

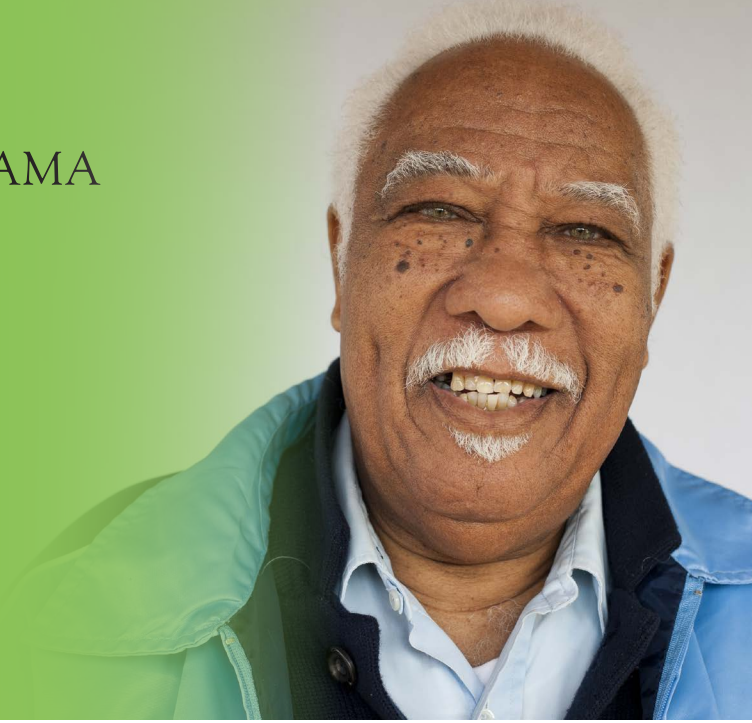


FOOD BANK OF NORTH ALABAMA

# DONOR *report*

● VOLUME 3 | ● SUMMER | ● 2015

Together we can solve hunger™



## GOOD FOOD PROJECT

– Enabling Our Neighbors to Lead Healthier Lives

At the Food Bank, we know that not only is it important to make sure our hungry neighbors have enough to eat, it is also important to make sure we are providing healthy nutritious food. With the myriad of health related issues today, anytime we can address one of these issues head on everyone wins.

We know from surveying those whom we serve that 70% of households we help have at least one member that suffers from high blood pressure or hypertension. **70 percent.** That's why we created the **Good Food Project.**

The Food Bank worked with nutrition experts from UAB to develop 7-day menus and food boxes with all the necessary ingredients to make quick, healthy meals. Not only do the boxes contain the food, they also include cinnamon and Mrs. Dash, essential seasonings especially in the absence of salt.



*Kathryn Strickland & Tregg Player*

The Food Bank worked with long-time donor Kroger to offer the food specifically selected for clients with high blood pressure. Kroger stores provided gift cards worth more than \$31,000 that allowed the Food Bank to order the healthy food. Some of the gift cards came from donations Kroger customers made during its Kroger Can Hunger campaign.

With your help, the **Good Food Project** provides healthy food choices to those at risk of hunger in 11 counties across North Alabama. Your support is making a difference in the lives of thousands of Alabamians. Thank you!

To find out more about hunger and the  
Good Food Project please visit  
[www.foodbanknorthal.org](http://www.foodbanknorthal.org)

*Your support is making a difference.  
Thank You!*

The Food Bank saw an opportunity to make a difference by helping people eat healthier and launched the **Good Food Project.**

