

HUNGER matters

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

FALL 2018

WHEN YOU DON'T KNOW WHAT TOMORROW WILL BRING

Charles took a lot of pleasure and pride in working in the construction industry, until one day on the job, a tree fell on him, breaking his skull and shattering vertebrae in his back. He was left with a plate in his skull, six fused vertebrae, and no income because his injuries made it impossible to work.

"After the accident I didn't know what the next day would bring and I didn't have a whole lot to look forward to," said Charles.

It's been two years since his accident, and medical bills continue to pile up. After household bills are paid, Charles has \$50 left for food and other needs. The Food Bank's partner agency, Hillsborough Seventh Day Adventist Church, has been critical for Charles to receive the help he needs.

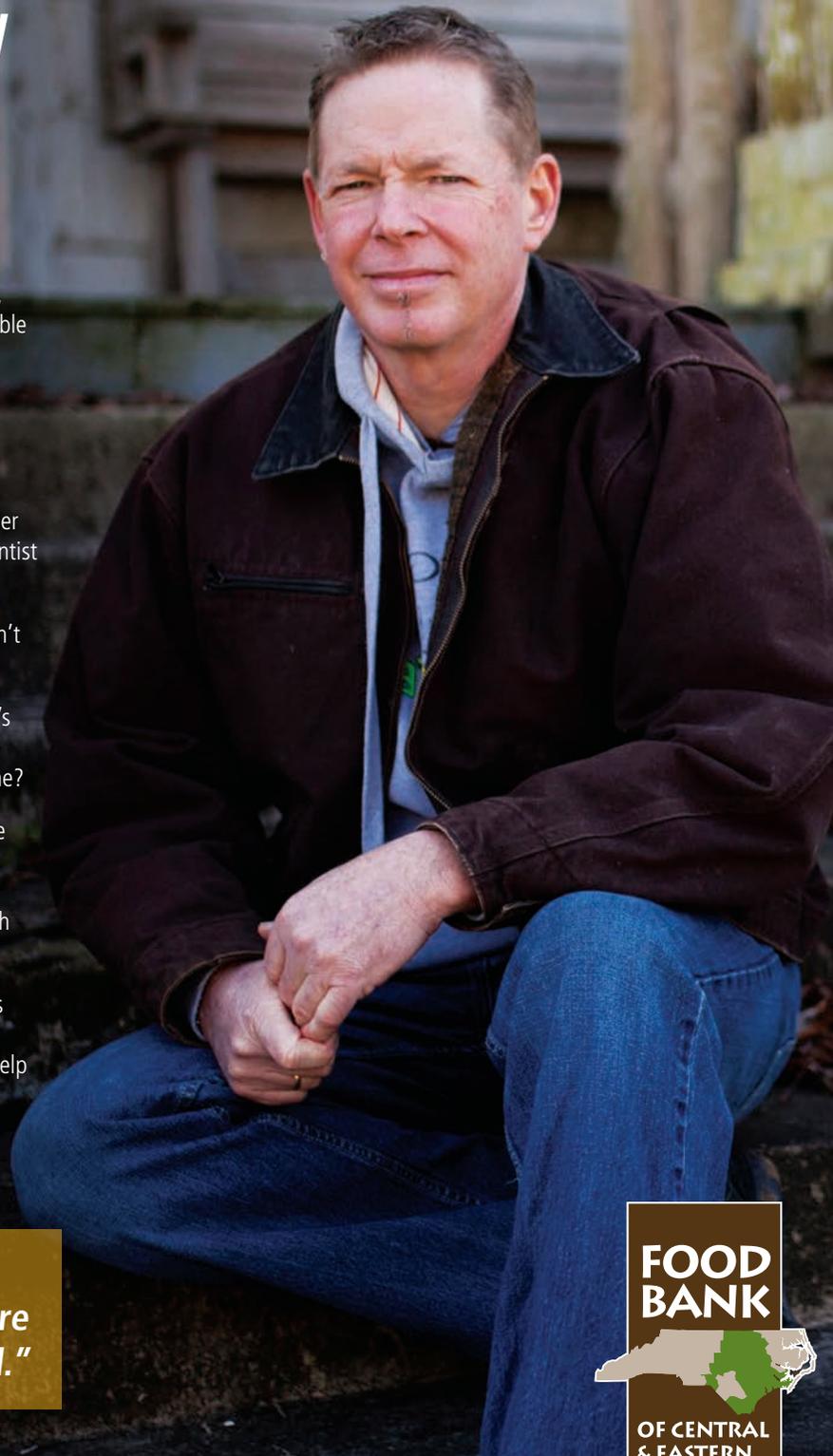
Charles states very plainly, "Without SNAP and the Food Bank, I wouldn't be able to make it."

More than 600,000 individuals, families, and children in the Food Bank's service area face a similar dilemma as Charles – after essential bills like rent, electric, water, etc. are paid, what is left for food, gas, and medicine?

Charles takes comfort in the fact that he is able to receive help from the combination of food from his local pantry and SNAP. His local pantry receives their food from the Food Bank, which ensures Charles gets the nutrition he needs. He's even able to volunteer at the pantry a bit, which helps him feel like he's giving back.

Thanks to your support, the Food Bank works with our partner agencies to build pathways to long-term food security for people like Charles. September is Hunger Action Month. It's a time when your actions can help Charles and others like him put food on the table. Your donations help fill his local pantry – for every \$1 donated, the Food Bank can provide 5 meals. For more information on how to take action in September visit foodbankcenc.org/HAM.

"I love working... I miss working," said Charles. "But now it's hard just taking care of myself. My future is just sort of busted."



**FOOD
BANK**



**OF CENTRAL
& EASTERN
NORTH
CAROLINA**

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FROM THE DESK OF THE PRESIDENT & CEO

Dear Friends,

As we begin to wind down our Stop Summer Hunger initiative, and look ahead to Hunger Action Month in September, I have again been reminded about the power of partnerships in our community.

When it comes to making sure that children and their families can keep food on the table during the stressful summer months, we've long known the Food Bank alone cannot provide what's needed. Thanks to your support, we're able to coordinate extensively with other non-profits, and local government, to ensure that kids missing out on free and reduced-price breakfast and lunch can be full and have the summer of play they deserve. We're very grateful to our corporate sponsors as well, for kicking off Stop Summer Hunger each year with food, volunteer, and monetary support — shining a light on the importance of addressing summer hunger.

With children headed back to school, we begin thinking about education and awareness. That's really what Hunger Action Month is about. While we know that you understand what hunger means in central and eastern North Carolina, the truth is that not everyone in our community and state does.

More than 600,000 people — including children, seniors, and veterans — in our 34 counties don't know where their next meal will come from. That's a statistic that, when shared with the people in your circle, could spark action and change.

My ask of you for this year's Hunger Action Month is to seek out opportunities with your friends and loved ones to share what you know about hunger in our community. Let them know that statistic above, who is facing hunger, and perhaps suggest they visit their local food bank to find out how they can help. Even short conversations about hunger are a way to keep the power of partnerships strong.

I am thankful every day for your support of our mission, and know that together we are working to ensure no one goes hungry.

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



Hunger Action Month
Media Partner:



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

WHAT DOES THE FARM BILL MEAN TO THE FOOD BANK AND THE PEOPLE WE SERVE?

In the 34 counties the Food Bank serves, approximately 16% of people are food insecure, including: 1 in 3 children; approximately 1 in 10 senior citizens; and many members of our veteran community. The Food Bank operates Farm Bill programs such as the Supplemental Nutrition Assistance Program (SNAP), The Emergency Food Assistance Program (TEFAP), and the Commodity Supplemental Food Program (CSFP) to provide food to our community.

- SNAP works by giving people a helping hand when they need it most. In fiscal year 2018, the Food Bank helped people in need complete more than 1,482 applications to receive SNAP benefits, which led to 1.1 million more meals in our community.
- SNAP supports the whole North Carolina food chain — from farmers and growers, to local retailers and manufacturers, to the working poor.
- TEFAP is essential to the work of the Food Bank. Last year, it provided almost 20% of the food that was distributed through local hunger-relief agencies last year. In fiscal year 2018, through TEFAP, the Food Bank provided more than 4 million meals.
- CSFP is often a program of last resort for seniors who qualify for no other form of nutrition assistance, but desperately need help. Each box includes vegetables, fruits, whole grains, protein, and dairy. The Food Bank operates CSFP in 16 counties, with a goal to serve 5,000 seniors in need. In fiscal year 2018, more than 1 million meals were provided by the Food Bank through CSFP to senior citizens in need.

Volunteers prepare CSFP boxes for senior citizens 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/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

TURKEY MEATBALLS WITH A SOUTHEAST ASIAN TWIST

We were so excited to have the First Lady of North Carolina, Kristin Cooper, and Chef Ryan McGuire, head chef at the Governor's Executive Mansion, join us in the Allscripts Teaching Kitchen. Chef McGuire demonstrated a delicious healthy recipe featuring one of the most common ingredients found at the Food Bank: ground turkey.



TURKEY MEATBALLS

Ingredients

- 1½ pounds ground turkey
- 1 egg
- 2 teaspoons fish sauce*
- 1 tablespoon soy sauce
- 1/3 cup bread crumbs (preferably panko)
- 1 tablespoon lemongrass, minced**
- 2 teaspoons jalapeño, minced
- 2 tablespoons mint, chopped
- 2 tablespoons cilantro, chopped
- 1 tablespoon ginger, minced
- 1 tablespoon garlic, minced
- 2 tablespoons green onion, whites, chopped (reserve green portion for garnishing)
- 1 teaspoon sugar

Directions

1. In a medium size mixing bowl add egg, fish sauce, soy sauce, all the herbs, garlic, ginger, sugar, and chili, and whisk together until it becomes uniform.
2. Add ground turkey and bread crumbs to the egg mixture and mix together until all ingredients seem evenly distributed.
3. Divide mixture into four sections and ball up three meatballs from each section, giving you 12 meatballs total.
4. Place meatballs on a lightly greased baking sheet and bake in a pre-heated 350° oven until golden brown and cooked all the way through (165° internal temperature).

Plating suggestion: Place each meatball in a bibb lettuce leaf topped with peanut sauce, mint, cilantro, and scallions.

**If fish sauce is difficult to find, Worcestershire could be a possible alternative.*

***If lemongrass is not available, add an extra tablespoon of ginger and garlic.*

PEANUT DIPPING SAUCE Makes one cup.

Ingredients

- ¼ cup smooth peanut butter
- 2 oz rice wine vinegar
- 1 tablespoon soy sauce
- 1 teaspoon ginger, minced
- 1 tablespoon hot chili paste
- 1 teaspoon honey
- 1 teaspoon fish sauce
- 2 oz water

Directions

1. In a medium mixing bowl add all ingredients and whisk together until uniform.



SMOKE IN THE PITT RECAP

The Food Bank's inaugural Smoke in the Pitt event took place in Greenville on May 10, and was a huge success! The evening of BBQ, Beer, & Bubbles raised more than \$50,000 for the Food Bank of Central & Eastern North Carolina at Greenville and New Bern — the equivalent to 250,000 meals for those who are food insecure in Greenville and New Bern's ten-county service area. We want to again thank our sponsors Food Lion Feeds, Vidant Medical Center, Coca-Cola, WNCT Nine on Your Side, all those who attended, and all the food and beverage vendors!

Smoke in the Pitt

BBQ, Beer, & Bubbles



CHEF'S FEAST SANDHILLS

October 16

This year's Chef's Feast Sandhills is a delicious food and wine tasting event, showcasing chefs from the Pine Needles Resort, as well as local restaurants presenting their signature dishes. Not to mention an array of desserts! You can reach out to Michael Cotten (mcotten@foodbankcenc.org) for sponsorship options and additional information.

CHEF'S FEAST *at* WRIGHTSVILLE MANOR

November 5

This annual food tasting, with a seated main and final course, is a Food Bank collaboration with some of Wilmington's most renowned chefs and special guest Chef Vivian Howard, showcasing their uniquely crafted entrees. Beyond food, guests are able to participate in a live auction, listen to live music, and enjoy the beautiful grounds of Wrightsville Manor. For sponsorship opportunities and more information, please reach out to Beth Gaglione (bgaglione@foodbankcenc.org).

KIDS HELPING KIDS

Whether through volunteering, donating birthday money, or holding a food drive, kids in our community love to give back! These are just some of the kids who help the Food Bank feed children and their families.

Students of any age can help this fall by joining our Students Against Hunger food drive! For more information on how to participate and to register your school visit foodbankcenc.org/SAH.

Thank you to all you awesome kids who keep the Food Bank in your heart!

These most needed items are great for kids:



POP TOP CANS & MICROWAVABLE CUPS PREFERRED
 LOW SODIUM • LOW TRANS FAT • SUGAR FREE • NO GLASS
FOODBANKCENC.ORG



DONORS BOB AND ANN KNOW FOOD IS THE MOST POWERFUL MEDICINE

Doctors Bob Lee and Ann Talton-Lee are both pharmacists who recognize the importance of medicine, but also appreciate that food is the most powerful medicine one can use to combat and treat illness. As new members to the Full Plate Circle, they love the Food Bank's low administrative costs, strong volunteer support, and emphasis on nutrition education.

"We are heartbroken that so many of our neighbors are unable to meet their basic needs. We want to break the hunger cycle and trust the Food Bank to work towards doing so with our support. The Food Bank intern partnership with Wake County is a wonderful example of teaching a man to fish, while also making sure he has a fish to eat!"

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 and the unique opportunities membership offers, 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 – 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 major organizational donors for partnering with the Food Bank during our 2017-18 fiscal year.

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| 1 in 6 Snacks | Disney Worldwide via Feeding America | Nationwide Insurance Foundation |
| Allscripts | Dude Solutions | NetApp |
| Bank of America Charitable Foundation | Durham County Government | Norfolk Southern Foundation |
| Bart Ehrman Foundation, Inc. | Duke Energy | Oak Foundation |
| BASF | Eddie & Jo Allison Smith Family Foundation | PepsiCo Foundation |
| Bailey Family Foundation | Eli Global | PriceWaterhouseCoopers via Feeding America |
| Bayer USA Foundation | Enterprise Rent-a-Car Foundation | Publix Super Market Charities |
| Biogen Foundation | Eshelman Foundation | Railinc |
| Birdseye Renewal Energy | Food Lion Feeds Foundation | Red Nose Day via Feeding America |
| Blue Cross Blue Shield of NC | GE Hitachi | RTI International |
| Bob Barker Co. Foundation | Genworth | Strayer University |
| Burt's Bees Greater Good Foundation | Harold H. Bate Foundation | TJX Foundation |
| Cape Fear Memorial Foundation | James J. & Mamie R. Perkins Charitable Trust | US Foods |
| Carlson Family Foundation | J.H. Walker Legacy Foundation | Vertex Railcar |
| CarolinaEast Foundation | John William Pope Foundation | Vidant Health Foundation |
| Caterpillar Foundation via Feeding America | Kids 'n' Community Foundation of the Carolina Hurricanes | Vivien West Memorial Fund |
| Cisco | Live Oak Bank | Walmart Foundation |
| City of Wilmington | Lowe's Foods | Walmart Stores, Inc. |
| Clark Pavement | MAZON: A Jewish Response to Hunger | Waste Industries |
| Corning Inc. Foundation | Mildred Sheffield Wells Charitable Trust | Wells Fargo Foundation |
| Costco | Mims Distributing | William R. Kenan, Jr. Charitable Trust |
| Craven County Community Foundation | Morgan Stanley | Woodforest National Bank |
| Credit Suisse Americas Foundation | National Council on Aging | Yardi Systems |
| Delta Airlines | | |

Allscripts – Corporate Takeover Day

We hosted our second Allscripts Takeover Day on July 18, 2018. Allscripts executives and Triangle employees volunteered at the Food Bank by sorting produce and retail donations throughout the day; a group of local executives were in the Allscripts Teaching Kitchen preparing healthy snacks; the Allscripts communications team took over our social media for the day; and the Allscripts team hosted a Drive, Drop, and Go food drive at their Raleigh headquarters.

Corporate Takeover Days are a great way to engage a large group of employees while giving back to your community and generating some great awareness for your brand and the Food Bank. If you would like more information on planning your own takeover event, please contact Jenna Temple, Manager of Corporate Partnerships, at jtemple@foodbankcenc.org.



FOOD BANK CALENDAR OF EVENTS



SEPTEMBER

Hunger Action Month



Kitchens of New Bern Tour



Full Plate Circle Volunteer Event



OCTOBER

Students Against Hunger
(runs through December)



Chef's Feast Sandhills



Food Lion Feeds Hunger Relief Day



Charitable Giving Tax Seminar



NOVEMBER

Harris Teeter Harvest Feast
Lowes Friends Feeding Friends
(runs through December)



Chef's Feast at Wrightsville Manor



Giving Tuesday



Backpack Pals Sandhills Christmas Program



DECEMBER



WCTI Share Your Christmas Food and
Fund Drive in Greenville and New Bern



ABC11 Together Food and Fund Drive



Mt. Olive Pickle Drop in Mt. Olive, NC