

**Visit to Los Angeles Regional Food Bank:**  
**To mobilise resources to fight hunger in our community.**



That's Mandi Kelperis my guide for the day

Some people from the Zen Center (where I stay in Los Angeles) had visited and offered their Saturday morning to work as volunteers at the Food Bank. Quite honestly.... They left early in the morning full of joy bravado and came back exhausted and amazed. They spent 3 hours on a conveyor belt stuffing about 4,000 bags and boxes for distribution. As I couldn't go, I decided to visit another day and here is what I learnt.

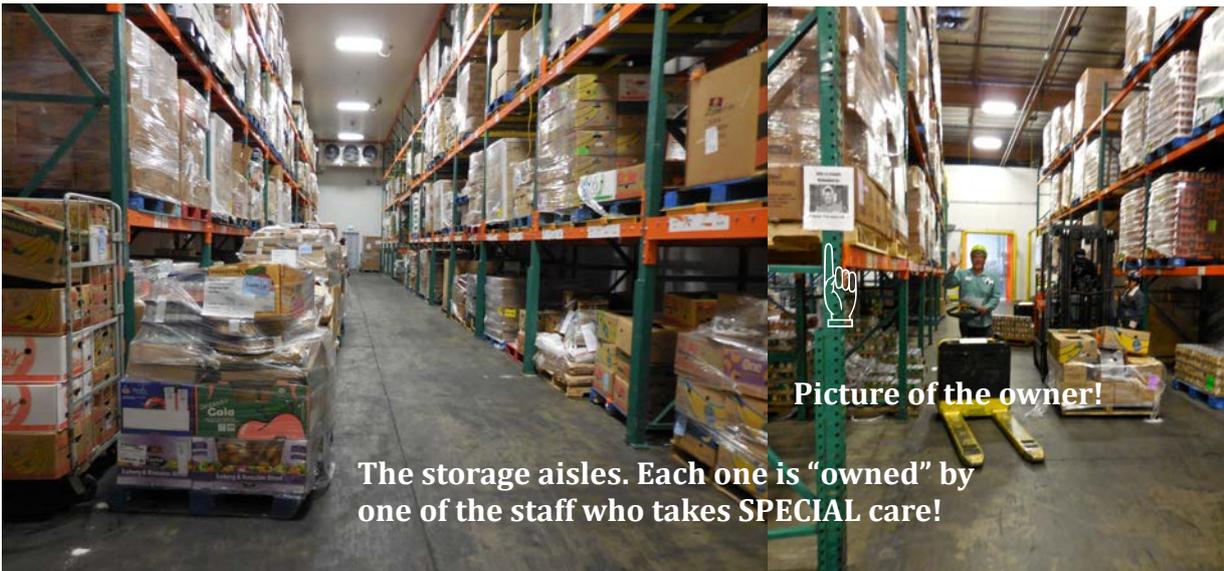
The LA Food Bank distributes 1,000,000 pounds of food every week. It feeds 1,000,000 people a year. It has 33,000 donors, over 30,000 volunteers and a budget of about \$10,000,000 and – the truly amazing fact? Only 3% of the income is used in running costs, 97% goes in food out to the people through 680 agencies. (Apparently the time to go to see the true rush is about 6 am when all the trucks etc. come to pick up the orders!)



The Freezer

The major portion of food goes to the working poor who simply cannot get food on the table and make ends meet. So they come in to get the extras they need. The Food Bank was started in 1973 by a cook named Tony Collier who hated to see food wasted!!! What a

success he made!!! Of course as time went by, other items were offered, accepted and now widely distributed. These include school necessities, washing powders etc, diapers and so on.



The storage aisles. Each one is "owned" by one of the staff who takes SPECIAL care!

Picture of the owner!

**BUT only one fifth of the need is covered....**

**So you know what to do! Visit the LA Regional Food Bank next time you are in LA.  
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