

Off the Shelf

Fall
2021



GROWING TOGETHER





DIRECTOR'S DISH



Pam Molitoris
Executive Director

Growing up, our family moved every few years. Early spring, our father would get a call if there was a move in the works. Our parents would visit the new church, have the hushed late night conversations, and eventually we would hear the news that we were moving.

From the spring until June, there was a flurry of activity. Our parents would take us to visit our new community, drive by our new home, visit the school, and generally get a lay of the land. We would begin clearing out what was not making the move and begin packing the house in preparation for the moving van.

Each move was different. At times I was incredibly excited, however, other times I dreaded the move and all of the challenges associated with it. Would I like my teachers, would I get my own room, would I make new friends? Our parents reassured us that there were opportunities to learn and grow with each new experience.

They were right! Although I did not care for all of the communities, I learned something new from each

of them – how to make new friends, how to deal with anxiety and stress, how to make the best of a situation, and most importantly, how to deal with change.

As we've moved into the transition phase of COVID toward a new normal, I'm reminded that change is stressful - that anxiety, fear, and excitement can all be at play. There is no "right" way to feel during this time, just a need to move forward and discover the opportunities that are in front of us. As our parents reminded us, there are opportunities to learn and grow, and a responsibility to "make the best of it".

We have the unique opportunity to capitalize on the changes that helped us feed our neighbors, while moving away from previous practices that may no longer benefit the people we serve. The partnerships and collaborations that were strengthened or developed through COVID are key to our success. I look forward to seeing the impact we make together as we continue to find ways to provide healthy, nutritious foods to our communities.

Pam Molitoris

COMMUNITY PARTNERSHIPS

Whether it's the large family next door, or a single parent an hour away, hunger can affect anyone, and sometimes our neighbors need some extra help to get by.

Central Illinois Foodbank and its partners are working diligently to provide for those in need. With support from **Wells Fargo**, we have continued to provide a wide range of healthy foods across 21 counties.

During these critical times, **Cross Church** in Carlinville has been a cornerstone in our ongoing efforts to help bring nutritious food to the people of Macoupin County. Over the past seven months, the church has distributed nearly two semi-trailers worth of food totaling over 72,000 pounds.

Of course, our neighbors need more than just food. Partners like **Molina Healthcare** have stepped up to help ensure that individuals and families receive the necessary household and personal hygiene products that they need.





HEALTHY FOODS FOR ALL

During the pandemic, health became a top priority for all of us. Whether that meant getting enough sleep, routinely washing your hands, or eating a balanced diet, taking care of yourself can be a challenge on even the best days.

In partnership with countless organizations, we have continued to provide an increased amount of fresh foods like fruits, vegetables, dairy, and protein to our neighbors that don't always have access to the healthiest options.



Not only are we delivering perishable goods across our 21 county region, we have also sparked new partnerships to reinvigorate our nutrition education programming.

Our upcoming cookbook and video series with *Prairie Diabetes Alliance* will feature useful recipes for items found at pantries like this one.

Roasted Cabbage

2 tablespoons extra-virgin olive oil
1/2 head green cabbage, cut into 4 wedges
1 pinch garlic powder, or to taste
1 pinch red pepper flakes, or to taste
salt and ground black pepper to taste
2 lemons, halved

Preheat oven to 450 degrees F

Brush both sides of each cabbage wedge with olive oil. Sprinkle garlic powder, red pepper flakes, salt, and pepper over each wedge. Arrange wedges on a baking sheet.

Roast in the preheated oven for 15 minutes; flip cabbage and continue roasting until browned and charred in some areas, about 15 minutes more. Squeeze lemon over each wedge. 4 servings

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COMMUNITY FOCUSED

All mothers want healthy babies, and to provide those babies with the best life possible. This starts by nurturing the body with the vitamins and minerals essential for a strong pregnancy and early development.

Earlier this year, the Foodbank had the exciting opportunity to establish a new prenatal nutrition program in collaboration with **Central Counties Health Center** in Springfield. Central Illinois Foodbank is grateful for this chance to target services to a vulnerable and often overlooked community.

The program is in full swing and is providing grocery boxes for 50-100 families each week that use this federally qualified health center. Eligible patients include pregnant women and women or families with children aged 5 and under. Hundreds of families have received fresh foods like eggs, milk, and a variety of produce like broccoli, pears, greens, and cherry tomatoes.



FRESH & HEALTHY: BY THE POUNDS

2021 Youth Feeding Programs

YEAR-TO-DATE

NEARLY
225,000 lbs

of fresh foods
distributed

across
more than

40

youth feeding sites

Providing nearly

200,000

MEALS



TO HELP OTHERS FIND FOOD



Visit the **Food Locator** at
centralilfoodbank.org



Text **FINDFOOD**
to **855-536-6320**


Standard carrier message and data rates may apply, based on your cell phone carrier. If you would no longer like to receive messaging, please text STOP to 855-536-6320 and you will be unsubscribed immediately. For help with the system, please text HELP to 855-536-6320. You may receive up to 4 messages per month based on need of emergency messaging. Privacy Policy Link-https://trumpia.com/main/privacypolicy_recipients.php


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**OUR MISSION: TO PROVIDE FOOD, AND DEVELOP AWARENESS
OF AND CREATIVE SOLUTIONS FOR FOOD INSECURITY.**