Thank You!

Thank you!

The support you offer our community all year round and especially during the holidays is astonishing! Our community relies on you and your team of volunteers, staff, and donors to support them in times of need and your hard work and generosity does not go unnoticed!

This was recently posted on our Facebook page and we wanted to share it with everyone who is fighting hunger in our community.

www.facebook.com/foodgatherers

“When I was a teenager, I lived at the Delonis Homeless Shelter in downtown Ann Arbor and Food Gatherers came to feed us every day. I was and am so incredibly grateful to every single volunteer, donor, and organizer. Because of all your efforts, none of us went hungry while we were at some of our lowest points. Almost 10 years later, I still think about that and from the bottom of my heart, I'm so thankful to you all. Thank you, a thousand times, thank you.”
Food Gatherers believes that access to nutritious food is a basic human right. We connect the dots between hunger and health, and for many years focusing on healthy food has been a driving feature of our work. In January 2019 our board adopted a formal nutrition policy that prioritizes procuring and distributing nutritious and economically valuable food to our 50,000 neighbors facing food insecurity. Nationally, one-third of food banks have formally adopted a nutrition policy like this. The types of food prioritized in our policy are considered “Healthy Picks*” and they include:

- Fresh fruit and vegetables
- Eggs, fish, meat, poultry, and plant-based protein
- Whole grains
- Milk, cheese, and yogurt
- Convenience foods (ready to eat) that are low-sodium and low-sugar

A leader in hunger-relief for more than 30 years, our commitment to nutrition is demonstrated in our governing values, our strategic plan, and our operating procedures, programming, and community partnerships. Every day we work to build the capacity of our program network to distribute healthy food in the following ways:

- We ensure that more than 60% of the food we distribute is protein and fresh produce.
- We do not charge a fee for distributing donated food to our partner programs; instead, we absorb the cost of food collection, storage, and distribution.
- We partner with local farms, individuals, and community growers to encourage the donation of fresh produce. Highlights from Food Gatherers Nutrition Policy
- We provide Carrot Credits to partner programs to purchase items from our inventory, including low-sodium canned goods, whole wheat pastas, or frozen fish.
- We use a Go, Slow, Whoa labeling system in our inventory database to easily identify healthy foods.
- Our Shoppers Pantry in the warehouse models best practice strategies to promote healthy food choices.
- We provide technical assistance, nutrition education, and resources to partner programs through direct service programming including: Healthy Pantry Conversion Project, CookStars Nutrition Ambassador Training Program, and Community Cooks.
- We offer training and outreach so our partner programs can connect clients to SNAP and other federal food programs.
- Our Healthy School Pantry Program provides fresh fruits and vegetables for families at participating schools.
- The Health Care and Food Bank Partnership Initiative creates strategic relationships with health care institutions to increase food insecurity screening and referrals, and raise awareness of food insecurity as a social determinant of health.

To learn more visit foodgatherers.org

*Healthy Picks are based on the Dietary Guidelines for America, Feeding America’s Detailed Foods to Encourage (F2E) framework and Food Gatherers’ own data about client food preferences
Winter Squash

Key Points

- For the best buy, choose winter squash (such as butternut or acorn) that are heavy and have smooth skins.
- To prepare squash, wash and remove seeds. Leave skin on and bake for 30 minutes at 350°F, or until tender.
- To keep fresh, store in a cool, dry place for up to 3 months.
- Squash contains potassium, which is good for a healthy heart.

Spaghetti Squash with Tomato Sauce

Ingredients:
- 1 1/2 cups spaghetti squash, about 2 pounds
- 1 teaspoon vegetable oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 cup (1 1/4 cups) diced tomatoes
- 1 teaspoon Italian seasoning (optional)
- 1/4 cup grated Parmesan cheese

Directions:
1. Cut squash in half and scoop out seeds.
2. Place in baking dish, cut side down. Bake at 350°F for 30 minutes, or until tender.
3. In medium saucepan, heat oil, onion and garlic on medium-high heat. Cook for 5 minutes or until onions are soft.
4. Add canned tomatoes and seasoning. Bring to a boil.
5. Reduce heat to low and cook for 5 minutes. Stir often.
6. When the squash is done, remove from the oven. Use a fork to scrape spaghetti-like strings into a large bowl.
7. Add sauce and serve with Parmesan cheese. Enjoy!

Baked Winter Squash

Ingredients:
- 1 butternut squash
- 1 tablespoon canola oil or vegetable oil
- 2 tablespoons brown sugar or maple syrup
- 1/4 teaspoon cinnamon or nutmeg (optional)
- Salt and black pepper to taste

Directions:
1. Cut squash in half and remove seeds.
2. Place in baking dish, cut side down. Bake at 350°F for 1 hour or until tender.
3. Remove from oven. Scoop out the squash and place in bowl.
4. Add remaining ingredients.
5. Mash together until smooth.
6. Serve hot. Enjoy!

Makes 4 servings.

Leaky Green Salad with Apple Dressing

Serves 6 • Serving: 2 cups

Ingredients:
- 2 apples
- 12 cups sliced leafy greens (kale, mustard greens, spinach)
- 2 tablespoons apple cider vinegar
- 1 teaspoon lemon juice
- 2 tablespoons vegetable oil
- Salt and pepper, to taste

Directions:
1. Core and chop 1 apple and add to a large bowl. Add greens.
2. To make dressing: shred 1 apple on the smallest holes of a box grater into a small bowl. Add vinegar, lemon juice, and oil.
3. Add dressing to greens, mix well with hands. Add salt and pepper to taste.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 4 servings.

Rockin’ for the Hungry

Ann Arbor, MI (December 12, 2019)—Ann Arbor’s 107one, Kroger, and Food Gatherers successfully raised more than one million meals for hungry people in Washtenaw County during the Rockin’ for the Hungry food and fund drive. While 107one DJs were “freezein’ for a reason” during a six-day live broadcast at Washtenaw County Kroger stores, Food Gatherers received enough donations from community members to help provide 1,055,222 meals for the 1 in 7 Washtenaw County residents who don’t have enough to eat.

Thousands of donors, including individuals, students, businesses, and non-profits came out to express their support as 107one DJs issued a call to action to the community and reported Rockin’ progress via a live broadcast. Generous donations from the Harold and Kay Peplau Family Fund and Irene Fast, as well as other community sponsors, matched Rockin’ donations dollar for dollar. In an impressive show of determination, Community High School students raised more than $69,000 – their largest-ever gift to Rockin’, providing more than 207,000 meals to the community before being matched!
Made with love by the **Community Food Programs Department**

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