



Montgomery Area
Food Bank

Senior
Supplement Program

Senior Supplement News



Happy Valentine's Day

February 2012

Montgomery Area Food Bank Distributes Millions of Pounds of Food

The Montgomery Area Food Bank had a very busy year in 2011. Our food distribution increased from 13.5 million pounds of food to the needy to 17.5 million (roughly 583 tractor trailer loads). The Food Bank operates with Partner Distribution Offices located in Selma, Dothan, Auburn, and Tuscaloosa.

We also distributed 1.4 million pounds of food through our Mobile Pantry—a direct outreach program that provides assistance to the needy in rural areas. In addition food received through store donations and other means, doubled to over 1.4 million pounds.

The generous monetary donations the Montgomery Area Food Bank receives go directly to program services with only 2% being used for administrative costs.

I don't understand why Cupid was chosen to represent Valentine's Day. When I think about romance, the last thing on my mind is a short, chubby toddler coming at me with a weapon. - Author Unknown

FACTS ABOUT FEBRUARY

- **2012 IS A LEAP YEAR— 29 DAYS THIS MONTH.**
- **BIRTHSTONE FOR FEBRUARY—AMETHYST**
- **FLOWER FOR THE MONTH—PRIMROSE**





Foods Seniors Should Avoid

Did you know that there are certain foods seniors should avoid because of health risks? According to the Food and Drug Administration if you are a senior you need to be extra cautious about:

- Raw sprouts, such as alfalfa, clover and radishes
- Refrigerated meat spreads
- Raw or unpasteurized milk and soft cheeses like feta, brie, Camembert and Mexican-style
- Raw or lightly cooked egg, or egg products such as salad dressings, cookie or cake batter, sauces or drinks like eggnog
- Hot dogs and luncheon meats
- Unpasteurized or untreated fruit or vegetable juice.

Recipe of the Month

Depression Era Corn Chowder

Ingredients:

- 2 (14.5 cans chicken broth
- 2 (15 ounce) cans whole kernel corn
- 1 large white onion, diced
- 3 cups diced potatoes
- 2 (12 fluid oz.) cans evaporated milk
- 1/3 cup butter
- salt and pepper to taste

Directions:

1. In a large pot over medium heat, combine broth, corn, onion and potatoes. Bring to a boil, then reduce heat, cover and simmer for 15 to 20 minutes, or until potatoes are just tender.
2. Stir in evaporated milk and butter until butter is just melted. Season with salt and pepper and serve at once.

Partnership for Prescription Assistance-Medication Free or Minimal Cost

Connects low-income, uninsured or underinsured patients to prescription assistance programs, many of which provide medicines for free or nearly free.

Call toll free: 1-888-477-2669



FEBRUARY IS BLACK HISTORY MONTH

BLACK HISTORY MONTH IS DEDICATED TO CELEBRATING AND REMEMBERING THE HISTORY, ACCOMPLISHMENTS, AND TRIUMPHS OF BLACK AMERICAN CULTURE.

THE FOLLOWING ARE SOME INTERESTING FACTS ABOUT INFLUENTIAL AFRICAN AMERICANS:

- **AFRICAN -AMERICAN SURGEON CHARLES R. DREW IS OFTEN CREDITED WITH THE INVENTION OF THE FIRST LARGE-SCALE BLOOD BANK.**
- **TYRA BANKS WAS THE FIRST AFRICAN-AMERICAN WOMAN ON THE COVERS OF GQ MAGAZINE AND THE SPORTS ILLUSTRATED SWIMSUIT ISSUE.**
- **AFRICAN-AMERICAN INVENTOR GARRETT AUGUSTUS MORGAN CREATED THE GAS MASK—THEN BECAME RENOWNED FOR USING HIS MASK TO SAVE WORKERS TRAPPED IN A TOXIC FUME-FILLED TUNNEL.**
- **JAZZ DRUMMER WILLIAM "COZY" COLE BROKE BILLBOARD RECORDS IN 1958 WITH THE SINGLE "TOPSY" WHEN IT BECAME THE ONLY DRUM SOLO TO SELL MORE THAN ONE MILLION RECORDS.**
- **COMEDIAN BILL COSBY'S 1984 SITCOM, THE COSBY SHOW, BECAME THE HIGHEST-RANKING SITCOM FOR 5 YEARS IN A ROW. THE PROGRAM AIRED FOR EIGHT YEARS.**
- **MUSIC LEGEND ARETHA FRANKLIN IS ONE OF THE MOST HONORED ARTISTS IN GRAMMY AWARD HISTORY, WITH 20 WINS TO DATE.**

Rosa Parks



Duke Ellington



Hank Aaron



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News

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Montgomery Area Food Bank

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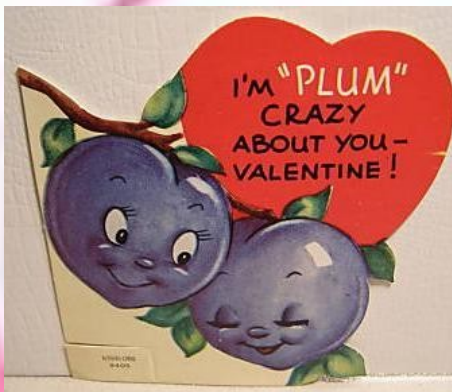


The Montgomery Area Food Bank bid a fond farewell to Ann Eissler, former Deputy Director, who retired after 18 years of service. From left to right: Bill Havron, current Deputy Director, Parke Hinman, Director, Ann Eissler.



Poverty to keep rising due to slow recovery

According to a study released last week conducted by Indiana University, nearly 10 million people have been driven into poverty since the 2007-2009 recession began and the number is expected to increase due to the slow pace of the recovery. The study found the number of Americans living in poverty grew to 46.2 million in 2010, up 27 percent from 2006. If the long-term unemployed lose their unemployment insurance benefits before the economy produces enough well-paying jobs, the ranks of the “new poor” will continue to swell steadily through 2017. Many of the “new poor” are the former middle class. The poverty line for an American family of four with two children is an income of \$22,113 a year. States with the highest poverty rates were in the South and Southeast, but states with the largest increase in poverty were scattered across the nation.



Punxsutawney Phil

The famous groundhog who predicts whether we will have six more weeks of winter.



The Montgomery Area Food Bank is an equal opportunity employer and provider.