

# HAYS COUNTY AREA FOOD BANK

Feeding Hungry People Since 1984



Spring 2005

## HOMETOWN HARVEST

### JUNE IS HUNGER AWARENESS MONTH

In recognition of National Hunger Awareness Day on June 7, the Hays County Area Food Bank is sponsoring Hunger Awareness Month to educate the public about the needs of hungry people in Hays County.

Since 1984, the Food Bank has been on the front lines helping to feed the elderly, families with children, the sick and disabled, the homeless, and others suffering from hard times.

“Hunger in America looks different from hunger in other regions, but it exists. Almost half of the people served by America’s Second Harvest,... live in households with at least one working adult, but these individuals must try to make ends meet on low wages that simply cannot cover mortgage or rent payments, the cost of prescriptions and medical care, utility bills, car payments and fuel costs, and food.”

*Second Harvest website, March, 2005.*

You can help us feed hungry people by organizing a food/fund drive to collect money and food in your workplace, neighborhood or church. Make a donation or volunteer today. See page 5 for details or call 392-8300 for more information.



### Every Dollar Helps Every Can Counts

- A \$10 donation buys 83 lbs. of food, enough to help a family of 4 for a whole week.
- \$100 buys 830 lbs. of food or pays half our fuel bill for a month.

### Hunger In America

#### Did You Know...

- Many of our elderly neighbors have to choose between buying medicines or food?
- Single mothers in Hays County can work two jobs and still struggle to feed their children?
- 2 Million Texas households have trouble consistently affording food?
- 13.9% of Hays County families live at or below the Federal Poverty Level?

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Learn more about National Hunger Awareness Day at [www.hungerday.org](http://www.hungerday.org) and more about hunger at [www.secondharvest.org](http://www.secondharvest.org)

# The Mission of the Food Bank is to feed hungry people

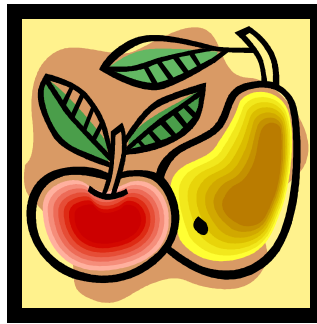
## Calendar of Events

**National Volunteer Week  
April 17-23**

**National Hunger Awareness Day  
June 7**

**Hunger Awareness Month  
June**

**You can help!  
Make a  
Donation  
Today**



## HEB Shopping Spree Donated to Food Bank

David and Dan Davis of the Cornucopia Health Food Store were the winners of the Noon Lions Club HEB Shopping Spree in March. David gathered \$762.51 of food in three minutes and generously donated the entire haul to the Food Bank.

Thanks to HEB, the Noon Lions Club and the Cornucopia! A special mention goes to Dr. Robert Galvan who sold 1,436 tickets for the Lions Club.



Pictured L-R: Dr. Robert Galvan, David Manrique & Bruce Schneider of HEB, David & Dan Davis from the Cornucopia, and Randolph Goodman from the Noon Lions Club.

## A SPECIAL BIRTHDAY GIFT



Sisters Kate & Hailey Ousey have a unique way of celebrating their birthday each year. The girls ask their friends to bring

canned goods for the Food Bank in lieu of presents for themselves. They gave 70 lbs. of food to help feed the hungry. Their wonderful spirit of giving is an inspiration to people of all ages. Way to go, girls, and Happy Birthday!

## Gruene Hall Benefit

March 13 was the 21st Annual Texas Summer Nights Concert and Food Bank benefit at Gruene Hall. The event netted 336 lbs. of food and \$806.00. Thanks to Tracie Ferguson and the Gruene Hall staff for another successful event!

# VOLUNTEER SPOTLIGHT

## AGENCY CELEBRATES NATIONAL VOLUNTEER WEEK APRIL 17-23

Sponsored by the Points of Light Foundation, National Volunteer Week recognizes the valuable contributions of American volunteers and highlights their efforts to improve local communities. The Food Bank will host a reception in honor of its volunteers April 20th at 2:00 PM at the Food Bank in observance of this event.

to inspire both the people they help and others to join their service to the community.



During the week, thousands of volunteers across the country will be honored with local celebrations and thousands of organizations will distribute the President's Volunteer Service Award to deserving volunteers

Established in 1974 when President Nixon issued an Executive Order designating a week to celebrate volunteering in the United States, National Volunteer Week has been celebrated in April every year since then.

“With a staff of three, it would be impossible for us to do the daily schedule without the help of our volunteers who work tirelessly, even on the weekends, to get the work done. They are the heart and soul of the Food Bank,” notes Pat Tessaro, Executive Director. “We take every opportunity to let them know how much we appreciate and value their help.”

The theme for 2005 is “Inspire By Example” and reflects the ability of volunteers

### VOLUNTEERING

“The best way to find yourself is to lose yourself in the service of others.”

**Mahatma Gandhi**

“We make a living by what we do, but we make a life by what we give.”

**Winston Churchill**

“Do not wait for leaders; do it alone, person to person.”

**Mother Teresa**



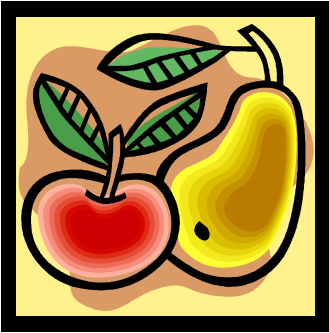
Volunteer Rob Roark drives the van to pick up food and helps get ready for the daily distribution.

**Vol-un-teer, n. One who offers himself for a service of his own free will.  
Webster's Dictionary**

**VOLUNTEER OPPORTUNITIES**

**Give a Couple of Hours of Your Time**

There are many opportunities for you to come help us feed hungry people. Volunteers set their own hours according to their schedule. You can work a two or four hour shift on a daily, weekly, or monthly basis during our regular business hours Monday—Friday 8:00 AM to 4:00 PM. Taking a vacation or need a break? No problem, you are welcome to set your own hours to come and go as you like.



**VOLUNTEER  
TODAY  
Call 392-8300  
For More  
Information**

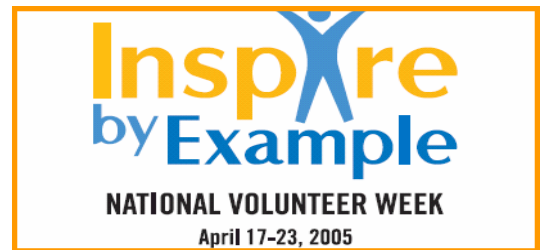


Volunteers Sally Salazar and Amelia Gaona sort and mark food

**Come Help Us ...**

- Sort, mark, & count food for daily distribution
- Mow the grass & weed the flower beds
- Greet the public and answer phones
- Help with clerical duties like copying & filing
- Copy, fold, stamp, & label special mailouts
- Clean the facility
- Help recruit volunteers
- Organize Food Drives
- Help with Fundraising or Public Relations
- Work the busy holiday season in October & November to prepare food for Thanksgiving boxes
- Help plan a special event

**We need YOU!**



**Do you have a special skill?**

**Are you a good writer?** Help edit the quarterly newsletter

**Enjoy public speaking?** Speak to groups to educate them about hunger and the Food Bank

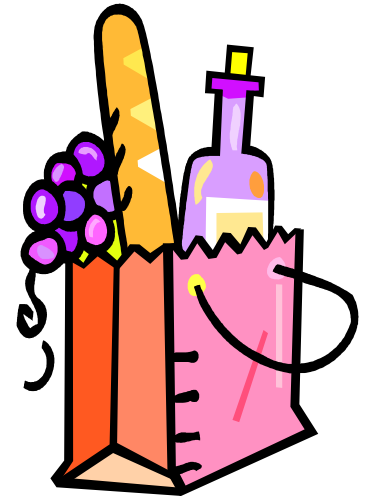
**Are you a computer wiz?** Help develop & maintain our website

Groups like social/civic organizations, Texas State fraternities and sororities, church and youth groups, and local businesses are welcome to organize a Food Drive at any time of the year. Using the Food Donation Wish List, follow the Steps to a Successful Food/Fund Drive below and remember that every dollar helps and every can counts to feed hungry people.

## FOOD DONATION WISH LIST...

We accept any non-perishable food items that are both sealed and labeled. No matter the time of year, we always need...

Canned Vegetables & Fruits \* Rice Beans Pasta  
Cereal Chili Soups Macaroni & Cheese Tuna  
Canned Meats Peanut Butter  
(\* No large no. 10 cans, please)



## Steps to a Successful Food/Fund Drive

- Set a goal and plan to meet that goal
- Set a beginning and ending date
- Establish a centralized collection point
- Be creative. Challenge another group to a friendly competition
- Hand out flyers and advertise
- Ask for donations of money AND food
- Educate your group and others about hunger issues and the Food Bank
- Call the Food Bank to arrange a time to drop off your donation during regular business hours

## THE VALUE OF PARTNERSHIP

With the generous support of the community, the Food Bank distributed over 460,000 lbs. of food in 2003 valued at over \$830,000.

## The Master's School

Several students at the school organized a spring break food drive. Going door to door, they collected 406 lbs. of food and \$20. What a great way to use their time off from school. Thanks for giving to people in need.

## Wonderland School 3rd Grade Donates \$100

16 students from Mrs. Anne Perkins 3rd Grade Class designed and ran a pickle business called "Order Up" to raise money for a field trip. In the end, the kids decided to donate the money to help hungry people instead. Thanks for your hard work, kids! Your money will help buy food for hungry

**HAYS COUNTY AREA FOOD BANK**

*Feeding Hungry People Since 1984*

220 Herndon Street

San Marcos, TX 78666

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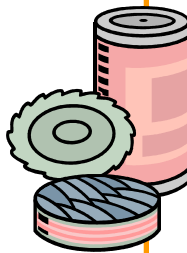


**CURVES FOOD DRIVE**

**Curves, San Marcos - 886 lbs. of food donated**

**Curves, Kyle - 917 lbs. of food donated**

**Thanks to the staff at Curves and everyone who donated food**



**VAN UPDATE** - To date we have received \$1865.00 towards purchasing a new van for the Food Bank. Thanks to all of you who have donated to this important need. We will keep you posted on our progress.

**Hays County Area Food Bank**

220 Herndon Street,  
San Marcos, TX 78666

(512)392-8300 FAX (512)392-5286

**FOOD BANK  
2005 BOARD OF DIRECTORS**

- Connie Skiles, President
- Paulette Wallington, Secretary
- Jane Hughson, Treasurer
- Joe Castillo
- Margaret Dunn
- Barbara Hammer
- Ray Helm
- Debbie Gonzales Ingalsbe
- Neva Lockett
- Kirk Sedberry
- Angelita Garza Tobias

**FOOD BANK STAFF**

- Albert Garcia,  
Operations Manager
  
- Becky Bradley,  
Administrative Assistant
  
- Patricia Tessaro,  
Executive Director