



HANDS OF HOPE FOOD BANK & OPERATION FEED BACK

April 2010

Volume 3, Issue 1

Hands of Hope Food Bank

Celebrating over 1 year in our new facility and the launch of several new programs

Inside this issue:

Operation Feed Back	2
Ft. Hood Remembered	2
Ample Harvest	2
McGregor Inn	3
Renown Clinic	3
Tent City and other Homeless Support	3
Keep COOL!!	4

It's hard to believe that it has been over a year since the last newsletter was published. We have been in our new facility for over a year now, and to say the least, it has been extremely busy here.

There has been a lot of changes since we left the shed, and as you read the rest of the newsletter, you will see what has been happening here. We are now working 7 days a week to bring in the supplies that are going out on an almost daily basis to participants and other organizations that need food products for the programs that they run.

We continue to get more suppliers coming on board, and helping us with products that

we need, as well as existing suppliers increasing the donations that they make to us. This has been very heartening to see the support coming out to help our families and our commu-

nity. We are looking forward to increased growth through the next year, and appreciate all of our participants, supporters and suppliers that are making this possible!



Information on the Internet

- Hands of Hope
www.HandsOfHope.US
 - Operation Feed Back
www.OperationFeedBack.US
 - Ample Harvest
www.AmpleHarvest.org
 - Facebook
www.facebook.com
- Hands of Hope Food Bank**

24 foot Refrigerated Truck has become a reality through the \$5 Shared Maintenance Fee

Hands of Hope Food Bank has finally been able to realize one of the goals that we have been pursuing for several years. The purchase of a 24 foot refrigerated truck from Rutherford's Catering was accomplished through the \$5 Shared Maintenance

Fee that participant families pay each time they visit the Food Bank. We have been using the truck on an almost daily basis to pick up donations from our suppliers. Ramage Truck & Equipment Repair is making sure we have a safe vehicle!

Volunteers and the new truck!



Operation Feed Back - A program for Veterans, Military and their families



Operation Feed Back participants lining up on a Tuesday night

The veterans and military families in our community have historically been a segment that has been underserved. We have seen members of our guard return from tours in Iraq and Afghanistan to find out that there jobs have disappeared. They are now in need of assistance that the government cannot or will not provide to support themselves and their families.

We also have veterans from the Gulf War, the Vietnam War,

Korean War and the Second World War that have come to our facility. In some cases they are disabled, and have a hard time being in line for long periods of time.

Some of our veterans also have limited resources to get to our facility.

Working with a group of veterans, guard and active duty personnel, we decided to create a day just for those who have served and their families where

they can get together and obtain the resources that they need.

To this end, we now have Tuesday night from 6:30 PM to 8 PM set aside for this group.

This event occurs every week, and is staffed by the veterans, guard, reserve, active duty and their families every week.

One of the unique aspects of this program is that we do pick up veterans so they can attend. We are trying to get a hotel style shuttle bus for this.

Ft. Hood Remembered - Northern Nevada reaches out to families and survivors

When the massacre happened at Ft. Hood Texas on November 5th, 2009, it was a shock to everyone in the United States of America. Personally having a son currently in the Marines (as well as many of our participants and staff having family in the service) this hit real close to home, and got us to contemplate what we could do to help

the families affected by this terrorist attack.

After some soul searching, we decided to make banners for the people of Northern Nevada to sign and send to Fort Hood to show our support. Kinko's helped us get them printed in time to take to the Veteran's Day parade, and have people

there sign them, and then they were on display at the Grand Sierra Resort for 3 days. After getting over a 1,000 signatures, and raising over \$3,700 dollars, the banners and donations were hand delivered to the Fisher House (similar to the Veterans Guest House) at Fort Hood. Details can be found on the Operation Feed Back web site.

Ample Harvest - a program to get surplus fruit and vegetables for our participants

Hands of Hope Food Bank has partnered with a nationwide organization called "Ample Harvest" to help get the surplus fruits and vegetables from home gardeners to be donated to local food banks, rather than be thrown into the trash, left to rot, or composted.

This effort will help increase both the amount of fresh fruit and vegetable that we can distribute to our participants, and increase the number of participants that we are able to serve. We are working with other local organizations and companies to obtain the manpower

needed to collect this harvest, sort, clean and distribute the product to our participants as well as other food pantries. It is our hope that this effort will expand and start to include small farms that are able to plant an extra row and donate it as well.



"To the Soldiers and Families of

Fort Hood

Our Hearts are with you, You are not alone!"

McGregor Inn - Drop Off Program for families at one of Reno's weekly hotel

Some of our participants have let us know that they have a hard time getting to our facility on a regular basis. This is usually a result of lack of personal transportation, or the inability to carry the large amount of products they receive from us on public transit.

As a result of their input, we have started a pilot program at the McGregor Inn at 1661 East 6th St, Reno, NV 89512. This program is setup where the participants (both residents and

non-residents) can place an order for food products (similar to what they would receive on a Saturday event) on Tuesday, pay the \$5 Shared Maintenance Fee, and a \$5 delivery fee at that time, and receive the food products on Wednesday afternoon.

Each package is individually prepared, and is adjusted (in cooperation with one of our volunteer nutritionists) to help meet the dietary requirements of the participants and their

family. Even though this is still in the pilot stage, it has been an expanding program, and we are considering distributing flyers to other neighboring hotels, and having them place their orders through the McGregor Inn. If we have other areas in the region where this is sufficient demand for this type of service, we may very well expand to other locations in the near future. A commitment by the local residents that want to participate is crucial to success.



Participants at the McGregor Inn receiving their products

Renown Clinic Pharmacy Drop Off Program - Locust Street and Kuenzli Street

What started off as a way to deliver our excess bread products to some people in need has grown to a regular weekly drop off at the Renown Clinic/Pharmacy at 21 Locust St. This is one of the side benefits of the main programs at Hands of Hope Food Bank. Those who participate and contribute their \$5 Shared Maintenance Fee,

create a surplus that then is given at no charge to those who are in need, and who are unable to get to the programs on Saturday or Tuesday.

This ability of those that are already in tough economic times, being able to contribute to support others that are in worse shape than themselves is

truly something to behold.

The delivery times are usually on Wednesday afternoon. There are times when events at the Food Bank overtake the ability to deliver on Wednesday, and the delivery may slide into Thursday, but this is an exception. For more information please call our office 284-8878



“Without this program, I don't know how I would get food for my family to survive while living here at the McGregor, it's well worth it!”

Tent City and other Homeless Support Programs

Hands of Hope and it's staff have a long history in helping out the homeless over the years (starting at the “Bug House”) and continuing through “Tent City” today.

With the growth of Hands of Hope, and the time demands that have come with it, we are

now at a point where we provide food products to other organizations to distribute to those in need at Tent City.

We have also participated in the 3rd Annual Homeless Awareness Day event at Galletti Park. This as well as the City of Reno sponsored events

have provided an opportunity for us to reach out to other organizations that can benefit from our help. We also have some of our volunteers that do direct outreach to the homeless in various parts of the city and county on an irregular basis.



Homeless Awareness Day #3 at Galletti Park



**HANDS OF HOPE FOOD BANK
& OPERATION FEED BACK**

295 Gentry Way
Suite 19-20
Reno, NV 89502

Phone: 775-284-8878
Fax: 775-284-8878
E-mail: info@handsofhope.us

Our mission is to alleviate the malnutrition of the impoverished residents of Northern Nevada.

www.HandsOfHope.US

www.OperationFeedBack.US

Hands of Hope Food Bank, a Federally recognized 501(c)(3) Non-Profit, 509(a)(1) Public Charity. We are a program of Empowering Parents, Inc., a Nevada Domestic Non Profit. Our funding is provided by our local community through their \$5 Shared Maintenance Fee that is paid each time a family visits our facility. We receive NO government funding for our organization. This is a **Hand Up**, and **NOT a Hand Out!**



Picture of the shell of our walk in Freezer in need of completion

Summer heat is coming, and we need your help to keep our food “COLD”

One of the projects that we still need to complete is our Walk In Freezer at the Food Bank. Currently we are utilizing smaller “chest” type freezers to maintain our frozen products.

We have had the shell of the 8’ x 10’ by 10’ high walk in freezer completed for some time now. We need to have a “slab on foam” floor poured into it, to protect the slab that it sits on. We then will need to have the correct refrigeration equipment connected to operate the freezer at 0 degrees to maintain the product that we place in there. Products will be items such as meats, ice cream,

prepared foods and other items that we will be acquiring and distributing from time to time.

We have had several offers of help from various different individuals and groups, but need someone with a General Contractor mindset to pull this project together, get the skilled trades to jump on the bandwagon and get this completed before the temperatures really start to rise here in Reno.

If you have an interest in this, please contact Paul at our office number, and let him know how you would like to be involved. There is some funding available from donations from various

small fundraisers that our participants have given to help with this project.

Commercial Refrigeration technicians that have experience in repairing doors, calculating refrigeration needs, and making sure the system is running correctly would be a great asset on this project.