

THE ROADRUNNER ROUNDUP

Spring 2022



MEMBER OF
**FEEDING
AMERICA**

An Update from our President and CEO — Mag Strittmatter



It's year three of the pandemic and while things have changed drastically for all of us in our daily lives, hunger is still very much elevated in our state. It hasn't returned to pre-pandemic levels, and we don't expect that we will see a shift for a few years. Inflation has meant everything from increased food costs to rising fuel costs. We are all feeling the pinch ... especially the tens of thousands of people we serve every week.

They too feel the stress with their limited budgets. Their incomes couldn't cover food costs before the pandemic started and now, their funds cover much fewer food items and less of life's other necessities. Their ability to afford heating and cooling, fuel and even rent and mortgage payments leaves fewer and fewer dollars to make it work every month.

Should they face an illness like COVID or a chronic health issue, it puts our low-income neighbors further behind. These situations lead to increased medical bills, higher prescription costs and impact their ability to get to their job. Research by Feeding America shows that food insecurity in New Mexico adds \$1,452 in additional healthcare costs per food insecure adult. In one year, that is more than \$360 million dollars just in New Mexico alone. Hunger and health combined can cause financial devastation to families that takes years or a lifetime to recover from.

At the food bank, we continue to put our best foot forward and do everything possible to ensure our services to the state

continue. Like everyone else, the food bank is experiencing increased expenses. The large volumes of food we purchase have doubled in cost in the last year. Freight and fuel costs to bring that food to our warehouse and push it out into communities across the state have also doubled. This fiscal year alone we have invested the largest amount in our more than 40-year history strictly for large-scale food purchases.

Our donors, volunteers and supporters make our work a reality. Your investment in our mission ensures we can continue to weather the effect of the pandemic and its impact on low-income New Mexicans. With you as our partner, all things are possible. We are honored for your continued contributions — whether you give time, food, funds or you advocate about our work.

Betty White said it best, "Snow always inspires such awe in me. Just consider one tiny snowflake alone, so delicate, so fragile, so ethereal. And yet, let a billion of them come together through the magnetic force of nature, they can screw up a whole city." Every action you take, whether it's with Roadrunner Food Bank or our network of statewide partners, adds up — one snowflake at a time. Thank you for being one of those treasured snowflakes.

In Gratitude,

Mag Strittmatter
President and CEO



CHOOSE BETWEEN
FOOD AND UTILITIES



CHOOSE BETWEEN
FOOD AND TRANSPORTATION



CHOOSE BETWEEN
FOOD AND MEDICAL CARE



CHOOSE BETWEEN
FOOD AND HOUSING



CHOOSE BETWEEN
FOOD AND EDUCATION

April is National Volunteer Month — Meet Deborah!

April is officially National Volunteer Month, but at Roadrunner Food Bank, every day is Volunteer Appreciation Day! Our volunteers are an essential part of feeding New Mexicans facing hunger. **“If you have the time and energy, and want to do something that you know helps people, volunteering at Roadrunner Food Bank is an excellent opportunity,”** Deborah Brink shared about why you should sign up to volunteer at the food bank!

Deborah is one of our regular weekly volunteers. While doing some research, she saw Roadrunner Food Bank, but it wasn't until she went outside and saw an actual Roadrunner that she signed up. According to her, the universe connected us with Deborah; she shared, “I'm a big believer in reinforcement in the universe when you're thinking about something, and then you see something that confirms your decision.” We are so lucky to have her on our volunteer team!

Deborah started volunteering with the food bank in April of 2020, and there is no hands-on volunteer opportunity she hasn't tried. She considers herself a lifelong learner and loves the different volunteer opportunities Roadrunner offers. One highlight for Deborah is working at food distributions across Albuquerque, especially when she interacts with our SeedCorps AmeriCorps members.

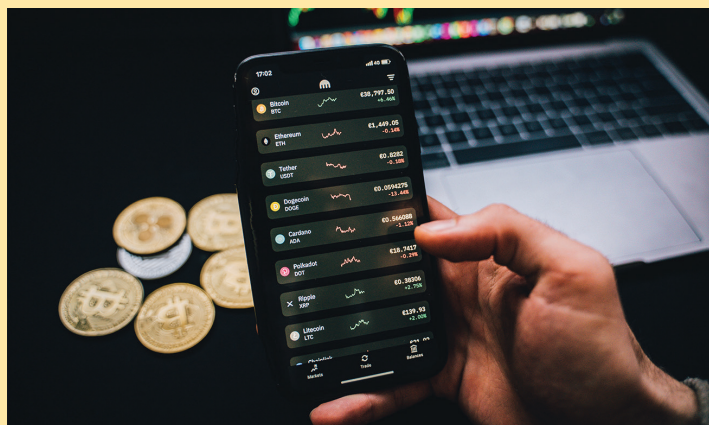
In 2004 she was a member of AmeriCorps herself, then later she was employed at an organization to supervise AmeriCorps members. “I think AmeriCorps is a great program, and it provides opportunities for people to develop skills, and it is great to see a range of SeedCorps AmeriCorps members serving at the food bank!” She is also passionate about ensuring our clients are receiving the best services, and she



likes to make suggestions for improvements that are always well received.

Deborah shared it is a bright spot for her to meet and interact with clients and other volunteers, and she likes the idea of “helping people, especially now when society is pretty stressed.” If you are looking to sign up to give time to become a volunteer, visit www.rffb.org/volunteer today, and Deborah encourages you to “just jump in!”

New Way to Support Roadrunner — Donations of Cryptocurrency



Roadrunner now accepts donations of Bitcoin, Ethereum, and many other types of cryptocurrencies. Donating crypto can be one of the best ways to reduce your tax burdens. When you donate crypto, you receive a tax deduction for the value of the crypto and avoid the capital gains tax you would have paid if you sold the crypto before donating. This means donating crypto can translate into a larger donation and a higher tax deduction. Sending bitcoin and other cryptocurrencies directly to Roadrunner only takes around 10 minutes until we receive the funds. This means you can almost instantly verify the receipt of your gift to us and, if you

provide an email address at the time of donation, you'll have a receipt emailed as soon as the transaction is confirmed.

Donating crypto to Roadrunner is easy using the simple and secure tool from our partner — *The Giving Block*. You can donate in three easy steps through *The Giving Block's* web portal:

1. **Select any crypto-coin that Roadrunner accepts for donations and enter a donation amount on the Giving Block's website.**
2. **Provide your information, including name, zip code, and state OR choose to donate anonymously.**
3. **Donate from your digital wallet using the address that is provided to you.**

Note: Even when giving anonymously, donors will have the option to receive a tax receipt for their crypto donation. As always, check with your accountant, financial advisor or tax attorney before making any major decision, as everyone's individual tax situation is unique.

Learn more at: www.rffb.org/crypto-resources or make a cryptocurrency donation to Roadrunner today at www.rffb.org/crypto.

Questions? Contact andrea.nash@rffb.org or call 505-349-5333.



Meet Lorrie — A Neighbor in Need

What many don't realize is that our neighbors in need often have much poorer overall health because hunger exacerbates their ability to afford nutritious food and increases their chances of developing chronic health issues. This is the case for many people Roadrunner Food Bank serves, including Lorrie.

The Healthy Foods Center is an onsite “medical referral” food pantry located inside Roadrunner Food Bank’s distribution center. Lorrie first heard about it from her doctor at one of her appointments. She was experiencing weight loss with a medication she was on, and it was making her very sick. Lorrie’s referral provided the opportunity for her to obtain nutrient filled foods to add to her diet, helping her climb back to a healthy weight. Lorrie receives food stamps, and they help to a certain extent, but she truly relies on Roadrunner to get her nutritious foods including fresh fruits and vegetables. This has especially been the case with the ongoing pandemic and food costs on the rise.

“COVID has impacted me a lot,” she shared. “I take anti-depressants. Because of all of this I have noticed I am still a little bit depressed. I stay home all the time and I have a lot of pain, so I really don’t go out and that has changed my life a lot.”

Coming to collect her groceries at the Healthy Foods Center is one consistent activity that gets her out of the house and gives her something to look forward to every week.

“It is a wonderful feeling knowing that our community works together and offers this kind of help.”

Lorrie has been coming to the Healthy Foods Center for five years and bonded with staff members and volunteers alike.

“I’ve seen some of them since I first started coming here, and they are still here so I have gotten to know a lot of them, and they are just great.”

In 2021, the Healthy Foods Center provided specialized healthy food items to 324 households — including Lorrie.

Learn about Lorrie’s story, visit www.rrfb.org/lorriestory

“A HELP-ing Hand”

Thanks to grant funding from the Walmart Foundation, Roadrunner Food Bank created the HELP Center in 2018. This program helps connect people with food resources and helps low-income New Mexicans apply for public benefits. The HELP Center receives hundreds of client referrals a month from a variety of community sources and inquiries often come from across the state. Staff and volunteers help incoming callers like Victor and provide assistance in multiple languages.

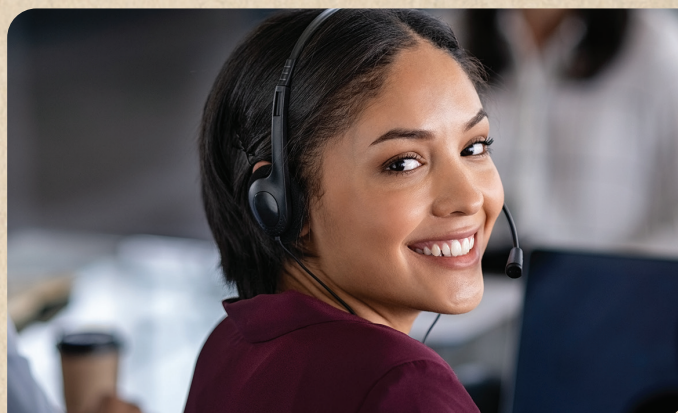
Meet Victor.

He needed help paying for electricity and accessing food. Victor lives in Magdalena, a small village in central New Mexico. The population is just over 900 people. Victor had been hospitalized with a bad flu and had fallen really behind on his bills. When he was released from the hospital and sent home, he knew the Low-Income Home Energy Assistance Program could help him keep afloat, but he didn’t know where to start.

The New Mexico State Human Services Department has a robust and ever improving online portal where people can apply for public benefits. But not everyone has reliable internet access in places like Magdalena. Victor certainly did not and as a senior, understanding the online application was daunting.

He could apply in person, but the nearest state field office is in Socorro, 30 miles away. He didn’t feel physically healthy enough to make that drive. Besides, money spent on gas could be used for bills. Or food.

Desperate, Victor reached out to the state to ask about getting started. His options: apply online, in person or complete a paper application that could be mailed to him. Victor needed the help



soon. He couldn’t wait for the application to be mailed. While the local electric coop had not disconnected his power, the bill he owed didn’t stop from mounting during his hospitalization.

Thanks to a partnership with the state, our team received a referral to assist Victor. Roadrunner Food Bank’s team was on the phone with Victor within a couple hours helping him get his application processed.

At first, Victor merely wanted to apply for assistance with his electric bill. Our team patiently explained that in the same amount of time and using the same application, we could help him apply for SNAP too. SNAP would not only provide money for food, but it would free up more of his small limited monthly funds to help pay for other needs and medical expenses. **With the help of the food bank, Victor’s application was submitted that day. With this task done, and the hope of assistance on the way, Victor could get some rest and focus his energy on his recovery.**



Summer Service Opportunities with our SeedCorps AmeriCorps Program

Summer is fast approaching here in the Land of Enchantment and the SeedCorps AmeriCorps Program of Roadrunner Food Bank is gearing up to make an impact. We know that across the state, summer is the period of the year with the highest food insecurity rates. Children whose families rely on breakfast and lunch served daily at school are without those meals during the summer months. This causes household budgets to be pinched and major strain on families in areas where food access is extremely limited. This summer, the SeedCorps AmeriCorps members will be operating food distributions targeted at communities impacted by both the COVID pandemic and summer food insecurity spikes.

We are looking for passionate, caring people interested in serving our neighbors in need to join our team. Candidates must be 18 years or older to serve. Some of the benefits of service include a modest living allowance, an education award upon successful completion of the program, as well as student loan deferment and interest forbearance for qualified loans. Being a part of the SeedCorps Program also means building meaningful friendships with teammates and joining a powerful alumni network.

A past SeedCorps AmeriCorps Member shared a bit about their experience and said, *"The most rewarding aspect of our service is seeing our neighbors who are at their 'wits' end find refuge in us. We become more than just service members, we become family and friends through the service we provide. We meet every one of our neighbors with compassion and acceptance that helps us to assist in any way we can. It is so much more than food!"*

This summer consider joining the SeedCorps team and making a difference in the lives of thousands of New Mexicans!

Learn more at www.rrfb.org/seedcorps or contact seedcorps@rrfb.org or 505.314.0603.

Three free resources to help people living with hunger

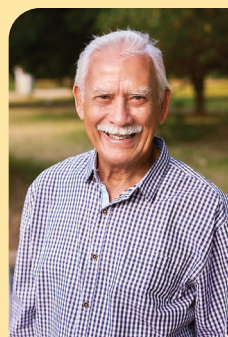
With more of our neighbors facing hunger than ever before, YOU can make a difference to ensure no one has to wonder where their next meal will come from. Courtesy of FreeWill, friends of Roadrunner Food Bank® have three new options to create powerful gifts that come with amazing personal and financial benefits.

By including a **planned gift in your estate plan** at no cost today, you become a member of our Cornucopia Society and make hunger relief a lasting part of your legacy. The online tool below makes it easy and 100 percent free to write your legal will, protect what you love, and create your legacy with Roadrunner.

If you'd like to provide food and funds well into the future, consider an **IRA gift or donation of appreciated stock!** Both of these options can reduce your future tax burden so you can save on your finances, while you aid your community. Our free tools make it easy to learn more about the financial benefits and fill out the necessary forms in 10 minutes or less.

Use the free resources and create a gift to end hunger in New Mexico — today, tomorrow and for generations to come. Questions? Contact Andrea Nash at andrea.nash@rrfb.org. or **505-349-5333**.

Planned Gifts: www.rrfb.org/cornucopia
IRA Gifts: www.rrfb.org/IRA
Stock Gifts: www.rrfb.org/stock



Stamp Out Hunger is Back!

The Stamp Out Hunger Food Drive is a national food drive hosted by the National Association of Letter Carriers and the US Postal Service. Typically held on the second Saturday of May, this food drive benefits 10,000 hunger relief organizations across the country. The food drive has returned after a two-year hiatus due to the pandemic. We invite you to visit www.rrfb.org/letter-carriers to learn more about how to volunteer at one of 11 Albuquerque area post offices. In Albuquerque, food raised benefits Roadrunner Food Bank. Watch out for fliers or bags in your mailbox encouraging participation.

With escalating food and freight costs, your gifts of food this spring can truly ensure food keeps flowing through our warehouse. If you are located outside of Albuquerque, we encourage you to donate food items to one of our partners in your community. Visit www.rrfb.org/find-food and enter your zip code near the map to find a partner near you. Thanks in advance for helping!

Learn more about hosting a food or fund drive of your own at www.rrfb.org/ofd. Your support helps make a difference and helps solve hunger across New Mexico!

