

Every day, right here in the Mid-South,

There are children who cannot concentrate in school because they have not eaten.

There are parents who sacrifice their own nutritional needs so that their children can have something to eat.

There are elderly people who have to choose between buying food or buying needed medicines.

There are working people who sometimes run out of money to buy healthy food.

There are thousands of different people who depend on food from Mid-South Food Bank every week for their very next meal.

Getting through a crisis, getting a job, recovering from an illness, taking a test – life's problems, big and small, are nearly impossible when you're hungry. Mid-South Food Bank deals with that most basic human need – food – so struggling adults and children can address their life problems.



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www.midsouthfoodbank.org



Mid-South Food Bank is a nondenominational, not-for-profit Tennessee corporation, founded as a program of MIFA in 1981. Mid-South Food Bank became an independent 501(c)(3) organization in 1988. Mid-South Food Bank is one of more than 200 food banks and food rescue organizations that are members of Feeding America, the national food bank network.^k

Feeding the Need Throughout the Mid-South



How Mid-South Food Bank Feeds the Need

Our Agencies

Mid-South Food Bank serves charitable agencies that feed hungry and needy people in west Tennessee, east Arkansas and north Mississippi. Agencies include food pantries, soup kitchens, shelters, youth programs, senior programs, rehabilitation programs and residential centers. Mid-South Food Bank is the only Feeding America affiliate in the Mid-South that supplies food to qualified charitable organizations.



Distribution

Mid-South Food Bank is a major food distribution operation, supplying millions of pounds of food and grocery items to partner agencies every year. The agencies order food from an ever-changing list of available items. Orders are pulled, packed and either picked up by the agencies or delivered by the Food Bank's trucks. The agencies pay a small shared maintenance fee (handling charge) which averages about 10 cents per pound.

Special Programs

The **Food for Kids Backpack Program** gives eligible children a backpack filled with wholesome food to take home every weekend. The food is easy to open and requires little or no preparation. There is enough food in each backpack for the child to have nutritious food to eat three times a day for two days. There is also nutrition information in each bag in the form of games or puzzles. Bags are filled with food by volunteers at the Food Bank, then put into backpacks at the host sites and distributed to the children on Fridays.



Kids Cafes feed needy children a hot, nutritious meal in a restaurant-like atmosphere twice a week. The kids also receive nutrition and healthy lifestyle education. Kids Cafes are located in several area Boys and Girls Clubs and Girls Inc.

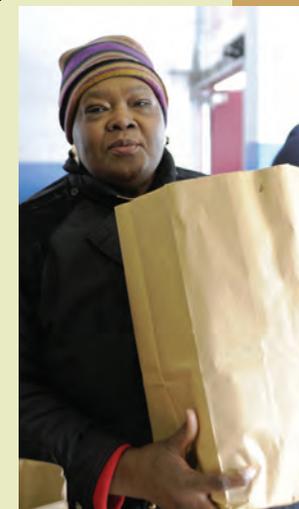
The **Mobile Pantry** distributes large amounts of food and other groceries to underserved rural area partner agencies that do not have the storage capacity to handle a large distribution. Mid-South Food Bank's Mobile Pantry trucks, loaded with several thousand pounds of food, drive to the designated location, which may be a church or school gym or other large facility. The host agency pre-screens the clients for need using the same USDA income guidelines used by all partner agencies. When the trucks arrive, volunteers set up the food for rapid distribution.

How You Can Help

Mid-South Food Bank depends on the generosity and support of caring people to help in the fight against hunger.

Donate Money

Send a check now, payable to Mid-South Food Bank. You can make your gifts in honor or memory of someone special and the Food Bank will send an acknowledgement card. Go to our web site, www.midsouthfoodbank.org, to make a secure online donation.



Donate Food

Organize or participate in a food drive. Call Mid-South Food Bank or visit our web site for details on how to run a successful drive.

Donate Time

Volunteers help sort and pack food items, fill bags for the Backpack Program, serve food in our Kids Cafes and help in our office and at special events. Call the Food Bank volunteer coordinator at 901-373-0400 or check our website.



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