

# HUNGER matters

## INSIDE »

Make an Impact: Host a Virtual Food Drive *page 3*

Stop Summer Hunger *page 4*

Sort-A-Rama *page 5*

Donor Spotlight *page 6*

Wasting Less, Feeding More *page 8*

A NEWSLETTER OF THE FOOD BANK OF CENTRAL & EASTERN NORTH CAROLINA

SUMMER 2019



## EXPERIENCE WITH HUNGER MOTIVATES TEACHER TO HELP STUDENTS

The first time Shannon received help with food, she was 8 years old. It's a story we hear all too often — Shannon's mom was escaping an abusive home and along with her younger sister they moved into a women's shelter. They had no possessions besides their clothes, and they relied on the shelter for everything, including meals.

And of course, this made a lasting impression on Shannon. "I was aware my mom was sad. I was aware that we did not have anything of our own. I know there were bills not paid during that time. I remember my mom crying."

Shannon recalled her childhood being difficult even after escaping the abuse. She and her sister received their meals through the free and reduced program and their single mom struggled to make ends meet. It's an extremely tough way to grow up, but it made Shannon want to do whatever she could for others.

Now a mom of three children under nine years old, Shannon has involved the whole family in volunteering with Food Bank partner Western Wake Ministry. She and the kids go on the weekend to help the food pantry prepare for their week of distribution. They organize freezers, sort boxes of food onto pallets, as well as cleaning and preparing the front office.

"My kids have a blast," said Shannon. "They make it a fun time and are excited to help other people."

Shannon is also a middle school teacher and has students who arrive every day hungry. "It is your first worry every day as a teacher," she shared. "You keep food in your desk. You pay for their lunch when they do not have money on their account. You know that a hungry kid cannot learn which means that they cannot make a life for themselves."

When she can, Shannon even brings in dry cereal for the kids to snack on during morning lessons. "It increases their engagement and puts their mind on their learning instead of their tummies." Her students don't normally look forward to school breaks like the upcoming summer holiday. Shannon has worked at a school with a Weekend Power Pack program and sees how excited kids get about receiving the food. She also knows there are resources like the Food Bank to help her students and their families who are concerned about where their next meal is coming from. "It takes away a worry from a child that should never be a child's worry."

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# FROM THE DESK OF THE PRESIDENT & CEO

Dear Friends,

Like me, I am sure you are looking at your calendar wondering how we are half way through 2019 already!

This season has our gardens in bloom, and we are thankful for the produce coming in our doors from them, as well as from our farming and retail partners. We at the Food Bank are now thinking about summer, and the different challenges these months bring to the people we serve.

Increased need for childcare. Increased expense for energy. No school breakfasts and lunches. Families on budgets that are already stretched face even more stress in summer months.

We recently heard a heartening story from one of our partner agencies, Bountiful Blessings, that I want to share with you. This agency serves communities in Greene County, and was visited by a boy and his younger sister during their summer meals program. Agency volunteers noticed immediately how protective the brother was, making sure his sister got through the door first, and got her meal first. The adults watched as the brother took a meal for himself but was not eating it. When asked if anything was wrong with the food, the boy responded no, but that he needed to save it for his other younger sister, who was at home.

The volunteers were able to assure the boy that they had food he could take home with him for his sister and family, and that he could eat his meal – he didn’t have to go without.

It’s painful to hear about the hard choices people facing hunger must make every day, but to come face to face with a child making these sacrifices is heartbreaking and makes clear the important work we all must come together to do.

I am thankful for our partner agencies, who are on the front lines, fighting hunger each and every day. I am thankful for the work of our staff, who help support our agencies and programs. And I am thankful for you – our community of donors who ensure that families and children facing hunger can eat all summer long.

Thank you for all you do,

*P. Werbicki*

Peter Werbicki  
President & CEO  
Food Bank of Central & Eastern North Carolina



# OUR BRANCHES

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919.875.0707

**DURHAM**  
2700 Angier Avenue  
Durham, NC 27703  
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**GREENVILLE**  
1712 Union Street  
Greenville, NC 27834  
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**NEW BERN**  
205 South Glenburnie Road  
New Bern, NC 28560  
252.577.1912

**SANDHILLS**  
195 Sandy Avenue  
Southern Pines, NC 28387  
910.692.5959

**WILMINGTON**  
1314 Marstellar Street  
Wilmington, NC 28401  
910.251.1465



# MAKE AN IMPACT: HOST A VIRTUAL FOOD DRIVE

**One of the easiest ways to make an impact this summer is by holding a Virtual Food Drive – it maximizes your impact by 10! You can get friends, family, coworkers, or members of your church or civic organization involved by just sending an email or sharing on social media.**

It takes three simple steps:

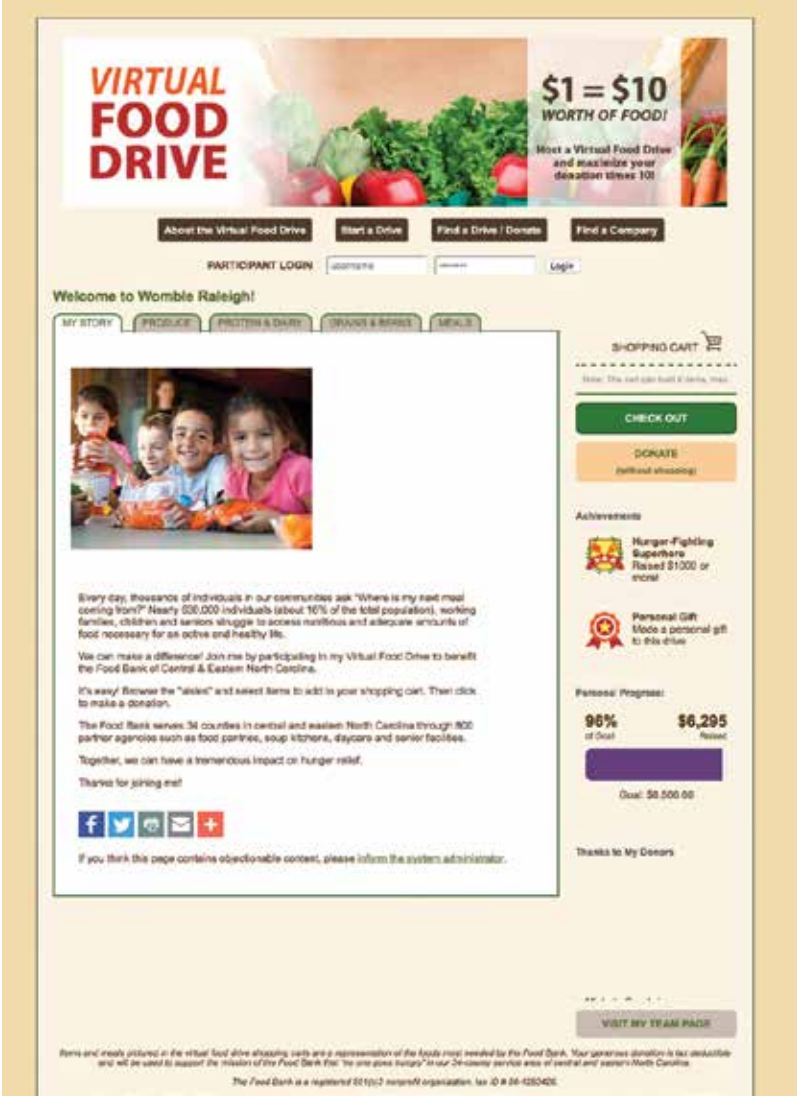
1. Choose how you’d like to participate: Create a page, start a team, or join a team.
2. Personalize your page.
3. Invite friends, family, or coworkers to join!

There are a ton of advantages to holding a Virtual Food Drive – you don’t have to be outside in the hot summer weather, you don’t have to plan around vacations or other events, you don’t have to lug heavy items to the Food Bank, and most of all – your support maximizes your impact!

“We add the Virtual Food Drive element to our event every year,” said Shadi Sadi, organizer of the annual Interfaith Food Drive. “It allows people to contribute from wherever they are and it made up a large part of the 52,000 meals our event provided.”

The Food Bank can provide 5 meals for every \$1 donated, so your contribution can be used to ensure we have the food that’s most needed for the people we serve.

**Just go to [foodbankcenc.org/VFD](https://foodbankcenc.org/VFD) to get started.**



# HOW YOU CAN HELP



## DONATE MONEY & ASSETS

**\$1 = \$10 worth of food or 5 meals**

- Individual Giving
- Event Sponsorships
- Corporate Giving
- Planned Giving
- Stock

For more information, visit [foodbankcenc.org/donate\\_money](https://foodbankcenc.org/donate_money)



## DONATE FOOD

**One meal equals a little over one pound of food (19 ounces)**

- Individual Food Drives
- Company Food Drives
- Virtual Food Drives
- School Food Drives
- Community Food Drives

For more information, visit [foodbankcenc.org/donate\\_food](https://foodbankcenc.org/donate_food)



## DONATE TIME: VOLUNTEER

**Total number of volunteer hours donated last year is equivalent to 111 full-time employees.**

- 1 volunteer hour = 130 meals

For more information, visit [foodbankcenc.org/volunteer](https://foodbankcenc.org/volunteer)



# STOP SUMMER HUNGER

## STOP SUMMER HUNGER

The weather has turned warmer and while some families turn their thoughts to planning vacations, there are also more than 600,000 people (including nearly 200,000 children) worried about their budgets being stretched even further. School is out, meaning those children will miss the two meals they were receiving at little or no cost. The Food Bank helps combat this big loss to children's nutrition by partnering with community organizations to operate Kids Summer Meals, providing safe environments for children to have breakfast and lunch at no cost.

This year our Stop Summer Hunger supporters will also be packing boxes to help stock pantries at the homes of these families. Summer means increased costs for families, more childcare needs, or lost wages when childcare isn't available – which forces these families to make tough choices. To help support our friends and neighbors during these stressful months, the Food Bank focuses on our annual Stop Summer Hunger initiative, to raise awareness, funds, and food for those in need. Stop Summer Hunger continues through the end of July, with a goal of raising enough food and funds for 3.9 million meals. For every dollar you contribute to the Food Bank, we can provide five meals. Please join us and our Stop Summer Hunger partners in supporting these kids and families with critical meals in the upcoming months by visiting [stopsummerhunger.org](https://stopsummerhunger.org).

### Presenting



### Gold



### Silver



### Bronze



### Platinum



## CHEF'S FEAST EVENTS PROVIDE THOUSANDS OF MEALS

On April 18, the Food Bank and presenting partner Delta Air Lines held a four-course dinner at Fearington Village. The event featured chefs Kevin O'Connell, Horizon Catering; Andrew Ullom, Union Special Bread; and Colin Bedford, Fearington Inn; as well as Vivian Howard of Kinston's Chef & the Farmer. Along with the delicious four course meal, the event offered wine, beer, Tito's Handmade Vodka and a live auction. With the help of our partners and attendees, the Food Bank raised enough funds to provide 700,000 meals.



### In-Kind Sponsors:



Able & Co., Biogen, Cree | Wolfspeed, The Forest at Duke, Railinc, and York Properties



Chef Howard also joined the Food Bank for Chef's Feast at Tryon Palace on May 23. The event also featured chef's from Greenville's Ford + Shep and Starlight Café, New Bern's The Flame and Persimmons Waterfront Restaurant, plus Benny's Big Time Pizzeria and the Hackney.



## SORT-A-RAMA

On Thursday, May 23, the Food Bank of Central & Eastern North Carolina once again partnered with Triangle companies for the Annual Sort-A-Rama event to package meals for families facing hunger. More than 1,000 volunteers from those partners joined together to bag rice into family size packages and pack meal boxes for the Food Bank's Kids Summer Meals Program. Since 2012, Sort-A-Rama volunteers have sorted nearly one million meals which were then distributed to individuals, families, and seniors in need through the Food Bank's partner agencies. Many thanks to our partners and volunteers!



### Presenting



### Sustaining Partners

Allscripts  
UNC Rex Healthcare

### Major Partners

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Bank of America  
Duke Energy  
Nationwide  
RTI International



# DONOR SPOTLIGHT: RALEIGH MORAVIAN CHURCH

Raleigh Moravian Church has a long history of giving to the Food Bank. “It’s one way we can help feed our neighbors,” said Jami Vandock, Director of Christian Education. “We understand that feeding people takes both food and money, and that this is a never-ending ministry.”

The church, located on Ridge Road in Raleigh, collects donations every Sunday, and when their collection box is full, someone delivers the items to the Food Bank. In addition, Raleigh Moravian hold special drives like their “reverse advent” food drive. This involved a challenge to contribute one food item every day of the advent season and was a huge success. It took two trucks to deliver all the food collected to the Food Bank.

Funds are also contributed directly from the church and their women’s ministry. Raleigh Moravian asks their congregation to contribute to a mission offering and the Food Bank is one of the beneficiaries. “The Food Bank is a local organization we’ve supported for many years and we will continue to be a supporter of your work,” said Vandock.

**On June 30, the Food Bank is partnering with churches across our service area to dedicate a Fifth Sunday Offering to support our Stop Summer Hunger initiative. For more information, you can contact Chandler Rock, Community Giving Specialist, at [crock@foodbankcenc.org](mailto:crock@foodbankcenc.org).**



# GIVING THANKS

**The Food Bank is a long-term disaster relief agency, meaning we serve the needs of our community for weeks, months, sometimes years after a natural disaster occurs as they rebuild and stabilize their lives. In the early stages of disaster relief, funding supports the logistics of moving the influx of donated disaster relief food and supplies to affected areas. As communities begin to rebuild and disaster relief efforts shift to long-term support services, funding needs change to support more purchased product as donations tend to dissipate. The Food Bank would like to share a special “Thank You” to the following organizations for their generous gifts that have supported our immediate relief and ongoing recovery efforts following Hurricanes Florence and Michael:**

- |  |   |  |
|--|---|--|
| 84 Lumber Co.  | Excess Line Association of New York       | Samsung Electronics America Inc                |
| ActBlue Charities  | FedEx                                     | Schultz Family Foundation                      |
| Allscripts   | Feeding America                           | SECU Disaster Relief Fund                      |
| Bank of America  | Fifth Generation, Inc.                    | Share Our Strength                             |
| Barnhill Family Foundation                               | Foundation for the Carolinas              | Shear Family Foundation                        |
| BASF   | Gelfand, Rennert & Feldman LLC            | Silicon Valley Community Foundation            |
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| Beach and Barn Group LLC                                 | John William Pope Foundation              | State Farm Mutual Automobile Insurance Company |
| Better Place Fund of Triangle Community Foundation       | Kessebohmer USA                           | TD Charitable Foundation                       |
| Blue Cross and Blue Shield of North Carolina             | Kitty Hawk Kites, Inc.                    | Tito’s Handmade Vodka                          |
| Brasfield & Gorrie                                       | Make Sense Foundation                     | True North Foundation                          |
| Buddha’s Universal Church                                | Motto Franchising, LLC                    | Towne Bank                                     |
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| Credit Suisse Americas Foundation                        | NC Association of Feeding America Members | Strong Concert                                 |
| Cree   Wolfspeed   | NetApp                                    | Vacations to Go, Inc.                          |
| Curtis Foundation Inc.                                   | New York Life Insurance Company           | Walmart Foundation                             |
| Duke Energy Foundation                                   | New York Times Neediest Cases Fund        | Wanda and James M. Moran Jr. Foundation Inc.   |
| East Carolina University, Avett Brothers Benefit Concert | Norfolk Southern Foundation               | Wells Fargo Foundation                         |
| Eastern Radiologist Inc                                  | Oak Foundation Ltd.                       | William R. Kenan, Jr. Charitable Trust         |
| Eddie & Jo Allison Smith Family Foundation               | Omron Foundation Inc.                     | Wilmington Downtown, Inc.                      |
|  | Operation USA                             | WRAL   |
|  | Robert Wood Johnson Foundation            | Yardi Systems                                  |

**Thank you to the thousands of individuals who made gifts to support our recovery efforts following Hurricanes Florence and Michael.**

FULL  
PLATE  
CIRCLE

Full Plate Circle is a way to recognize individual donors’ commitment to the Food Bank and our community struggling with food insecurity through annual operating support of \$1,000+ for the prior calendar year. To learn more about Full Plate Circle, contact Lindsay Tomlinson at [ltomlinson@foodbankcenc.org](mailto:ltomlinson@foodbankcenc.org) or 919.865.3044.

**Members of the Food Bank’s Full Plate Circle gathered for an exclusive, kid-friendly volunteer event on March 3 at our Durham Branch.**

# GROWING COMMUNITY!

We’re thrilled to be partnering with the Raleigh Parks, Recreation and Cultural Resources Department on the Garden Corps program! Teens learn about gardening from Master Gardner experts while working in our community garden, and test out new recipes and cooking skills in our Teaching Kitchen. Garden Corps is a 12-week program taking place at our Raleigh branch.





# FRESH PRODUCE: WASTING LESS, FEEDING MORE

When most people work with their schools or companies to collect food donations for the Food Bank, they think about non-perishable items. Canned food, rice, beans, or boxes of cereal might be overflowing in collection bins from the generosity of people in our community to help those in need. The Food Bank also knows the importance of access to fresh produce and food that help keep people healthy and launched our Fresh Produce Program more than 20 years ago to help meet that need.

Nicky Ulrich serves as the Food Bank’s Agriculture Resource Coordinator to foster relationships with local farmers and ultimately increase the amount of fresh fruits and veggies coming into the Food Bank, and out to families.

When farmers harvest their crops, a majority can be sold to grocers, food distribution companies, or at farmers’ markets. However, there is usually a portion of fresh produce that is considered un-sellable. These fresh fruits and vegetables are perfectly edible and nutritious but either their size, shape, or coloring would make them less likely to be purchased by a customer.

“Thanks to our Fresh Produce Program, fresh and edible produce is prevented from getting tilled into the ground or sent to the landfills and can instead go into the hands of people that need it!” says Nicky.

One of the Food Bank’s generous farmer partners is Bill Hering from Hering Farms in Faison, NC. He has been donating through the Fresh Produce Program for over six years! He first heard about the program at the farmer’s market, when he realized other farmers were donating their unsellable produce. His crops of butternut & spaghetti squash, watermelons, potatoes, and cabbage quickly went to help people in North Carolina dealing with food insecurity.

Nicky’s job is to strengthen and build relationships in the farming community and show them how easy they can donate their edible but not sellable produce. “Through partnerships with farms, we help the farmers find an easy way to recoup costs from food that is not sellable,” Nicky shared. “We can provide local produce to people with food insecurity.”

When farmers donate these unsellable food items through the Fresh Produce Program, they receive a tax deduction and to recoup some of the costs lost from produce that can’t be sold at a market. The Food Bank makes this donation process as simple as possible for farmers. When the food arrives at one of the Food Bank’s six branches it is weighed to give farmers an accurate receipt for their donation. The Food Bank’s vast network of community volunteers then gets to work sorting the large pallets of fresh fruits and vegetables into family-sized bags. After bags are sorted, they are distributed to partner agencies across our 34 counties and into the hands of people who need it.

Bill shared with Nicky that he was considering getting out of the veggie business commercially but has stayed to support the Food Bank. About 75% of his crops go to support our friends and neighbors in need. Bill now focuses on selling to just one or two vendors who will select produce that is picture perfect. Bill sends the remainder of the food to the Fresh Produce Program and into the hands of people who need it most. “People in my community need this food, and I still want to farm,” Bill explained. “So, there is more benefit to what I am doing now compared to what I was doing 10 years ago.”



## Most Common Produce Distributed by the Food Bank

