



FOOD FOR THOUGHT
Northern Arizona Food Bank

Holiday Edition
12/01/2007

Summer Business Food Drive Results

This years Summer Business Food Drive was a great success. There were 11 participating businesses this year.

WAY TO GO!!!!

There was a total of 2,951 pounds of food, and 36 hours of volunteer work donated!

This was a phenomenal amount.

Here is the break-down of all the totals.

2,951 pounds of food=\$4,426.50

36 hours of volunteer work = \$642.60

This is a total of \$5,069.10

A big **THANK YOU** goes out to all who participated in this years Summer Business Food Drive. If you are interested in participating in next years Summer Business Food Drive, please call 928-526-2211 in May 2008 The food drive will start July 1st 2008.

Lets see if we can double those totals next year.

Here is a list of the participants and each of their totals!

The Summit Center

175 pounds donated

Harkins

1,681 pounds donated

Southwest Institute of Healing Arts

79 pounds donated

Superior Restoration

465 pounds donated

Literacy Volunteers

27 pounds donated

Northern Arizona Surgi Center

137.5 pounds donated

Plastic Surgeons of Northern Arizona

137.5 pounds donated

Target

12 hours of volunteer work donated.

AND THE WINNER IS!

True North Dentistry

24 hours of volunteer work and

249 pounds of food donated!

They now have their logo traveling around the country on one of the Northern Arizona Food Bank truck's.



Holiday Items Needed

We are in need of the following holiday items.

- * Turkeys or Hams
- * Stuffing
- * Potatoes (boxed or fresh)
- * Cranberries (canned or fresh)
- * Canned Pie Fillings
- * Black Olives
- * Yams or Sweet Potatoes (canned or fresh)
- * Pickles
- * Brown Sugar/ White Sugar
- * Canned Fruit
- * Canned Vegetables
- * Jell-O
- * Margarine
- * Eggs
- * Pies (fresh or frozen) or Pie Crusts
- * Flour

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Halloween Event A Great Turnout



This year the employees of Northern Arizona Food Bank decided to do something special for the children in Flagstaff and surrounding areas. They decided to have a Halloween Haunted House and Trunk or Treat.

It was a great success, with around 50 children in attendance. The staff of Northern Arizona Food Bank completely decorated the large walk-in cooler with black lights, scary props, fog, spiders, and more. They had a maze set up out behind the warehouse that consisted of spooky walkways, and dark tunnels. There was even a mysterious man outside that was lurking in the shadows, waiting to scare the children as they came through the maze. It all ended with kids being able to walk through the "Trunk or Treat" which consisted of different agencies and volunteer groups decorating their cars and handing out candy.



The children that dared to enter had a great spooky time. You can see pictures of the Halloween event on the website at www.nafoodbank.org

Next year should be even better!



Halloween Sponsors

Our Halloween Celebration was made possible by the following sponsors.

We Thank You For Your Support!



**ALVINS
RESTAURANT**
2610 E. Rt. 66
Flagstaff, AZ 86004

YOUR NAME HERE!!!

To find out how to become a sponsor,
please call 928-526-2211.



FLAG ICE, LLC
510 E. Brannen Ave
Flagstaff, AZ 86001
928-779-9158

McCarthy Weston, P.L.L.C.
508 N. Humphreys
Flagstaff, AZ 86001
928-779-4252

Benefit & Financial Strategies, LLC
6 E. Aspen Ave., Suite 200
Flagstaff, AZ 86001
928-774-0695

Food Drive Volunteers Needed

**No time to volunteer?
Why not have a food drive?**

Many businesses around Flagstaff are supporting Northern Arizona Food Bank by holding food drives.

It's easy as **1, 2, 3.**

- 1.)** Call 928-526-2211 and have one of Northern Arizona Food Bank's employees deliver a collection bin to you or your place of business.
- 2.)** Tell everyone about your food drive. Make incentives like 10% off your services with a can of food.
- 3.)** Call Northern Arizona Food Bank when the bin is full and we will come to pick it up.



Give the gift of
Volunteering.

You can decorate the collection bins yourself and personalize them, or Northern Arizona Food Bank can have a sign made for you.



Wood Program Donors

Northern Arizona Food Bank wants to recognize and extend a huge **THANK YOU!** to all of our wood donors this year.

MICK'S TREE SERVICE

SUPERTREE ENTERPRISES, INC.

ABIVEAU TREE CARE



ARBOR PRO.

Northern Arizona Food Bank has received more than 150,000 pounds of wood since the "Wood for Winter Warmth" program started.

That is an enormous amount!

Northern Arizona Food Bank also wants to extend a big [Thank You](#) to **Rick Yoerg**, for donating many cords of wood from his personal property.



If you are interested in donating wood to the "[Wood for Winter Warmth](#)" program, please call 928-526-2211

How Our "Wood for Winter Warmth" Works

Many residents in and around Flagstaff only have a wood stove or fireplace as a heat source for their home, and they are on a very limited income so they can not afford to buy wood. They then have to make a very tough decision.

How do we heat our home this winter? Northern Arizona Food Bank is there to help.

"I just lost my job, and my husband left me. I have 4 children and a woodstove is the only heat that we have. Can you help us stay warm?"
(Anonymous)

The "wood for Winter Warmth" program enables individuals to apply to receive free firewood while supplies last.

Families with limited or no income can go to Northern Arizona Food Bank, fill out

an application, submit the requested documents, and see if they are eligible for free firewood.

Northern Arizona Food Bank will allow each family that is eligible to receive 1/2 a cord of firewood per month.

Firewood is very limited this year and Northern Arizona Food Bank is running out.

Many of the families in need, received firewood already this year.

A Special Thank You to the Inmates from ASPC Winslow & Coconino County Jail

Northern Arizona Food Bank wants to give a big **THANK YOU!** to all of the inmates from the Coconino County Jail and Arizona State Prison Complex in Winslow, for splitting wood for the "Wood for Winter Warmth" program.

The wood is typically donated in the summer months and given to less fortunate



families in the winter months.

(see article above)

Both crews went to Northern Arizona Food Bank and worked for the en-

tire day splitting and stacking wood, so that it is easily accessible for clients.

The inmates love to get out and pay back



the community.

Northern Arizona Food Bank staff could not possibly accomplish all that needs to be done, so volunteers that help out are a blessing and a lifeline to the food bank.

Northern Arizona Food Bank staff would welcome the inmates back anytime they could come.



Borderland Food Bank and NAFB Merge

Yolanda Soto, director of the Borderland Food Bank in Nogales, AZ, heard the news August 1, 2007. Borderland Food Bank in Nogales, AZ had lost its \$239,000 state contract. Soto, called Kerry Ketchum, Executive Director of Northern Arizona Food Bank, a division of Feed My People Children’s Charity, and asked to merge with their organization.

“It was done in less than a month” Soto said. “It was unbelievable.”
“We have a 21 year history of helping the less fortunate by providing life’s basic necessities such as food and material aid. Our network of over 180 non-profit food banks, pantries, shelters, feeding sites, and senior centers, needed our support. There was no doubt in my mind that a merger was the only course of action. This will insure a steady flow of fresh nutritious produce to our partner agencies and families in need.” Said Kerry Ketchum, Executive Director of Northern Arizona Food Bank.

The operational funding comes with “no government strings attached” since Borderland is now part of an international organization, Borderland Food Bank can now expand its program to feed the hungry in Nogales, Sonora Mexico. As well as all of Arizona.

Borderland Food bank sits in the produce area, it receives around 38 million pounds of produce from some 150 donors each year.

“Almost 40 percent of the reclaimed produce in Arizona comes out of Borderland,” said Lon Taylor, CEO of Feed My People.
“When they lost that contract, somebody had to step up to the plate and make sure that produce would be available to all the needy people in Arizona.”

WHAT HAPPENS NOW?

This merger has enabled Borderland Food Bank to purchase new equipment to complete the electrical work to re-open six cold-storage rooms, that have been inoperable since the food bank moved to it’s current location in 2002.

The investment that needed to be made, was well worth it. This will ensure that produce

**“A merger was the only course of action.”
Said Kerry Ketchum, Executive Director of Northern Arizona Food Bank.**

will last longer when it is shipped out to the receiving food banks.

Produce will now be shipped to any food banks that have a need for it.
The clients of Northern Arizona Food Bank deserve the freshest food available.
Food Banks require 3 things to run smoothly, food, funds and friends.

Food-

Food Banks must have food in order to be able to help the hungry.

Funds-
This consists of monetary donations to cover the cost of fuel and maintenance on the trucks so that food can be picked up and delivered where and when it is needed.

Friends-
Grab your friends and volunteer, or make

New Faces

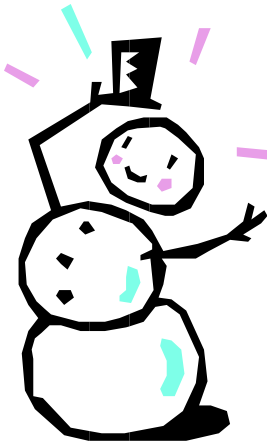
We have a few new shining faces at Northern Arizona Food Bank. We would like to welcome them aboard. We have a great team here now with great personalities.
Help us give them a great big WELCOME!

Matt French - Warehouse Assistant
Debbie Sienkiewicz - Produce Contact





Volunteer Thank You



Hats off to all the volunteers in August, September, October & November.

Thomas	Allen	Monica	Madhaupeddi	Ashley	Wesolek
Lavina	Belin	Selma	Marsitto	Brittany	Wesolek
Charlie	Bongo	Sarah	Marsitto	Nikeki	Williams
Andrea	Brown	Sandi	Matthews	Sarah	Yohe
Eddie	Charley	Rita	McCoy		
Joe	Cigrand	Colin	McCoy		
Jean	Devereaux	Valerie	Ortega		
Donald	Fairbanks	Richard	Peters		
Rita	Felder	Vanessa	Schafer		
Craig	Freeman	Dr. Richard	Shannon		
Matt	French	Nate	Silva		
Susanna	Garcia	Raeanne	Simmons		
Jennifer	Hardister	Dallas	Stone		
Mahlon	Hellyer	Gary	Watkins		
Rex	LaRue				

If you are interested in volunteering at Northern Arizona Food Bank, call 928-526-2211

If you are looking to meet new friends, have fun and do a good deed in the community,

Volunteer!

Thomas	Allen
Master	Bailey
Lavina	Belin
Charlie	Bongo
Lucas	Brown
Donald	Fairbanks
Craig	Freeman
Matt	French
Monica	Madhaupeddi
Colin	McCoy
Rita	McCoy
Chad	Meredith
Jim	Netteland
Fred	Ortiz
Debra	Sienkiewicz

Marybelle	Aguilar		
Marylou	Barlow		
James	Bauerle	Meagan	Johnson
Nelson	Begay	Iva	Johnson-Molina
Ann	Bendel		Katz
Don	Bendel	Joseph	Wigmore
Shelley	Boyer	Jennifer	Kuczora
James	Braunt	Jessica	Kuczora
Pat	Brown	Josh	Kuczora
Lucas	Brown	Eileen	LeFebre
Belinda	C	Marlene	Lindquist
Judy	Chiarito	Casey	Lobstein
Jamie	Cook	Sophia	Manygoats
Angela	Croyts	Rita	McCoy
Chris	Croyts	Diane	McDaniel
Rita	Felder	Evan	Peiffer
Tammy	Floyd	Jamie	Polchow
Daniel	Franke	Marie	Quinn
Amy	Gardner	Katie	Riggs
Leslie	Gillespie	Lindsay	Stephens
Maria	Gillespie	Eric	Tajc
Carolyn	Gladden	Todd	Thatcher
Amy	Gladden	Gary	Watkins
Amy	Hammond	Claire	Wendt
Roxy	Hornbeck	Kaitlyn	Westcott
Matt	Hornbeck	Teresa	Yazzie
Marcela	Jny		
Codie	Johnson		

Cyndi	Anderson	Jessica	Godzich
Jackie	Aragon	Anthony	Hackworth
Roger	Barrett	Codie	Johnson
Charlie	Bongo		Katz
Matilda	Bregody	Joseph	Wigmore
Lucas	Brown	Bryan	Kennedy
Judy	Chiarito	Rita	McCoy
Belinda	Contreras	Kirsten	Mora
Dorothy	Dale	Jim	Netteland
Courtnei	Ellis	Karen	Piet
Rita	Felder	Lindsay	Stephens
Tammy	Floyd	Terry	Talbot-McCall
Drew	Gaylord	Kim	Vallen
Mel	Gibson	Allison	Weber
Andrew	Gibson	Steven	Zimmerman

TOMMY TURKEY



Northern Arizona Food Bank had a wonderful turnout for “Tommy Turkey” this year. Various groups donated their time to volunteer at the big bird that was located at Safeway on Highway 89. Over 400 turkeys were donated, along with various non-perishable foods.

Northern Arizona Food Bank will give out a turkey, a regular food box, and a bag filled with holiday food items like yams, potatoes, green beans, corn, stuffing, marshmallows, etc. This makes the holidays a little easier for the families that are struggling right now.

Northern Arizona Food Bank is always accepting donations of food and other items. Below you will find a cut out list of items that are in demand right now. This way you can clip it out and take it with you when you go shopping.

The holidays are especially hard for those who are struggling in Northern Arizona and surrounding areas. Families choose daily between food and heat or medications. Food should not be something that you need to choose between or think about, especially if you have children or if you are elderly.

Give the gift that will change your life forever. Donate food for a family in need.

If you are interested in adopting a family for the holidays, please call 928-526-2211 to find out how.

Most needed Holiday items

- Turkeys or Hams
- Stuffing
- Potatoes (boxed or fresh)
- Cranberries (canned or fresh)
- Canned pie filling
- Yams or Sweet Potatoes (canned or fresh)
- Pickles
- Brown Sugar/White Sugar
- Canned Fruit
- Black Olives
- Canned Vegetables
- Jell-O
- Margarine
- Eggs
- Pies (fresh or frozen)
- Flour

FLYING HIGH TURKEY DRIVE



UP

UP

AND AWAY!

Super Turkey!!! Every year, Northern Arizona Food Bank, along with the Flagstaff Fire Department and Yavapai Broadcasting has a huge turkey drive. The Fire department showed up with their hook and ladder truck and hoisted a turkey into the air. They raise the ladder 1 foot in the air for every 5 turkeys donated trying to reach their goal of 1,000 turkeys.

Yavapai Broadcasting 's Sunny 100, Q102.9, & KKLD "The Cloud" (95.9/101.7) was there to help kick off the day with a live broadcast.

THANK YOU FLAGSTAFF!

This year, 300 turkeys were donated by the community.

Many volunteers helped out that day and it was a great success.

NAU WOMENS BASKETBALL TEAM CONTRIBUTES

Nau Women's Basketball team held a food drive to benefit Northern Arizona Food Bank.

At one of their games, they asked for canned goods to replace the admission fee.

A total of 270 pounds of food was donated to the food bank from them. The women's basketball coach also presented Kerry Ketchum (executive director of NAFB) with a check for \$300.00. (pictured)





3805 E. Huntington Dr
Flagstaff, AZ 86004

Phone 928-526-2211
Fax 928-526-9505

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1986



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86004

Northern Arizona Food Bank

MONETARY DONATIONS ARE GREATLY APPRECIATED
EACH \$1.00 DONATED SUPPLIES UP TO 9 MEALS!

Time is running
out!
Donate today to
get your year
end tax
donations.

Here is my Tax-Deductible check for \$ _____
Please Charge My Credit Card Account \$ _____
____ Visa ____ Mastercard ____ Other (Type) _____

Credit Card No. _____ Exp _____

Signature _____

Cardholder Name _____

Please mail this form with your donation to

NORTHERN ARIZONA FOOD BANK
A Division of Feed My People Children's Charities, Inc.
3805 E. Huntington Drive
Flagstaff, Arizona 86004
ONLINE DONATIONS CAN BE MADE AT www.nafoodbank.org

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(Feed My People Children's Charities, Inc)
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