Monthly Giving Keeps Food on the Table
Because families struggle to afford food throughout the year, not just during the holiday season, our Sustainers Harvest monthly giving program makes it simple to help alleviate hunger all year-round. You can designate an amount that will be automatically charged to your credit card or deducted from your checking account every month. The charge or Electronic Funds Transfer continues until you notify us to stop. Every January we’ll send you a full report of all your gifts from the previous year.

Even a small monthly amount can help to feed many people. A gift of $10 will acquire 30 pounds of healthy food. Over the course of a year, that equals 360 pounds of food!

You can learn more and sign-up online at rifoodbank.org/sustainer.

Warm Up with Our Creamy Winter Vegetable Stew
In Community Cooking, the nutrition education program of the Rhode Island Community Food Bank, clients at our member agencies learn to make healthy, practical meals on a budget. Participants are shown recipes that contain food items often found in pantries then they receive the ingredients so they can go home and make a hearty meal for their families.

Soups are a favorite because they’re easy to make, can be stretched to last and they’re nourishing and warm during the cold winter months. Below is a recent Community Cooking recipe. Check it out and try it for yourself.

Ingredients:
- 3 cups low sodium vegetable broth
- 1 cup coconut milk
- 1 can 100% pumpkin puree (not pie mix)
- 1 can sweet potato puree
- 1 can carrots
- 1 yellow onion, diced
- ¼ tsp cumin
- ½ tsp ginger powder
- 1 tbsp olive oil
- ¼ tsp salt

Preparation:
1. In a large pot, heat the olive oil on medium heat. Add the onions and cook for a few minutes then add the garlic and stir.
2. Add the canned vegetables, salt and seasonings and combine.
3. Cook for 5 minutes, stirring frequently.
4. Add the broth and coconut milk.
5. As soup starts to bubble gently, reduce to low heat and cover the pot.
6. Simmer the soup for about 20 minutes. Adjust seasoning as needed.

Approximate cost of the recipe: $7.76 or $1.29 per serving (Serves 6+)

You can learn more and sign-up online at rifoodbank.org/sustainer.
Status Report: Families are Missing Meals

Each year, the Rhode Island Community Food Bank releases its Status Report On Hunger, an update on the issue of hunger in the state. This year’s report focused on the meal gap: the number of families missing meals because they can’t afford adequate food.

Thousands of Rhode Islanders cannot afford three healthy meals a day. Even after utilizing government nutrition assistance and charitable food programs, low-income families miss meals. The number of missing meals in Rhode Island – 33.2 million per year or 15% of the 217 million meals needed annually – demonstrates the magnitude of the problem.

To address the issue, the Food Bank proposes the following solutions:

• Prioritize distressed communities in Rhode Island for economic development to improve the lives of low-income residents.
• Allocate additional state funding to keep the Food Bank stocked to meet the continued high demand for food assistance.
• Urge Congress to protect and maintain SNAP benefit levels to ensure people don’t miss more meals.
• Offer free school breakfast and lunch to all students in high-poverty areas.

For the complete report, visit rifoodbank.org/statusreport2016.

Empty Bowls 2016

In September, nearly 900 guests joined the Rhode Island Community Food Bank at Rhodes on the Pawtuxet in Cranston for the second annual Empty Bowls event.

Each guest sampled tastes from 36 of the best local restaurants, raising more than $88,000 to help neighbors in need of food assistance. In addition, every guest selected a hand-made artisanal bowl to take home to remind them of the empty bowls in our community. Your skills and talents can be used to help end hunger in Rhode Island. Food-safe bowls in any medium: ceramic, glass, or wood are welcome. For more information, please contact Kelly Seigh at (401) 230-1679 or kseigh@rifoodbank.org.

Calling All Artists!

We need hand-crafted bowls for our Empty Bowls event. Each guest who attends the event will receive one as a reminder of the empty bowls in our community. Your skills and talents can be used to help end hunger in Rhode Island. Food-safe bowls in any medium: ceramic, glass, or wood are welcome. For more information, please contact Kelly Seigh at (401) 230-1679 or kseigh@rifoodbank.org.

Sources of Meals for Low-Income Households in Rhode Island (Provided and Missing)

The number of missing meals in Rhode Island – 33.2 million per year – demonstrates the magnitude of the problem.

SNAP 44%
Cash 21%
Food Bank 9%
School Meals 9%
WIC 2%

At the 2016 Annual Meeting of the Rhode Island Community Food Bank, three new members were elected to the Board of Directors.

David Macchioni
Rhode Island District Director
Stop & Shop
David Macchioni is the Rhode Island District Director for the Stop & Shop Supermarket company. David has been with Stop & Shop since 1988 and has held several positions including Store Manager, Sales Manager, and Center Store Manager prior to becoming District Director. David currently lives in Coventry with his wife Grace and two sons, Nicholas and Dominic.

Renee St. John
Controller
Community Care Alliance
Renee serves as the Controller at Community Care Alliance, a not-for-profit organization and Food Bank member agency based in Woonsneck. She has spent a major portion of her accounting career as an independent auditor for not-for-profit organizations in Massachusetts and Rhode Island. For 13 years she was part of the firm of Kahn, Littwin, Renza & Co., Ltd. and has over 16 years of experience in public accounting.

Edward O. Handy, III (President-Elect)
President and Chief Operating Officer
The Washington Trust Company