



**MONTHLY TELECONFERENCE
FOOD BANK OF ALASKA
ANCHORAGE
NOVEMBER 20, 2008
2:30 – 3:00 P.M.**

Toll Free Number: 1-866-316-1519 Participant Code: 723725

MINUTES

1. Welcome from Alaska Food Coalition President, Andrea Thistle
 - a. In attendance:
 1. Susan Marthaller, The Children's Lunchbox
 2. Sherry Worthy, AWAIC
 3. Anna Belle Stevens, United Way
 4. Jo Dawson, State of AK Child Nutrition Services
 5. Linda Swarner, Kenai Peninsula Food Bank
 6. Margaret Duggan, Municipality of Anchorage WIC Office
 7. Arlene Charles, Native Village of Koyuk
 8. Gus Marx, Juneau Youth Services
 9. Michael Curren, Office of Faith-Based and Community Initiatives
 10. Susannah Morgan, Food Bank of Alaska
 11. Robin Stilwell, Food Bank of Alaska
 12. George Briggs, The Glory Hole
 13. Linda Setterberg, Joel's Place
 14. Ken Farrow, Alpha Omega Life Care, Inc.
 15. Phyllis Schmidt, Mountain View Baptist Church Food Pantry
 16. Andrea Thistle, Valley Open Bible Fellowship
 17. Patricia Salmon, Chalkyitsik Tribal Council
 - b. Hunger and Obesity: Making the Connections

It may seem paradoxical to think that hunger and obesity are related, but in fact, according to research, hunger and obesity go hand-in hand. According to the Food Research and Action Center:

Many people are surprised to find that hunger and obesity can co-exist in the same individual, family, or community. Yet the truth is that poverty can make people more vulnerable to hunger as well as obesity. Low-income people are especially vulnerable to obesity, due to the additional risk factors associated with poverty, such as:

- Low-income neighborhoods are often underserved by full-service supermarkets
- When available, healthy food is more expensive. To manage budgets, high-fat, high-sugar items with little to no nutritional value are substituted for those more expensive, healthy foods.
- There are few opportunities for physical activity in neighborhoods and schools
- High levels of stress and limited access to health care can contribute to weight gain

For these reasons and more, the Alaska Food Coalition is reaching out to groups that are working on anti-obesity measures. Together, we hope to educate the public and policy makers about the connections between hunger and obesity.

For more information and research about hunger, obesity and how the anti-hunger network and federal food programs can work to curb both, check out www.frac.org.

2. Member Quick Intro – Bean’s Café/ The Children’s Lunchbox– Susan Marthaller
 - a. The Children’s Lunchbox (formerly Kid’s Café) has been in existence about 5 years now. The program has changed its name and service delivery model several times but remains committed to the mission of providing food for hungry children in a safe community environment. We currently serve about 65,000 meals annually and provide 200-250 backpacks of food every week to children in need. We provide meals at established after-school programs like Camp Fire and Alaska Native Heritage Center and at school day programs like Crossroads and AVAIL. We also offer a catering service of fine healthy sandwiches and salads.
Check out the website at www.thechildrenslunchbox.org for more information.
3. AFC News – Kerri Burrows, Alaska Food Coalition
 - a. Annual Meeting Reminder
 1. Dates – February 8 – 10, 2008. We are planning a primer session on Sunday night so we can all be prepared when meeting legislators. Please plan to get there on Sunday!
 2. Scholarship Applications – Applications are due DECEMBER 5, 2008. If you have questions or need an application, please contact the [AFC Manager](#).
4. The Emergency Food Assistance Program (TEFAP) – Jo Dawson, State of Alaska Child Nutrition Services

- a. What is TEFAP? TEFAP is a government food program that stands for The Emergency Food Assistance Program
- b. Who does it serve? Ninety percent of TEFAP food is distributed to households through food banks and food pantries. The other 10 percent goes to congregate feeding sites such as shelters and soup kitchens. With household distribution, clients apply on-site and must have an income that is at 185% of the Federal Poverty Level or below. Congregate sites are not required to have clients fill out an application, but it must be part of their mission to serve low-income people.
- c. Why does it seem that there isn't a lot of selection? Alaska is allotted a certain amount of money to spend on TEFAP commodities. Because the commodities have to be purchased by the truckload, the state has not had a lot of money to purchase several different types of food.
- d. What changed with TEFAP because of the Farm Bill? With passage of the Farm Bill in June, TEFAP has seen a dramatic increase in funds. In Alaska, there has been a 35% increase in funds since June. The state has ordered 50 shipments of TEFAP, which includes 40 different items
- e. Kerri asked for a better explanation of why TEFAP was different than CSFP or FDPIR. Jo explained that TEFAP is a subsidy program, not a nutritional program. This means that, unlike CSFP (Commodity Supplemental Food Program) or FDPIR (Food Distribution on Indian Reservations), which are food boxes that are created around a set of dietary guidelines, TEFAP was created to supplement household foods and support America's agriculture industry and distributes a variety of foods in no particular set nutritional pattern.
- f. Margaret Duggen asked where she could find a list of agencies that distribute TEFAP foods. Susannah noted that the list of agencies is available at Food Bank of Alaska's website, www.foodbankofalaska.org, under the NEED HELP section.
- g. Food Bank of Alaska and Kenai Peninsula Food Bank both expressed gratitude to Jo for all of her hard work for TEFAP and other nutritional programs.

5. Questions

6. Other business, concerns or issues

7. Wrap-up

With no other business, Andrea adjourned the meeting at 2:55 p.m.