

FOOD FOR THOUGHT

SOLDOTNA PROGRESS DAYS—FOOD BANK AT THE PARK

We want to thank the Soldotna Chamber of Commerce for inviting us to join in the Progress Days Celebration with FOOD BANK AT THE PARK. We had a blast!

Once again, you surpassed our goal! We challenged you to fill the truck with 1 ton of food in one day and you gave 2,400 pounds in food and dollars! (\$1 + 1 lb) That's almost 1 1/2 tons! Thank You!

It was so much fun to get together and enjoy our neighbors.

There was entertainment all day with Challenger Learning Center presenting Dr. Tess Caswell with NASA who had lots of kid activities and space food, the Diamond Dance Project put on one of their high octane shows that make you tired just watching them, Pen Dogs entertained us with obedience displays and tricks, Elaine and Jim injected some good old bluegrass

and Chris Pepper crooned a few tunes.

Hobo Jim ,sponsored by 907 Legal, kept us entertained for three hours without a break. Wow, can that guy yodel.

Kenai River Brewery sponsored the beer garden, and the beer drinkers were very generous with donations.

And a huge thank you to Merrill Sikorski for helping us keep the show going with his energy and wit. SEE YOU NEXT YEAR!



Dr Caswell talks about space food and Chef Stephen tries to guess what it is..



Jim & Elaine

We were alarmed and saddened to hear that Jim is nearing the end of the trail and extend our most sincere condolences to his wife and family.

His legacy will live in the hearts of Alaskans as Alaska's official state balladeer. His songs give Cheechakoes a glimpse of the real Alaskan and Sourdoughs the connection of common experiences.

And reminder for everyone to live Wild & Free.

Tina Strayhorn won riding lawn mower!

Thanks to everyone who purchased tickets



THANK YOU SILVER SOUP SUPPER SPONSORS & SUPPORTERS!

Diamond \$10,000



Platinum \$5,000



Gold \$2,500



Silver \$1,000



Bronze \$500



Alaska Oil Sales	Epperheimer, Inc	Greg Meyer	Spenard Builders Supply
Alaska Railroad	Eyewear Express	Mike's Welding	St Elias Brewing Company
Alaska Sealife Center	First National Bank of Alaska	Moose's Tooth/Bear's Tooth/ Broken Tooth	Steam on Wheels
All American Training Center	Foster Construction	Ninilchik Saltwater	Stewart Title of the Kenai Peninsula
Automotive Repair Technologies	GLM Energy Services LLC	Northcountry Fair	Sugar Magnolias
Bear Creek Winery	Grace Ridge Brewing	Office of Senator Lisa Murkowski	Linda Swarner
Black Jaxx BBQ	Great Harvest Bread Company	Parker Horn Company	Sweeney's Clothing
BlueCrest Energy	Homer Brewing Company	Jacqueline Payne	The Best Shop
Carrs/Safeway	Becky Hutchinson	Peninsula Community Health	The King Cone
Central Peninsula Hospital	JR Woodcrafts	Millie Perry	Three Guys No Wood
Coming Attractions Theatres	Kaladi Brothers	Services	Town of Living Trees
ConocoPhillips Alaska, Inc.	KDLL	Ravn Alaska	Barbara Trombley
Davis Block Co	Kenai Potter's Guild	Corbi Rhodes	Ultimate Tan
Dawson Construction	Kenai River Auto	Sadler's Home Furnishings	Danny Ungrue
Dolifka & Associates	Lift & Sip Co	Salamatoff Native Assoc.	Linda Wehr
Dr James Julien	Magpye's Pizzeria	Sherry Schmaltz	Wells Fargo
Easy as DIY	Marathon Petroleum	Patty See	Yo Tacos

THE SOUP SUPPER AUCTION CERTAINLY HAD A DIFFERENT LOOK!



Ryan Kapp & Peter Micciche watch for bids at the live auction.



THANK YOU, THANK YOU, THANK YOU! To Silver Soup Supper Sponsors, Contributors, Bidders, Dinner Ticket Purchasers and Raffle Ticket Purchasers!

This was our first on line silent auction and live auction through social media. Thank you bidders for your patience with our slow internet and long pauses. Thanks to the Kenai Potter's Guild for the beautiful bowls, people look forward to picking out a bowl every year and supported the event even though we weren't able to serve dinner. Thanks to the LDS Church; everyone who got a bowl got a delicious, home baked cookie.

A huge thank you to Ryan & Peter who handled it all with humor and enthusiasm. Thank you Claire Tatum for your item descriptions and live displays, Craig Walls for his hard work on the technical end, Steve Manley for manning the phones, Amy Van De Grift for keeping track of the money and Rhoda Dolifka for helping keep track of bidding.

Thank you Corbi Rhodes, Rhoda Dolifka, Linda Tannehill and Krista McNeil for putting together the beautiful auction baskets.

The live auction item that generated the most bidding was the Private Catered Dinner for Four prepared by our own Chef Stephen, Greg will be bussing and washing dishes.

AND THE WINNERS ARE.....

Thanks to everyone who purchased raffle tickets for the

2021 Yamaha Kodiak 450

and the



Roundtrip tickets for 2

THANKS FOR HELPING FEED PEOPLE!



Frank Melendez



Dale Bagley



VISITING OUR NEIGHBORS IN WHITTIER (and another truck story)



Calvin and Greg headed over to Whittier on Labor Day to bring food to our neighbors and because it's one of Greg's favorite places to visit.

Since this was a weekend outing, Linda, Diane, Digger & Kona decided to go along for the ride, so Calvin and Linda took the truck and Greg, Diane, Digger and Kona took the Suburban.

Greg shared, "It was an awesome day. The folks at Whittier Community Church all jumped in and unloaded the truck, hauled everything down to the basement and distributed it throughout the Tower and the town. What a wonderful group of people."

Then it came time to leave. The truck would not go.. So everyone loaded up in the Suburban and left the truck there.

Then our friends at Hutchings Auto Group caught wind of our plight and sent a mechanic over to fix it and fetch it. THANK YOU!



FROM THE DIRECTOR

We all need to hear these words. Just as we were getting comfortable with life starting to feel more normal, we find ourselves turning around.

The Fireweed Diner reopened in June, and it was wonderful to serve our diners at our newly updated facility, we made the decision to return to provide our meals to be picked up "to go" until things feel safe to be together again.

Then, we were within two weeks of having our soup supper event in person this year when our leadership made the difficult but responsible decision to transform our event to virtual.

As with any new format and technologically advanced event, we had our glitches, but the Food Bank staff and volunteers did an amazing job, and we had a great event.

We are definitely challenged, but absolutely NOT defeated.

"Being challenged in life is inevitable, being defeated is optional."

Roger Crawford

The Food Bank continues to adapt to serve our neighbors in the safest way for all involved.

We thank you for your continued support as we navigate these difficult times for our community and neighbors. We will continue to fulfill our mission of keeping our neighbors fed, as nobody deserves to be hungry.

Our mission also depends on your partnership and support. As we move into another winter, please consider hosting a food drive to keep our shelves stocked.

Words cannot express the gratitude we have for this caring community and partnership.

Together we will keep our neighbors on the Kenai Peninsula well nourished as we face our challenges together, united as a community who cares for each other's wellbeing.

Thank you for continuing to support the Food Bank.

~Greg~



KPFB Healthy Eating Lifestyle Promotion



The Kenai Peninsula Food Bank, in partnership with the University of Nevada, Reno, has put together the Healthy Eating

Lifestyle Promotion (HELP) program.

The KPFB HELP program aims to improve the health and nutrition of the people served by the food bank, and increase the use of the KPFB Facebook page and resources through media campaigns, education programs, and events.

HELP intends to address the public health problems of inadequate nutrition and low food security.

The Kenai Peninsula suffers from a higher poverty rate compared with statewide statistics (12.3% versus 10.8% respectively), a low food environment index score of 12.62 (indicating more unhealthy food is available than healthy food), higher levels of diabetes and obesity (8.6% and 32.5% respectively), and low share of at-home food expenditures going to fruit and vegetables (12%).

These issues affect the food security and nutrition knowledge of our community.

Help us make things better by participating in our social media campaigns and events!

For more information, please visit our Facebook page, at [facebook.com/kpfoodbank](https://www.facebook.com/kpfoodbank). We hope to see you soon, but until then, let's eat healthy!

If you ever wondered what it would be like to live in a world where the people truly cared about each other and each others' well being, find a local farmers market-

HARVEST MOON FESTIVAL

What a beautiful day!

The Kenai Soil & Water Conservation Connection and Kenai Local Food Connection Harvest Moon Festival at Soldotna Creek Park had a great turn-out. It was almost as though everyone was experiencing their last warm sunny day of the year.

We had a great time making slime and telling people about the Food Bank and the Healthy Eating Life-style Program.

Thanks for stopping by to chat, get some nutrition & diet tips and recipes from Lillygean and Emma Murray.

The Kenai Local Food Connection is made up of ordinary citizens just like you. We grow and forage food, we buy from local farmers, we love fresh Kenai fish, honey, berries, apples, and vegetables and we want to celebrate and grow our local food movement. <https://www.kenailocalfood.org>

Kenai Soil & Water Conservation District
Fostering healthy soil, water and agricultural practices.
<https://kenaisoilandwater.org>



THE FOOD BANK GARDENS GET BETTER EVERY YEAR



719 Pounds was produced in the garden this year. Thanks to everyone that helped get everything started: Trinity Greenhouse, Fireweed Herb Garden & Gifts, Heritage Place residents, Central Peninsula Garden Club, Dr. White, and many others.



Thanks Irv, for taking charge of the garden and Sylvia for endless hours weeding, planting, weeding and harvesting, and to everyone who helped. Thanks to the Rasmuson Foundation for believing in our garden project and helping with maintenance and improvements.



Salad from the garden for a fresh, nutritious lunch



Egg baked with garden fresh veggies for lunch. YUM!

The garden at the food bank gets better every year. This year we added accessibility with a concrete pad and high beds. Next year, with help from the Rusmuson Foundation, we will be adding a gate by the concrete pad, putting a new cover on the high tunnel, replacing the ends and fixing the doors. The beds in the tunnel will be replaced and the soil freshened.



Thank you for the peanut butter. Every year Rotary Alaska conducts a state-wide peanut butter drive and our local Rotaries take the challenge very seriously. Which is lucky for us because they rounded up 1,400 lbs!

We had a lot of help at the food bank from volunteers and groups like



the students from Alaska Christian College .have been coming weekly and we had visits from the Army

National Guard, Marathon Employees, These hardworking people rolled up their sleeves and washed windows, dug compost, weeded, split and stacked wood, sorted, measured, labeled, cleaned and packaged.

Whew! We couldn't do it without you.

WITH A LITTLE HELP FROM OUR FRIENDS



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TOTE



Thanks to all of the farmers and vendors that participated in market this year. See You Next Spring!