

HUNGER matters

INSIDE »

Make an Impact: Start a Virtual Food Drive [page 3](#)

Stop Summer Hunger [page 4](#)

Sort-A-Rama [page 5](#)

Full Plate Circle [page 6](#)

We Love Our Volunteers [page 8](#)

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

SUMMER 2018

HELPING YOUNG PEOPLE AVOID FOOD INSECURITY

Food insecurity is a difficult term to understand, as is hunger in the United States – it's a daunting and persistent crisis. Food insecurity is defined as "the inability to consistently access nutritious and adequate amounts of food necessary for an active and healthy lifestyle." For example, children and families in food-insecure households often have parents working one or more jobs, but their paychecks don't cover all the bills. This means tough choices.

We also know that providing food alone does not resolve food insecurity. This is why the Food Bank developed our Community Health & Engagement Department – to help our friends and neighbors avoid and overcome food insecurity.

Recently the Food Bank hosted interns through a three-month partnership with Wake County, NCWorks Nextgen, and Wake Tech Community College. Each young person was placed in a different department of the Food Bank based on their interests and spent the morning working with our staff. In the afternoon they took classes from Wake Tech instructors to learn to write resumes, deal with conflict, and improve their cooking skills by learning recipes and then taking the ingredients home to cook the meal again.

Patrick, a 19-year-old intern, had just graduated from high school, worked at a fast-food restaurant and didn't plan to attend college. While he was at the Food Bank, he was able to brush up on Microsoft Excel and learn database skills. Patrick worked with our Organizational Partnership Team to help secure over \$7,500 in various grants. Patrick also had the chance to interact with corporate donors, other Food Bank staff, and people coming to receive emergency food. At the end of his internship, Patrick enrolled in classes at Wake Tech and now dreams of opening his own business and giving back. But before that, he will spend the summer as a manager of a local food-service business.

Our other interns fared quite well, too. One became certified to drive a forklift, and another had already secured a job. A terrific team worked with our Three Squares for CENC Benefits Outreach Program, and their work resulted in more than \$150,000 in SNAP benefits for our friends and neighbors.

We hope this experience will be a launching pad for these young people and that they will apply the skills they learned – whether continuing their education, finding a good job, managing their personal budgets, or cooking healthy meals – to avoid food insecurity.

Your support allows us to develop partnerships like this that address the root causes of hunger. Together we can help move our friends and neighbors out of food insecurity.

"I was able to gain so much more from this internship than I thought I was going to, working with the people in my department."

— Patrick, FBCENC Intern



**FOOD
BANK**



**OF CENTRAL
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FROM THE DESK OF THE PRESIDENT & CEO

Dear Friends,

Recently I marked my 20-year anniversary serving the Food Bank of Central & Eastern North Carolina. I often reflect to the staff how much has changed for the better since I started in 1997 – more staff, more trucks, bigger facilities, increased community support through donations and volunteers. It's truly stunning to think back on now.

Unfortunately, the need in our community never takes me by surprise in that same way, particularly in the summer. Right now, in our 34-county service area, thousands of families are worrying about how they will make ends meet this summer. Kids out of school means increased child care costs; hot weather means electric bills skyrocket; and nearly 300,000 children will not be receiving the breakfast and lunch they normally receive through the free or reduced-cost meal program at school.

These children are included in the more than 600,000 who are already struggling to put nutritious food on the table. These are parents who, despite having jobs, still can't guarantee their paychecks will cover the food budget. These are grandparents who take on the responsibility of raising a grandchild, which means monthly food needs have doubled with no increase in income.

As an organization, we push ourselves almost to the limits to make sure these folks can put meals on the table. But it would be an impossible task without your support, and that support is critically important during this time of the year.

To help support these children and their families, 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.

Let's come together to ensure our friends and neighbors have healthy meals all summer long. With your support, we can work toward a day when no one, especially a child, goes hungry.



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

SANDHILLS

195 Sandy Avenue
Southern Pines, NC 28387
910.692.5959

WILMINGTON

1314 Marsteller Street
Wilmington, NC 28401
910.251.1465

MAKE AN IMPACT: HOST A VIRTUAL FOOD DRIVE

One of the easiest ways to make an impact this summer is by holding a Virtual Food Drive – it maximizes your impact by 10! You can get friends, family, coworkers, or members of your church or civic organization involved by just sending an email or sharing on social media.

It takes three simple steps:

1. Choose how you'd like to participate: Create a page, start a team, or join a team.
2. Personalize your page.
3. Invite friends, family, or coworkers to join!

There are a ton of advantages to holding a Virtual Food Drive – you don't have to be outside in the hot summer weather, you don't have to plan around vacations or other events, you don't have to lug heavy items to the Food Bank, and most of all – your support maximizes your impact!

"We add the Virtual Food Drive element to our event every year," said Shadi Sadi, organizer of the annual Interfaith Food Drive. "It allows people to contribute from wherever they are and it made up a large part of the 52,000 meals our event provided."

The Food Bank can provide 10 meals for every \$1 donated, so your contribution goes much farther than if you donated physical food items.

Just go to foodbankcenc.org/VFD to get started.

The screenshot shows the Virtual Food Drive website. At the top, there's a banner with the text "VIRTUAL FOOD DRIVE" and "\$1 = \$10 WORTH OF FOOD!". Below the banner are navigation buttons: "About the Virtual Food Drive", "Start a Drive", "Find a Drive / Donate", and "Find a Company". There's a "PARTICIPANT LOGIN" section with fields for "username" and "password", and a "Login" button. Below the login section is a "Welcome to Womble Raleigh!" message. The main content area has tabs for "MY STORY", "PRODUCE", "PROTEIN & DAIRY", "GRAINS & BEANS", and "MEALS". The "MY STORY" tab is selected, showing a photo of four children and text about the impact of the drive. On the right side, there's a "SHOPPING CART" section with a "CHECK OUT" button and a "DONATE (without shopping)" button. Below the shopping cart is an "Achievements" section with two icons: "Hunger-Fighting Superhero" and "Personal Gift". At the bottom, there's a "Personal Progress" section showing a progress bar at 96% and a goal of \$6,500.00. The website footer contains a disclaimer and the Food Bank's registration information.

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



STOP SUMMER HUNGER

STOP SUMMER HUNGER

As the summer months approach many families are preparing for beach trips, family visits, and days by the pool. But in the 34 counties we serve, more than 600,000 people (including nearly 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. In 2017, the Food Bank's ninth year administering the program, more than 6,100 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, forcing 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.

For every dollar you contribute to the Food Bank, we can provide five meals. Help the Food Bank reach our goal of 3.5 million meals for those who are struggling this summer. 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.

Presenting



Platinum



Gold



Silver



Bronze



Supporters



Friends

Greenville North SDA Church

Moore's Chapel MB Church

Pitt County Farm Bureau

SORT-A-RAMA

On Thursday, May 24, the Food Bank of Central & Eastern North Carolina once again partnered with Triangle companies for the annual Sort-A-Rama event to package meals for families facing hunger. More than 1,000 volunteers from those partners joined together to bag rice into family-size packages and pack meal boxes for the Food Bank's Kids Summer Meals Program. Since 2012, Sort-A-Rama volunteers have sorted nearly 800,000 meals that were then distributed to individuals, families, and seniors in need through the Food Bank's partner agencies. Many thanks to our partners and volunteers!

SORT-A-RAMA

Presenting



Sustaining Partners

Allscripts

Major Partners

NetApp

Dude Solutions

Bank of America

Duke Energy

Nationwide

UNC Rex Healthcare



CHEF'S FEAST AT FEARRINGTON PROVIDES 900,000 MEALS

On March 22, the Food Bank and presenting partner US Foods held a four-course dinner at Fearington Village. The event featured three local chefs as well as Chef Vivian Howard of Kinston's Chef & the Farmer restaurant and the PBS series "A Chef's Life." Along with delicious food from local and regional chefs, the event offered wine and beer pairings and a live auction. With the help of our partners and attendees, the Food Bank raised enough funds to provide 900,000 meals.

Presented by



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THE FEARRINGTON HOUSE
INN • RESTAURANT • SPA

Able & Co., FreshPoint, Morgan Stanley, Railinc, Suite Paws, York Properties



DONORS DANNY AND LIBBY MAKE SURE NEIGHBORS HAVE FULL PLATES

Danny and Libby first started volunteering at the Food Bank with their coworkers at Sageworks, a financial analysis company in Raleigh. They became so personally interested in the Food Bank after their volunteer experiences that they decided to take on leadership roles in organizing the company's quarterly volunteer projects.

"The combination of having numbers to tie to the impact that you made and just the rewarding experience itself, it's been an easy decision to get more involved with the Food Bank," said Danny.

Last year Danny's father received a bonus marked for charitable giving and decided to divide it among Danny and his two sisters. He asked the siblings and their significant others to choose a recipient and the next time they were together as a family, they would talk about where they donated and why.

Danny and Libby mulled over a few organizations but ultimately decided to donate the funds to the Food Bank. Their experience volunteering, the significant number of our friends and neighbors who are food insecure, and the impact their donation could make were all factors in their decision.

"Hunger is something that old, young, everybody can struggle with and the fact that so many people close to us in the Raleigh community were struggling with that didn't sit well with me," said Libby. "It was an easy choice for me in terms of allocating my resources."

Danny and Libby are now members of the Food Bank's Full Plate Circle, a special group of individual donors who are recognized for their outstanding level of giving (see below for more information on the Full Plate Circle).

We are so grateful to volunteers and donors like Danny and Libby who not only donate their resources to us but educate others about the issue of hunger in our community and encourage others to get involved with the Food Bank.



FULL PLATE CIRCLE

Full Plate Circle is a way to recognize individual donors' commitment to the Food Bank and our community struggling with food insecurity through annual operating support of \$1,000+ for the prior calendar year. Membership includes the following opportunities:

Enriching Friends: \$1,000-\$2,499 equals 5,000-12,495 meals

- Special communications and event invitations throughout the year, including an invitation to our annual Evening of Appreciation
- Annual report mailing
- Behind-the-scenes tour of our Food Bank distribution center
- Invitation to Full Plate Circle volunteer day(s)
- Exclusive Full Plate lapel pin

Nourishing Neighbors: \$2,500-\$4,999 equals 12,500-24,995 meals

- In addition to Enriching Friends benefits, members at this level also receive access to a semi-annual Speaker Series WebEx calls with the Food Bank Executive Management team

Sustaining Families: \$5,000-\$9,999 equals 25,000-49,995 meals

- In addition to Nourishing Neighbors benefits, members at this level also receive an invitation to an annual coffee reception with the Food Bank President/CEO

Strengthening Communities: \$10,000+ equals 50,000 meals+

- In addition to Sustaining Families benefits, members at this level also receive an invitation to an annual thought leadership reception with the Food Bank Board members, CEO, and Executive Management team

To learn more about Full Plate Circle, contact Amy Beros at aberos@foodbankcenc.org or 919.865.3073.

GIVING THANKS

We are grateful for the support we receive from public and private organizations. 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. Thank you to the following businesses and foundations that have supported our work this year:

BASF
Bailey Family Foundation
Bayer USA Foundation
Biogen Foundation
Birdseye Renewal Energy
Blue Cross Blue Shield of NC
Bob Barker Co. Foundation
Burt's Bees Greater Good Foundation
Cape Fear Memorial Foundation
Carlson Family Foundation
CarolinaEast Foundation
Caterpillar Foundation via Feeding America
City of Wilmington
Clark Pavement
Corning Inc. Foundation
Craven County Community Foundation
Delta Airlines
Disney Worldwide via Feeding America
Durham County Government
Duke Energy
Eli Global
Enterprise Rent-a-Car Foundation
Eshelman Foundation
Food Lion Feeds Foundation
Harold H. Bate Foundation
J.H. Walker Legacy Foundation
John William Pope Foundation
Kids 'n' Community Foundation of the Carolina Hurricanes
Lowe's Foods
MAZON: A Jewish Response to Hunger
Mildred Sheffield Wells Charitable Trust
Mims Distributing
National Council on Aging
Nationwide Insurance Foundation
Norfolk Southern Foundation

Oak Foundation
PriceWaterhouseCoopers via Feeding America
Publix Super Market Charities
Railinc
Red Nose Day via Feeding America
Strayer University
TJX Foundation
TOSA Foundation
US Foods
Vidant Health Foundation
Vivien West Memorial Fund
Waste Industries
Wells Fargo Foundation
William R. Kenan, Jr. Charitable Trust
Woodforest National Bank
Yardi Systems



IN MEMORIAM

Bernie Santamassino passed away on February 2, 2018. He joined the Food Bank staff shortly after the we opened in 1980, serving as Operations Manager in that crucial first decade of our existence. He was known as a stickler for safety and a great teacher when it came to running a warehouse. About a year ago, Bernie came in to volunteer and soon was spending every Monday, Wednesday, and Friday morning at the Food Bank. Volunteer Services Manager Dave Goodrich met Bernie in 1990 and learned from him how to do many of the projects, some of which we still do today. Bernie never forgot the Food Bank and he was in awe of the massive changes made over the years.



WE LOVE OUR VOLUNTEERS!

April was National Volunteer Month and each of the Food Bank's Branches came up with fun ways to show our appreciation. Last year, volunteers donated more than 253,000 volunteer hours to our organization – which more than doubles our staff. We hope every single one of our volunteers feel appreciated throughout the year, because we could not serve our friends and neighbors without you! Thank you for spending your precious free time at the Food Bank. Check out some very impressive volunteer stats below.

Food Bank Volunteers Pack...



278,944 meals per month



9,298 meals per day

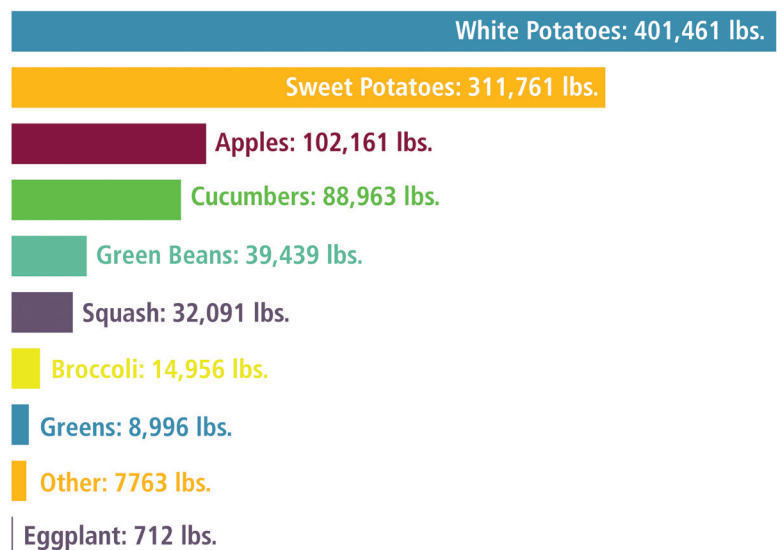


6 meals per minute

Raleigh Branch, July-December 2017.



Most Common Produce Bagged by Food Bank Volunteers



Raleigh Branch, July-December 2017.