

# HUNGER matters

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

FALL 2016

## FOOD BANK TO OPEN A NEW FACILITY IN RALEIGH

The Food Bank of Central & Eastern North Carolina believes in the power of community to bring an end to hunger. Since 1980, we have been working in communities throughout 34 of North Carolina's 100 counties to distribute food to those in need through a diverse network of more than 800 nonprofit partner agencies. The Raleigh Branch serves as the organization's central distribution center to our service area and our five branches.

Since 1997, the Food Bank has made its home at 3808 Tarheel Drive, a building that was generously donated in trust by Jack and Mary Hofer. Since that time, the Food Bank has grown its distribution from 5 million pounds per year to more than 64 million pounds of food distributed in 2015-16. It was a home that allowed us to serve the community well for 19 years, but unfortunately the incredible need that has arisen since that time calls for us to do more. And for us to do that, we needed a bigger space in Raleigh...So All May Eat.

In order to continue our work and meet the changing needs of those we serve, with the amazing support of our donors, the Food Bank purchased a new facility located at 1924 Capital Boulevard in Raleigh. The move to a larger facility will enable further growth, with the ability to distribute 60 million additional pounds over the long term. A focal point of this growth will be a renewed focus on nutrition, nutrition education and outreach, developing collaborations around wrap-around services (financial literacy, job training, etc.) and analyzing and improving food systems throughout our service area.

Right: Part of the new facility's warehouse space during construction.  
Below: A mockup of the exterior signage at the new facility.

To help fund the purchase of the building and the ongoing work to upgrade infrastructure, the Food Bank embarked on the "So All May Eat" campaign. With more than 600,000 of our neighbors struggling with hunger, many are relying on a helping hand from the Food Bank's community partners. And 70% of those partners rely on the Food Bank as their sole source of donated food and non-food essentials. This is a problem that we all must have a hand in to solve, and your Food Bank is here to lead the way.

Take a look inside for more information about the new Raleigh facility and join us for the Community Open House on Saturday, November 12 from 11am-2pm. At the open house you can take a tour and learn more about your Food Bank. You can also visit [SoAllMayEatNC.org](http://SoAllMayEatNC.org) to find out how to get involved in the campaign.



**FOOD  
BANK**

OF CENTRAL  
& EASTERN  
NORTH  
CAROLINA

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

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# SO ALL MAY EAT

According to Forbes Magazine, the Triangle is the fourth fastest-growing region in the United States. We're proud of our status as one of the nation's best places to live. Despite that, too many children, seniors and working families across the entire 34-county region we serve don't have enough to eat.

Supplying our partner agencies stretches our resources to the limit, but the need for emergency food assistance continues to grow. The Food Bank has responded to this ongoing challenge with innovative programs and skilled operational efficiencies. We need your help to continue our work. The challenge will outpace our efforts unless we move forward and grow.

For our vision of a healthy, hunger-free community to become a reality, we are investing in a new, larger Raleigh facility that will allow us to distribute more food to build a healthier community and feed our neighbors.

We are only able to make these investments with your generous support. Visit [SoAllMayEatNC.org](http://SoAllMayEatNC.org) to help ensure that all may eat in the communities we serve.



# FROM THE DESK OF THE PRESIDENT & CEO

Dear Friends,

It's an exciting time to be part of the Food Bank family. As you well know, we've been working with partner agencies to distribute food to those who need it in communities across central and eastern North Carolina since 1980. Through the opening of our additional five branches, we've been able to strategically increase the amount of food provided in each of our 34 counties—distributing enough food for more than 54 million meals last year alone.

While the amount of food distributed has grown, so, unfortunately, has the need to do more. In recent years, we've recognized that the single largest obstacle to feeding more of our neighbors has been the limited capacity at our main distribution location in Raleigh. We've been incredibly lucky to have the Tarheel Drive facility, which allowed us to increase food distribution by more than 700% since 1997. In order to better serve our community, we know that more space, more services and expanded partnerships are necessary.

In order to continue to best serve those facing hunger, offering more nutritious options such as meat, dairy, and fresh fruit and vegetables, the Food Bank is excited about the expanded capacity we will have at the newly refurbished facility at 1924 Capital Boulevard in Raleigh. This move means more freezer and cooler space for perishable foods, additional room for thousands of hours of increased volunteer time, increased loading dock space to get more food out to our neighbors quickly and safely and upgraded systems to increase efficiency.

The Raleigh distribution center represents a vibrant community of donors, volunteers and those who dedicate their lives to hunger relief. You have been part of every step of this journey, and we're so thankful for your continued support and generosity. We look forward to sharing this exciting time of growth with you, as our work continues to ensure that No One Goes Hungry in Central and Eastern North Carolina.

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



# OUT OF THE MOUTH OF ED CARNEY

In the business sector, it is easy to see how far a dollar can go when it comes to improving services and efficiency. When you donate to your local nonprofit, it can sometimes be harder to understand how donations can make an impact, particularly when you know the community needs are so great.

I have had a long and personal connection with the Food Bank of Central & Eastern North Carolina, and one of the elements of this great organization that I have been so impressed by is knowing exactly how my involvement and donations are helping my community. I know that every dollar given leads to 5 meals for those struggling with hunger, and 97 cents of every dollar donated goes directly to food programs serving our friends and neighbors. You won't find that kind of impact anywhere else.

When I was asked to chair the "So All May Eat" campaign, with a mission of finalizing the funds for the new distribution center in Raleigh, I knew it was a big responsibility, but an easy decision. To shorten the line and break the cycle of hunger, a new facility with space for improved efficiency is essential.

Every dollar counts in the fight against hunger, and with more resources and space, the Food Bank can continue the mission of ensuring No One Goes Hungry.

Ed Carney  
Chair  
Food Bank of Central & Eastern North Carolina "So All May Eat" Campaign



# OUR BRANCHES

**RALEIGH**  
3808 Tarheel Drive  
Raleigh, NC 27609  
919.875.0707

**GREENVILLE**  
1712 Union Street  
Greenville, NC 27834  
252.752.4996

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

**DURHAM**  
2700 Angier Avenue  
Durham, NC 27703  
919.956.2513

**NEW BERN**  
205 South Glenburnie Road  
New Bern, NC 28560  
252.514.2006

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

# 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](http://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](http://foodbankcenc.org/donate_food)



## DONATE TIME: VOLUNTEER

**Total number of volunteer hours donated last year is equivalent to 91 full-time employees.**

- 1 volunteer hour = 130 meals

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



# NEW RALEIGH FACILITY PRIORITIZES COMMUNITY HEALTH

A focal point of the new facility and organizational growth will be a renewed emphasis on nutrition, nutrition education and outreach, developing collaborations around wrap-around services (financial literacy, job training, etc.) and analyzing and improving food systems throughout our service area. The goal is to help members of our community to move permanently out of the state of food insecurity.

To help with this, the Food Bank is creating a Community Health and Engagement Department. This new department will be responsible for:

- Setting a nutrition policy for the organization
- Working with our operations staff on sourcing nutrient-dense foods
- Working closely with children's program staff to ensure we are providing children with the best nutrition
- Developing curriculum for our nutrition education programs and onsite teaching kitchen
- Collaborating with external partners to bring nutrition education and resources to our nonprofit partner agencies and their clients
- Analyzing the existing food systems within our service area to determine how food moves from source to retailer to agency to plate and how we can help push more food to more people in need.

The new facility will host an onsite training kitchen with the ability to serve 50-75 people each day. We anticipate the population served will primarily be individuals and families in Wake County as well as our local partner agencies. Classes will center around basic food literacy, nutrition education, and healthy, practical recipes utilizing the many varieties of fresh produce offered by the Food Bank to encourage our partner agencies to distribute more of that produce and educate their clients on healthy eating behaviors.

The Food Bank was established to address the community health issue of hunger, which we now understand more broadly as food insecurity. Based on a growing collection of research, we know that the nutritional value of the foods we eat has a profound effect on our overall health. Food-insecure populations have higher rates of diet-related diseases (e.g. diabetes, heart disease, obesity, etc.) than their food-secure neighbors. As we continue to evolve in our understanding of hunger and its impact on one's health, the Food Bank recognizes its critical role in the health promotion cycle. What we eat has a profound effect on our mental and physical well-being. The Food Bank not only feeds those who are hungry, we are also impacting community health.

The long-term consequences of ignoring the connection between hunger and health include increased healthcare costs due to diet-related diseases, additional strain on education systems to meet the physical and academic needs of hungry children and continued reliance on public and private hunger relief programs to serve those in chronic-need situations.

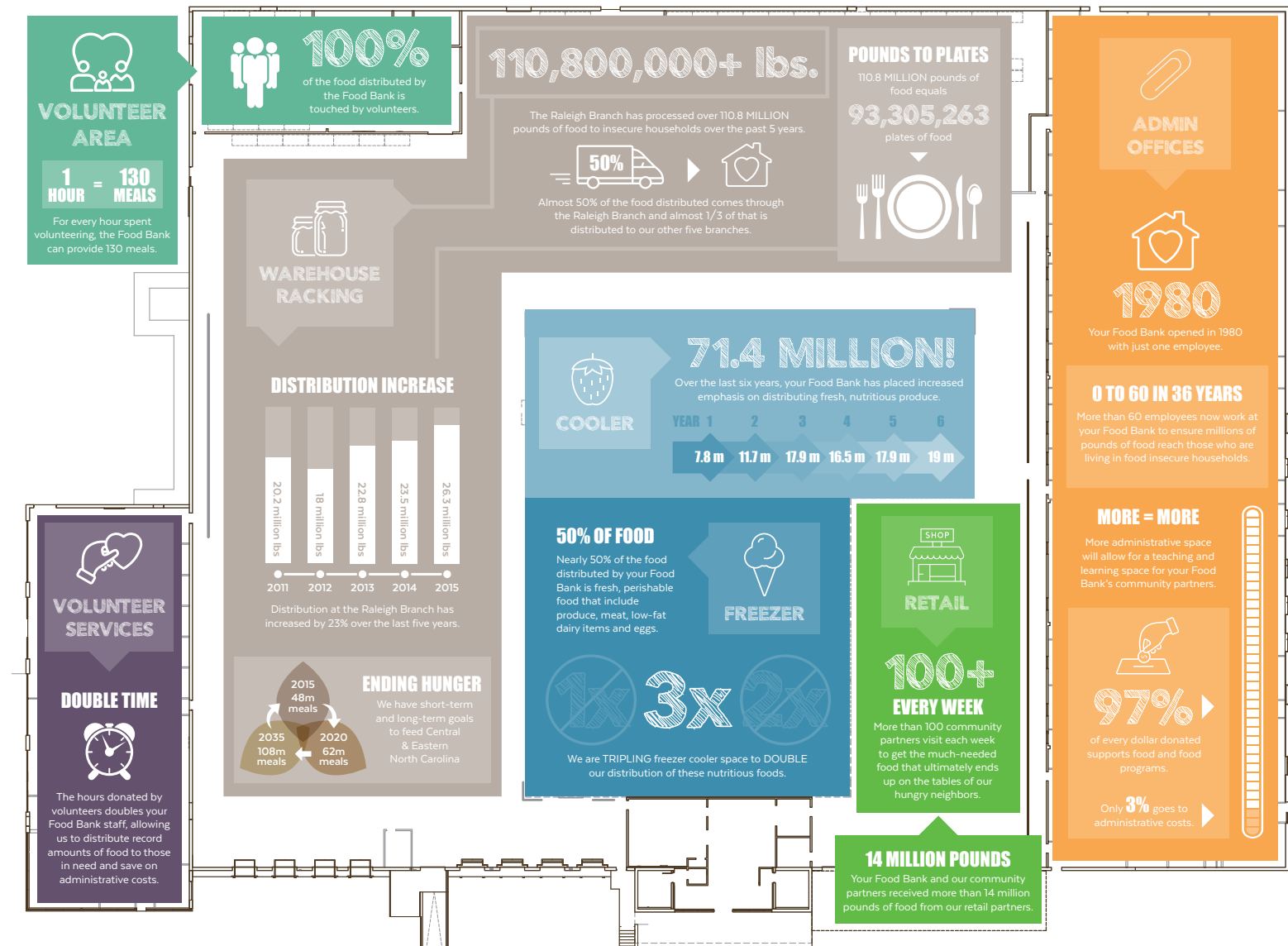
The planning process for the Community Health and Engagement initiative has included close collaboration with Feeding America, the national hunger relief organization with which we are affiliated, and other nation-leading, innovative food banks around the country that have implemented similar programs. Keeping in mind that the nutrition initiative touches all areas of FBCENC's programs and operations, the impact will be felt organization-wide, including 800 nonprofit partner agencies in 34 counties serving, at minimum, 646,740 individuals identified as food insecure in central and eastern North Carolina.

## Community Health & Engagement



# FOOD BANK AND THE NEW FACILITY BY THE NUMBERS

Due to the increased space and upgrades in the new building, the Food Bank has pledged to distribute an additional 60 million pounds over the next 35 years. Here is what our new space looks like by the numbers.



## IN MEMORIAM: DR. J. HORST MEYER

Dr. J. Horst Meyer left a legacy at the Food Bank of Central & Eastern North Carolina through his tremendous generosity and kindness. Dr. Meyer's 2014 gift established our Endowment Fund, which builds sustainable revenue for our community's future. Dr. Meyer passed away on August 14, 2016. We will forever remember his passion to build a stronger community. Our thoughts are with the Meyer family.



*I know hunger will not end tomorrow or next year. That has been my reason for donating annually to the Food Bank for over a decade. We need to invest in the future.*

— Dr. J. Horst Meyer



**Yes.** Yes. I am pleased to support the Food Bank of Central & Eastern North Carolina. Enclosed is my tax-deductible donation of:

**Here is my gift of:**

- Other \_\_\_\_\_
- \$500
- \$250
- \$100
- \$75
- \$50

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Please charge my:  Visa  Mastercard  American Express  Discover

Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

Enclosed is my check made payable to the Food Bank of Central & Eastern North Carolina.

I have attached a matching gift form from my employer.

Please clip and mail to:

FBCENC  
3808 Tarheel Drive  
Raleigh, NC 27609

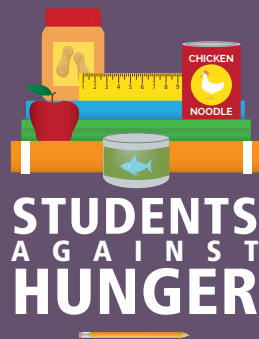
or give online at  
foodbankcenc.org

**Make your tax-deductible contribution now at [foodbankcenc.org](http://foodbankcenc.org).**



# REGISTER NOW FOR STUDENTS AGAINST HUNGER

Calling all students! Be a part of our Students Against Hunger Food and Funds Drive this fall and do your part to help feed families during the holiday season. Host a food drive at your school or with your student group, deliver it to the Food Bank branch nearest you and be entered into a contest to be named the "Leader in the Fight Against Hunger." Since Students Against Hunger began, students, families and school staff have come together to provide over 4 million meals for those at risk of hunger. Consider hosting a food and funds drive at your school — all ages welcome! Register at [foodbankcenc.org/SAH](http://foodbankcenc.org/SAH).



A Sanderson High School student drops off the school's Students Against Hunger donation at our Raleigh Branch.

## DISHING IT OUT: UPCOMING EVENTS

### OCT 19 Chef's Feast on the River, Wilmington

This second annual food tasting event is a collaboration of the Food Bank and some of Wilmington's most celebrated chefs. Beyond the decadent array of food, guests can bid on a food-themed live auction, enjoy the ample outdoors of the beautiful Pier 33, listen to live music and meet Wilmington's own renowned chefs as they serve up their signature dishes. Proceeds from the event will provide thousands of meals for the families, children and seniors who are hungry in our region.

Special guest Chef Vivian Howard from *A Chef's Life* on PBS will be making the Wilmington stop of her book tour for *Deep Run Roots: Stories and Recipes from My Corner of the South*. Vivian and her husband, Ben, own *Chef & the Farmer* in Kinston, NC. The crew will be preparing one of her signature dishes for our guests and book signing opportunities will be available.



Local chefs for this year's event include Dean Neff and Lydia Clopton, of PinPoint and Keith Rhodes, of Catch. Tickets can be purchased online at [chefsfeastnc.org](http://chefsfeastnc.org).

### CHEF'S FEAST on the RIVER

### OCT 20 Food Lion Feeds Hunger Relief Day

For the thirteenth year, Food Lion will sponsor Food Lion Feeds Hunger Relief Day at the North Carolina State Fair! Bring 5 cans of Food Lion brand food to any gate at the fair on Thursday, October 20 and receive a ticket for free admission.

### OCT 23 Crop Walk to Fight Hunger

Help end hunger one step at a time by participating in a local Crop Walk. The 31st Annual Raleigh Crop Walk will be held Sunday, October 23rd at Broughton High School in Raleigh. Registration begins at 2pm and the walk begins at 3pm. The Raleigh Branch of the Food Bank benefits from this walk. Host a team or register as an individual walker at [CropHungerWalk.org/RaleighNC](http://CropHungerWalk.org/RaleighNC).

### NOV 5 Chef's Feast at Pinehurst, Sandhills

Join the Sandhills Branch for an evening of culinary delights. They will host their Chef's Feast event on Saturday, November 5 at the Pinehurst Members Club. The event will feature Scott Mason, host of the Tarheel Traveler on WRAL-TV and Lisa Prince, host of Flavor TV on UNC-TV. During the event they will demonstrate their experience and expertise in North Carolina foods and their cultural impact on our state. Visit [chefsfeastnc.org](http://chefsfeastnc.org) for more information.

### CHEF'S FEAST at PINEHURST

### DEC 7 ABC11 Together Food Drive

The ABC11 Together Food Drive campaign has provided over 40 million meals to our communities since it began over 30 years ago. It continues this year with a kick off in late November and includes a "Drive Through Day" at select Kroger locations in the Triangle on Wednesday, December 7. Join us as we collect food and funds and say thank you to the many generous people who make the ABC11 Together food drive a success. Special thanks to ABC11 and their sponsors for their many years of support and making this event possible year after year.



ABC11 interviews a partner agency during the 2015 food drive.

## GIVING THANKS

We are grateful for the support we receive from public and private organizations — from small businesses to large, private foundations — every dollar donated to the Food Bank is an investment in our mission and crucial to our success in bringing more food to more people. We would like to thank the following organizational donors for partnering with the Food Bank in the last quarter.

Bailey Family Foundation  
Bailey's Fine Jewelry  
BASF  
Bayer USA Foundation  
Blue Cross and Blue Shield of North Carolina  
Biogen Foundation  
Cape Fear Memorial Foundation  
CarolinaEast Foundation  
Corning, Inc. Foundation  
Credit Suisse Americas Foundation  
Croasdaile Resident's Association  
Delta Air Lines  
Duke Energy  
Eddie & Jo Allison Smith Family Foundation  
Eshelman Foundation  
Golden Corral  
Kamado Grille (Chef's Feast Presenting Partner)  
Kroger (Chef's Feast Presenting Partner)

Mazon: A Jewish Response to Hunger  
Mildred Sheffield Wells Charitable Trust  
Mims Distributing  
Nationwide Foundation via Feeding America  
NetApp  
PepsiCo Foundation  
RJM Foundation  
Tyson Foods  
US Foods  
Vertex Railcar  
Vidant Medical Center Foundation  
Vivian Howard/Chef & the Farmer  
Walmart Foundation via Feeding America  
Wells Fargo Foundation  
William R. Kenan, Jr. Charitable Foundation  
Yardi Systems

## GROWING YOUR INVESTMENT

The Food Bank has many long-standing partnerships that support our mission. We are deeply grateful for partners who recognize the need in our shared communities and their trust in the Food Bank's work toward our mission to end hunger. Partners such as Biogen Foundation, Yardi Systems, Nationwide Foundation, and the CarolinaEast Foundation have all increased their investment in the Food Bank this fiscal year, bringing more food to the table for families in need throughout central and eastern North Carolina.

### Eastern Region

The Greenville and New Bern branches are honored to welcome the PepsiCo Foundation as a new partner with the Food Bank's Stop Summer Hunger campaign. This spring, PepsiCo made a gift of \$25,000 in support of our summer campaign aimed at ensuring children and their families have nutritious meals throughout the year.

### Triangle Region

Creative fundraising and dedication from the volunteer leaders and resident community at Croasdaile Resident's Association inspired donations equivalent to over 75,000 meals!

Food Lion continues to demonstrate its commitment to hunger relief by a grant to provide 50,000 meals to our Kids Cafe programs. The Food Bank is grateful for the many levels of commitment by Food Lion to assist children and their families in need.

Capacity building support from MAZON: A Jewish Response to Hunger has been key to the Food Bank's growth and development of strategies to advocate for anti-hunger government policies.

### Sandhills Branch

A gift from the Bailey Family Foundation is allowing us to continue to provide nutritious, healthy food to hungry children in Moore County through the 23 Backpack Pals programs. This program will provide nutritious, healthy food, including fresh fruit, to children who otherwise may not have food to eat on weekends.

### Wilmington Branch

Vertex Railcar recently opened a Wilmington location and immediately reached out to the Food Bank in hopes of becoming a community partner. Their generous gift to the Food Bank at Wilmington supplies Weekend Power Pack meals and family food boxes over school breaks to elementary students in Brunswick, Columbus and Pender counties.

## MILESTONES

### RECORD DISTRIBUTION IN 2015-2016

The Food Bank of Central & Eastern North Carolina wrapped up fiscal year 2015-2016 at the end of June, distributing a record amount of food throughout our entire service area. This year, four of our six branches broke distribution records, and we continue to focus on offering fresh fruits and vegetables to our partner agencies. While we are glad to see our capacity to serve the community healthy food grow, the distribution numbers speak for themselves—there is still a great need in our 34-county service area.

### ORGANIZATIONAL DISTRIBUTION

2015-2016: 64.4 million pounds  
2014-2015: 57.2 million pounds

### DURHAM BRANCH

2015-2016: 9 million pounds  
2014-2015: 7.6 million pounds

### GREENVILLE BRANCH

2015-2016: 8.1 million pounds  
2014-2015: 8.3 million pounds

### NEW BERN BRANCH

2015-2016: 4.5 million pounds  
2014-2015: 3.6 million pounds

### SANDHILLS BRANCH

2015-2016: 4.9 million pounds  
2014-2015: 3.9 million pounds

### WILMINGTON BRANCH

2015-2016: 7.6 million pounds  
2014-2015: 7.2 million pounds

### PRODUCE DISTRIBUTION

2015-2016: 22.4 million pounds  
2014-2015: 19 million pounds

### VOLUNTEER HOURS

2015-2016: 241,183  
2014-2015: 189,353



3808 Tarheel Drive  
Raleigh, NC 27609

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Raleigh, NC  
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# TAKE A SEAT.



**So All May Eat**  
a campaign to feed our neighbors



**MEET YOUR FOOD BANK**  
**Open House**  
**Saturday, November 12 | 11am – 2pm**

**You're invited to join us at the table.**

Join us at our new distribution and resource center to celebrate and see how we are bringing everyone together at one table to fight hunger now and in the future. We have been working to raise funds for the new community distribution and resource center, and we need YOU to help us finish strong.

Facility Tours & Volunteer Information | Nutrition & Food Security Education

Food Truck Rodeo & Music | Kid's Games & Activities

[SoAllMayEatNC.org](http://SoAllMayEatNC.org)

