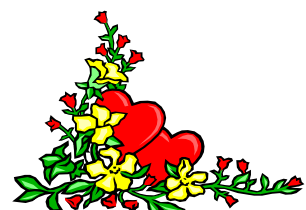
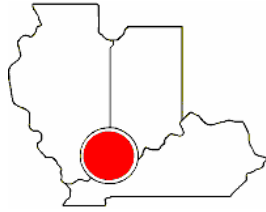


Volunteer Address

**TRI STATE FOOD BANK
801 E MICHIGAN AVE
EVANSVILLE IN 47711
812-425-0775
812-425-0390 FAX 1
812-425-0776 FAX 2**

**NON-PROFIT ORGANIZATION
US POSTAGE PAID
EVANSVILLE IN 47711
PERMIT NO 2791**





TRI-STATE FOOD BANK, INC.



Tri-State Food Bank Agencies

I am writing you to ask you to participate in Feeding America's nation-wide Hunger in America study. The Tri-State Food Bank is participating in the fourth Hunger in America 2009 Study. As you would expect from the study's name, the Hunger in America studies provide valuable data to your food bank and Feeding America about hunger and food insecurity in the United States. This information contributes to policy changes and assists your food bank and the Feeding America network in securing funding for the network. Feeding America has contracted with Mathematica Policy Research, Inc. (MPR) to help them conduct this large-scale study.

Your participation involves completing a questionnaire concerning your agency's services, resources and clients served. This questionnaire will either be mailed to your or sent to you electronically in February 2009. Even if you receive a hard copy version, you may still choose to complete the questionnaire online at [HTTPS://WWW.HUNGERINAMERICA2009.OPINIONQ.COM](https://www.hungerinamerica2009.opinionq.com) using your nine digit MPR ID. It will take approximately 15 to 20 minutes to complete. Your food bank's Hunger Study Coordinator will be able to give you your ID number.

We hope that you will participate in this critical study. If you have any questions about the study, please call me at 812-425-0775. Thank you in advance for your help and cooperation.

Sincerely,

Barbara J. Tonkin
Hunger Study Coordinator
Tri-State Food Bank

Please visit our website at: www.tristatefoodbank.org
mblair@tristatefoodbank.org

Tri-State Food Bank is a Not for Profit 501(c)(3) organization. – Federal EIN 35-1539870. The Food Bank solicits quantities of salvageable food products, distributes to qualified organizations engaged in feeding those in need.

WELCOME TO OUR NEW AGENCIES



"Only a life lived for others is a life worth while."

Albert Einstein

UNSCRAMBLE THE

PANTRY CITIES

MELAS
DNRHENOES
ENWOBSRO
IAONMR
DSEOMNALLVII
TSGRUSI
MNHASLDTI
ACLY
NTOOLVIENLR
EURCTIOCTNNYT
NOCALUH
EDLANELAL
LRVEGAYIL
LNDOLAH
NBTFRR OAH
ISBRIA
MHAOA
OPOEL
GIBNNRUGUHHT
AEWSDLVLE

How to make your dollar go farther for your food

1. Make a menu for the week. **STICK TO IT!!!!**
2. Go over your recipes for the meals you have planned
3. Always keep a running list of items that you need between shopping trips.
4. Make a list of the ingredients that you need for your meals.
5. Plan your meals around sales that your grocery stores are having.
6. Buy extra of sale items and freeze
7. Always use what you have in your freezer first.
8. Buy in bulk
9. Make double of everything that you can. You can always freeze what you have left over to make for another day's dinner
10. Don't make numerous trips to the store through out the week.



Nesquick Chocolate Milk

Nesquick Strawberry Milk

Paper Plates

RECALLS

On January 14, Kellogg Corporation was taken precautionary measures to stop the spread of Salmonella by recalling many of their Keeber and Austin cracker packages. Salmonella poisoning has the symptoms of diarrhea, stomach cramps, fever, upset stomach and or, vomiting. Symptoms usually begin within 12-36 hours. If you think there is a possibility that you have these symptoms please contact your doctor.

The Tri State Food Bank has sent a fax or email to all of our agencies with the UPC and codes numbers for the pantries to check. If you have any of these items still in your pantry or shelter, please do not use these items. They should be put out of reach of all clients and volunteers.

There have also been more numerous recalls concerning peanut butter in many edible foods that possibly may contain salmonella. The best thing for all to do, is when in question, please do not use or eat it. The Tri State Food Bank will try to keep everyone up to date on these recalls but with so many recalls, you may want to visit the web site at www.statehealth.in.gov for all listing of items that have been on the recall notices.

ENERGY SAVINGS TIPS

A few energy saving tips to help save on your electric bills.

- Install a programmable thermostat in your household to keep it "comfortably" warm in the winter and cool in the summer
- Use compact fluorescent light bulbs with the "Energy Star" label
- Wash dishes by hand, don't use your dishwasher
- If you do use your dishwasher, don't run the drycycle
- Turn off all appliances when not in use, such as your computer or computer monitor. Even when these are not in use, they are still using energy on the stand by mode.
- Plug all home electronics into plug in strips and turn the strip off when not in use
- Lower your hot water heater to 120 degrees
- Take shorter showers instead of long baths
- Wash on full load of dishes and clothes
- Make your home as energy efficient as possible. Including adding insulation, and placing plastic over windows in the winter

From the government on energy savings tips: www.energy.com/consumers