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### Quick Facts:

- The Kauai Independent Food Bank, a 501 (c) 3 non-profit organization, is the only Food Bank in the State that is accredited by the Hawaii Better Business Bureau.
- The Kauai Independent Food Bank is the smallest food bank in the state, yet feeds the largest population in their county.

[www.kauaifoodbank.org](http://www.kauaifoodbank.org)

# The Poi Pounder

## Kauai Independent Food Bank announces New Executive Director!



Kauai Independent Food Bank (KIFB) is pleased to welcome Frank O. Ranger, MA as our new Executive Director. Previously, Mr. Ranger was the Director of the Kauai Head Start Program, the president of the Head Start Association of Hawaii/Outer Pacific, and is a Hawaii Circuit Court District V Mediator. In addition to being the administrator, Frank will be the face of KIFB and will guide the organization as it expands its programs. Frank has been busy constructing a conference room on property, repainting the building, offices, and developing several community based partnerships for the continued expansion of KIFB programming. KIFB is pleased to have Mr. Ranger as part of its family! In addition to a new Executive Director, KIFB welcomed two new members to its board. No stranger to Kauai, Brad Nagano, Vice President and co-owner of Mokihana Insurance in Lihue, is very active in the business community circle. Our newest member is Joy Anne Osterhout, MS, MCHES, owner of Health & Education Communication Consultants, a full-service communication consulting firm, specializing in materials development, training, technical assistance, and strategic planning in the areas of health promotion and health education. Both members enhance the board with their experiences and expertise. Welcome on Board! **Rowena Cobb, President**

## Executive Director's Message

The amazing nature and generosity of the people of Kauai who support the Kauai Independent Food Bank has been the most rewarding experience as a leader that I have ever known. The demand for services continues to grow and the difficulty of securing sufficient nutritious healthy foods is a challenge. It is a responsibility we accept and diligently continue to plan for.

The continued support of individuals, companies, corporations, businesses, generous grantees and most certainly the outstanding work of nearly 50 agencies, has permitted KIFB to create and develop new collaborative programs with the **Boys and Girls Clubs of Waimea, Lihue and Kapaa; the YWCA, Alu Like, and the County of Kauai.** Expansion of existing programs provides for and allows keiki and seniors to secure nutritious healthy foods. Our goal is to develop programs that will support the accessibility of nutritional and healthy foods.

*Mahalo for your continued support in our joint efforts to provide healthy food for those in need.*

Frank Ranger  
Executive Director

## Board of Directors 2012

**Rowena Cobb**  
President  
Cobb Realty Instructor

**Thomas Lodico**  
Vice President  
Ameriprise Financial

**John Sydney Yamane**  
Secretary  
Hawaii Link Internet

**Judy Arrigo**  
Treasurer  
JAA & Associates

**Joy Anne Osterhout**  
Healthandeducation.org

**Randy Kozerski**  
Kauai Island Utility Cooperative

**Brad Nagano**  
Mokihana Insurance

**Susan Smith**  
Hawaii Dietetic Association

**Eileen Winters**  
Winters Realty

## Staff

**Frank Ranger**  
Executive Director

**Kelvin A. Moniz**  
Director Food Resources

**Sasha Figueira**  
EBT Farmers Market Manager

**Donna Mose**  
EBT Assistant

**Rizaldy Tolentino**  
Warehouse Supervisor

**Taylor Furtado**  
Warehouse Helper

**Jona Villon**  
Operations Assistant

**Vicky Vilorio**  
Accountant

**Christina Medina**  
Driver

**Melanie Goto**  
Clerk

## Message from the President



*There is nothing that can take the place of a radiant smile on the face of a child, Mom or Dad when a box of food is prepared just for them in answer to "We have no food". This picture is repeated across the island today more than many may know.*

*Recently, when the doors to the KIFB's warehouse were closing, for the day, a staff member noticed a car fronting the door. A couple with a young tot in diapers, no shirt, stood beside his parents. Softly, Dad responded "We have no food" and he hoped just maybe they could find a little to help. Excusing himself for a brief moment, the staff member quickly filled a box to the brim with food and essentials including diapers-sufficient to sustain the family through the weekend. No words were needed, the smile on the faces of Mom and Dad spoke volumes. The Kauai Independent Food Bank, has revisited its mission to feed the hungry with nutritious food while standing ready to meet food emergencies when they arise. This year, with the increase in food requests, we have initiated the expansion of our programs assuring no one is left hungry. KIFB's Keiki Café and Backpack Programs in partnership with the Boys and Girls Clubs provide much needed healthy snacks every week. We have a strong concern for children, however, we have not forgotten our Kupuna who need our help as well. Our E Ku' No'a Kokua Kupuna Program provides seniors the opportunity to secure nutritional food items. To maintain these programs, we are very appreciative of the dedication and commitment from so many friends and partners near and far, who understand and believe in what we do. We are also appreciative of the farmers who believe in our efforts and have provided truckloads of produce for us to share. If you believe in feeding the hungry and want to be a partner, we invite you to join us. On behalf of the Board of Directors and staff at KIFB, please accept our gratitude for your gifts and continued donations. The need keeps growing and we need you.*

*Rowena Cobb*



*"In good or bad times, our daily lives take over and we tend to forget about the struggles of others in need. As my generation can remember, our parents always told us to eat all our food, because there were starving children in China. We must remember Kauai as well! Kauai Independent Food bank provides a local vehicle that lets us help! Thanks to Frank & Kelvin, their staff and Board of Directors for their dedication to not allow Kauaians to go hungry tonight."*

*-Lyle Otsuka*

Photo by Dennis Fujimoto

**The Banyon Harbor staff donated 500 pounds of rice to KIFB.**

*"We at Banyon Harbor are proud to support KIFB and be a part of the solution for Kauai. The rice bags were bought using proceeds from the condominium's recycling program" stated Lyle Otsuka.*





Photo by Dennis Fujimoto  
my heart.”

## END HUNGER IN 20/12 Kauai's Credit Unions Food Drive

Aloha, my name is Kim Tamaoka, I am the Marketing Coordinator for Garden Island Federal Credit Union. Recently, Kauai's Credit Unions participated in an island-wide food drive called "End Hunger in 20/12," to benefit the Kauai Independent Food Bank.

Working with KIFB staff, I witnessed first-hand their enthusiasm, hard work and high involvement in our effort towards helping to feed Kauai's hungry. This experience has shown me that each person at KIFB has a genuine heart for those in need. Kelvin Moniz once told me, "Hunger doesn't take a summer vacation," and after helping to coordinate this food drive, I can honestly attest to that statement. I am truly grateful for the immense work and the constant effort it takes Kelvin and the entire KIFB staff and volunteers to continuously feed Kauai's hungry. MAHALO, from the bottom of

-Kim Tamaoka, Garden Island Federal Credit Union

"Helping to feed the people of Kauai is vital to our community. And, we did it with the overwhelming support and help of our membership, which made it that much more meaningful. It was totally worth it and very rewarding to live the true meaning of our credit union's philosophy, which is "people helping people".

-Terry Kaniho, KCFCU



## Dine Out For Hunger

We want to say Mahalo Nui Loa to the restaurants that participated in our 5th Annual Dine out for Hunger event. Dine Out for Hunger raised nearly \$5,000 dollars to support KIFB program's.

Bobby V's Italian Pizzeria  
Bubba's Burgers-Hanalei  
Bubba's Burgers-Kapaa  
Bubba's Burgers-Kukui'ula Shopping Village  
Da Booze Shop  
Harvest Market Natural Foods & Café  
Hukilau Lanai  
Kalaheo Café & Coffee Co.  
Kalaheo Steak & Ribs  
La Bamba Mexican Restaurant



Mediterranean Gourmet  
Papaya's Natural Foods & Cafe  
Poipu Tropical Burgers  
Postcards Café  
Rob's Good Times Grill  
Scotty's Beach Side BBQ  
Smiley's Local Grinds  
Shrimp Station-Kapaa  
Shrimp Station-Waimea  
Tomkats Grille  
Wahooo's Seafood Grill & Bar

## 2 for 1 Donor Challenge

The Kauai Independent Food Bank has been offered a challenge by an anonymous donor for every donation of \$150 dollars or more, the donor will match the donation with a 2 for 1 match. Your monetary donations will support the following KIFB programs: Keiki Café in Waimea and Lihue partnered with the Boys & Girls Club, Backpack program East partnered with Boys & Girls Club Kapaa and Backpack West partnered with the Niihau Charter Schools. We also support the YWCA after school program, and Alu Like Senior Program East and West.

For every \$150.00 raised, the match will add \$300 making a \$150 dollar donation worth \$450.

# Innovative Programs to Feed our Keiki!

## Keiki Café - 9th Year!

### Westside Keiki Café

Serving over 2800 snacks each month to keiki who participate in the Waimea Boys & Girls Club after school activities at the Waimea High School, Waimea Canyon Middle School, Kekaha Neighborhood Center and St. Teresa's of Kekaha. The "Super Snacks" provide nutritious food to keiki between the ages of 7-17. This 52 week program is frequently the only meal that many keiki will have for the remainder of the day.

### Lihue Keiki Cafe

Serving over 1800 Super Snacks each week KIFB and the Lihue Boys and Girls Club serve a "Super Snack" during the after school activities for children at Wilcox Elementary School. This 43 week program runs from August to May.



Boys & Girls Club of Hawaii, and specifically the Kauai Branch sites in Kapaa, Lihue and Waimea, have greatly benefited from the many resources of Kauai Independent Food Bank. Our mission is to help youth who need us most, and many boys, girls and their families that we serve simply don't have enough food to feed their families. We see youth every day who have not had a meal until they come to our after-school programs. The food they receive through the Keiki Cafe or Back Pack programs allows them to have some of the daily nutrition they need, which can sustain them through the weekend. We are grateful for this essential partnership. -Keith Cruickshank

## Backpack Programs: Eastside and Niihau Charter Schools

### Eastside Backpack Program

The Eastside Backpack Program provides keiki healthy and nutritious food each Friday for those keiki who attend the after school activities at the Kapaa Activity Center located on the campus of Kapaa Elementary School and Kapaa High School. Each back pack contains sufficient nutritious and healthy food for a child and his/her siblings for the weekend. This collaborative program with the Kapaa Boys and Girls Club distributes nearly 100 Back Packs each week for 40 weeks from August to May to keiki ages 7-17.

### Niihau Backpack Program

In collaboration with Kula Aupuni Ni'ihua A Kahelelani Aloha Public Charter School and the Ke Kula Ni'ihua O Kekaha Learning Center Public Charter School in Kekaha they distribute Backpacks filled with nutritious foods each Friday to approximately 100 keiki for a 43 week program from August to May. The nutritious food in the Backpack is frequently the primary food for the child and his/her siblings over the weekend.



### Plant-A-Row/Gleaning

**Plant-A-Row** was developed to encourage gardeners, growers, schools and farmers to grow just a little extra and donate their fresh, nutritious, and delicious produce to the KIFB. Planting one extra row is an easy, fun way to give back to the community and has been embraced by several schools on Kauai. Making a tangible difference in the lives of your hungry neighbors is as easy as **Planting an extra row in your garden!** **Gleaning** means "Gathering the Bounty" from your yard, property, or farm to feed the needy. Getting started can be as easy as helping your neighbor harvest their mangoes! This practice has been used for ages and was the primary means for feeding the hungry throughout history.



### E Ku No A Kokua Kupuna

The **Senior Program** provides senior citizens 60 years and older, the opportunity to acquire fresh fruits, vegetables, bread and dairy products as well as limited amounts of canned goods each Wednesday through Friday from 1-3 P.M. This program is anticipated to serve nearly 150 seniors each month. Home bound seniors can have a "representative shopper" or case worker shop for their needs as well. This program is scheduled to begin the first week of October and will help meet the needs of our elderly with nutritious and healthy food choices.

## EBT Farmers' Market Program



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The Kauai EBT Program has provided EBT cardholders the opportunity to purchase locally grown fresh vegetables, fruits and other products from Kauai farmers and growers island wide. Beneficiaries of this program are both the farmer and the EBT participant. EBT purchases increases the revenue to the farmer and thus the economy of Kauai. The 2 for 1 program supported by the County of Kauai permits EBT participants to secure twice the value of their purchase with a \$10.00 2 for 1 coupon. Since September 2011, the program includes 128 enrolled vendors, 1,978 EBT participants totaling over \$36,000 dollars in EBT redemptions and over \$38,000 dollars in EBT sales. Tokens/Coupons purchased by participants, at nearly all farmers markets, can be used at any farmers market where a vendor displays their "EBT Tokens accepted here" sign.

*"Kauai Independent Food Bank's EBT program at farmer's markets has been a great success and tremendous resource for our community. Because of this program, more people are accessing healthy food, and more money is staying on our island to support local farmers and vendors. We are proud to partner with KIFB in sponsorship of the EBT program, and we hope that the community continues to support this program."* -Michelle Martinez, Get-Fit Kauai

*"The County of Kauai and Office of Economic Development are pleased to be able to provide funding to the Kauai Independent Food Bank that enables the use of EBT in the County Sunshine Farmer's Markets. Not only does this provide EBT beneficiaries with access to fresh produce for healthier diets, but it also provides additional economic opportunity for our local farmers to sell their products at affordable prices. We commend the Kauai Independent Food Bank management and staff for their initiative and support of this valuable program for Kauai residents."*

-George Costa—County of Kauai

*"The West Kauai United Methodist Church has been able to serve and deliver over 55 hot meals each Saturday to senior citizens from Kekaha to Kalaheo because we are able to purchase food items from the Kauai Independent Food Bank. We are thankful that KIFB assists us to provide this service to the seniors. I have shopped at KIFB and the employees and volunteers make me feel welcome and my personal donations are given because I know it is for a good cause. Thank you Jona and staff I am grateful for feeling my dignity while I shop there."*

-Nancy Fuller, West Kauai Methodist Church



### Donate a Vehicle Program Let us take the hassle out of selling your car



Have a car or truck you're thinking of selling? Consider donating your vehicle to the Kauai Independent Food Bank. Donating your vehicle is a win-win....

- ◆ Your donation is tax deductible
  - ◆ We deal with placing the ad, and handle phone calls and appointments
  - ◆ Best of all, your generous donation helps KIFB feed those in need on our beautiful island!
- Contact: Kelvin Moniz, 808-246-3809, ext. 102, kmoniz@kauaifoodbank.org**



## Agency Partners

Aloha Church  
 American Red Cross  
 Boys & Girls Club (Kapaa)  
 Boys & Girls Club (Waimea)  
 Calvary Chapel Kapaa  
 Church of the Pacific  
 County of Kauai-Clerk's Office  
 Easter Seals Hawaii-ARC of Kauai Day Health Care  
 Easter Seals Hawaii-Kauai HCBS Program  
 Eleele Baptist Church  
 Family, Friends & Community  
 Hale Ho'omalu  
 Hale Kipa  
 Hina Mauka Teen & Adult Care  
 Hope, Help and Healing Kauai  
 Hui O Na Makuahine  
 Island Worship Center  
 Kalaheo Missionary Church  
 Love Kauai

Kauai Bible Church  
 Kauai Christian Fellowship  
 Kauai Economic Opportunity  
 Ke Kula Niihau O Kekaha  
 Kings Chapel  
 Koloa Missionary Church  
 Kapaa Missionary Church  
 Kapaa Seventh Day Adventist  
 Kapaa Seventh Day Adventist - K  
 Koloa Union Church  
 Kula Aupuni Niihau  
 Lihue Court Town Homes  
 Loves Kauai-Kalaheo Missionary  
 Malama Pono  
 Nana's House

New Beginning Christian Center  
 Organization of Kalalau Karetakers  
 Puuwai Canoe Club  
 Saint Michael's All Angels Church  
 Saint Raphael's Church  
 Saint Williams Church  
 The Children of the Land  
 The Chow Project  
 The Salvation Army (Hanapepe)  
 The Salvation Army (Lihue)  
 The Way of Salvation (Hanapepe)  
 The Way of Salvation (Lihue)  
 Timao Health Care  
 Waimea United Church of Christ  
 West Kauai United Methodist Church  
 Young Life Capernaum-Kauai  
 YWCA - SATP  
 YWCA - Womens Shelter

## Food Donors

Airport Fire  
 AA Kukui Ranch  
 Airport Transportation Safety Admin.  
 Banyon Harbor Hotel  
 Big Kmart  
 Brower Farms  
 Brush Rainbow Garden  
 Chiefess Kamakahelei Middle School  
 Coke A Cola  
 Costco  
 Cost-U-Less  
 County of Kauai  
 Credit Unions of Kauai  
 Da Kine Foods  
 Dante's Family Farm  
 East Kauai Lions Club  
 Greens from the Garden  
 Harvest Market Natural Foods & Café  
 Hoku Foods  
 Hanalei Elementary School  
 Hanalei Poi Company  
 Healthy Hut  
 Ishihara Market  
 Jimmy's Sales  
 Kalaheo Elementary School  
 Kalaheo Menehune Food Market  
 KAM Tire Center  
 Kapaa Banana Company  
 Kapaa Shores  
 Kapahi Mini-Mart  
 Kauai ATV  
 Kauai Bakery & Cinnamon  
 Kauai Coast Resort  
 Kauai Coffee



TSA Food Drive



Kauai Fresh Farms  
 Kauai High School Key Club  
 Kauai Marriott  
 KFC  
 KIUC  
 Kauai Kookie Company  
 Kiawe Farms  
 Kilauea Bakery  
 Kojima's  
 Koloa Elementary School  
 Kolo Kai Farms  
 Kukuiula Store  
 Lappert's, Inc.  
 Lawai Menehune Food Mart  
 Living Foods Market  
 Long's Drugs-Store Kapaa & Lihue  
 Mauka Ota  
 Mayor's Aloha Garden  
 Menehune Food Mart Wholesale  
 Papayas Kapaa  
 Paradise Beverage Inc.  
 Pepsi Cola Company  
 Pioneer Corn Company  
 Pioneer Seed  
 Pono Kai  
 Sam Pangdan  
 S & R Rainbow Garden  
 Snorkel Bobs  
 State Department of Health  
 Syngenta Seeds  
 Waimea High School  
 Westin Princeville  
 Wilcox Hospital and Foundation  
 Vim & Vigor

## Food Drive

### *Holiday Food Drive Day Oct 6 from 9:00 A.M. to 3:00 P.M*

**Volunteers are needed and appreciated!  
At the following Sites:**

Big Kmart  
Ching Young Village  
FoodLand Princeville  
FoodLand Waipouli  
Ishihara Market  
Koloa Big Save  
Kukui Grove Shopping Center  
Safeway  
Sueoka Store

### *Holiday Food Drive October 6– December 31*

The holidays are a wonderful time of the year, gathering with family and friends, talking story, sharing a meal. Unfortunately, for many on our island, the pantry is empty.

Donations can be dropped off at the KIFB warehouse in Nawiliwili, or at any Fire Station on Kauai.

### *Volunteer Organizations*

East Kauai Lions Club  
Kauai Rotary Club  
Kauai High School LEO Club  
Kauai High School Key Club  
Kalaheo Missionary Church  
Kapaa Missionary Church  
Boys & Girls Club  
Church of the Pacific  
Aloha Church  
First Hawaiian Bank  
Kauai Christian Fellowship  
Lihue Missionary Church  
Kipu Kauai Ku'ali'i & Friends  
Joanne Yukimura & Friends  
Hale Ho'omalulu  
Pu'uwai Canoe Club  
St. Michael's Church  
Big Brothers Big Sisters



Catherine took this opportunity to include her triplets to show & explain to them about volunteering, how it is done, and the reason for volunteering, which is to help feed children who don't have enough food to eat. Her children took it to heart and enjoyed helping mom!

### *Mahalo to KIFB's 2011 Holiday-2012 Spring Food Drive Sponsors*

Earthworks Pacific  
Guardian Self Storage  
Oceanic Time Warner Cable  
PS&D  
KONG Radio Group  
FM 97  
KKCR  
Hits 99  
H Hawaii Media  
Kauai Community Federal Credit Union  
Garden Island Newspaper  
The Gas Company  
Kukui Grove-CB Richard Ellis  
Alexander & Baldwin  
Kukui'ula Development  
Aqua Engineers  
County of Kauai



Kauai Independent Food Bank, Inc.  
3285 Waapa Road, Suite A  
Lihue, HI 96766  
E-mail: [food@hawaiiink.net](mailto:food@hawaiiink.net)  
Website: [www.kauaifoodbank.org](http://www.kauaifoodbank.org)

Non-Profit Organization  
U.S. POSTAGE PAID  
PERMIT NO. 108  
LIHUE, HI 96766

**RETURN SERVICE REQUESTED**

## Mission Statement

- ◆ Prevent Hunger
- ◆ Provide nutritious food for the hungry
- ◆ Respond to emergencies

**Come Join Us for the Holiday Food Drive, 2012**  
Call 246-3809, Ext. 102



**Spring Food Drive, 2012**