

# HUNGER matters

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

SPRING 2017

## FACING TOUGH CHOICES — Food, or a roof over your family's head?

A few years ago, Emma went through a divorce that left her raising three teenage boys on a tight income. On top of the usual expenses of a mortgage, insurance, and electric, one of Emma's boys had a chronic medical condition, so those costs piled up. She cut her budget to the bare minimum, keeping the house at 63 degrees in the winter and 80 degrees in the summer. Daily, she was struggling to figure out what to feed her kids. School breaks terrified her, because it meant more of the family's lean budget going to food. Emma had not dealt with these tough choices prior to her divorce, and had no idea that she qualified for resources that could help. In fact, her job was to help connect people who were in similar situations to those resources.

It was a coworker who finally urged her to visit one of the Food Bank's community partners — a place she had been referring people to daily. Emma swallowed her pride and visited the food pantry and received food to help sustain her family. "Taking the food home to my kids was the strangest sense of relief and feeling like you failed," she said, "but the relief overpowers everything else."

Emma visited the pantry once a month for a time, and was ultimately able to use food stamps to supplement her monthly budget until things stabilized. Eventually Emma's work intertwined with the Food Bank, and she began coming to distributions. Through the Food Bank's new Community Health & Engagement department and Allscripts Teaching Kitchen, Emma has shared her culinary talents in cooking demonstrations, creating healthy recipes for our partner agencies.

Emma and her family know all too well the tough choices many of our neighbors are having to make these days. "It (the food) seems like a small thing, but it was either take the help or take the money out of my mortgage payment to pay for food."

Fortunately, Emma's situation improved, but there are many out there who still face these struggles each month. Your support is what enables the Food Bank to help families like Emma's to stabilize and eliminate those tough choices. Thank you for reaching out, and with no questions asked, providing our neighbors this helping hand.



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# FROM THE DESK OF THE PRESIDENT & CEO

Dear Friends,

In my twenty years with the Food Bank, there have been no shortage of folks who face tough choices when it comes to putting food on the table. People like Emma, who suddenly found herself a single mother raising three boys, who spent far too much of her time worrying about how she would feed them.



There are thousands in our service area who were in this situation, and now their worries are compounded by the damage done by Hurricane Matthew. Since October, the Food Bank has provided 3 million pounds of disaster relief – both food and hygiene items – to 28 of our 34 counties. And while our distributions of disaster relief have slowed, the need has not gone away. There are still folks who are displaced from their homes or are rebuilding and repairing damage.

As we look ahead to summer, we particularly worry about the children who receive free or reduced-cost meals at school. Having to extend a food budget to provide two more meals each day is an additional strain these families can scarcely afford.

None of the work we do, in times of natural disaster or economic despair or just plain hard times, would be possible without you. And we will need your steadfast support as we move into this critical summer period. Instead of having just worries on their plate, you can provide families with nutritious meals and hope that a future summer will be more stable.

*P. Werbicki*

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



## STAMP OUT HUNGER 2017

Saturday, May 13, 2017

It's almost time for the largest one-day food drive in the nation – and all you need to do is leave your donation at the mailbox. The National Association of Letter Carriers will collect your food donations during "Stamp Out Hunger" on Saturday, May 13.

Look for a designated donation bag delivered by your letter carrier (or use a bag you have on hand), fill it with your donation of nonperishable food, and place it by your mailbox. Your letter carrier will pick it up. Last year, your donations provided enough food to provide more than 356,000 meals to hungry families in our 34-county service area. **And just in case you forget your bag, you can donate to the Stamp Out Hunger virtual food drive at [foodbankcenc.org/StampOutHunger](http://foodbankcenc.org/StampOutHunger).**

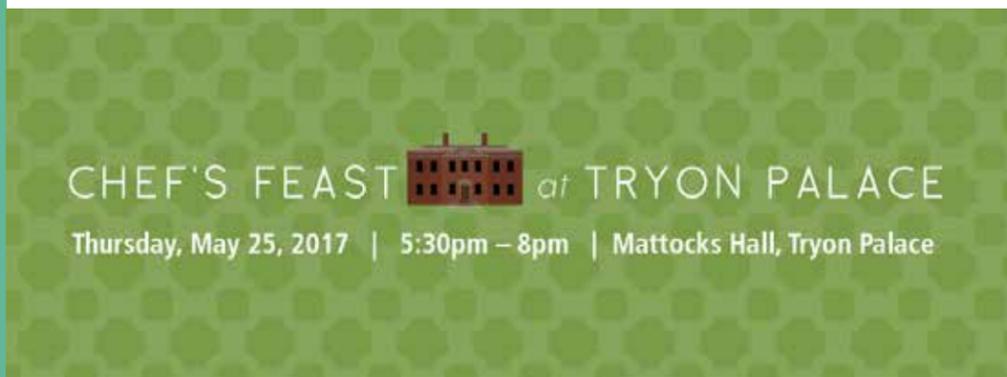


## JOIN US FOR A CHEF'S FEAST AT TRYON PALACE

Thursday, May 25, 2017 5:30-8pm

Chef's Feast at Tryon Palace will showcase an array of local, signature dishes. In attendance will be special guest Chef Vivian Howard, owner of Kinston-based Chef & the Farmer, James Beard semi-finalist, and host of PBS cooking series "A Chef's Life."

Proceeds benefit the more than 207,000 people living with food insecurity in the Greenville and New Bern Branch service areas. Visit [chefsfeastnc.org](http://chefsfeastnc.org) to purchase tickets or for more information. Many thanks to our Champion Sponsors - Food Lion Feeds, Minges Bottling Group, and Vidant Health as well as our media sponsors – News Channel 12, 107.9 WNCT, and V 103.3.



## DONOR SPOTLIGHT: LIVE OAK BANK DEDICATED TO HUNGRY NEIGHBORS

**Live Oak Bank has been a steadfast supporter of the Food Bank CENC at Wilmington for that last several years. They have supported initiatives and events and have volunteered regularly in our distribution center. Kate Smith, Loan Closing Specialist with Live Oak Bank and a member of Wilmington's Regional Council, explains why Live Oak Bank is so committed to the Food Bank's mission:**

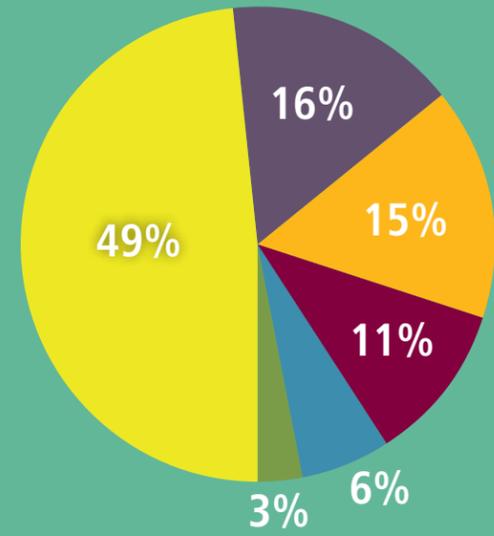
*"Live Oak Bank is dedicated to giving back to our neighbors in the community. There are hundreds of thousands of people in our own backyard who do not have enough food to eat. We aim to ensure everyone has a healthy, hot meal and the Food Bank has proven to provide these resources to our citizens.*

*We believe in providing a helping hand to those in need. Many of our employees volunteer regularly at the Food Bank and we see the importance of this mission. Food is a basic right for all and we strive to not only support the Food Bank monetarily, but also put feet on the ground. Witnessing the smiles of the children when they are handed a backpack full of food or receiving a nutritious meal solidifies our dedication to fighting hunger.*

*The Food Bank is committed to every initiative they have created or supported. Live Oak Bank is confident that our dollars and time are being used wisely. Think about what we could do if we all donated to the Food Bank. To live a healthy life all starts with nutritious food. It's that simple. We are ecstatic to have such a wonderful partnership with the Food Bank but we know there is much more to be done."*



## YOUR DONATIONS AT WORK: HOW THE FOOD BANK GETS THE FOOD



- Retail Stores: 32,182,493 lbs.
  - Federal/State Commodities: 10,274,307 lbs.
  - Manufacturing Companies: 10,417,818 lbs.
  - Agricultural Growers/Farmers: 7,577,791 lbs.
  - Other Food Banks: 3,953,826 lbs.
  - Community Food Drives: 1,719,441 lbs.
- TOTAL: 66,125,676 lbs.**

**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  
1924 Capital Boulevard  
Raleigh, NC 27604  
or give online at [foodbankcenc.org](http://foodbankcenc.org)

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

HM0317



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Raleigh, NC 27604

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Permit #1681

A young girl with dark hair, wearing a bright pink sleeveless top and dark blue pants, is swinging happily on a swing set. She is smiling and looking towards the camera. The background is a blurred green park setting with trees and a building in the distance.

# STOP SUMMER HUNGER

*presented by BASF & NetApp*

## NO SCHOOL MEANS NO MEALS

In the Food Bank's 34-county service area, nearly 300,000 children lose free/reduced-cost meals when school's out. Beginning in June 2017, you can help us provide them with much needed summer meals.

Visit [foodbankcenc.org/stopsummerhunger](http://foodbankcenc.org/stopsummerhunger).

The logo for the Food Bank of Central & Eastern North Carolina, featuring the words "FOOD BANK" in a bold, white, sans-serif font above a stylized map of North Carolina with a green leaf-like shape over the eastern part.

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