

# hungermatters

WINTER 2020

## Pat Makes Tough Choices to Feed Her Grandchild

Pat, a 60-year-old former registered nurse, found herself with a tough choice after an injury prevented her from working. The funds she receives now are barely enough to cover her rent and utilities let alone purchase food. Most of the decisions Pat must make are hard — including choosing to skip meals so the granddaughter she is raising has enough to eat.

Thankfully she was recently able to visit Food Bank partner Inter-Faith Council in Carrboro to receive some staples like pasta and lots of fresh fruits and veggies such as bananas, celery, and tomatoes. Now, both Pat and her granddaughter can have nourishing food to eat.

"I felt both sad that I had to go, but glad I knew it was there," said Pat. When asked how she felt when she returned home with the food, she simply said, "Relieved."

With nearly 600,000 food-insecure people in the Food Bank's 34-county service area, too many people like Pat are being forced to make tough choices. These folks are often working more than one job and have a hard time making ends meet; having to choose between paying for food or things like rent,

utilities, or life-saving prescription medications. Even neighbors who currently make a good salary and feel safe may be one or two life changes away from having to make these hard choices themselves.

Pat saw hunger during her career as a registered nurse and now knows how it feels firsthand. She would like people to know that hunger is more prominent in our community than anyone might believe.

**"Hungry people look just like everyone else. They're your neighbor, your friend, your family."**

It is because of you that the Food Bank and our partners can nourish people like Pat and her granddaughter. Many thanks for your support and dedication to the work we do in our community.



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bank  
OF CENTRAL & EASTERN  
NORTH CAROLINA

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# From the CEO & President

Dear Friends,

You may have noticed something new when you picked up this newsletter, but it represents something the Food Bank has been working toward for some time. Those of you who have sorted sweet potatoes at one of our branches or have passed our trucks at your local grocery store, know we provide food to those in need. This is our purpose for as long as there are people struggling with hunger in central and eastern North Carolina. However, food banks are changing in their understanding of how to solve hunger, and ours is no exception. Hence, it was time for a broader mission that encompasses everything the Food Bank you know and love has grown to be. Our mission is to nourish people, so we will continue distributing the healthy, nutritious food people need to thrive.

A big part of our mission is to build solutions, which includes programs like the health partnerships we've been building with healthcare institutions across our service area which will screen for food insecurity and provide patients with food that can improve their health. The final part of our mission is to empower communities, which we work to accomplish through special internships for young people at the Food Bank, healthy cooking classes in our kitchen, and traveling tastings, as well as using our demonstration garden as a teaching tool as you'll read about on the back cover.

When you volunteer, donate, or see us working in the community, we would like you to think of how the Food Bank is evolving in order to have a true impact on hunger, and working to create an environment where North Carolinians thrive. Our new logo represents the innovative ways the Food Bank is developing client-focused programming, responding to disasters, and most importantly, feeding people. We cannot thank you enough for all that you have done and continue to do to support our work as we continue to evolve in how we best serve our community. I hope I can count on your support as we head toward our vision that no one goes hungry.

Thank you for being part of this journey with us, and thank you for all you do,



Peter Werbicki, President & CEO



# In Memoriam

## John "Jack" Fritz

John "Jack" Fritz, former Food Bank Board Chair, passed away August 25, 2019. Jack was an early volunteer and then board chair and was a tremendous help to first Executive Director Barbara Oates in the early years of the Food Bank. Our thoughts are with Jack's family and friends during this difficult time.





# Food Bank Donor and Volunteer Dedicated to Providing Sustenance, Safety, and Shelter

When Kicab Castaneda-Mendez retired he was searching for ways to give back — particularly ways that would help people who are struggling to meet their basic needs. Kicab was born in the U.S., while his parents and two siblings are from Guatemala. He and his wife Marta have traveled extensively and have witnessed some of the most extreme poverty and hunger all over the world. So, when Kicab found the Food Bank, it seemed like a natural fit. “We seek to provide sustenance, shelter, and safety through the organizations we support with donations and volunteer time,” said Kicab. “The Food Bank makes it so easy to contribute, and I know I am helping someone in my community.”



Kicab and his wife Marta are members of our Full Plate Circle (see below) and Kicab volunteers at our Durham Branch four mornings a week. When he began, he jumped in on projects like sorting produce and packing boxes. Now he is a Super Volunteer and helps the volunteer staff set up the projects before, assists the other groups and individuals during, and resets for the next group after. He has also assisted our staff with cooking demonstrations for partner agencies to demonstrate healthy recipes using items commonly found at the Food Bank. One of his favorite memories is helping a very young volunteer who couldn't reach into the bins of bulk potatoes find tasks that would make her feel like she was truly contributing.

He urges others to get involved by donating and volunteering. “It's so rewarding, but most importantly, so vital. I wish hunger didn't exist and wasn't so prevalent, but it does and it's really so easy to help others.”



*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. To learn more about Full Plate Circle, contact Danielle Overcash at [dovercash@foodbankcenc.org](mailto:dovercash@foodbankcenc.org).*

## Food Bank Hosts National Conference to Address Root Causes of Hunger

From September 3-5, the Food Bank hosted more than 500 leaders from across the country at the 4th bi-annual Closing the Hunger Gap Conference. Co-hosted by the Inter-Faith Food Shuttle, this is the first time the conference was held on the east coast. The three-day conference addressed root causes of hunger, systemic and policy issues, and a holistic path towards resiliency and justice. Those who attended work in fields related to hunger and poverty relief, government, education and advocacy for better policies surrounding these issues. Through site visits, workshops, regional caucuses, and inspiring plenaries, attendees learned from and challenged each other, while examining hunger at the intersection of climate change, race, and poverty. Now that the conference has ended, Closing the Hunger Gap members will continue to work through solutions developed at the conference by sharing them within their own organizations and through the network cultivated while in Raleigh.

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



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



### DONATE TIME: VOLUNTEER

Total number of volunteer hours donated last year is equivalent to 120 full-time employees.

- 1 volunteer hour = 130 meals

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

# Teens Grow Food and Confidence Through Garden Corps

*For 12 weeks in spring/summer 2019, the Food Bank partnered with Raleigh Parks, Recreation, and Cultural Resources Department on the Garden Corps project. Local teens learned about gardening from NCSU Cooperative Extension Master Gardeners in our BASF & Blue Cross and Blue Shield of North Carolina Demonstration Garden, then tested out new recipes and skills in our Allscripts Teaching Kitchen. The Food Bank's Nutrition Education Coordinator Jenny Ryan worked with the teens on those recipes and recounts her experience with the program:*

When the Garden Corps program began, we weren't sure what to expect from a group of 20 teenagers. During the first kitchen day, the students came in and were quiet and unsure of what they would be doing in the kitchen. As we got to know them, it was evident that there was not a lack of interest but a lack of confidence. One student had never used a knife, and another had never seen a grater, so of course there was some reluctance to participate.

Through review of the crop rotation plan and discussions with the Master Gardeners, we were able to pair the food the students were growing in the garden to the recipes they made in the kitchen. For many, it was their first time trying some of the vegetables. Each week before they would head to the garden, we worked on how to safely use kitchen tools, frequent cooking terms, food safety, meal planning, and how to read a recipe. By increasing their food literacy skills, we saw the kid's confidence grow leaps and bounds in the kitchen. It was exciting to see students who began the program with little experience in the kitchen help prepare food and be proud to show how they cubed melon or grated sweet potatoes.

After 12 weeks, the students had a graduation ceremony, including a harvest meal they prepared from food they grew in the garden. As we ate, I asked the students their favorite part of the program. We heard from one student, "My favorite part of the kitchen was... everything. I was scared to help my mom with dinner and now I think I am going to ask what I can do to help." That encompasses the goal of Garden Corps. It is safe to say a little bit of magic happened during our time with the Garden Corps students. Not only did the kids learn to grow, harvest, and prepare food, but they built great relationships with the gardeners and staff, and grew their confidence and willingness to try new things...especially new fruits and vegetables!



## #ShareYourWhy

*During Hunger Action Month in September, we asked our supporters to share why they fight hunger. Below are just a few of the reasons our community shared. For more, visit the Food Bank on Facebook, Instagram, or Twitter @FoodBankCENC.*

"Volunteering has always been a big part of my life. Currently, I am working towards becoming a Registered Dietitian and I thought that volunteering at a Food Bank would be a great opportunity to blend two things that I love." — Nicole Golinski, volunteer

"My business career had been in food distribution and when I lived in Arizona I was involved with their food banks. When I moved to the Raleigh area my first phone call was to the Food Bank of Central & Eastern North Carolina." — Jeff, donor and volunteer

"We are in this together and support each other. Hunger never takes a break." — Shala Barnett, Social Media Ambassador

## Planned Giving

You can ensure future generations grow up healthy—not hungry —by including the Food Bank in your will or estate plans. If you have thought about it, but have questions, we would be honored to talk with you about your legacy. Please reach out to Danielle Overcash at 919.865.3047 or [dovercash@foodbankcenc.org](mailto:dovercash@foodbankcenc.org) for more information.

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