



food   
bank<sup>®</sup>  
OF CENTRAL & EASTERN  
NORTH CAROLINA

HUNGER  
MATTERS  
FALL 2023

## From the President & CEO

One of the most frequent questions I receive when talking to people about the Food Bank's work is **"How can I help?"** Hunger Action Month is a showcase of just how easy it is to make a difference for our friends and neighbors living with food insecurity. In this issue you can learn how becoming a sustainer, at any amount, allows the Food Bank to steadily nourish more people, and also to build solutions and plan for the future. But it's also easy to donate food, time, and your voice. **Check out [foodbankcenc.org/ham](https://foodbankcenc.org/ham) for our "30 Ways in 30 Days" calendar.** It contains a simple action you can take each day to support our vision that no one goes hungry in central and eastern North Carolina. Get your friends and family involved to make it fun and increase your impact. Thank you for the actions you take each day, even outside of Hunger Action Month, to improve our community.



**Ashley C. McCumber**  
President & CEO



## September is Hunger Action Month

Hunger Action Month is a nationwide initiative designed to inspire people to take action and raise awareness to help people experiencing impossible choices of hunger. All month, people across the country will be taking action against hunger to help families faced with impossible choices, like buying groceries or paying rent.

This September, we're asking those who are able to come together to provide the consistency and trust needed by the people we serve by becoming a monthly sustaining donor. Sustainers are a vital member of our community, who know the Food Bank and our mission best.

During this year's Hunger Action Month, we're on a mission to get 30 new monthly donors. As a monthly donor, you'll know you are making a difference each and every day — ensuring that we can be more resilient together. We're so thankful for the trust our donors place in us.

**Visit [foodbankcenc.org/ham](https://foodbankcenc.org/ham) for more ways to Advocate. Volunteer. Donate. during the month of September.**





# Taking a Holistic Approach with Workforce Development

In January 2022, the Food Bank started its first program aimed at helping people who are experiencing unemployment, underemployment, and justice-involved individuals returning home seeking work. **"We took a holistic approach to the person when it comes to the problem of food insecurity,"** said Marica Tedder, the Program Manager for the Workforce Development Program.



When a person enters the program, they go through a career readiness boot camp, where they will receive training on resume writing, computer, and soft skills. After, they receive certification in operating forklifts and a CDL license. While the participants are in the program, they receive stipends and food boxes from the Food Bank. With the support of Central Carolina Community College and Craven Community College, the program has graduated nearly 50 individuals. We look forward to expanding our Workforce Development Program through culinary training at our new Wilmington facility.

## TAKE ACTION!

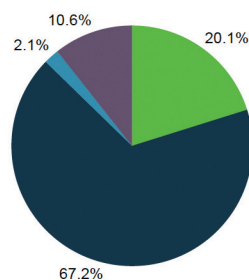
### Ensure a Strong Farm Bill to Nourish More Neighbors

As supply chain disruptions and rising food costs make it more difficult to afford the basics, millions of people in the U.S. are forced to make impossible choices between food and other necessities. In 2021, 11% of North Carolinians (1 in 9 people) utilized the charitable food system for support. Although our sector helps many people avoid hunger, it cannot end hunger in our communities without government support. Federal nutrition programs, including The Emergency Food Assistance Program (TEFAP), the Supplemental Nutrition Assistance Program (SNAP), and the Commodity Supplemental Food Program (CSFP), work hand in hand with food banks to help families put food on the table. The farm bill reauthorization process is an opportunity to improve these nutrition programs, ensuring that everyone who needs food assistance can access it.

#### Percentage of Meals by Source

(July 2021 – June 2022)

- % TEFAP
- % Donated
- % CSFP
- % Purchased



**ACT NOW:** Visit Feeding America Action to explore ways you can help strengthen the partnership between the charitable sector and federal nutrition programs.



# Out of the Mouth of Charlie Hale – Disaster Readiness

There are many types of disasters—they can be manmade and natural. We all know that in our Food Bank's service area, the most common disaster is hurricanes. From direct impact, to flooding, to addressing power outages and home-loss, we prepare and respond to support our neighbors after a disaster for as long as needed.

One of the first things we do to prepare is inventory what we have in stock. We know that water, snacks, and ready-to-eat foods are vital in the early days after a hurricane, followed by the items needed to restock what's lost: frozen and perishable foods. Non-food items also become important to long-term recovery.

Another aspect of disaster readiness is ensuring we have additional space to store and distribute food. We strategically reach out to our contacts in the community to form agreements for additional space should a disaster arise. Dry warehouse space near one of our branches is ideal.

We are very thankful to work with our network of disaster-relief partner agencies, which include pantries, soup kitchens, and shelters who have expertise in serving after disasters. The Food Bank connects with them to ensure they too are ready for a storm, and to see if we can help stock them up with supplies and resources.

Disaster readiness and relief work is vital to our mission, and thanks to the support of our community, we're able to keep nimble to be more resilient together.

**Charlie Hale**  
Chief Operating Officer



## Sustainer Spotlight

Richard is one of our valued sustainers, donors that make regular monthly contributions, who make an indelible impact on our community through their support. For over three decades, Richard has been a steadfast contributor, having made his first contribution in 1990.

When asked about his motivation to support our cause, Richard acknowledged, **"the Food Bank does a great job helping feed people across the [central and] eastern part of the state. I can afford it and it's important to keep helping those in need."** His appreciation for the crucial work done by our organization reflects his concern for his fellow community members facing food insecurity. Richard recognizes that hunger persists in our society, and continued, monthly support plays an integral role in ensuring that no individual or family goes hungry.

**Richard**, Sustainer

