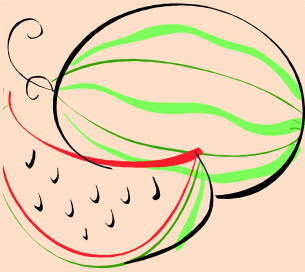




August 2012

# Off The Rack



## Upcoming Events

**Hunger.FOOD.Health  
Think Tank in  
Partnership with OSU**  
August 6th  
Community Room

**Fifth Delaware County  
Community  
Conversation**  
August 14th  
11:30am-1:30pm  
St. Joan of Arc in Powell

**Second Belmont County  
Community  
Conversation**  
August 16th  
11:30am-1:30pm  
Location TBD

**Third Belmont County  
Community  
Conversation**  
August 23rd  
11:30am-1:30pm

A MEMBER OF  
**FEEDING  
AMERICA**

## September is Hunger Action Month

**S**eptember is right around the corner and that could only mean one thing...Hunger Action Month! The goal of Hunger Action Month (or HAM) is to build awareness about the issue of hunger in our service area through active participation. We want to spread the word that nearly 49 million people in America face hunger and inspire them to do something, anything about it.

- For every day of September, we'll have a different awareness-building activity in which community members can participate. These activities will be outlined on our "30 Ways in 30 Days Calendar" – which will be available on our website ([www.midohiofoodbank.org/HAM](http://www.midohiofoodbank.org/HAM), to be updated soon). Here are just a few examples of ways the community can participate in Hunger Action Month:
- During the month of September, we'll be passing out "HUNGER" wrist-

bands – the same ones you all received at the last all-staff meeting. We will be asking folks to wear them throughout the month, so please hold on to them until then! If you lose your band, Heather has some extras.

- On Sept. 6, Feeding America and its member food banks will be asking folks to "Go ORANGE," which is the official color of hunger (and hunger action). So mark that day on your calendar and wear your best orange-ish outfit.
- For those who have wondered what it would be like to live on a SNAP budget, we'll have a day to swap lunch with a co-worker or friend. The challenge is that you have a limit to spend on that lunch. Imagine instead of spending the typical five dollars on lunch, you could only spend up to two dollars.

- Once again this year,

**HUNGER  
ACTION  
MONTH™**

we plan to "Light Up Orange for Hunger." So far, the AEP building and the Columbus Commons will both be lighting up orange, and of course we'll do so here at the Foodbank, as well. Community members can participate by buying an orange light bulb to display in their front porch or anywhere outside their house. The best bet to find these special bulbs is at Home Depot or Party City.

Look for the full listing of calendar activities online or in next month's "Off the Rack," and be sure to follow along on the Foodbank's Facebook & Twitter feeds. If you have any questions about Hunger Action Month or have any great ideas to engage the community, please talk to the Marketing & Communications team!



## Become a FAN!

Have you signed up for the Foodbank Advocacy Network (FAN)? Join the email list to hear about urgent needs to call/email/write to an elected official, as well as to learn more about public policy around the issue of hunger. To sign up, visit [www.midohiofoodbank.org/act/be-an-advocate](http://www.midohiofoodbank.org/act/be-an-advocate). This is just one way that Mid-Ohio Foodbank is working to influence public policy for the benefit of our neighbors who are hungry.



## Mid-Ohio Foodbank Online Market

Mid-Ohio Foodbank recently launched an Online Market, stocked with a variety of Foodbank branded merchandise. Each purchase not only helps you show your **passion for hunger relief**, it also **provides meals** for your hungry neighbors in central and eastern Ohio.

To check out the Online Market, go to:

**[www.costore.com/mofstore](http://www.costore.com/mofstore)**

All net proceeds come back to the Foodbank and are reinvested in our mission ... because no one should go hungry.

All Foodbank team members who have been with MOF for at least 90 days have 50 points (dollars) to spend in the store. To log in, enter your first initial and last name in the "Account Number" section, and MOFstore as your password, if you haven't already changed it. 

## A Day in the Life:

### Kroger Community Pantry

Contributed by Marketing & Communications VISTA, Mark Mandelbaum

Spending a day in the Kroger Community Pantry is unlike any other day at the Foodbank. It is the most hands-on experience you can get with our clients.

On Friday, July 13<sup>th</sup>, I spent time in the pantry finding out what volunteers do, how clients get through the process, and the role of our new Pantry Coordinator, Jessica. I arrived at 11am and noticed volunteers working very hard to open the pantry. While clients were seated outside waiting for the pantry to open, volunteers were stocking the shelves. At noon, the pantry officially opened and people kept pouring in. Clients would register before shopping for enough food to feed their family. Rob, an older client, stops by the pantry every Friday for produce and bread to feed his family of two.

About 25 volunteers come in for each shift, and each lasts about two to three hours. Volunteers do a multitude of things at the pantry: stock shelves, sort out produce, tear boxes, work the registration desk, and help clients shop. At the end of the day, I helped Bruce, a young volunteer, stock the shelves. Bruce has been a volunteer for four months and enjoys learning new things about the Foodbank.

Jessica Wright and Kim Adams are in charge of the pantry, which has seen as many as 214 families a day! Jessica's main roles are to make sure the pantry is stocked, and to coordinate and train volunteers. She enjoys meeting people and seeing the impact on the community. Agency Services VISTA, Kim, assists and answers client questions.

I would highly recommend taking a lunch break on a Tuesday or Friday to see the pantry during its peak time. Those days are busiest and really express the need in the community for food. 



# New Faces



**Alana Clark  
Kirk**

**Kroger  
Community  
Pantry VISTA**



**Katie Minter**

**Community  
Garden VISTA**

## Ask Amy:

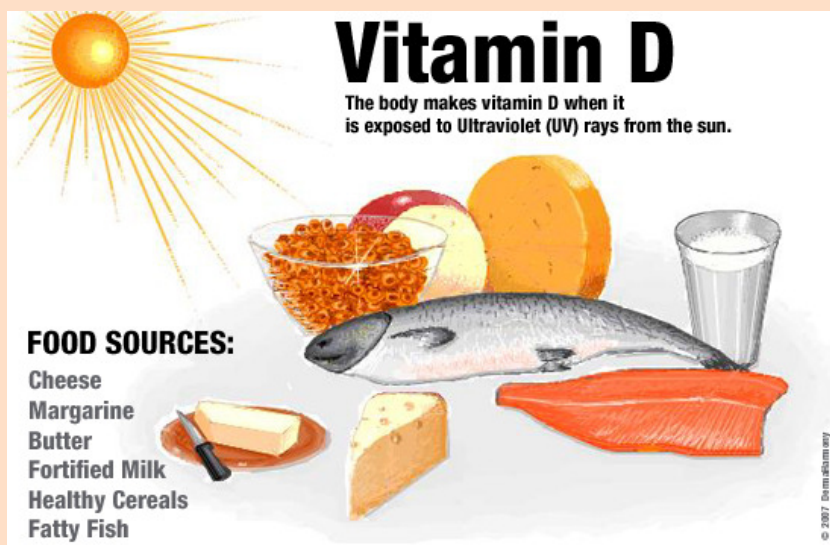
### Through the Vitamin Alphabet - Vitamin D

Vitamin D, also known as the 'sunshine vitamin', is next up on our way through the vitamin alphabet. There has been a lot of buzz around vitamin D over the last few years as scientists have learned more about its role in the body and how it influences our health.

We get vitamin D from several sources. When we go outside in the summertime, UVB rays from the sun hit our skin, where cholesterol in our skin is converted to vitamin D. Vitamin D occurs naturally in very few foods – primarily fatty fish (salmon, mackerel and tuna), egg yolk, liver and fish liver oil. Most of the vitamin D we consume comes through fortified food sources, including fortified milk, breakfast cereals and margarine.

Vitamin D has several known roles in the body. First, when we consume foods that contain calcium, vitamin D works to aid absorption of calcium from our digestive system into our bloodstream, promoting strong bones and teeth. It also works to increase muscle strength, can reduce cancer cell growth and plays a critical role in controlling infections. Vitamin D may also play a role in the development of multiple sclerosis, tuberculosis and type 1 diabetes, though more research is needed.

The Institute of Medicine recommends an intake of 600 IU (international units) of vitamin D each day for adults up to age 70, and 800 IU/day after age 71. Some research suggests these recommendations are too low, especially for those living above the 37° latitude line. If you are concerned about your vitamin D intake, be sure to talk with your healthcare provider. In the meantime, enjoy a bit of sun and drink your milk to get your vitamin D! ☺



# Foodbank Anniversaries



**Louise Wood**  
14 years



**Mike Emery**  
9 years



**Marcus Hall**  
2 years



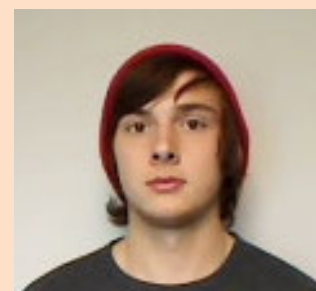
**Heather Buchmann**  
2 years



**Christi Hehner**  
1 year



**Tammy Tucker**  
1 year



**Eric James**  
1 year

## Brigit's Tech Tip:

### Powerpoint Shortcuts

Say you suddenly run out of time and need a graceful way to exit, or you created a presentation that requires a lot of jumping around. Knowing these shortcuts can help you navigate your slides easily and ensure a successful presentation.



#### Shortcut

P (or Page Up, left Arrow, Up Arrow, or Backspace)

B (or the period key)

Esc

Ctrl-H

#### Action

Displays the previous slide or animation step

Blacks out the slide, useful for turning the audience's attention to you

Ends a slide show and returns to Normal view

Hides the pointer 



## Dan the Safety Man: Heimlich Maneuver

**Thank you for the suggestions the last couple months. Keep them coming! If there is a safety topic you'd like to know more about, I'll see what I can put together.**

**From the U.S. National Library of Medicine, National Institutes of Health**

### **Heimlich maneuver**

The Heimlich maneuver is an emergency technique for preventing suffocation when a person's airway (windpipe) becomes blocked by a piece of food or other object. The Heimlich maneuver can be used safely on both adults and children, but most experts do not recommend it for infants less than 1 year old. You can also perform the maneuver on yourself.

### **First Aid – Performing the Heimlich Maneuver**

- For a conscious person who is sitting or standing, position yourself behind the person and reach your arms around his or her waist.
- Place your fist, thumb side in, just above the person's navel and grab the fist tightly with your other hand.
- Pull your fist abruptly upward and inward to increase airway pressure behind the obstructing object and force it from the windpipe.

If the person is unconscious and lying on his or her back, straddle the person facing the head. Push your grasped fist upward and inward in a maneuver similar to the one above. You may need to repeat the procedure several times before the object is dislodged. If repeated attempts do not free the airway, an emergency cut in the windpipe (tracheostomy or cricothyrotomy) may be necessary.



### **Heimlich maneuver on self**

1. Make a fist. Place the thumb below your rib cage and above your navel. Grasp your fist with your other hand. Press it into the area with a quick upward movement. You can also lean over a table edge, chair, or railing. Quickly thrust your upper belly area (upper abdomen) against the edge. If you need to, you should repeat this motion until the object blocking the airway comes out. 

## Employee Appreciation Day 2012

On July 26, MOF team members celebrated our 2nd annual Employee Appreciation Day at Huntington Park. This event was held to honor and recognize the amazing people that come to work here each day to help those in need and help MOF realize its mission...THANK YOU!

Even though the weather started off questionably, it ended up being a beautiful evening with great company and food...the Clippers winning the game was the icing on the cake. 

