



# HERE UNTIL NO ONE GOES HUNGRY

## 2018 IMPACT REPORT



**FOOD  
BANK**



**OF CENTRAL  
& EASTERN  
NORTH  
CAROLINA**

DURHAM » GREENVILLE » NEW BERN » RALEIGH » SANDHILLS » WILMINGTON



# DEAR FRIENDS & PARTNERS OF THE FOOD BANK

Every year, we take this opportunity to thank you for your dedication and support in ensuring no one goes hungry in central and eastern North Carolina. And this impact report helps, on a yearly basis, serve as a reminder that hunger is a year-round struggle for the people we support. Hunger doesn't take a break, and it doesn't align itself to the holiday season.



This all remains true. But as I am sure you well know, this year has been harder. Our whole service area reeled from the impact of Hurricanes Florence and Michael — an impact that is still being felt every day, particularly in the east. The storms devastated not only the communities and people we serve (and people we were not serving prior to the storms) but our partner agencies themselves. We're incredibly thankful to have had the resources to do pre-storm preparations, and to be able to dive in to relief efforts immediately following the storm. We're still working every day to ensure that the needs are being met, and that the counties working to recover know that the Food Bank will be there for them for the long haul.

In the midst of disaster relief, we were suddenly faced with the impact of a government shutdown. Again, resources were needed immediately. In many cases we were serving new populations of people in new ways, working to make sure we understood and could meet the need of people facing hunger.

The common thread in this tough year is that, thanks to you, the Food Bank can meet these needs. It has taken flexibility, new approaches to service, and the ability to be nimble in our operations to ensure our friends and neighbors feel supported and remembered. Thanks to the resources you provide and the trust you put in the Food Bank, we can adjust how we serve. That's not something any of us take for granted, and we appreciate your support every single day.

With great thanks,



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

# DENISE BREAKS THE CYCLE OF HUNGER

*Food Bank supporter Denise reflects on growing up food-insecure, and has a message for donors.*

My first experience with hunger was at age three. My parents were in the process of divorcing which created a strain on my mother's mental health. Meal times were not scheduled — if I was hungry, I found something to eat. A lot of times there was nothing, just emptiness. Empty cupboards, empty fridge, empty pantry. Many times, I cried out of anguish, fear, and hunger pains until I fell asleep. Hunger makes a child grow up too quickly.

When my parents' divorce finalized, I went to live with my grandparents. Things were good until my grandfather was forced into retirement. Our electricity got turned off for non-payment. Grandma didn't can or grow food, so no money, no food. When it was a choice of being homeless or hungry, hunger seemed the lesser of two evils. My grandparents would try to distract me from being hungry. I was told tomorrow we'll go shopping. Then I was sent out to play.

By the fourth grade I would worry whether we would have lights, water, a home, or food on a daily basis. Hunger is a nagging physical pain that results in muscle cramps and nausea. My grandmother was resourceful — she could make a loaf of bread last two weeks by cutting each slice in half. Same thing for two packets of hot chocolate. I was lucky to get a half spoon of the hot cocoa mix in a coffee mug of water and a half-slice of bread before bed.

Family members would offer to take us out to eat but Grandma's vanity and pride prevented that from happening. It was always the same thing, "Thank you. We're good. We just ate." I still do not know if she was trying to keep social services at bay, keep up appearances, or thought that no one could see we had it rough. I knew enough back then to know that everyone needs to eat. And if you do not speak up you still have an empty belly. If I wasn't sharing my classmates' meals, I was hiding them in a bag so that I had something for the next day.

I still cook more than two people could eat in one sitting. When my kids came along, I made certain they had meals and snacks. I've received federal benefits before and there's no shame in asking for help. I worked three jobs just so there was food in the house.



# BUILDING COMMUNITY — MEETING THE NEED

We're now many months beyond Hurricane Florence making landfall in North Carolina, but our relief efforts and support of the communities devastated by the storm continue on a daily basis.

For the first time in the Food Bank's nearly 40-year history, we have begun operating our own pantry, with phenomenal support from local partner Bryant's Chapel AME Zion church, in Trenton, North Carolina — located in Jones County.

"One of the ways we can best serve people recovering from these storms is to meet them where they are — and in this case, it's here in Jones County," said Peter Werbicki, President/CEO of the Food Bank. "We don't want to add to their burden or stress by necessitating a long drive or taking time off work to get that needed food."



In my life so far, I've bought countless meals for complete strangers. All it takes is to hear "I'm hungry." I've fed runaways and the homeless because I could. I've gifted food baskets to neighbors who thought no one knew. I started carrying around cards for food banks and handing them out. If just one person is helped, then it's worth everything. I ask my neighbors, their kids, coworkers – did you eat today? Can you use extra cans of corn, beans, or fruit?

To the donors of the Food Bank – you have my deepest respect for fighting hunger. By bringing attention to this epidemic you inspire others to break their silence, let go of pride, anger, and depression to get the help they need and deserve. You are supporting the mission of the Food Bank: No One Goes Hungry. Somewhere a child is not worried about eating because of you! A man or woman is feeling validated and appreciated, not forgotten and worthless!

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Jones County was hit incredibly hard by the storm. Many individuals lost their food, supplies, and in some cases, their homes. Our local network of Partner Agency pantries also suffered huge damage, and still have not been able to reopen. For this reason, to ensure that the people in Trenton were getting what they needed to restock and rebuild their lives, the Food Bank opened a disaster relief pantry right in the center of town.

“Right now, we're serving about 250 to 300 families every week,” Hannah West, our Outreach Coordinator who covers Jones County, explained. “People are still reeling from the impact of this disaster, and I think that's really reflected in the number of people we're seeing come through every week.”

Our ability to continue supporting the cities and towns impacted by Florence and Michael is because of the generous community of donors and partners trusting and believing in our No One Goes Hungry mission. The Food Bank will be in Jones County for as long as people need us, and we will look for other areas to serve those recovering from storms in the way that best meets their needs.





# THANKS TO YOUR SUPPORT IN 2018, WE'RE HERE FOR THE LONG HAUL

**68,350,607** lbs. of food distributed

**57,558,406** meals provided

**230,694** volunteer hours

**26,023,980** lbs. of produce

**928** partner agencies

**\$2,939,008** FNS benefits generated

**\$5,260,825** in economic activity generated  
by benefits outreach

**1,057,333** meals provided through our  
Kids Meals & More programs



## 2018 FINANCIALS

### 2018 REVENUE

Food Donated	\$ 109,186,879
Contributions	\$ 11,218,738
Campaign Pledges	\$ 726,472
Governmental Awards	\$ 2,543,823
Agency Contributions	\$ 1,919,277
Miscellaneous	\$ 118,826
Goods, Services, and Facilities Contributed In-kind	\$ 216,045
<b>TOTAL</b>	<b>\$ 125,930,060</b>

### 2018 EXPENSES

Program Services	\$ 121,531,099
Management & General	\$ 1,458,474
Fundraising	\$ 2,671,747
<b>TOTAL</b>	<b>\$ 125,661,320</b>

### 2018 NET ASSETS

Increase in Unrestricted Net Assets	\$ 268,740
Decrease in Temporarily Restricted Net Assets	\$ -1,091,918
Increase/(Decrease) in Net Assets	\$ -823,178

Net Assets at the Beginning of the Year	\$ 20,875,856
Net Assets at the End of the Year	\$ 20,052,678

**THIS MEANS THAT 97¢ OF  
EVERY \$1 GOES DIRECTLY TO  
PROGRAMS AND SERVICES.**

Year End = June 30, 2018  
Accounting by Elliott Davis