

HUNGER

FALL
2014

matters

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



September
is Hunger
Action Month

TAKE ACTION
ONLINE & IN YOUR
COMMUNITY!

**FOOD
BANK**



OF CENTRAL
& EASTERN
NORTH
CAROLINA

Hunger Action Month Pages 8–10

Spotlight: Live Oak Bank Partners with Wilmington Branch Page 11

Milestones: Record Overall Food Distribution in 2013–2014 Page 14

NO ONE GOES HUNGRY IN CENTRAL & EASTERN NORTH CAROLINA



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Hunger Matters

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From the Desk of the President & CEO



Dear Friends,

Once again the Food Bank of Central & Eastern North Carolina has worked tirelessly to the end of another fiscal year. And again we find that as a whole, our organization distributed more food than ever before—53.6 million pounds to be exact. We don't share this information to boast about breaking records year after year, but rather to emphasize that thousands in our 34-county service area continue to struggle to put food on their tables. The Food Bank continues to climb this mountain of great need, even as it grows higher and higher in front of us.

Thankfully, you have been at our side, helping us to fulfill our mission.

Here are just a few of the things your donations made possible this year:

- 1 We distributed enough food to provide more than 45 million meals to our neighbors in need.
- 2 Your contributions helped the Stop Summer Hunger campaign exceed the goal of providing 3.2 million meals to children and their families this summer.
- 3 In June and July, our Kids Summer Meals Program provided 147,000 meals to children without access to free or reduced-cost school meals.

Your donations ensure that we can distribute enough food each year to provide millions of meals for those in need. Without your support, an extraordinary number of our neighbors would face grave circumstances. You allow the Food Bank to consistently stock more than 800 partner food pantries, soup kitchens, and shelters, making a real difference in the lives of people who struggle to feed their families on a daily basis.

Hunger looms over our friends and neighbors year-round. Not just in the summer when children lose access to free and reduced school meals. Not just during the holiday season when giving back is second nature. Access to food is of course a basic need that requires continuous attention and support—and we're working to raise awareness of the issue and the needs of our communities. Please help us spread the word about Hunger Action Month this September. Find more info on pages 8–10 about how you can get involved.

Each of your actions, whether a donation of funds, food, or time, adds up to feeding thousands of people in our 34-county service area. Every dollar counts. Every person on our team makes a difference. And every person we help matters.

We thank you for taking action, lifting us higher, and raising the hopes of the people we serve for yet another year!

Best regards,

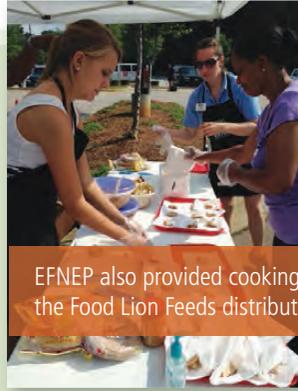
Peter Werbicki, President and CEO, Food Bank of Central & Eastern North Carolina

On The Burner:

Valuable Partnerships Make a Difference in the Fight Against Hunger

The partnership between the Food Bank's Three Squares for CENC benefits outreach program and NC Cooperative Extension's Expanded Food & Nutrition Education Program (EFNEP) is a natural fit due to similar goals shared by the two organizations. Three Squares for CENC aims to better the physical, mental, and financial well-being of our clients. Through completion of the EFNEP program, participants improve their diets, increase their knowledge of nutrition and physical fitness, and are better able to serve low-cost, nutritious foods to their families. As a result, they can better manage resources related to food (such as FNS). In New Hanover County, Three Squares and EFNEP host classes together, collaborating as a one-stop community resource for Food and Nutrition Services (FNS) and nutrition education.

Kristin Holloman of New Hanover's NC Cooperative Extension office and Emily Kraft of the Food Bank's Wilmington Branch have also created a senior nutrition education class, condensing the most important lessons of EFNEP into one session. Although many participating seniors have been shopping and preparing food for years, they admit to learning a lot about making



EFNEP also provided cooking demos at the Food Lion Feeds distribution.

healthier, low-cost choices and creating a more sanitary food environment in their homes. The class includes a tour of a grocery store, allowing participants to put classroom lessons to practical use in a \$15 challenge (\$15 per month is the minimum Food and Nutrition Services benefit a single individual can receive). Participants in the class are given a worksheet listing each food group. During their time in the store, they must find food items in each group that are nutritious and can come together to make a meal. The winner creates a nutritious meal with the smallest amount of money under \$15.

Working together, these programs change the lives of participants from elementary school students, who have better choices engrained while they are young, to retirees who continue to learn something new every day. The Food Bank is grateful for these partnerships that help us move toward our mission: No One Goes Hungry in Central & Eastern North Carolina.

FOOD LION FEEDS

In June, long-time Food Bank partner Food Lion launched "Food Lion Feeds," a new community relations platform focusing on hunger relief. Through "Food Lion Feeds," the retailer is pledging to donate 500 million meals to needy families by 2020. To kick off the program, Food Lion donated 1 million meals during their "Week of Giving," culminating with a distribution in Raleigh. Food Bank staff and Food Lion volunteers worked hand in hand on June 13 to distribute full boxes of fresh produce and other staples such as pasta, peanut butter, and canned tuna to more than 500 families. NC Cooperative Extension's Expanded Food & Nutrition Education Program (EFNEP) was onsite providing cooking demonstrations and recipes using the food items that were distributed that day. Shoppers will



The Food Lion Feeds team ready to distribute boxes to families.

have the opportunity to support the Food Bank throughout the fall. From September 17–October 7, each purchase of Gala bagged apples will provide five meals to food banks. From November 19–December 23, shoppers can purchase a food box that will be donated to food banks during "Holidays Without Hunger."

Out of the Mouth of...

Food Bank Staff Members Who Took the FNS Challenge



Take the Challenge and Live on Less than \$5 a Day

In October 2012, the Food Bank of Central & Eastern North Carolina launched its first FNS (Food Stamp) Challenge. The Supplemental Nutrition Assistance Program (SNAP), currently referred to as Food & Nutrition Services (FNS) in North Carolina, feeds millions of hungry families in America every month. With the rising cost of food and the economy struggling, these benefits are sometimes a family's only access to food.

The FNS Challenge gives participants a view of what life can be like for millions of low-income individuals and families. In 2012, challenge participants lived on the average daily benefit for five days: \$4.15 a day per person. Below, Food Bank staff members share their experiences from the 2012 challenge.

Gideon Adams

Senior Manager, Programs & Outreach

Participated as a family of four

The Food Stamp challenge was, inevitably, harder on my children than it was on my wife and me. The inability to buy such items as snacks for school was an issue for them. For unrelated reasons, our family already lives by fairly rigid structure, and this is what we found the challenge demanded. You need the capability to plan well ahead, to budget to the minutest detail, and to keep to routines with little flexibility. These requirements don't even speak to the fact that you have to make do with very little food, from a physical wellbeing point of view. It isn't called a "challenge" for nothing!

Jennifer Caslin

Coordinator of Marketing, Public & Branch Relations

Challenge restricted by a gluten free diet

I had a unique twist: live on \$4.15 a day while sticking to a gluten free diet. I typically buy a loaf of bread each week, but gluten free bread runs about \$5 and would have taken a huge chunk of my budget. I did all my shopping at once, and my grocery receipt was short. I made one dish for each meal to last me the entire five days and had apples, carrots, and frozen veggies for snacks or supplements to meals. In general the meals were healthy, but I ate smaller portions in order to make everything last. There were none of the extras like coffee or specialty items like Greek yogurt. My food started to run out by the end of the week, and the change in diet definitely affected my mood and energy level almost from the very beginning.

While our staff's experiences can't come close to the struggles encountered by low-income families on a consistent basis, it was eye-opening. We're hoping to share this greater understanding with more people and are once again challenging you to take the FNS Challenge. Due to cuts to the SNAP Program, the average daily benefit in North Carolina is now lower: just \$4.06 a day. We'll be asking participants to live on that amount for five days beginning August 25 and ending August 29.

We hope the experience will not only give you a new perspective of those who are food insecure, but also raise awareness of hunger in our community.

To join the challenge or for more information, visit www.foodbankcenc.org/FNSChallenge.

Dishing It Out:

Event Recap



Many children face a dire reality when summer break rolls around each year: losing access to two meals a day at school. Nearly 300,000 children in the Food Bank's 34-county service area receive free or

reduced-cost breakfast and lunch at school. Summer is also a time when the Food Bank experiences a slowdown in giving. But for seven years, the community has answered the call to help fill our shelves, and ultimately, the plates of children and their families. The goal this year was to raise enough food and funds to provide 3.2 million meals, and with the support of the community and our Stop Summer Hunger partners, we exceeded this goal! Over the last seven years, this campaign has provided a total of 14.8 million meals during the summer.

Thank you to the Streets at Southpoint in Durham for hosting our kickoff event once again this year. The event featured the Stop Summer Hunger logo made out of cans, which was designed and built by Cisco. Thank you to NetApp for volunteering during the "Drive, Drop, & Go" food drive, which provided our first 45,000 meals of the campaign! Thank you to our partners throughout the service area who helped feed children and their families this summer!



TOGETHER,
WE DID IT

Thank You For
Helping Us Reach
Our Goal!

Volunteers
ready to
receive
donations!



Cisco volunteers built the Stop Summer Hunger logo out of cans!

THANKS TO THE STOP SUMMER HUNGER SPONSORS:

PLATINUM
 **VIDANT HEALTH**
The Grainger Foundation

SILVER
FIRST BANK

GOLD
 **FOOD LION**
Bridging the Gap
Professional Development Services
SACRED HEART
CATHOLIC CHURCH

BRONZE
THE CLEMENT COMPANIES
COPYPRO
SOUTHERN BANK
SQUIRES PUB
2HEARTS CONSULTING

Allscripts Holds Stop Summer Hunger Drive, Drop, & GO!

Allscripts employees held a Drive, Drop, & Go food drive at their Raleigh location on July 17 to benefit the Food Bank's Stop Summer Hunger campaign. Volunteers set up at different locations so that their fellow employees could just drive up, drop off their donations, and go right to work! The food drive has resulted in almost 10,000 meals for those at risk for hunger.

Thank you, Allscripts!



Allscript volunteers collect food during the Drive, Drop & Go.

Dishing It Out:

Upcoming Events

Can Builds

Triangle AIA "Around the World" CANstruction

Friday, September 5

View structures being built on September 5 or on display in at least five downtown Raleigh locations until the end of September.

The United Way of the Greater Triangle: Collect, Create, Feed

Friday, September 26

Visit Triangle Town Center to see these structures being built on Friday, September 26 beginning at 3:00 pm. Structures will be on display until the end of September.



One of the great Triangle AIA structures from 2013: Yogi Bear!

Food Lion Hunger Relief Day

Thursday, October 23

For the eleventh consecutive year, Food Lion will sponsor Hunger Relief Day at the North Carolina State Fair! Bring five cans of Food Lion brand food to any gate at the fair on Thursday, October 23 and receive a ticket for free admission.

Raleigh Crop Walk

**Sunday,
October 26**

Join us for the Raleigh Crop Walk on Sunday, October 26 at Marbles Museum.

Come early and join the festivities, then walk the 5k route and pledge to end hunger in our area.

For more info, visit cropwalkraleigh.com.



SAVE THE DATE



**Wed.,
December 10
Drive Through Day**

World Beer Festival

Come to the World Beer Festival on **Saturday, October 11** at the Durham Bulls Athletic Park.

Food Bank volunteers will be there to accept your non-perishable food drive donations. Bring five items or donate \$5, and you'll go to the front of the line! More information: www.allaboutbeer.com.

Students Against Hunger

Students Against Hunger: Registration begins **Wednesday, October 1**

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 this effort began, students, families, and school staff have come together to provide over 4.25 million meals. Consider hosting a food and funds drive at your school; all ages welcome! Register at www.foodbankcenc.org/SAH.



HUNGER ACTION MONTH™



**FEEDING
AMERICA**

HUNGER ACTION MONTH DATES TO REMEMBER

SEPTEMBER 1:

HUNGER ACTION MONTH BEGINS!

SEPTEMBER 4:

GO ORANGE BY WEARING ORANGE
OR TURNING YOUR FACEBOOK PAGE
ORANGE.

SEPTEMBER 5:

TRIANGLE AIA CONSTRUCTION
(RALEIGH)

SEPTEMBER 11:

SORT-A-RAMA DAY OF SERVICE
(RALEIGH/DURHAM)

SEPTEMBER 15:

YELP'S LOCAL LOVE AFFAIR:
A TASTE OF EMPIRE EATS CATERING
(RALEIGH)

SEPTEMBER 26–27:

#FOODBANK24: A NEW MEDIA
TELETHON. WATCH LIVE AT
FOODBANK24.ORG.

SEPTEMBER 27:

KITCHEN TOURS OF NEW BERN
(NEW BERN)
MORE INFO: FOODBANKCENC.ORG/
KITCHENTOUR.

SEPTEMBER 30:

HUNGER ACTION MONTH ENDS

FOR ADDITIONAL EVENT INFORMATION,
VISIT FOODBANKCENC.ORG/EVENTS.

SEPTEMBER IS HUNGER ACTION MONTH

Together, We Can Solve Hunger™

September is Hunger Action Month, when the Feeding America nationwide network of food banks unites to urge individuals to take steps to end hunger in their communities. As a member of Feeding America's network, the Food Bank of Central & Eastern North Carolina asks you to help us raise awareness about the problem of hunger in our 34-county service area. With more than 560,000 people in central and eastern North Carolina living at or below the poverty line, and an additional 500,000 just on the edge of needing our services, it's more important now than ever before.

No action is too small when it comes to solving hunger. Orange is the color of Hunger Action Month, so why not wear orange or go orange via social media—and better yet, tell people why! Share statistics about hunger in our area by visiting foodbankcenc.org and clicking on "About Hunger."

Visit foodbankcenc.org/HAM for our "30 WAYS IN 30 DAYS CALENDAR" for an action you can take each day to fight hunger.

TAKE ACTION ONLINE:

- TURN ORANGE FOR HUNGER RELIEF™ by making your Facebook and Twitter profile orange on Hunger Action Day: Thursday, September 4.
- DONATE your status and share local hunger statistics on Facebook and Twitter.
- FIND and LIKE the Food Bank of Central & Eastern North Carolina on Facebook: facebook.com/foodbankcenc.
- FOLLOW the Food Bank on Twitter, @foodbankcenc. Retweet and join the conversation about hunger in our community!
- SIGN UP for our e-newsletter at foodbankcenc.org/signup.

TAKE ACTION IN YOUR COMMUNITY:

- TURN ORANGE FOR HUNGER RELIEF™: On Thursday, September 4, we encourage you to show your support by wearing orange.
- ATTEND a Food Bank event in September (see list to the left). This is a chance to learn more about the Food Bank while also giving back!
- TELL A FRIEND to visit the Food Bank's website (www.foodbankcenc.org) to learn more about getting involved.



Host Greg Ng interviews the Carolina Roller girls, who provided some entertainment during last year's telethon.

TELETHON STARTS FRIDAY, SEPT. 26 AT NOON

Don't miss these great events happening during #FoodBank24!

All events below will take place at the Raleigh Warehouse located at 3808 Tarheel Drive.

FRIDAY, NOON–2:00 PM:
FOOD TRUCK RODEO

FRIDAY, 6:00 PM–8:30 PM:
#FOODBANK24 MIXER

FRI./SAT., MIDNIGHT–2 AM:
MIDNIGHT MADNESS
VOLUNTEER ACTIVITY

SATURDAY, 9:00 AM:
BREAKFAST WITH CHEF MARIO

SATURDAY, 11:00 AM–NOON:
LAST HOUR OF THE TELETHON
FOOD TRUCK APPEARANCES

LEARN MORE AND FIND A FULL
SCHEDULE OF HAPPENINGS AT
WWW.FOODBANK24.ORG.

Turn the page for more info
Hunger Action Month!

#FOODBANK24

A New Media Telethon

The telethon is back for a third year –
with a new name and a new look!

Mark your calendars for noon on Friday, September 26—when all the exciting activities, interviews, and fun begin! The Food Bank is once again teaming up with our friend Gregory Ng of *Freezer Burns* who will host the telethon to raise food, funds, and awareness as part of Hunger Action Month.

Stay up all night (and day) with us and watch this LIVE EVENT shown through our website for 24 hours straight. You can watch the telethon by streaming it via www.foodbank24.org beginning at noon on Friday, September 26. Or, come on down to our Raleigh warehouse (3808 Tarheel Drive) and participate in the Food Truck Rodeo, the #FoodBank24 Mixer, or the Midnight Madness volunteer event. Or sit in the audience to see any of our special guests or participate in the crazy antics. You may just end up eating a bug, doing yoga, or salsa dancing!

Wondering how else you can participate in #FoodBank24?

MAKE A DONATION!

We aim to exceed our \$50,000 goal from last year and provide over 300,000 meals to children and families in need.

SPREAD THE WORD!

Use your social media channels to boost our viewing audience and encourage food and fund donations using the hashtag #FoodBank24. You can also print the Official Event Flyer and Save the Date Bookmarks to share with friends and family or post at local businesses! Or why not change your Facebook cover photo to show your support? Visit foodbank24.org to download and print any of these items.



Those who stopped by the warehouse during the telethon got to participate in salsa dancing lessons!

HUNGER ACTION MONTH™



MORE HUNGER ACTION MONTH NEWS!



Volunteers from Food Lion sort bulk pasta into family-size portions during the 2013 event.

Sort-A-Rama

On September 11, 2014, 1,000 volunteers from sponsoring Triangle companies will package 150,000 meals for families in need throughout the Food Bank's service area. Presenting Partners BASF, BlueCross BlueShield of NC, Cisco, and Food Lion will be joined by other corporate volunteers to bag rice, beans, and additional products into family-sized portions for distribution throughout our 34-county service area. In the past two years, the Sort-A-Rama event has produced the equivalent of 225,000 meals.

THANK YOU TO ALL OF THE PARTNERS THAT ARE MAKING THIS EVENT POSSIBLE!

Presenting Partners:



Sustaining Partners:

Duke Energy Progress, NetApp, Research Triangle Foundation

Major Partners:

RTI International, Woodforest Bank

Supporting Partners:

Extreme Networks, SunTrust, Wells Fargo

The Kitchens of New Bern Tour

On Saturday, September 27, the Kitchens of New Bern Tour offers a unique opportunity to explore the heart of some of historic New Bern's most outstanding residences, as well as the Tryon Palace kitchen office and garden. Homeowners have opened their kitchens in support of the New Bern Branch, and they invite you to visit and glean ideas for your own kitchen. Savor special tastings by local chefs, hear about the latest industry trends, and learn about state-of-the-art products from our sponsors. This year there will also be the unique opportunity to tour a Hatteras GT convertible yacht!

Proceeds from The Kitchens of New Bern Tour benefit the Food Bank of Central & Eastern North Carolina at New Bern. Find more information and purchase tickets on our Tour Landing Page: foodbankcenc.org/KitchenTour.



MANY THANKS TO THE SUPPORTERS OF THE KITCHENS OF NEW BERN TOUR:

Presenting Partner:



Gold Partners:

Ferguson
Wells Fargo

Silver Partners:

Advanced Water Systems
Creekside Cabinets
The Gavigan Agency
Heart of the Home
Onslow Stone

Branch Spotlight:

LIVE OAK BANK PARTNERS WITH THE WILMINGTON BRANCH TO STOP SUMMER HUNGER



A Live Oak Bank volunteer gives some special help to a little one during lunch time.



A Kids Summer Meals participant enjoys lunch and getting to know the Live Oak Bank volunteers!

LIVE OAK BANK offered assistance to the Food Bank's Stop Summer Hunger Campaign in a big way. The bank offered a \$25,000 challenge to the Wilmington community: Raise \$25,000 by the end of the campaign, and Live Oak will match that with an additional \$25,000 donation.

Leadership at Live Oak Bank is well aware of the great need that exists when children are out of school for the summer and don't have access to free or reduced-price breakfast and lunch. They recognized the added stress and strain this places on parents and household budgets.

Co-Founder of Live Oak Bank Lee Williams said, "It is difficult to think about the children who do not get proper nourishment during the summer months, so we are happy to contribute to this great cause."

Thankfully, with the support of those in the Wilmington Branch service area, the Food Bank was able to meet the \$25,000 challenge and receive the additional donation from Live Oak Bank. This meant an additional 250,000 meals for children and their families this summer.

"It's incredible how committed Live Oak Bank has become to our mission," stated Jeff Rose, Director of the Wilmington Branch. "We look forward to continuing this great partnership, which has already benefited so many in need."

Additionally, a group of Live Oak Bank employees spent an afternoon at a Kids Summer Meals site in Wilmington in July. Kids Summer Meals is a program that offers children a place to receive not only breakfast and lunch but also enrichment and physical activity. Volunteers from Live Oak served lunch to the children and then participated in math activities, card games, and brain teasers. They enjoyed just chatting and getting to know the kids.

Volunteers were planning a return visit to the Kids Summer Meals site, as well as more ways to engage with the Food Bank in working toward our mission: No One Goes Hungry in Central & Eastern North Carolina.

**Thank you
Live Oak Bank!**

In the Bag

We are grateful for every grant, large and small. Considering that every dollar donated to the Food Bank equates to five meals, or \$10 worth of food, every dollar counts! This page includes foundation and government funders that have made a significant grant to the Food Bank in the last quarter.



THREE SQUARES

FOR CENTRAL & EASTERN NORTH CAROLINA

A BENEFITS OUTREACH PROGRAM OF THE FOOD BANK OF CENC

Did you know?

According to the USDA, households with children receive **75%** of all FNS, or food stamp, benefits.

Helping eligible people apply for food benefits provides a hand up, not a handout. Food and Nutrition Services (FNS) is the new name for the Food Stamp program in North Carolina. FNS is one of the most reliable, consistent, and dignified means of preventing hunger. The benefits act as a nutritional lifeline, helping more families stretch their food budgets and put three square meals a day on their tables. The Food Bank's Three Squares for CENC program makes applying for benefits more convenient for those who may be eligible. In addition, it provides nutrition education, grocery shopping tips, and financial literacy training with partners Morgan Stanley and the Expanded Food & Nutrition Education Program at NC State. Working together with partners eases the demand on local food pantries by encouraging clients to become more self-reliant and to spend their grocery dollars efficiently. Thank you to the following donors for supporting Three Squares: Cisco, Mildred Sheffield Wells Charitable Trust, Morgan Stanley Foundation, and Walmart State Giving.

Sisters of Mercy of NC Foundation

Transportation is an integral part of the Food Bank's mission. Our fleet of 17 refrigerated trucks and trailers distribute nearly one million pounds of food each week to six branches and to underserved communities not served by a food pantry. Last year we traveled more than 500,000 miles! We are grateful for the continued generosity of the Sisters of Mercy of NC Foundation whose support offsets fuel and maintenance costs for this critical operation.

Walmart State Giving

In addition to their support for the Three Squares for CENC program, Walmart State Giving has provided a new semi-trailer to benefit our Retail Recovery Program. Food Bank trucks pick up donations such as prepackaged meats, frozen foods, fresh produce, and deli/bakery items at retail partners such as Walmart each week and deliver them to our six branches to be sorted, inventoried, and distributed to partner agencies.

THANK YOU, FOUNDATIONS & GOVERNMENT FUNDERS!

- BAYER USA FOUNDATION
- BIOGEN IDEC FOUNDATION
- CAPE FEAR MEMORIAL FOUNDATION
- CAROLINA EAST FOUNDATION
- CISCO COMMUNITY IMPACT FUND
- CITY OF WILMINGTON
- CONAGRA FOODS FOUNDATION
- CORNING INCORPORATED FOUNDATION
- GOLDEN CORRAL CHARITABLE FUND OF THE TRIANGLE COMMUNITY FOUNDATION
- GRAINGER FOUNDATION (GREENVILLE AND WILMINGTON)
- KIDS 'N COMMUNITY FOUNDATION
- LANDFALL FOUNDATION
- MILDRED SHEFFIELD WELLS CHARITABLE TRUST

- MORGAN STANLEY FOUNDATION
- NATIONWIDE INSURANCE FOUNDATION
- NORFOLK SOUTHERN FOUNDATION
- SISTERS OF MERCY OF NORTH CAROLINA FOUNDATION
- SMITH FAMILY FOUNDATION
- SUNTRUST FOUNDATION
- TOSA FOUNDATION
- UNITED WAY OF THE CAPE FEAR AREA
- VMWARE FOUNDATION
- WALMART STATE GIVING
- WELLS FARGO FOUNDATION
- WILLIAM R. KENAN, JR. CHARITABLE TRUST
- WOODFOREST CHARITABLE FOUNDATION



Find
the Fit:
CORPORATE
PARTNERSHIPS

SPECIAL THANKS

We are grateful for the support we receive from small businesses and corporations. Every dollar donated to the Food Bank equates to five meals or \$10 worth of food— every dollar counts! This page includes a portion of our business funding partners that have made a significant gift to the Food Bank in the last quarter.

MATCHING GIFT COMPANIES

We are grateful to the many companies that recognize their role as a responsible corporate citizen by matching donations made by their employees. These “bonus” dollars can double and even triple an individual’s donation and make a significant impact on the Food Bank’s operations. If your company is listed, be sure to say, “Thanks!” and request a matching donation form for your next gift to the Food Bank.

THANK YOU!

- CISCO
- FOOD LION
- LOWES FOODS
- MAKING CHANGE
- PRINCIPLED TECHNOLOGIES, INC.

MATCHING GIFTS

- AGILENT TECHNOLOGIES, AMERICAN EXPRESS,
- AMERIPRISE FINANCIAL, BANK OF AMERICA,
- BD TECHNOLOGIES, BENEVITY,
- BIOGEN IDEC, BLUECROSS BLUESHIELD OF NC,
- BRISTOL-MYERS SQUIBB, CISCO,
- DUKE ENERGY, GARTNER,
- GENERAL ELECTRIC, GENWORTH FINANCIAL,
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- McKESSON, MERCK, MICROSOFT,
- ORACLE CORP., PITNEY BOWES, PNC BANK,
- PRUDENTIAL, PFIZER, QUALCOMM, QVC,
- RED HAT, SCHNEIDER ELECTRIC/SQUARE D,
- SUNTRUST BANK, TE CONNECTIVITY,
- TERADATA, TYCO, VERIZON, XILINX

Cisco

For the second year, Cisco has generously donated almost \$100,000 worth of equipment to the Food Bank, along with professional IT support. Products received from Cisco, including new servers and routers, make a tremendous impact on operations by ensuring instant communication between branches and maintaining a professional level of support for office staff behind-the-scenes. In addition, Cisco brought in a new partner, VMware Foundation, to provide additional in-kind support and software for the organization.

Food Lion

One of our top 10 donors for several years, Food Lion has recently gifted the Food Bank with equipment for warehouse operations, ranging from electric pallet jacks to semi-trailers. This is in addition to their generous support of Sort-a-Rama 2014 as a Presenting Sponsor and their in-kind donation of hundreds of pounds of food product for the September 11 event.

SAVE THE DATE!

Speaking of SORT-A-RAMA, we have added a new, additional team-building event in Spring 2015.

Save the Date for May 20, 2015!

More details to come.

CORPORATE SPONSORSHIP OPPORTUNITIES

FIND THE FIT!

Your company’s philanthropic and marketing objectives can be met by supporting the Food Bank in a variety of ways.

- FINANCIAL SUPPORT
- CAUSE MARKETING
- EMPLOYEE GIVING CAMPAIGNS
- MATCHING CORPORATE GIFTS
- IN-KIND DONATIONS
- EMPLOYEE ENGAGEMENT/CUSTOMER APPRECIATION ACTIVITIES
- SPECIAL EVENTS & SPONSORSHIPS GRANTS

Please contact Bridget McMinn, Manager of Corporate and Foundation Relations, at 919.865.3046 or bmcminn@foodbankcenc.org for details.

Milestones:

Record Overall Distribution
in 2013–2014

The Food Bank of Central & Eastern North Carolina wrapped up fiscal year 2013–2014 at the end of June. The distribution numbers speak for themselves, showing there is still a great need in our 34-county service area. Distribution at our branches still remains high, with three of the six breaking distribution records.

Organizational Distribution

2013–2014: 53.6 million lbs.

2012–2013: 52 million lbs.

Durham Branch

2013–2014: 6.5 million lbs.

2012–2013: 6.3 million lbs.

Greenville Branch

2013–2014: 7.1 million lbs.

2012–2013: 8.9 million lbs.

New Bern Branch

2013–2014: 2.5 million lbs.

2012–2013: 1.7 million lbs.

Sandhills Branch

2013–2014: 4.8 million lbs.

2012–2013: 5.1 million lbs.

Wilmington Branch

2013–2014: 6.3 million lbs.

2012–2013: 6.6 million lbs.

Produce Distribution

2013–2014: 16.5 million lbs.

2012–2013: 17.9 million lbs.

Volunteer Hours

2013–2014: 172,702 hours

2012–2013: 170,135 hours



Join our
Fall/Winter
2014 Class of
Speakers' Bureau
Ambassadors!



Speakers' Bureau Ambassadors allow the Food Bank to reach larger audiences and share information about FBCENC, hunger issues, and the many ways that people like YOU can get involved in fighting hunger and its root causes.

Our Ambassadors are on the forefront, inspiring thousands of people to take vital steps to help end hunger in our 34 counties through the following avenues:

- Speaking Engagements
- Tabling Events
- Tours

Interested? Send contact information to speakersbureau@foodbankcenc to receive information about our next training session!



The Food Bank is a first responder

When a disaster strikes, the Food Bank collects and delivers food and supplies to affected areas, providing relief and recovery to victims in our communities.

Hurricane Relief

300K lbs delivered to our service area & sister food bank, the Food Bank of the Albemarle.

Bonnie

1996

Fran

1 million lbs of food & supplies distributed in 10 days

1998

We stayed open 24-hours a day for 3 months after the storm, supplying more than 5.3 million lbs of food & supplies to 15 counties

1999

Isabel

2003

Distributed 411K lbs to Carteret & Pamlico counties

2005

Katrina

Food Bank staff & 233K lbs of disaster relief products traveled to Gulf Coast

Ike & Gustav

2008

Irene

Provided 550K lbs of disaster relief products to affected counties over 5 weeks

2011

Provided nearly 34K lbs of baby food to Baton Rouge after Hurricane Gustav & 10K lbs of ready-to-eat food to Texas following Hurricane Ike

@FoodBankCENC

foodbankcenc.org/DisasterRelief

Web Spotlight

Love social media?
Love volunteering?



Now you can combine the two and join our Social Media Ambassadors program! These superstars help promote and raise awareness of the Food Bank's activities and mission to end hunger through their blogs and websites, as well as on YouTube, Twitter, LinkedIn, and Facebook.

Learn more at
www.foodbankcenc.org/SMA

Deepest thanks to our 2014 Social Media Ambassadors

ALYCIA AYERS	JOE MECCA
AMY LEWIS	JOE POMPEO
ANDREA BATES	JOSHUA MCKINNEY
ANTOINETTE RUSSELL	LAUREN VOIGHT
AOLANI DONEGAN	LISA SULLIVAN
ASHLEY SHAFFER	MEGHAN BLISS
CAROLYN GONZALEZ	MELISSA BUCHANAN
COLE WATTS	NARESH GIRI
CRYSTAL DUNN	NATHAN SPENCER
CRYSTAL ROBERTS	SETH PALMER
DALLAS THOMPSON	SHANA OVERDORF
DEIRDRE REID	SUE ANNE LEWIS
DONNA RYALS	SUSAN WARE FLOWER
FONVILLE MORISEY	TEMPORARY LIVING COMPANY
GLYNNÉ'S SOAPS	TERESA SUTTON
GLYPH INTERFACE	THRIFTY OFFICE FURNITURE
GREGORY NG	TIM ALVAREZ
ILINA EWEN	TOM SIMON
JAKE ST. PETER	TRIANGLE FOOD GUY
JEN LAWRENCE	
JENNIFER SPENCER	
JENNIFER WOOD	

www.foodbankcenc.org/SMA_Partners

How You Can Help

DONATE MONEY & ASSETS

\$1 equals \$10 worth of food or 5 meals

- Individual Giving
- Event Sponsorships
- Corporate Giving
- Planned Giving
- Stock

For more info, visit 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 info, visit foodbankcenc.org/donate_food.

DONATE TIME—Volunteer!

Volunteer hours equaled the equivalent of over 80 full-time employees last year.

1 volunteer hour = 130 meals

For more info, visit foodbankcenc.org/volunteer.



The Food Bank's Digital Media team is always on the job!

Join the conversation & follow the Food Bank!



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blog.foodbankcenc.org



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Three sandwiches in one sitting...

"I watched an 8-year-old girl eat three sandwiches. She commented that she was extra hungry because the only thing at home to eat was some cheese. Her mother sat next to her, clearly embarrassed of their situation. Embarrassed that her child is so hungry she ate three sandwiches in one sitting."

Nicole Harris, Summer Food Service Program Supervisor, Food Bank of Central & Eastern North Carolina