

facebook: [foodbankaj](https://www.facebook.com/foodbankaj)

Email: [info@ajfoodbank.org](mailto:info@ajfoodbank.org)

website: [www.ajfoodbank.org](http://www.ajfoodbank.org)

or Call: 480-983-2995

**GIVE THE GIFT OF TIME AND MAKE A DIFFERENCE IN YOUR COMMUNITY!**

**SPONSORS**



## Upcoming Day of Donating May 11, 2019

Once again the AJ Food Bank will benefit from your generous contributions of non-perishable donations collected on May 11.

Please give generously to help those in need.

Please visit our website,  
[AJfoodbank.org](http://AJfoodbank.org)

# Food Donations Promote Client Independence: Myth or Reality?

By Robin Reesal, MD and Georga Humphreys, Registered Dietitian/Nutritionist

Does donating food to hungry children, seniors, adults and families promote independence, better health and family wellbeing? Consider the following...

## ***What is food insecurity?***

Simply put, a person or family is "food insecure" when they cannot access quality food and they do not have enough food to eat.

## ***What is the effect of food insecurity?***

Imagine food as gas for a car. Poor quality gas causes engine malfunction and the car cannot reach its destination. The result of not having any gas is self-evident. The car does not move.

A person's body is like a car. It needs food to function properly. Poor quality food or a lack of food leads to physical and mental health problems, which in turn affects occupational and family functioning.

## ***Does food assistance prevent self-reliance?***

No.

Some believe that food banks demotivate clients from working and act as a barrier to self-reliance. Research does not support this view.

Hunger impairs a child's brain development. A lack of food or poor-quality food decreases a child's intellectual and emotional development, which results in poor school performance. An adult without food does less well at a job interview because of cognitive and emotional impairment. When a senior is impaired, due to food insecurity, it is hard for them to care for themselves and others. When a mother or father is impaired, due to hunger, it is hard for them to fulfill their multiple family roles.

## ***Does helping those with food insecurity promote client independence?***

Yes.

Food assistance of hungry children, adults and their families promotes independence. According to the United States Department of Agriculture (USDA) Economic Research Service (ESR), "Food insecurity in U.S. households rarely persists over many years". This is according to national studies involving thousands of people over a five-year period.

After one year, about 50% of people no longer need food assistance. After two years, over 70% have moved on. By five years, 94% of clients no longer need food supplements. These statistics speak to the strength, pride and determination of those who ask for help from food banks.

So, while the percentages of people needing food assistance may be relatively stable, the population receiving help is constantly changing. Food bank clients are transitioning towards independence.

## ***Does your donation make a difference?***

Absolutely! When donors help us they are helping our clients help themselves.

*The Apache Junction Food Bank is very grateful to our donors, volunteers and those who help us in unseen ways. We appreciate the kind words of support from former clients who now have a better life.*

*This article is part of the Apache Junction Food Bank Client Education Program initiated and supported by one of our endowment donors. Thank you.*

*Author: Robin Reesal MD is a retired psychiatrist and volunteer with the Apache Junction Food Bank. Georga Humphreys is a retired dietitian/nutritionist and a Board Member with the Apache Junction Food Bank*

*Reference: <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/frequency-of-food-insecurity/#prevalence>*



**Apache Junction Reach Out, Inc**  
**Apache Junction Food Bank**  
**575 N Idaho Road, Suite 701**  
**Apache Junction, AZ 85119-4015**

Non-Profit Org.  
U.S. Postage  
**PAID**  
SBSDM



*Thank you for supporting the Apache Junction Food Bank. Watch for our next issue in the Fall.*



We invite the community to share their photos, questions, story ideas or suggestions.

Please contact:  
**Myra Garcia,**  
Executive Director  
Phone: 480.983.2995  
Email: [info@ajfoodbank.org](mailto:info@ajfoodbank.org)



The Apache Junction Food Bank is incorporated as Apache Junction Reach Out, Inc. and is a 501(c)(3) qualifying charity for Arizona State tax deductions of up to \$400 per person, \$800 per family.