

HUNGER matters

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

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SUMMER 2017

TOGETHER WE CAN STOP SUMMER HUNGER

Summer is a time that should be a worry-free break from school for kids and an opportunity for bonding time with family. But we know that in the 34 counties we serve, more than 600,000 people (including 300,000 children), are worried about stretching budgets even further than normal.

Joanna lives in eastern North Carolina and had to travel 90 minutes to find food for her three children last summer. When she found that the feeding site was closed, she broke down in tears. Luckily, she got in touch with a Food Bank staff member who directed her to one of our community partners just 10 minutes away.

Kristin is a single mom with three growing boys. She works a 10-hour day during the week, and needed to find a safe place for her boys to go during the summer, where they could also receive meals. Her boys receive that and more from a Food Bank community partner not only during the summer, but after school during the year. This program allows Kristin to keep working and enables her to stretch her single income further.

We know that many family members are working two to three jobs, and it's still not an option to pay for child care and feed the family.

The main concern of the Food Bank is that during the summer the free or reduced-cost meals these kids receive at school are no longer an option – and their already struggling families are forced to make tough choices. In addition to rising food budgets, these families are facing higher electric bills due to the summer heat and either increased child-care costs or lost wages from lack of child care. We also know that this year, following the impact of Hurricane Matthew, there are many individuals that will have to work even harder to provide food, but also transportation and housing.

Families in the rural parts of our service area face many, if not all, of these challenges.

It's essential that the Food Bank can provide these summer meals, not only for children, but for those who care for them. This summer, we have a goal of providing 3.4 million meals to our friends and neighbors in central and eastern North Carolina – and we can't do this alone. Please join with the Food Bank to ensure these families don't have this extra worry. Learn more about our Stop Summer Hunger initiative on page 4, or visit stopsummerhunger.org to donate today.



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FROM THE DESK OF THE PRESIDENT & CEO

Dear Friends,

During times of change our friends and neighbors, who are living with food insecurity and who are considered most vulnerable, can feel even more uncertain about what the future may hold for them.

Despite many times of change during our 35-year history, the Food Bank, working together with our partner agencies, has always supported all individuals and families across central and eastern North Carolina with food assistance.

We do not make judgment when we supply food; everyone, from all walks of life, has the basic right to eat. Together, we work to provide stability, sustenance, esteem, and to restore hope.

This remains a constant, and is supported by all of you, our community of donors and volunteers, unwavering in the face of incredible need.

And your support is particularly important in these upcoming summer months. We know that in our 34-county service area, more than 600,000 people (including 300,000 children) are facing budgets that are strained even further. School is out and these children will be missing out on two meals a day they normally receive at school for little or no cost. Families will face increased utility bills and child care costs.

To help support our friends and neighbors during these stressful months, the Food Bank's focus will turn to our annual Stop Summer Hunger initiative, to raise awareness, funds, and food for those in need. Families will need to visit our partners more this summer, and we at the Food Bank need to make sure pantry shelves are stocked, and that fresh meats and produce will be available.

We hope you can help us raise enough food and funds this June and July to provide 3.4 million meals to those who are struggling.

Communities care for one another, and we take that responsibility seriously. Thank you for making our hungry friends and neighbors in central and eastern North Carolina a priority.



Peter Werbicki

President & CEO

Food Bank of Central & Eastern North Carolina



OUR BRANCHES

RALEIGH

1924 Capital Blvd.
Raleigh, NC 27604
919.875.0707

DURHAM

2700 Angier Avenue
Durham, NC 27703
919.956.2513

GREENVILLE

1712 Union Street
Greenville, NC 27834
252.752.4996

NEW BERN

205 South Glenburnie Road
New Bern, NC 28560
252.514.2006



SO ALL MAY EAT



Thanks to the generous support of the North Carolina community, the Food Bank of Central & Eastern North Carolina has wrapped up its So All May Eat capital campaign. With a goal of \$10 million raised, the Food Bank has purchased a new distribution center: renovating, up-fitting, and enhancing the technological and operational efficiencies of distributing more than 64 million pounds of food to those in need. Continued investments are being made in expanded partnerships, programs, and trainings to break the cycle of hunger in central and eastern North Carolina.

The So All May Eat campaign also made it possible for the Food Bank to launch a new Community Health & Engagement department which is focused on nutrition, education, and outreach, while analyzing and improving food systems throughout the Food Bank's 34-county service area. The goal of the new department is to help members of the community to move permanently out of the state of food insecurity.

Many thanks to all who generously contributed to the campaign, and for helping the Food Bank take a step in the journey of delivering better services to the community.

OUT OF THE MOUTH OF SARA CLEMENT, RDN, LD

Sara recently joined the Food Bank as the Nutrition Education Manager, part of our newest department: Community Health & Engagement. As a Registered Dietitian, Sara has a variety of experiences in WIC, School Nutrition, and with Cooperative Extension. Here she outlines how the new team will help integrate nutrition into as many homes as possible:

We not only want to connect families to secure food sources, but also ensure they have nutritious foods. We're here to help our friends and neighbors improve overall health and decrease risk of diet-related diseases (diabetes, heart disease, obesity, high blood pressure) by promoting great food choices and encouraging physical activity. Nutrition is such an important factor in everyone's life no matter their socioeconomic status. Having access to nutrient-dense food is essential for maximum daily performance and child development.

One of our main goals is to help our friends and neighbors learn healthy eating habits that work with their lifestyle. We are planning on cooking demonstrations and classes to highlight easy, quick, and low-budget recipes using foods that we want to encourage (whole grains, fresh produce, low fat dairy, lean meats). Providing samples of foods will help participants understand what they taste like, how to prepare them, and their nutritional impact. By teaching basic cooking techniques, participants will be able to prepare foods at home that are not as highly processed, so therefore lower in sodium, fat, and sugar.

Our goal is not to eliminate foods from diets, but to teach people what foods they should try to incorporate more into their daily eating patterns. Small changes can make big impacts, and I hope we can start helping our friends and neighbors make these small but healthy choices and build healthier communities.

Community Health & Engagement

We not only want to connect families to secure food sources, but also ensure they have nutritious foods.



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



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



DONATE TIME: VOLUNTEER

Total number of volunteer hours donated last year is equivalent to 116 full-time employees.

- 1 volunteer hour = 130 meals

For more information, visit foodbankcenc.org/volunteer

SORT-A-RAMA

Sort-A-Rama 2017 will unite more than 1,000 corporate volunteers working to sort and package more than 190,000 meals on May 25. The event offers the Food Bank's community of corporate donors, their employees, and customers, a fun, meaningful opportunity to combine volunteering with team building. The event reinforces the company's commitment to the community.

Presenting partners BASF, Blue Cross and Blue Shield of North Carolina, Cisco, Food Lion, RTI International, and a dozen other companies will bag bulk rice into family size portions and pack Kids Summer Meals boxes. Since 2012, Sort-A-Rama volunteers have sorted more than 600,000 meals which were then distributed to individuals, families, and seniors in need through the Food Bank's partner agencies.

Thank you to the partners who have helped us feed thousands.

SORT-A-RAMA

Presenting Partners



Sustaining Partners

Dude Solutions, Inc.

Major Partners

NetApp
Bank of America
PPD
UNC REX Healthcare

Supporting Partners

Duke Energy
Nationwide Insurance
Crown Lift Trucks

STOP SUMMER HUNGER

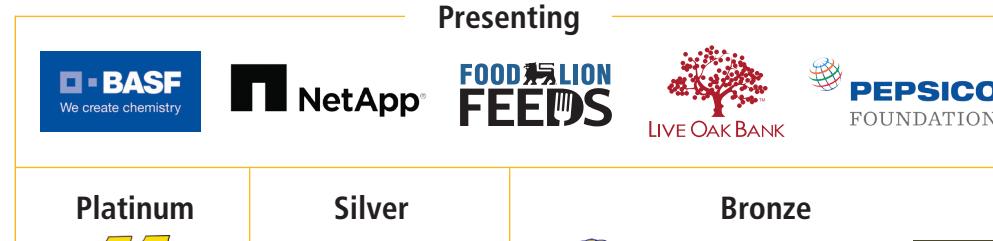
As the weather becomes warmer and many North Carolinians' thoughts turn to planned vacations, we know that in the 34 counties we serve, more than 600,000 people (including more than 300,000 children) are worried about their budgets being stretched even further.

School is out, meaning those children will miss the two meals they were receiving at little or no cost. The Food Bank helps combat this big loss to children's nutrition by partnering with community organizations to operate Kids Summer Meals, providing safe environments for children to have breakfast and lunch at no cost. 2016 was the Food Bank's 8th year administering the program and more than 8,000 children received two meals a day they wouldn't otherwise have gotten. This year the Food Bank's Kids Summer Meals program is partnering with the Department of Public Instruction to reach children in need across our entire service area.

Summer also means increased costs for families, more childcare needs, or lost wages when childcare isn't available. Electric bills also skyrocket due to the warm weather and it forces these families to make tough choices. To help support our friends and neighbors during these stressful months, the Food Bank focuses on our annual Stop Summer Hunger initiative, to raise awareness, funds, and food for those in need.

Stop Summer Hunger continues through the end of July, with a goal of raising enough food and funds for 3.4 million meals. For every dollar you contribute to the Food Bank, we can provide five meals.

Please join us and our Stop Summer Hunger partners in supporting these kids and families with critical meals in the upcoming months by visiting stopsummerhunger.org.



Stop Summer Hunger photos by Chris Polydoroff.

DONOR SPOTLIGHT: BASF

BASF is a presenting partner of our Stop Summer Hunger initiative, and a long-time supporter of the Food Bank of Central & Eastern North Carolina. It's a partnership that has been so beneficial to not only those involved, but for thousands of food-insecure families and children in our service area. We asked BASF to tell us, in their own words, why it's important for them as a company to give back to the Food Bank:

At BASF, we work closely with farmers to help them yield successful crops so there is plenty of food for our growing population. To help ensure that everyone has access to healthy and nutritious meals, one of our community priorities is to support services that reduce hunger. While we partner with the Food Bank of Central & Eastern North Carolina year-round, one of our focus areas is Stop Summer Hunger. During the summer months, children and their families are faced with greater amounts of food insecurity when children don't have access to free and reduced-cost breakfasts or lunches at school.

More than 600,000 children and their families – our neighbors – don't know where their next meal is coming from. This number is staggering, so BASF is grateful to be part of the solution to provide food to those who are food insecure. We're also honored to work with the Food Bank and its caring and dedicated team members and volunteers. For every dollar BASF and employees donate, the Food Bank can turn it into five meals. We value the Food Bank's partnerships that allow them to maximize our contributions.

No one in our community should live with food insecurity and hunger, and no donation is too small. The Food Bank is incredibly efficient with every dollar donated, so every contribution makes a substantial community impact. The BASF team encourages individuals, schools, and businesses to reach out to the Food Bank to learn how they can contribute. Whether it's hosting a virtual food drive or volunteering, every gift helps strengthen our community. Join us in helping to Stop Summer Hunger!



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

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

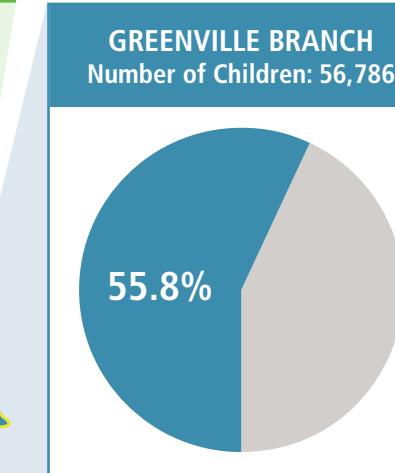
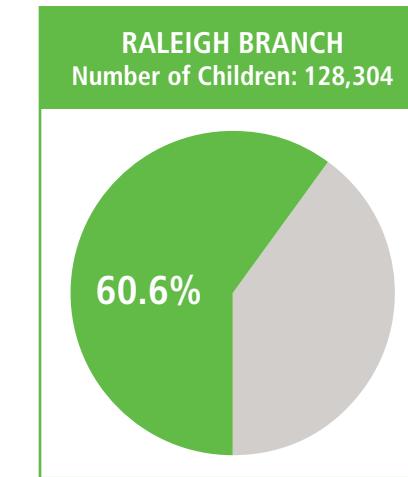
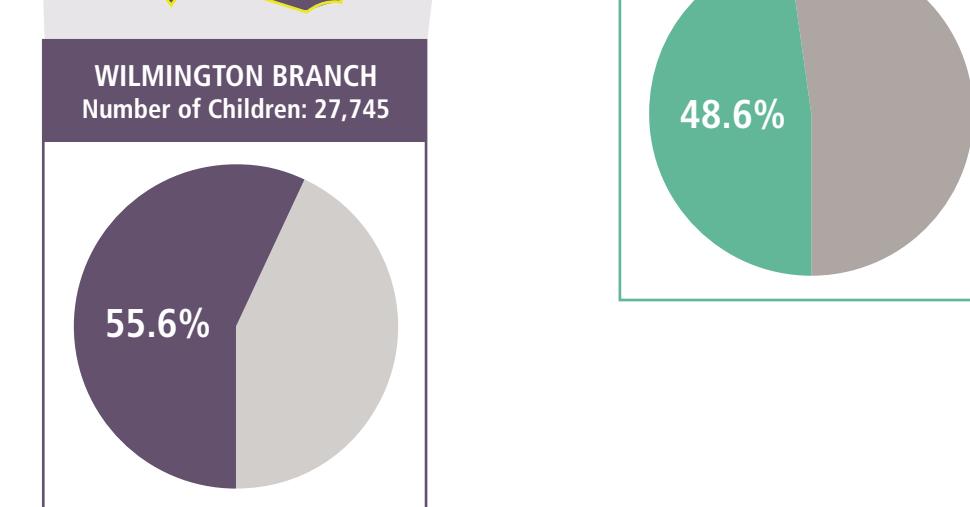
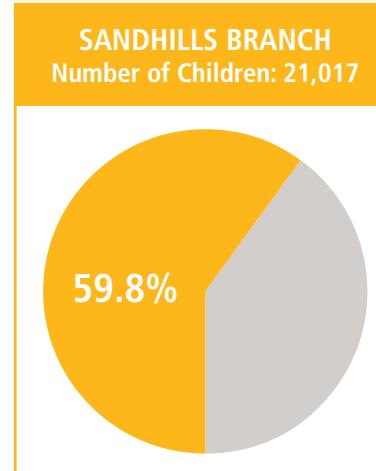
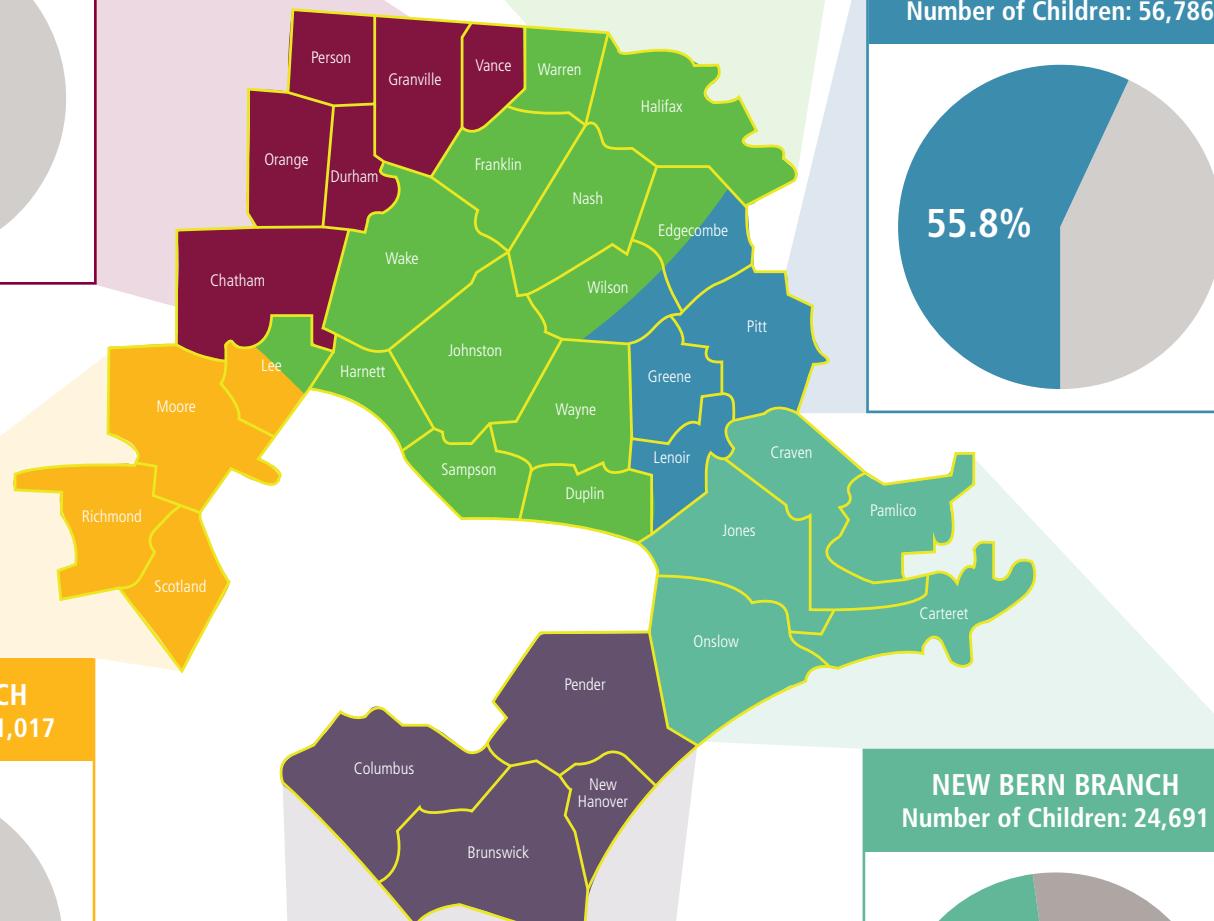
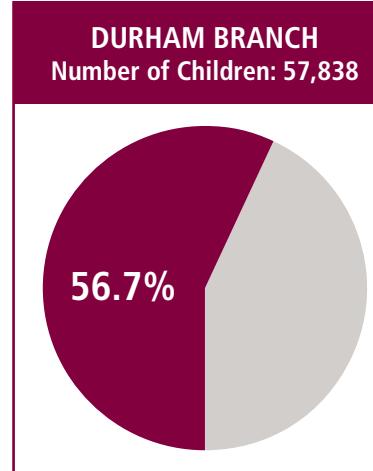
or give online at
foodbankcenc.org

HM0517

Make your tax-deductible contribution now at foodbankcenc.org.

FREE & REDUCED LUNCHES IN THE FOOD BANK'S SERVICE AREA

316,381 children in our service area receive free & reduced lunches during the school year and lose access to those meals during the summer months. Here is what that means for the children our branches' serve.



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 this year.

- Allscripts
Bank of America Charitable Foundation
BASF
Birdseye Renewable Energy
Blue Cross and Blue Shield of North Carolina
Bob Barker Company Foundation
Carlson Family Foundation
Caterpillar Foundation via Feeding America
Century Link
Cisco
Clark Pavement Marking
Coastal Federal Credit Union
Costco via Feeding America
Craven County Community Foundation
Disney Worldwide via Feeding America
Dude Solutions, Inc.
Enterprise Holdings
Food Lion
General Electric
Golden Corral
Harris Teeter
J.H. Walker Legacy Foundation
Live Oak Bank
Lowes Foods
Metlife Foundation
Mims Distributing Company
Moore County Community Foundation
Morgan Stanley
National Council on Aging
Nationwide Insurance
NC Retail Merchants Association
NetApp
Norfolk Southern Foundation
Oak Foundation
Publix Charities
Railinc Corporation
Raleigh News & Observer
Red Nose Day via Feeding America
RTI International
SunTrust Foundation
T.D. Charitable Foundation
TJX Foundation
Troan Foundation
Tyson Foods
USAA Foundation
Vertex
Walmart Foundation via Feeding America
Wells Fargo Foundation
White Memorial Presbyterian Church
Whole Foods
Woodforest Bank
Yardi Systems

The Food Bank has many long-standing partnerships that support our mission. We honor our partners who recognize the need in our shared communities and we are grateful for their trust in the Food Bank to nourish children, families, and seniors throughout central and eastern North Carolina.

Publix Super Markets Charities

Publix Super Markets celebrated their entry into central and eastern North Carolina with a gift of a new truck for the Food Bank. Each year our fleet travels more than 500,000 miles throughout our service area to pick up and deliver nutritious food to area partner agencies: your local food pantry, soup kitchen, child and adult care centers, group homes, etc. In addition, Publix has begun donating healthy food to the Food Bank each month. We are excited about this new partnership.



Caterpillar Foundation

Now in their second year of a national partnership with Feeding America, the Caterpillar Foundation made a grant which enabled the Food Bank to pilot our Healthy Ambassadors program at select agencies in Wake, Johnston, and Lee counties. Funding provided 1,894 family food boxes tailored for individuals with diabetes or hypertension, two diet-related diseases that require proper nutrition to treat effectively.

J.H. Walker Legacy Foundation

We are grateful for new donor J.H. Walker Legacy Foundation for their generous support of our Moore County Backpack Pals Program. Operated out of our Sandhills Branch, this program provides 1,100 food insecure children at 28 schools across Moore County with packs of nourishing food to eat on the weekends.

TJX Foundation

Special thanks to the TJX Foundation and participating Marshall's, TJ Maxx, and Home Goods stores in our service area that support the Food Bank's programs for families and children through a special holiday in-store giving campaign. Generous customers donated, and several stores and the Foundation matched their gifts to provide more than 163,000 meals during the holiday season.

Bob Barker Company Foundation

Our new partner is providing vital support for the Food Bank's Three Squares for CENC Re-Entry Project, a benefits outreach program. The program connects individuals at NC Department of Public Safety facilities who are preparing for release with food-purchasing resources, to help ease the transition from custody to life in their respective communities.



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STOP SUMMER HUNGER

presented by BASF, NetApp, & Food Lion Feeds

NO SCHOOL MEANS NO MEALS

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

Visit stopsummerhunger.org.

Photo by Chris Polydoroff.

