



## Peach & Blueberry Smoothie

### Ingredients:

1 cup spinach  
½ cup blueberries, frozen  
½ banana, frozen  
½ cup peaches, frozen  
¾ cup yogurt  
½ cup milk  
½ cup water  
Honey to taste

### Directions:

1. Place all ingredients in blender and pulse until well combined.
2. Serve cold. Makes 2 smoothies.

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NORTH CAROLINA

BUILDING  
SUSTENANCE  
SUMMER 2023





We are raising our grandchild right now and didn't expect the extra expense of child support at this time in our lives. **Being able to get [them extra] food is a blessing and we appreciate all the variety and how much you have to offer.** It's much more than what I was expecting."

- Food Bank Neighbor

## From the President & CEO

Dear Friends,

Summer should be a time full of fun, laughter, rest, and relaxation for kids and families. Unfortunately, too many of our neighbors will be spending the 90 days of summer worrying about where their next meal will come from. With recent inflation and the end of the pandemic EBT program, our partner agencies are seeing a drastic increase in the number of people they are serving. In fact, it's the highest number of people served since December 2021, when the pandemic was still in full swing. There are three easy ways to help outlined in this issue – including some ways to make giving back a fun and educational activity for your families. I hope you can join us to ensure food doesn't have to be a worry for our neighbors this summer.

Ashley C McCumber

**Ashley C. McCumber**  
President & CEO





# Let's Join Together to Stop Summer Hunger!

For some children and their families, summer vacation from school lasts up to 90 days. When over 300,000 children in our Food Bank's service area count on school-provided meals, 90 days is a long time for kids and their caregivers to worry about when they will have their next meal. **Donations of food and funds often trend down in the summer months, while need increases, and our network of partner agencies focuses on offering fresh, nutritious food for families experiencing hunger.**

Together we can help ease the burden on families and ensure growing children get the nourishment they need to grow, play, and learn.

## How you can help the Food Bank meet the increased need:

**Donate Funds:** During the months of June and July, your donation is **DOUBLED**— meaning every dollar can provide **10 meals** for the community. Visit [stopsummerhunger.org](https://stopsummerhunger.org) to donate.

**Donate Food:** We're always in need of the types of shelf-stable items that you pick up for your own family: things like peanut butter, canned tuna fish and chicken, soup, pasta, and canned fruits and veggies.

**Donate Time:** We make it easy to self-schedule individually or as a group at any of our six branches: [visit foodbankcenc.org/volunteer](https://foodbankcenc.org/volunteer) or [Scan QR Code](#).



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together 11 abc**

**G105**

**95.3**

**93.9**

**106.1 FM**

**102.7 WRDU**

**Heart**

**BASF**

Many thanks to our partners that make it possible to **STOP SUMMER HUNGER!**

## Sort-A-Rama!

Our first Sort-A-Rama event since before COVID took place at the N.C. State Fairgrounds on Wednesday, April 5. Volunteers from Triangle companies sorted and packed over 400,000 pounds of sweet potatoes, white potatoes, carrots, and onions for local families facing hunger. **Beginning in 2012, Sort-A-Rama volunteers have now packed and sorted more than one million meals for distribution to individuals, families, and seniors in need through the Food Bank's partner agencies in their 34-county service area.**

The presenting partners for the 2023 Sort-A-Rama were Cisco and Food Lion Feeds. Additional sponsors included BASF, Blue Cross and Blue Shield of North Carolina, Wegmans, UNC Healthcare, NetApp, and Bank of America.



## Find a Kids Summer Meals Site Near You

Kids Summer Meals (KSM) provides families with children and teens ages 2-17 an additional resource for healthy, nutritious meals for children during the summer months. The Food Bank has sponsored the program since summer 2009 and through it, has provided more than 1.9 million meals. KSM sites typically offer breakfast and/or lunch for children when school is officially out for the summer.

**There are three easy ways to access a KSM site near you:**

1. Visit [foodbankcenc.org/ksm](https://foodbankcenc.org/ksm) to search for a site
2. Text **"FOOD"** to **304-304**
3. Call **1-866-348-6479**

**foodbankcenc.org**