

hungermatters

FALL 2022

Community Partnerships Nourish Children and Families

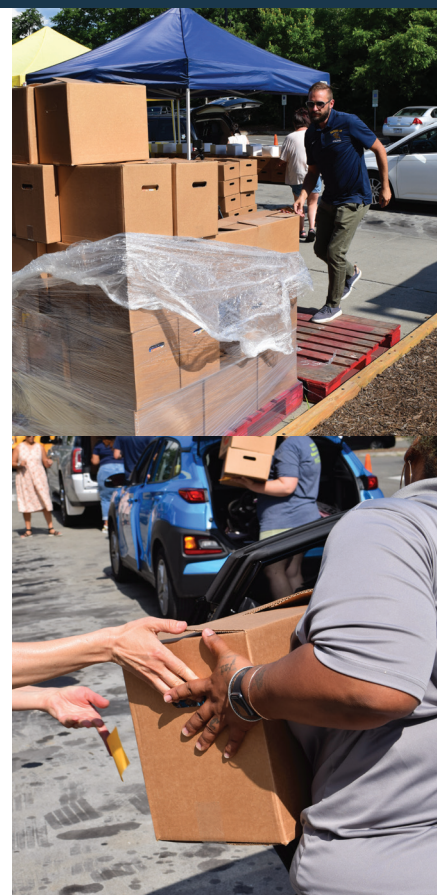
It's the last week of school for Maureen Joy Charter School in Durham. Executive Director Mark Bailey sits in a Kindergarten classroom preparing to distribute boxes of non-perishable food and produce to families of those children. Maureen Joy partnered with Durham Children's Initiative and the Food Bank to provide these essentials to 200 families in preparation for school letting out for summer.

"A break in routine actually provides a lot of challenges for our families and our kids," Bailey relayed, "because they're not able to rely on some of the same structures that normally are there for them each and every day and a really important part of that is regular breakfast and lunch being provided at school."

Mr. Bailey is thankful that during the school year the students can rely on those meals. 90% of the student body at Maureen Joy qualify for free and reduced school meals. Beyond that, Bailey said it's hard to really know how food insecurity is impacting these families. With the Food Bank's partner agencies seeing up to a 42% increase in people visiting, it's safe to say budgets are not stretching as far. We know that without these partnerships, kids and families could see a big impact.

"Being in third grade is hard enough, making friendships in seventh grade is challenging enough, without having to add any other challenges on top of that," said Bailey.

We're thankful that with your support, we can continue to nourish our friends and neighbors and build on the solutions to ultimately end hunger.



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OF CENTRAL & EASTERN NORTH CAROLINA

From the President & CEO

To each one of you,

I am so deeply grateful to you all. Whether you are past or present donors, volunteers, staff, board members, or partner agencies, during my twenty-five years here at the Food Bank, you have been nothing short of inspirational. I have been fortunate to witness and experience your great care, generosity, and tireless efforts to demonstrate your love and compassion for your neighbors in need.

Your collective belief and actions that have compounded to do what is right and decent for those who are systemically and circumstantially in need of support or face hunger in their daily lives, will last forever in my memory.

My dearest thanks and appreciation to: the pioneers who built and developed the early foundation of the Food Bank; former Executive Director Greg Kirkpatrick for giving me a chance when hiring me as Director of Operations; the Board of Directors fifteen years ago who had faith in selecting me to lead the organization as CEO; the Board Members who have continued to provide me with their trust and support; all of those who I have worked alongside, and that I have had the great pleasure to know; and finally to all those who will carry the work forward.

I wish you and your loved ones the best in the future and thank you sincerely for walking beside me these last 25 years.



Peter Werbicki, President & CEO



Pop Up Markets Fill the Gaps

A top priority for the Food Bank is to close gaps via direct distributions in the community to get the right food to people at the right time, especially in rural areas or during times of disaster. One way to do this is with Pop Up Markets across our service area, essentially setting up distributions of food, especially fresh produce, in places that have barriers to accessing these items.

The first Pop Up Market was held in June in Louisburg and provided more than 8,000 meals to families who attended, a majority of which were children and seniors. One mother told us she was so thankful for this Pop Up because the food was filling the gap in the month until she received SNAP benefits for her family.

"Pop Up Markets are important because they allow us to reach parts of our service area that may have a difficult time accessing resources otherwise. We can further understand the communities we serve, fill gaps in service, and provide new volunteer opportunities across the service area for those looking to help others close to home," says Cassie James, Pop Up Markets Coordinator for the Food Bank.



**POP UP
MARKET**



Nutrition Education Success: It's Nice to Have the Spice

At the Food Bank, our Community Health & Engagement (CH&E) team regularly goes out into the community to hold cooking classes at partner agency sites. These are great opportunities to introduce new foods to people's diets and help give them easy, quick, and low-cost recipes using healthful foods like whole grains, fresh produce, low-fat dairy, and lean meats. However, the team started to notice a different need that some of the clients were experiencing.

"When we are out doing nutrition education demos at agencies, we are preparing these full meals, that can be tasted by the participants, that include spices and all the ingredients. At the end of these demonstrations, clients may be able to take home the staple ingredients to recreate that meal, but the spices are missing," says Jenny Ryan, Nutrition Education Manager for the Food Bank. Spices can be expensive at the grocery store, and they are not a regularly donated item to food banks or pantries.

The team put together a survey for our Healthy Pantry partners from each region of our service area to give to clients directly. Over 500 survey results from clients came in. There was a great need for spices in our communities and the needs differed from region to region.

With all this great data in hand, the CH&E team determined what the top four most-requested spices were across our service area and purchased them in bulk. In turn, each healthy pantry received a pallet of the four core spices (garlic powder, Italian seasoning, chili powder, and onion powder) that were identified through the survey. In the next delivery, we rotated to a different set of spices until eventually a full set of common spices were distributed to households across our service area.

Ultimately, 16,740 containers of spices were distributed to 17 healthy pantries in 14 counties across central and eastern North Carolina. Due to the success of this pilot program we hope to look for more ways to make spices more accessible to all the communities across our service area.



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Downtown Raleigh Yam Jam

Duke Energy Corporation helped the Food Bank kick off Stop Summer Hunger by hosting the first ever Downtown Raleigh Yam Jam. Together with the Downtown Raleigh Alliance, volunteers from eight different downtown businesses came together to sort 40,000 pounds of North Carolina grown sweet potatoes. Highlighting not only the power of the community coming together, but the event also allowed the Food Bank to spotlight our farming partners who play a vital role in the work we do. Last year we distributed nearly 52 million pounds of fresh produce, something we have worked hard to increase over the past 40 years. Through this one event we sorted enough produce to provide 34,000 meals for our friends and neighbors.

The Food Bank has hosted Corporate Yam Jam events throughout our service area for years – a project in which potatoes are delivered straight from the farm to corporate offices, bringing what would traditionally be a warehouse project right to the parking lot of some of our most dedicated partners. In addition to Duke Energy Corporation, we are thankful to have hosted Corporate Yam Jam events in partnerships with companies such as BASF, Cisco, NetApp, Railinc, and Wolfspeed.



In Memoriam

The Food Bank is grateful for the amazing contributions of these three partners and our thoughts are with their families during this difficult time.



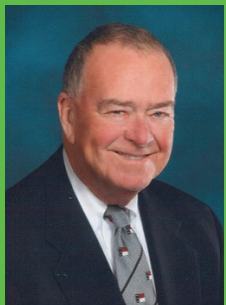
Reverend Haywood Holderness

Reverend Haywood Holderness passed away June 18, 2022. For many years, Rev. Holderness worked tirelessly on behalf of the Food Bank to further the vision of no one going hungry in Central and Eastern North Carolina. He was a member of the Food Bank's Board of Directors from 1995 to 2006, and from 2001 to 2004 served as Chair. He led the charge to secure and establish the Food Bank's Durham and Greenville branches, and through his community connections and passion, worked to create regional councils at the Food Bank's branches. Haywood recruited volunteers and community leaders, including four North Carolina Governors to take part in the Food Bank's Breaking Bread Campaign in 2002, ensuring service to the community could be expanded to more people experiencing hunger. A champion for hunger relief work across the entire state, Rev. Holderness also served as the founding president of what is now the state association of food banks known as Feeding the Carolinas.



Carter "Bud" Wallen

Carter "Bud" Wallen passed away May 6, 2022 in Pinehurst. Bud was an early member of the Sandhills branch's Regional Council in which he served the organization by helping raise funds to combat food insecurity and bring awareness to our work in the community. He was recognized by the Food Bank and Governor Hunt for his tremendous volunteer leadership.



Frank Daniels Jr.

Frank Daniels Jr., longtime president and publisher of the News & Observer, passed away June 30, 2022. Daniels was well known in the Triangle for his civic leadership, which included time as a board member at the Food Bank and supporting the N&O Feed the Need event which raised food and funds for many years.