

Furrey Scores With Kids

NFL receiver stresses importance of fitness and nutrition with schoolers
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SPRING 2010

Your Direct Line to Childhood Hunger Solutions in Ohio

Hanna's Important Message: Healing Hunger Starts At Home

Animal Advocate Entertains, Challenges Menu of Hope Audience to Take Care of Ohio's Children

Childhood hunger isn't just a world problem. It's an Ohio problem with severe consequences and it needs to be fixed.

That was the seminal message delivered by Columbus' own Jack Hanna at the 15th annual Menu of Hope Luncheon fundraiser Feb. 4 to benefit Children's Hunger Alliance. The Columbus luncheon, again emceed by NBC4 news anchors Cabot Rea and Colleen Marshall, was attended by nearly 1,000 supporters of the agency.

"It is unimaginable to me that so many of our children go hungry or are threatened by poor nutrition and obesity. I am pleased to work with Children's Hunger Alliance to call attention to this problem," Hanna - author, TV personality and Director Emeritus of the Columbus Zoo and Aquarium - said before taking the stage to address the room. "Until I did some research, I didn't realize the scope of the problem here (in Ohio). It doesn't matter where you are in the world. Hunger hurts children. And that isn't acceptable."

The always entertaining Hanna began his address by bringing a few of his friends on stage to grab attention. Among those friends were a two-toed sloth, flamingo, armadillo, penguin, lynx and a cheetah. After brief discussions about their needs, he turned his attention to the needs of children, sharing poignant observations from his world-wide travels and the damage hunger continues to cause abroad and at home.

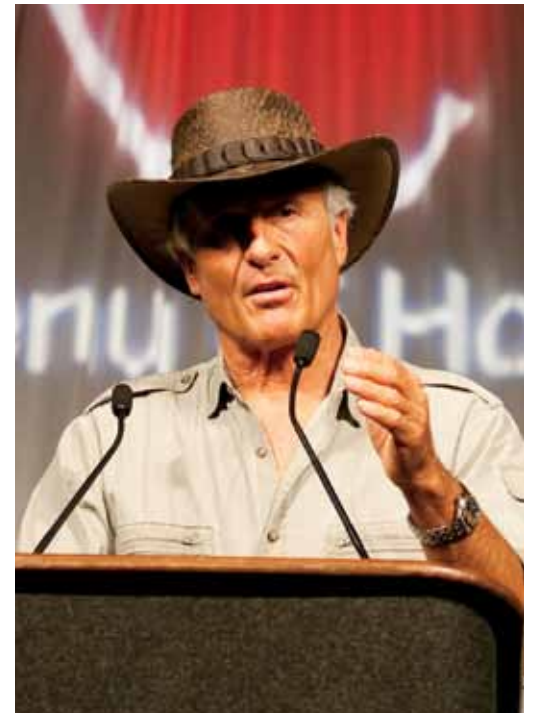
"How can a child without food learn? They can't," he said.

Children's Hunger Alliance CEO Mary Lou Langenhop was appreciative of Hanna's message and the support of the crowd that came to hear it.

"It's encouraging to know in this time of economic difficulty that so many not only recognize the problem of childhood hunger but are willing to support our work to help Ohio's children reach their full potential," she said. "And it was great that Jack Hanna was here to support us. He did a wonderful job of communicating the message that needed to be heard."

The Menu of Hope Luncheon was supported by many important sponsors including: Grange Insurance as Lead Sponsor; American Electric Power, Limited Brands and Progressive Medical as Pacesetter Sponsors; Clear Channel and Clear Channel Outdoor, NBC 4, Suburban News Publication/Columbus CEO Magazine and Time Warner Cable as Media Sponsors; and to Bill Biegler Creative, Eclipse Studios, and Old Trail Printing for their ongoing support of the luncheon. A huge thank you is also extended to Griffin Communications, our event and creative management sponsor for each of the 15 luncheons.

Planning for the 2011 Menu of Hope Luncheon already has begun. Hilliard native Mike Furrey, NFL wide receiver and former Cleveland Browns, has agreed to deliver the keynote address for the luncheon, scheduled for Feb. 15, 2011.



Jack Hanna at the 2010 Menu of Hope Luncheon

CHA Executive Garner's National Attention for Agency's Work

Kozlesky Named ConAgra Foundation Champions Against Child Hunger Finalist



Charlie Kozlesky

If you've met Charlie Kozlesky (and who in Ohio hasn't?), you know that his most often-used phrases are "key ingredient" and "working together in a collaborative fashion."

In his seven years of working to end childhood hunger in our state, Kozlesky has done a lot more than give those phrases lip service. Bringing together school districts, state officials, funders, vendors, and other groups to help feed more than two million meals and snacks annually to hunger-threatened children, Kozlesky brings those words to life each day.

For his unyielding advocacy on behalf of Ohio's children, the Children's Hunger Alliance Senior Vice President has been named one of five national finalists for the Champions Against Child Hunger competition sponsored by the ConAgra Foods Foundation.

"There's a significance in everyone working together. My role with the agency has been to build a team to work together," says Kozlesky. "I'm honored to be one of the five finalists selected. But the real winner is our agency. It's a community and state award because people are recognizing the impact of our outreach process. That process pulls everyone together working toward the common goal of helping children."

Kozlesky oversees the organization's statewide Nutrition Programs, which seek to eliminate childhood hunger by expanding participation in federal food programs such as the

School Breakfast Program, School Lunch Program, and Summer Food Service Program. Through his work, he has touched many lives in Ohio, and he has inspired the children, teachers and others with whom he has worked.

Under Kozlesky's leadership, Children's Hunger Alliance has had unprecedented success in reaching Ohio's at-risk children by making sure they have nutritious meals at school and during the summer when school is out. In the last year alone, Kozlesky has helped make sure that another 14,000 children receive school lunch and additional 23,486 children have breakfast when they're in school. Kozlesky and his team also helped establish an additional 128 summer meal sites where at-risk children can receive food during the months in which they cannot depend on school meals.

In addition, Kozlesky worked to offer breakfast to the 6,500 students in the Reynoldsburg City Schools. Connie Fatseas, who oversees food service operations for the Reynoldsburg district, believes Ohio's children have no greater or more passionate advocate than Kozlesky. "Charlie is willing to do whatever it takes to make sure the children have the food they need. And to reach out to those who can help," Fatseas says.

Mary Lou Langenhop, Children's Hunger Alliance CEO, says ConAgra's recognition of Kozlesky is much deserved.

"The numbers tell the story," she says. "The increases in the number of schools participating in the school breakfast and school lunch programs throughout Ohio and the number of nutritious meals being served are no accident. We all take great pride in the work Charlie and his team are doing to make sure Ohio's children are well-nourished."

Kozlesky finished third in the voting, which ended March 19, with more than 13,000 votes. Kozlesky received \$500 and a matching donation of \$500 to the agency.

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Child Nutrition Reauthorization Begins to Take Shape

Improving Scope, Efficiency of Federal Meal Programs Critical to Health of Ohio's Children, Families



Mary Lou Langenhop

development and ability to succeed in life.

As I write this, Congress is considering legislation that would reauthorize key Child Nutrition programs, including each of those mentioned above. Thankfully, these important programs have engendered bipartisan support in the past and do not appear to be in jeopardy.

Since last summer, we have been working with Ohio's Congressional delegation to communicate our priorities and to develop enhancements that would increase the scope, ease of access and the efficiency of these federal child-focused food programs. I'm pleased to report that we are receiving very positive feedback and support from both sides of the aisle. U.S. Senator Sherrod Brown, who sits on the Agriculture Committee, as well as U.S. Representatives Fudge, Kaptur, Kilroy, Sutton, Kucinich, Space and LaTourette are among the Ohioans who have authored or co-sponsored legislation that addresses one or more aspects of the reauthorization.

While not yet sponsoring any particular legislation, many other members of the Ohio Congressional delegation, including Representatives Tiberi, Boehner and Ryan as well as Senator George Voinovich, have expressed significant interest in keeping these programs going during our conversations with them. We appreciate their "ear" and will continue to provide important information to them from the front line.

On March 24, the U.S. Senate Agriculture Committee unanimously passed a bill known as the "Healthy, Hunger Free Kids Act," demonstrating the bipartisan support. This act takes several steps forward to ensure that low-income children can participate in

child nutrition programs and receive the meals they need. The bill now heads to the Senate floor for consideration.

The "Healthy, Hunger Free Kids Act" contains several elements that we strongly support. These include:

- The expansion of the afterschool feeding program to ensure meals can be served to all children in this program up through age 18. Currently, the program only reimburses for snacks provided to teens, while full-meal reimbursement is allowed for younger school-aged children. We strongly feel that teenagers should be fed a full meal.
- The use of direct eligibility certification for school-based feeding programs. Schools would use existing information, like food stamp eligibility data, to declare children eligible, reducing the amount of paperwork required of families and increasing the use of the program.
- The ability of schools in high-poverty areas to serve free meals to all children through a paperless system, reducing the administrative burden on schools and the families.

As reauthorization legislation moves forward, we'd like to see some additional enhancements, including:

- The implementation of improved nutrition standards and greater reimbursements to support those standards across the spectrum of feeding programs. This is critical in the ongoing battle to fight obesity and ensure healthy eating habits. While there are improvements in the Senate bill, they are significantly underfunded to be

successful.

- The geographic expansion of summer feeding sites open to all. Currently areas where 50 percent of elementary students are eligible for free or reduced lunch can be "open" sites. We want this to be expanded to areas where only 40 percent of the students are free or reduced eligible, thereby boosting the potential number of sites and kids being fed.

Whether or not these enhancements ultimately materialize will come down to Congress finding the necessary funding to support them and the will to commit to that funding. We believe them to be in the best interest of the state and children we serve and deserving of financial support at the federal level.

As this important process continues, we will remain steadfast in our focus. Our proven experience in implementing and supporting these critical meal programs, their sponsors and providers affords us the credibility to have our voice heard and our proposals considered. Especially in this time of economic strife for so many Ohio families, our children deserve no less.

Sincerely,

Mary Lou Langenhop
President and Chief Executive Officer

Thank You to Our Funders

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For more information about our grants program, contact Rebecca Roush, Manager, Grants, at 614-341-7700, ext. 231 or RRoush@ChildrensHungerAlliance.org.

Making the Case in Cleveland

Service-minded Saltzman Works to Build Agency Awareness

Sandy Saltzman, a member of Children's Hunger Alliance's Northeast Regional Board, is advertising director of Cleveland-based Dave's Markets. She has been a regional board member for two years.

What are your responsibilities as a board member?

SS: In addition to attending meetings and events, my job is to raise the level of awareness of Children's Hunger Alliance in the Cleveland area. Clearly the organization has had a place. But it has needed to find its feet, its identity. Since coming on board, Debra (Parmer) has aggressively looked for ways to reach out to the community and get more involved. I've tried to help with that.

What inspired you to get involved with Children's Hunger Alliance?

SS: The majority of our 14 stores are located in the inner-city suburbs of Cleveland. These are low-income areas. These are our customers. And many would benefit from the programs and outreach of Children's Hunger Alliance. My involvement is a way to reach out to our customers and our communities and help.

What would you like to see the board accomplish this year?

SS: To develop more name recognition in the Cleveland area. Our presence through programs like "Shop to Stop Hunger" is becoming better known. We need to build on that.

What is the most satisfying part of your involvement with the board?

SS: Our company (Dave's) helped with a barbecue last summer where we provided most of the food and cooked for the Care for Kids family festival in Cleveland. The event was held in an inner city park. We fed about 400. Everyone, including the kids, had a great time. And we were able to embrace an entire neighborhood. Seeing the end result of that piece was most rewarding.



Sandy Saltzman

How do you utilize your expertise to benefit Children's Hunger Alliance?

SS: I have a marketing background and use it and my food industry knowledge to benefit the agency. Specifically, at no cost, we have used our grocery flyer to promote the CACFP meal program with great success. The flyers get the information into the hands of people who need it without the agency outlaying any cash.

Why is Children's Hunger Alliance important to you?

SS: I just think there is an overwhelming need in the inner city suburbs of Cleveland to reach kids living at or below the poverty line with these food programs. For me, being able to reach area children and to help them is a wonderful opportunity.

Giving Back More Than a Mantra for NFL's Mike Furrey

Children's Hunger Alliance Advocate Tackles Hunger, Obesity Through Message of Hope, Hard Work



Mike Furrey addresses one of many school audiences in 2009-10



Doing the work: Mike Furrey assists a child with new winter boots



Mike Furrey (far right) joins CHA's Tom Mitchell (second from left) and Browns' teammates (left to right) Josh Cribbs, Hank Fraley, Ramzee Robinson, and Blake Costanzo



When Cleveland Browns wide receiver/defensive back Mike Furrey was named one of three finalists for the 2010 Walter Payton NFL Man of the Year Award earlier this year, it surprised no one at Children's Hunger Alliance.

Furrey, the Hilliard native and former Ohio State football walk-on, has developed a reputation for being incredibly generous in his work with children and others over his seven-year playing career. Furrey and wife Koren have spent years building their Mike Furrey Foundation into charitable bedrock of support for worthy causes, including Children's Hunger Alliance. Their goal: to improve the lives of those who are hungry, homeless, hurting and/or hopeful. They want to help make certain the basic needs of children and others are met.

"Mike and I believe in giving back," Koren says. "We have been very blessed. Mike has an inspiring story and we want to share that with children."

The story is one of hard work and perseverance. Not making it on the field at Ohio State, Furrey eventually went to Northern Iowa University. Undrafted by the National Football League after college, Furrey pursued his professional career in the XFL and Arena Football League. That effort paid off in 2003, when he was signed by the St. Louis Rams. The Cleveland Browns are his third stop.

Since returning to Ohio in 2008, the Furreys have involved themselves with many groups and causes, leading up to the "Man of the Year" nomination. These have included the Cleveland Foodbank; Cleveland Christian Home; Cleveland Clinic Rehab Hospital; NFL Hometown Huddle; Cleveland Browns Foundation; the National Football League's Fuel Up to Play 60 initiative

being backed by the American Dairy Association; and Children's Hunger Alliance. In his work with the agency, Furrey has spoken with thousands of northeastern Ohio students about the importance of making healthy food choices, staying active and working hard to achieve in the classroom and in life.

"Times are tough for many kids and families right now," Koren says. "Kids need hope. Making the right food choices and being active allow these kids to have healthy lives and reach their goals."

Tom Mitchell, Children's Hunger Alliance Director, School and Summer Nutrition Programs, has attended each of Furrey's school visits on behalf of the agency. He says the message being delivered really resonates, not only because of Furrey's status as a football player but because of his ability to relate to the children and the school administrators.

"His sincerity is genuine. He shows up. He greets the children and the staff. He talks with them as a friend would. He goes out of his way to make a connection," Mitchell says. "He's served food, had his picture taken, made time for everyone. He cares."

In addition to his school speaking, Furrey also has donated his time to help with the agency's Building Blocks program, where volunteers work to improve the child care areas of home-based providers and afterschool sites. He's also donated and wrapped holiday presents for children served by some of those providers.

"It's one thing to have someone say they believe in your cause and want to help make a difference. In Mike and Koren Furrey, you have two people that truly make a difference," says Debra Parmer, Children's Hunger Alliance Vice President, Northeast Region. "They are a true blessing."

Festive "Taste To Remember" Fundraiser Set for May 20

Loth, American Culinary Federation Again Partner To Offer Evening of Gourmet Food, Wine, Entertainment

If you like to eat outstanding food, drink good wine, enjoy the company of others in a lively atmosphere and lend a helping hand in the process, have we got a deal for you.

On May 20, Children's Hunger Alliance and the American Culinary Federation – Columbus Chapter will be hosting its eight annual "Taste To Remember" food and wine charity fundraiser to benefit the agency. As with last year, the celebration will be held at Loth - The Office Experts offices at 855 Grandview Ave. in Grandview. The event, which will feature a dozen chef stations representing a broad variety of gourmet cuisine, will run from 6-8:30 p.m. Funds raised will be used to fight childhood hunger and also support scholarships for promising culinary students

"This signature event promises an evening of great food, great fun and an important opportunity to help uplift the children of our state," says Jim Henry, Senior Vice President of Children's Hunger Alliance. "We are grateful to the American Culinary Federation and Loth for stepping up to make Taste to Remember a reality."

"(Taste to Remember is) a first-class event all the way ... from the gourmet food and wine to the silent and live auction. I'm proud to be part of such a great way to help raise money to feed Ohio's children," says Jeff Brock, General Manager, Loth

Columbus Division, and host of this year's event.

As in previous years, guests will enjoy food from a dozen live chef stations, fine wine and will have the opportunity to participate in a "Live Chef Auction" featuring Central Ohio's top chefs, each ready to bring their skills to your home kitchen for an evening.

A silent auction of exciting packages, local art and must-have items from around the state also will be presented.

The American Culinary Federation – Columbus Chapter again is playing a lead role in presenting this year's Taste To Remember. That organization recruits some of the finest chefs in Columbus to present their offerings to event patrons.

"This is a way for us to showcase the wonderful (cooking) talent that's here, give people an enjoyable evening and do what we can to fight childhood hunger in Ohio," says Jim Taylor of the federation, which is the lead supporter of culinary education in Ohio. "We expect this year's event to be the most entertaining and enjoyable yet. The food will be outstanding."

Tickets cost \$40 in advance of the event and \$45 at the door. They may be purchased by calling 614-341-7700 ext. 283 or online at www.childrenshungeralliance.org. A list of participating vendors will be available at the web address beginning in April.



Guests sample cuisine at the 2009 Taste to Remember

Beiting Invited to First Lady's "Let's Move" Campaign Kickoff

Agency to Play Key Role in National Initiative to End Childhood Obesity Within a Generation

In recognition of the impactful work Children's Hunger Alliance and AmeriCorps members are doing to improve the nutrition and fitness of children, agency Senior Vice President Shelly Beiting was one of a handful of anti-obesity advocates invited to Washington, D.C. Feb. 9 to attend First Lady Michelle Obama's unveiling her nationwide campaign to combat childhood obesity.

"This is a great honor," Beiting says. "It's great to know that the work being done through Healthy Kids, Healthy Communities is being recognized as a piece to fighting this problem."

Through the Healthy Kids, Healthy Communities initiative, AmeriCorps members teach nutrition and physical activity programming to at-risk children attending afterschool sites throughout Ohio. Additionally, members outreach to community-based afterschool and summer sites to assist in expanding access to federal food programs for children, known as the USDA's Child Nutrition Programs (CNP). Together, these programs create a foundation for life-long wellness through the development of healthy eating habits and physical activity patterns.

Those habits and patterns are important. Childhood obesity or excess weight threatens the healthy future of one third of American children. According to federal statistics, the nation spends \$150 billion every year to treat obesity-related conditions, an expense on the rise.

Obesity rates tripled in the past 30 years, a trend that means, for the first time in the nation's history, American children may face a shorter expected lifespan than their parents.

The Let's Move campaign will give parents the support they need, provide healthier food in schools, help our kids to be more physically active, and make healthy, affordable food available in every part of our country. It has the ambitious goal of solving the problem of childhood obesity in a generation.

Unfortunately for Beiting, snowy weather forced the event to be cancelled. But it did not bury her enthusiasm for the momentum being built to solve the problem.

"Hopefully the attention being drawn to this issue will lead toward improved outcomes and the goal being met," she says. "We look forward to doing our part to meeting that objective."



CHA's Shelly Beiting (top left) is enthusiastic about the initiative

Provider Spotlight – Kishia Hale

CARES Kits, Other Children's Hunger Alliance Resources Deliver Effective Support to In-home Providers



Provider Kishia Hale has partnered with CHA for seven years

Kishia Hale is an in-home child care provider operating her business not too far from Port Columbus International Airport. On any given weekday, there are up to seven children in her care ranging in age from about a year to four years in age.

Like most providers in her position, Hale's weekdays are filled with the essential tasks of making sure the boys and girls in her care are properly fed, kept active and loved. No problem there. Thanks to her generous heart and a seven-year partnership with our organization, Hale uses our resources to participate in the USDA's Child and Adult Care Food Program, which ensures that good, consistent nutrition is provided to the children in her care. She also uses fitness tips provided through the food program to child care sponsors to develop good fitness habits for her kids. And anyone familiar with Hale knows that the love she has for her kids is a constant.

"This is my job and I love it," Hale says. "Children's Hunger Alliance has been with me every step of the way, helping me and making sure I have everything I need to be successful. But if there is one thing I truly love about the support I receive, it's the CARES Kits. I absolutely love, love, love the CARES Kits. And so do the children."

The kits are part of the CARES (Children Are Ready for Education and Success) Program that supports a child's physical, intellectual and social development in his or her early years. Sponsored by JP Morgan Chase (with an assist from Honda), CARES is a literacy and school readiness initiative for Ohio children, whose curriculum offers a unique teaching approach to early childhood educators by demonstrating educational ideas and activities simply illustrated within the words of a children's book. These activities are written to create learning experiences based on each of Ohio's Early Learning Content Standards: English language arts, math, science, and social studies. Also included are activities based on nutrition and physical activity concepts pulled from the book written to engage educators, kids, and parents to learn about and adopt healthier lifestyles.

The Chase CARES Program was designed to help our agency and our caregivers play a vital role in preparing young children for kindergarten, a predictor of future

academic achievement and overall success. Teaching kits, delivered to Children's Hunger Alliance sponsored providers' homes each quarter, give caregivers a core set of age-appropriate activities centered on reading a book and easily expand into songs, recipes, games, physical activities and field trips. Books include popular titles like "Blueberries for Sal," "Bread and Jam for Frances" and "Busy Buzzy Bee." Caregivers also are provided with training opportunities to help them better incorporate the program into their operations.

"These kits are a wonderful way for providers like Hale to get these kids ready for kindergarten and to help them develop a life-long love for books," says Bev Sherrill, Vice President of Early Childhood Nutrition & Education for Children's Hunger Alliance. "They are a very effective and very used tool."

In 2009, more than 80 percent of providers reported that the information in the CARES kit has influenced the way they feed their children. Additionally, 98 percent of providers reported that they tried at least one activity from their CARES kit with their children. For providers like Hale, those book-based activities have become staples of her routine.

"The books and activities are part of our life here," Hale says. "I know from my experience with my own children, getting them to read early and preparing them for school made a huge difference. It's the same with the kids I care for. We love to read together and to do the activities. It really prepares them for school and life."

It's the agency's holistic approach to supporting providers and the children in their care that has Hale committed to the partnership.

"When people think of Children's Hunger Alliance they think of meals, about feeding hungry bodies," Hale says. "But I'm here to tell you it's much more than that. When they talk about feeding hungry minds, they mean what they say."

2,005 - A Claiming Odyssey Fulfilled

Early Childhood Nutrition & Education Department Establishes Benchmark for Meal Reimbursements

What's in a number? When the number's 2,000, a major accomplishment.

In December, for the first time ever, the Early Childhood Nutrition Education (ECNE) department of Children's Hunger Alliance was able to reach and surpass the 2,000 threshold in the number of meal reimbursement claims paid to providers.

In all, 2,015 claims were submitted and 2,004 paid claims for the month.

"This is a major benchmark for the agency," says Bev Sherrill, agency Vice President who oversees the ECNE operation.

"The major goals of the ECNE department are of course to feed as many children as possible, gain more claiming childcare providers, reimburse as many childcare providers as possible with a sense of customer service," Sherrill says.

"This number of claims means that more nutritious meals are being fed and that we are expanding our network of child care providers," she says. "I'm very proud of my team."

The push for 2,000 began two years ago, when the agency was processing approximately 1,850 claims per month.

But of overriding importance is expanding the number of claimants, who in order to be reimbursed for the meals they serve have to meet federal nutrition guidelines for the meals they serve, meaning the kids in their care are receiving the quality food that helps them develop properly and achieve their full potential.

"No one individual is responsible for this success and achievement," says Jay Olack, ECNE Liaison. "We could not have reached this goal without the drive, commitment, and determination of the entire ECNE staff in the

Columbus office and our ECNE field representatives across the state of Ohio."

Olack believes the claims number will remain above 2,000 when the final January figures are tabulated. He suggests the added efficiency of having the providers file their claim requests online (988 did so in December) will enhance the department's ability to better serve and attract more providers to the fold.

The addition of US Bank AccelaPay reimbursement cards should also make the program more attractive to child care providers. Rather than being cut a check, reimbursements simply are transferred to the AccelaPay debit-like cards.

The US Bank AccelaPay card acts just like a debit card. Currently 400 of the 2,000 child care providers in the Children's Hunger Alliance network are using an AccelaPay card.

Molina Taps Vonderahe as Healthcare Community Champion

Dayton-based AmeriCorps Member Honored for Broad-based Work to Better Ohio's Children

Jennifer Vonderahe was a typical AmeriCorps member. She devoted a year of her life to domestic service because she believed in helping others and making her country a better place. She wasn't motivated by the thought of recognition for her efforts as a member working out of the agency's Southwest Region office last year. Her reward was being creative in her work to better the lives of underprivileged kids and their families in the Dayton area.

And that she did, so much so in fact that Vonderahe has been recognized with a Molina Healthcare Community Champions Award, one of the first seven community leaders to receive this honor. Molina Healthcare Inc. is a multi-state managed care organization that arranges for the delivery of healthcare services to persons eligible for Medicaid, Medicare, and other government-sponsored programs for low-income families and individuals.

Vonderahe received this competitive award because of her exemplary work supporting children and families in Montgomery County. In addition to recognizing her at the ceremony, Molina Healthcare donated \$1,000 in Vonderahe's name to her charity of choice: Children's Hunger Alliance.

"This is a humbling honor," Vonderahe says. "It's recognition for all of the good work AmeriCorps workers do. And working with Children's Hunger Alliance was such a rewarding experience."

As a Healthy Kids, Healthy Communities AmeriCorps



Jennifer Vonderahe (center) displays her award

Member for Children's Hunger Alliance, Vonderahe taught nutrition and physical education lessons to underprivileged children in Dayton, Ohio from September 2008 to August 2009.

During Vonderahe's year of service, she started a community garden with the children from her spring and summer classes; helped organize the Dayton Panerathon 5K race; organized the resource fair and activity stations for Children's Hunger Alliance's annual Summer Field Day event in Dayton; published an article for the Mid-Western Ohio Parent Magazine about encouraging healthy eating habits in children; presented one-time health lessons to groups in the community; managed the Dayton volunteer base for Children's Hunger Alliance; and created projects for lessons and special events to illustrate the importance of nutrition and well-being.

"Jennifer's accomplishments are another example of the important work our (AmeriCorps) members do each and every day of their service to better the lives of Ohio children and families," says Deanna Putman, who oversaw the agency's Southwest Region office during Vonderahe's tenure. "We are grateful that Molina has recognized this work."

Vonderahe is grateful for the experiences she had during her service, taking particular pleasure in seeing children and their parents interact with each other at family nights, getting excited about living healthy lives and in observing the progression and enthusiasm in students when they learn about health, participate in physical activities, make foods they may have never tried before, and grow their own vegetables to take home to their families.



On the Calendar

Community Shred Event
April 17



Have documents to shred? We have the solution.

On Saturday, April 17 from 9 a.m. to 2 p.m., Mid Ohio Shredding LLC will be holding a community shred event to benefit Children's Hunger Alliance at its Westerville facility located at 6305 Frost Road.

Businesses and residents of Central Ohio are encouraged to bring their information-sensitive materials to be shredded/destroyed, and shipped directly to the mill for recycling. Materials eligible for shredding should not include newspapers, magazines, plastics, food or trash waste. Each participant will be limited to 20 banker's boxes of material to be shredded.

Participants will be asked to make a cash or check donation in an amount of their choice payable to Children's Hunger Alliance to have their materials shredded. Mid Ohio Shredding will gladly provide Certificates of Destruction and a receipt of donation for your records upon request.

"We are grateful that Mid Ohio Shredding has stepped up not only to offer this valuable community service but to call attention to the plight of childhood hunger in the process," says Jim Henry, Children's Hunger Alliance Senior Vice President. "We look forward to a large turnout as we work to break the cycle of childhood hunger in Ohio."

For directions to the facility or for more information, please contact Children's Hunger Alliance at 614-341-7700 ext. 283 or call Mid Ohio Shredding at 614-794-0922.

Dayton Panerathon 5K Race
April 24



If you live in Southwestern Ohio and are looking to get outside and support a great cause, have we got a deal for you.

On Saturday, April 24, Children's Hunger Alliance is again teaming with Panera Bread and Premier Sports to sponsor the annual Dayton Panerathon 5K to Fight Hunger run/walk. The event is a 5 kilometer (3.1 mile) run/walk to raise funds to fight childhood hunger in Ohio. Family and pet-friendly, the event includes a free Kids Run, an Activity Fair and delicious food from Panera Bread.

"We're excited to be building on a fun-filled event that has become a tradition within the Dayton running community and for those just looking to get outside, spend time with the family and to help generate awareness about childhood hunger in the Miami Valley," says Jeff Adkins, Southwest Office Manager for Children's Hunger Alliance who works out of the agency's Southwest Region Office in Dayton. "We're also excited to renew our partnerships with Panera and Premier Sports. They've been with us since day one and this wouldn't be possible without their generous support."

This year's run/walk will begin at 10 a.m. and emanate from the Centerville High School Sports Stadium, 500 East Franklin St. in Dayton. The cost for registration is \$20 pre-registration, \$25 race day, and \$150 for group teams of 10.

To register as a team or individual, visit Premier Races.com or go to www.childrenshungeralliance.org to

download a registration form. For more info on this year's Dayton Panerathon, contact Jeff Adkins at (937) 534-0600, ext. 311 or JAdkins@ChildrensHungerAlliance.org.

Taste to Remember
May 20

AMERICAN CULINARY FEDERATION ~ COLUMBUS CHAPTER PRESENTS:
TASTE TO REMEMBER
BENEFITING CHILDREN'S HUNGER ALLIANCE

Join Children's Hunger Alliance and friends on Thursday, May 20 for an elegant evening of gourmet food, fine wine and auctions.

As usual, the agency will team with the American Culinary Federation - Columbus Chapter to host the eighth annual "Taste To Remember" fundraiser to benefit the agency. The event, which will feature a dozen chef stations representing a broad variety of gourmet cuisine, will run from 6-8:30 p.m. Funds raised will be used to fight childhood hunger and also support scholarships for promising culinary students.

For the second consecutive year, the celebration will be held at Loth Office Solutions offices at 855 Grandview Ave. in Grandview. Tickets cost \$40 in advance of the event and \$45 at the door. They may be purchased by calling 614-341-7700 ext. 283 or visiting our website. Taste to Remember is made possible in part by Alive!, CheckSmart Financial Co., Clear Channel Radio, ColumbusDining-Guide.com and Grange Insurance.

Share the Bread
Year-round

Here's a way to indulge in some tasty soups, salads and sandwiches; delicious pastries; and favorite coffee concoctions and help the hunger-threatened children of Ohio. Simply visit any of the 29 Central Ohio and Dayton-area Panera bakery/cafes and place an order. Take your spare change and drop it into the change boxes located on the purchase counter next to the register. Your donation will go a long way to helping Children's Hunger Alliance continue its work.

April Menu of the Month



During the entire month of April, Roosters, a Fun, Casual Joint, is partnering with Children's Hunger Alliance to break the cycle of childhood hunger throughout Ohio.

To participate in the promotion, simply go to the agency web site at www.childrenshungeralliance.org and print off the Roosters flyer. Each flyer features a Children's Hunger Alliance "Cluckin Buck" good for \$2 off your next Roosters meal. Simply present your server with the "Cluckin Buck" at purchase. Roosters will donate \$2 for every "Cluckin Buck" presented during the month of April. It's that simple.

Roosters, with some of the best chicken wings out there, has 18 Ohio locations including Columbus, Dayton, Cincinnati, Canton, Circleville, Lancaster, Newark, Marysville and Chillicothe.

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Rising to the Challenge of Sponsorship: Panera Bread

Panerathons, Change Box Donations Among Many Ways Franchisee Continues to Give Back

As a corporate philosophy, Panera believes that “the universal spirit of bread is sharing.” For that reason, the operator of bakery-cafes has an impressive history of supporting worthy causes in communities it serves.

That’s certainly true around these parts. For more than a decade, Breads of the World LLC., the franchisee operating 29 Panera units in Central and Southwest Ohio, has partnered with Children’s Hunger Alliance, doing an extraordinary job of sharing its

time, expertise and funding to benefit the children threatened by hunger and poor nutrition in Ohio. The work was instrumental in Breads of the World being recognized as a Corporate Caring Award winner by Business First Newspaper of Columbus last year.

“Panera is the ideal partner for so many reasons,” says Jim Henry, Children’s Hunger Alliance Senior Vice President. “For one, they understand us and our work. They also are incredibly generous in the sharing of their resources. Above all, the Panera team truly cares.”

The partnership has served the agency in many ways over the years. Traditionally, Breads of the World has supported the agency’s Menu of the Month program, taking a portion of the proceeds from the sale of a certain item during a specific month and donating to the agency. And then there are the change boxes near the registers at each Panera unit. The contribution of those funds, by Panera customers, has led to thousands of dollars for Children’s Hunger Alliance over the years. Probably most visible are the annual

Panerathon 5K run/walks, held in conjunction with Premier Sports, both in Dayton and Columbus. These family-friendly events, which collectively attract well over 1,000 participants and include an activity fair and kid’s race, call great attention to the need in both markets to break the cycle of childhood hunger. This year, the Columbus Panerathon will include both a 5K and 10K walk/run and will move to a new location: the Church at Mill Run in Hilliard. The Dayton Panerathon will be held April 24 at the Centerville High School Sports Stadium.

While these sponsorships certainly help Panera build its brand in Ohio, the overriding motivation is to better the lives of those in need and build stronger communi-

ties in Panera markets.

“Since the doors to the first bakery-cafe opened, Breads of the World has worked to become an active part of the neighborhoods and communities we serve – by donating time, money and effort to programs such as the Panerathon 5K to Fight Hunger, Menu of the Month and Day End donations that have benefitted Children’s Hunger Alliance,” says Panera’s Greg Nett, Regional Operations Manager.

“None of this would have been possible without the participation of our employees and the benevolence of the Columbus community, but most importantly the wonderful partnership that we have made with the great folks at Children’s Hunger Alliance,” he says.



The Dayton Panerathon draws a wide range of participants



Agency CEO Mary Lou Langenhop (holding check) joins Panera and CHA officials for a check presentation in 2010

Inside the Agency:



Youth hockey players did their part in December to help Ohio children

Cincy Hockey Fundraiser Scores for CHA

Who ever thought Mites and Squirts would play a role in helping to break the cycle of childhood hunger in Ohio? Yet that’s what happened in December, when dozens of USA Hockey youth players from the Dayton and Greater Cincinnati areas converged on Cincinnati Gardens for the “Mid Season Pond Hockey Fundraiser,” a benefit event to support the agency and other important causes.

This event was sponsored by HP4K (Hockey Players for Kids), a nonprofit organization with a mission to harness the leadership, enthusiasm, and public goodwill of professional hockey and to positively impact the lives of local children. HP4K is the brainchild of Dustin Sproat, a professional hockey player and a supporter of the agency. Mike Maletic, a CHA SWOH Board Member, helped stage the event. The fundraiser generated local television coverage and was a wonderful way to increase awareness for the agency’s work.

Phoning Home and Helping a Worthy Cause

Children’s Hunger Alliance would like to thank Studio 35 in the Columbus suburb Clintonville and those who came out on Saturday, March 27 for a screening of Steven Spielberg’s classic “E.T. The Extra Terrestrial.”

In addition to benefitting from 100 percent of the ticket sales, agency officials were permitted to distribute literature and discuss its work to break the cycle of childhood hunger in Ohio. It marked the second time Children’s Hunger Alliance has teamed with Studio 35 on a movie screening benefit, the first being a screening of “The Goonies” in 2009. We are grateful for the support of owner Eric Brembeck and all Studio 35 staff and look forward to future projects together.



The Studio 35 screening of E.T. introduced a new audience to the agency’s work



Snow couldn’t stop this party: agency volunteers braved the elements to assist at the 2010 Wendy’s Chili Open

Wendy’s Chili Open Delivers for Children - Again

Everyone will likely remember Saturday, Feb. 6 for the foot of snow that fell the day and evening before. But if you braved the elements and made it to the Columbus Zoo and Aquarium for the 14th annual Wendy’s Chili Open organized by the Rotary Club of Westerville Sunrise, you’ll remember that date for the good time you and hundreds of other Central Ohioans had partaking of the broad array of food and entertainment. Children’s Hunger Alliance again supplied volunteers to work the event and is grateful, like many other nonprofits, to have been a beneficiary of the Open, 100 percent of the proceeds are donated to Central Ohio children’s charities like The Dave Thomas Foundation for Adoption, Children’s Hunger Alliance, The Special Care Nursery at Mount Carmel St. Ann’s, and The Ohio Trooper’s Caring Fund.

The AmeriCorner

Insight from a Children's Hunger Alliance AmeriCorps Member

In the Healthy Kids, Healthy Communities program, I stand between two worlds that often come into conflict with one another. One is the world of education, fitness, and nutrition. The other is the world of the modern kid. That is not to say that these worlds don't ever overlap in a positive way. Nearly every student of mine plays basketball regularly, or some other team sport, and many of them know what a healthy breakfast consists of (which foods are nutrient-dense and which aren't). Yet these same kids also understand the allure of sports drinks and eating for eating's sake.

As an AmeriCorps member, I often deal with the bad habits, issues and disinterested attitudes that often conflict with kids getting the nutrition they need. The challenge is to get them interested in foods they don't necessarily care about and educate them in the process. It can be difficult meeting that challenge.

At least, that's how I felt after a particularly trying day at the recreation center with my class, where I couldn't get a word in edgewise and couldn't seem to calm the students down or get them to listen. It seemed that every child in the center under the age of 17 that day claimed to be in my class so that they could get the snack that I was making, even trying to muscle through those that actually were in my program.

The lesson that day was supposed to have been about breakfast, which was met with some resistance. There were the usual anti-breakfast responses like "having no

time," "What's wrong with eating pizza or a hot dog for breakfast?" or "All we have is water and candy."

This made me prioritize breakfast as a lesson necessity. I worked hard on my lesson plan. I practiced it. I had a spiel about high-energy, high-nutrient breakfasts that are easy and quick and relatively cheap to make. I prepared a worksheet for designing a healthy, well-balanced breakfast.

None of my well-rehearsed and well-prepared plan went according to schedule. Bedlam ruled. It was the worst teaching session I'd ever had. I felt like running away.

Then, after I had just finished loudly lecturing the group for its disinterest and behavior, one student, whom I had written off as my "quarterly problem student," started asking me questions about breakfast. His father was really big on eating a healthy breakfast. He was curious about eggs and fruit and how to make a filling breakfast that could taste good and be good for you. He even asked what I eat for breakfast. He asked if I knew what body builders eat for breakfast.

This student had a desire to learn some things he hadn't known before, and he saved me from feeling too frustrated to drive home.

When I realized that I had made a real, positive (and hopefully lasting) impact on this student through all the chaos of that lesson, my frustration began to ease. This boy doesn't even know it but he really helped me feel good about what I am doing, both with my programming and with the year of service I have chosen to give.

I think I'm going to thank his father when I get the chance.

David Wilson is an Healthy Kids, Healthy Communities AmeriCorps member currently serving out of Children's Hunger Alliance's Cleveland office.



Agency Wish List

Desk Chairs (wheels, good condition)

Canon Copier (not a desktop)

Four-drawer filing cabinet that locks

Paper/letter folder

Contact Michelle McGarity at 614-341-7700 ext. 234 if you can help with these requests.

Congratulations!

- Brittany Baron has joined the agency as Wellness Coordinator for the Columbus Kids Project
- Faiza Ali has joined the agency as a Field Representative
- Kelli Hodge has joined the agency as a Field Representative
- Minerva Santana has joined the agency as a Field Representative
- Trayce Thompson has joined the agency as a Field Representative
- Shannon Yencha has joined the agency as Afterschool Nutrition & Development Coordinator in the Northeast Region Office

Thanks to All Who Contributed: September - March

Individuals

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The Aetna Foundation
Aetna, Inc.
American Dairy Association Mideast
American Electric Power Analytical & Diagnostic Science Dept. at University of Cincinnati
Anthem Blue Cross and Blue Shield Foundation
Applebee's
Arena Grand Theatre
Artina Promotional Products
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Charter One Bank Foundation
Cleveland Black Pages
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