



# Southern Illinois Food Pantry Network

January 28, 2021  
Virtual Meeting through Zoom

## Meeting Minutes

### Welcome and Introductions

Dawn Null, SIU Human Nutrition and Dietetics  
Angie Bailey, SIH  
Jo Sanders, SIH  
Jeff Franklin, SIU Center for Rural Health and Social Service Development  
Pam Haywood, University of Illinois Extension  
Lindsey Sadler, University of Illinois Extension  
Toni Kay Wright, University of Illinois Extension  
Tabitha Williams, Blue Cross Blue Shield of Illinois  
Jenny Duez, St. Louis Area Food Bank  
Kathleen Crank, St. Louis Area Food Bank  
Madi Stanley, St. Louis Area Foodbank  
Jo Poshard, Poshard Foundation  
Byram Fager, Southern Illinois Community Foundation  
Michelle Snyder, Southern Illinois Community Foundation  
Micki Halligan, Wabash Area Development, Inc Food Pantry  
Denna Williams, Shawnee Development Council  
MaShalla Cherry, Shawnee Development Council  
Brandy S, Shawnee Development Council  
Nancy, Shawnee Development Council  
Shari Sweeney-Sadowski, Community Gardener  
Sandra Prange, Western Egyptian EOC Food Pantry  
Jim Dougherty, Goreville Ministerial Alliance  
Cassandra Ortiz, Victory Dream Christian Center Food Pantry  
Madi Stanley, St. Louis Area Food Bank  
Ann Schwengel, Community of Christ Church Food Pantry  
Jayne Wetzel, Western Egyptian EOC Food Pantry, Sparta  
Tammy Samples  
Dixie Barnhart, VA Medical Center Food Pantry  
Andy Sisulak, Heaven's Kitchen and Fowler-Bonan Foundation  
Brandi Combs, Hands of Hope Food Pantry  
Mona Crim, Christian Community Compassion Center Food Pantry  
Sherry Miller, Daystar Community  
John Steve, Herrin House of Hope

## **Recipe Video Project** – Dawn Null, SIU Human Nutrition & Dietetics

Reviewed food insecurity statistics and the impact on health for both adults and children. Introduced a cooking video and recipe card nutrition student project in coordination with Niki Davis, PhD, Food Writer and Hospitality faculty; Megan Austin, Murphysboro Food Pantry; and input from the Southern Illinois Food Pantry Network.

### Results of Polls and Discussion

- Do you have a TV, laptop, or other screen available in your pantry where you can stream recipe videos?  
62% Yes  
38% No
- What kitchen equipment do you think most of your clients have  
36%: Crockpot  
86% Microwaves  
71% Stovetops  
86% Refrigerators
- How do you share recipes with pantry clients?  
10% Our pantry does not share recipes  
90% Printed copies in the pantry  
10% Pantry social media  
0% Pantry website
- What foods would you like to see represented in the cooking videos?  
Rice and beans, lentils, chicken, fresh produce, raisins, easy hummus recipe, garbanzo beans
- Are there ingredients we should avoid?  
Many clients don't have seasonings or baking essentials
- Are there traditional foods that should be considered?  
Mexican dishes
- What else should we consider when creating the recipe videos?  
Heart Healthy, Healthy after school snacks

Promotion of Southern Illinois Food Pantry Network's Facebook page over the last year and opportunities for use and expansion of reach using Facebook ads and promotion during the GiveSI campaign.

Laborer's' Local 773 – Pandemic Relief Food Distribution – Friday, February 5 at 9am at the SIU Banterra Center Arena, Carbondale

For additional input into the recipe project – send an email to Dawn Null at [dawnnull@siu.edu](mailto:dawnnull@siu.edu)

## **Partner Updates**

St. Louis Area Foodbank from Jenny Duez, Nutrition Programs Coordinator – transitioned to this position in October after several years with the Foodbank. Pantry to Plate with over 200 recipes that feature common foodbank foods can easily be accessed through the website :

<https://drive.google.com/drive/folders/0B4NZmPhMwilBfnZmaWICeWVjSDQ1d2g2T3FMZEpjY3ISMIVCZzJzOUtRZ2Z2MmRVb2diYk0>



Currently working on developing support materials and recipes that focus on chronic disease management. Recently sent out a survey to identify opportunities to support area pantries transitioning back to client choice operations

IL SNAP-Outreach – Melanie Hager, looking for SNAP partners to help connect neighbors in need to SNAP. If you are interested in being a SNAP Partner please contact Melanie at [mhager@stlfoodbank.org](mailto:mhager@stlfoodbank.org)

Senator Fowler's Office, Andy Sisulak

Staff member with Senator Fowler's Office with the 59<sup>th</sup> District and a Board member with the Fowler Bonan Foundation 2 initiative Clothes for Kids for about 18 years working with social service agencies and schools to provide new clothing to kids in need. Heaven's Kitchen initiated two years ago and now operates 2 kitchens. One serving hot meals to about 300 individuals in Harrisburg on Tuesday evenings, and then over the last year added Thursday evenings in partnership with the Marion Ministerial Alliance. Supporting the USDA Farmers to Families Boxes distribution – looking forward to Cusumano and Son's to begin distributing food boxes again next as additional funding has been received. Heaven's Kitchen has a small allotment that they can provide to additional food pantries that were not able to get some delivered directly to their pantry. In addition, hoping to begin working with TriState Food Bank for additional food boxes to be received in the 2<sup>nd</sup> and 3<sup>rd</sup> week of February and identifying ways to distribute a larger number of food boxes throughout southern Illinois – details are still being worked out. If pantries have the capacity to pick up food boxes from Harrisburg, reach out to Andy via email at [senatorfowlerstaff@gmail.com](mailto:senatorfowlerstaff@gmail.com) to coordinate efforts in receiving some of these food boxes.

Heaven's Kitchen serves hot meals on Tuesday evenings and have begun coordinating with other organizations to pick up and deliver meals so if there are food pantries within about 30 minutes of Harrisburg that are interested in picking up hot meals on Tuesday evenings to take back to your communities and distributing – please reach out to Andy – email above.

TriState Food Bank has just leased a distribution site in Vienna and currently in the process of hoping to start distributing more produce and food into southern Illinois beginning in April. Many of the details are still being worked out but this is exciting for our area.

Currently, working on a month-long food drive – Canned Soups – currently have a commitment of 4000 cans of soup. Still working out the final details and identifying opportunities to promote and increase reach. Will be working with the Network at the end of February so that they can distribute these cans throughout the entire Network.

Acutely aware of the shortage and need of dry, cold, and freezer storage needs of our area food pantries and looking for opportunities in how they can work to support some of the

needs that are faced in local communities. Also, recognizes that transportation challenges of transporting/picking up available food from retail stores and food banks.

Poshard Foundation, Jo Poshard, Director

The Poshard Foundation for Abused Children serving the 23 most southern counties of Illinois working mostly with social service agencies since 1998. Historically, have not traditionally worked with food pantries; however as food insecurity has increased they are directing money to food pantries to provide food directly to children and their families. Last year, the Foundation was able to provide funds to about 36 food pantries to support the children and families supported by their pantries. Currently, in the process of another round of funding to support about 36 food pantries in the next few days. If pantries are interested in pursuing funding from the Poshard Foundation, contact Jo either through the Foundation's website [www.poshardfoundation.org](http://www.poshardfoundation.org) or email: [joposhard@jalc.edu](mailto:joposhard@jalc.edu) Unfortunately, not all pantries can be funded, but trying to reach as many as possible.

Ameren Illinois, Tina Gibbs – was unable to join due to a scheduling conflict

### **SI Food Pantry Network Update**

WSIL TV3 has highlighted several food pantries showing the impact of food insecurity and food distribution events in our communities. Here are just a few clips that they shared throughout last year. WSIL video clip:

<https://www.youtube.com/watch?v=HSd14IU3j8o&feature=youtu.be>

Southern Illinois Community Foundation partnership – In late summer, the Southern Illinois Food Pantry Network was able to partner with the Southern Illinois Community Foundation for them to be able to become the fiscal agent of the Southern Illinois Food Pantry Network giving us a better opportunity to raise funds and write for grants to better support our area food pantries. The Network benefited from a couple of fundraising efforts – Carbondale Open Mic Nights online and encourage donations to local community partners and GiveSI.

Mini-Grant Update The Network is excited to partner with Blue Cross Blue Shield of Illinois in offering this mini-grant to support cold storage in area food pantries. There were 32 applications requesting over \$135,000 in refrigeration and freezer equipment submitted, the committee is still reviewing and following up in regards to completed application. The Network will continue to work to find additional funding to support this initiative and revisit the submitted application as additional funding is received. If you have any questions regarding the applications, please reach out to Toni Kay at [tkwright@illinois.edu](mailto:tkwright@illinois.edu)

### **Announcements:**

Murphysboro SPIN has a stock of Hanes white fabric masks and hand sanitizer that they are willing to share. If you are interested and have need, contact Gary Green at 618-201-4859 Brandi Combs, Turning Point-Hands of Hope wanted to offer THANKS to those supporting the Network and individual pantries. The efforts and support are greatly appreciated.

**Adjourned** – next Quarterly meeting will be held in April. Information will be shared in the coming months.