



**FOOD BANK OF CENTRAL & EASTERN NORTH CAROLINA**



*Fighting Hunger in 34 Counties... so no one goes hungry.*

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**Welcome to the Food Bank of Central & Eastern North Carolina's October eNewsletter!**

**\*\*\* Newsflash \*\*\***

The **Heart of Carolina Community Food Drive** will be running from October 19 to December 31. Please help us reach our goal of **ONE MILLION POUNDS OF FOOD!** Here is how you can get involved:

**DONATE FUNDS**

For every dollar donated, the Food Bank can supply four meals.



**DONATE FOOD**

Look for grocery bags in **The News & Observer** (Raleigh), **The Herald-Sun** (Durham), **The Daily Reflector** (Greenville) and **The Pilot** (Southern Pines) from Nov. 16 - Dec. 5 for ABC 11's public promotion. Fill the bags with non-perishable food and deliver to any Kroger store.

*Most Needed Items* include:  
 Canned Meals such as Soup, Ravioli & Tuna; Cereal; Peanut Butter; Rice & Diapers (no glass, please)

**SPONSOR A FOOD DRIVE**

We have a wealth of information available for hosting a food drive or a virtual food drive. [Click here for more details.](#)

**STUDENTS AGAINST HUNGER & COLLEGE SAH**

Check with your local schools to see if they are participating in [SAH](#) or [CSAH](#). It's a great way to get kids involved & learn about helping our community!



You are no doubt aware of the current drought affecting our region. But you might not be aware of how the drought is affecting the Food Bank.

Last summer, local growers contributed over 3 million pounds of fresh fruits and vegetables. This year, the Food Bank suffered a shortfall of over 1 million pounds of produce. Unlike a hurricane, this drought is a quiet disaster whose impact is yet to reach its full potential. Though challenging, we were still able to meet the need by extending our resources to offset this loss. We will continue to feel the

effects of the drought during the upcoming winter months making your help even more important.

**Here's how you can help:**

*Hunger Relief Day* at the NC State Fair is scheduled on October 18. Last year, over 215,000 pounds of food were donated. *The Heart of Carolina Food Drive* starts on October 19 through December 31. We've set a goal of **one million pounds** of food, 250,000 more than last year. See more opportunities to help the Food Bank below.

Your participation in these important events is vital. Please also tell your friends and family by [forwarding this informative email!](#) Together, we can help alleviate the suffering of over 400,000 parents, children and seniors who are at risk of hunger in our communities.

*You are receiving this email because, at some point, you provided your email address asking to receive information via email. If you'd like to be removed from this list, [please click here.](#)*

**Upcoming Event:  
 Hunger Relief Day at the State Fair  
 Thursday, October 18**

Join us for [Hunger Relief Day at the State Fair!](#) Bring four cans of Food Lion brand food and enjoy **FREE** admission. All cans benefit the Food Bank. Last year, the Food Bank received an incredible 215,000 pounds of food from Hunger Relief Day. It was enough to provide over 15,000 meals per month to those suffering from hunger in our community. Please help us exceed last years number. Join us at the Fair!



www.foodbankcenc.org

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**Stop by and say "Hello!"**  
**WTVD ABC 11 at the NC State Fair**  
**October 12 to October 21**



ABC 11 WTVD will have a booth at the NC State Fair with information about the upcoming Heart of Carolina Food Drive. Food Bank staff and volunteers will be at the booth from 12 pm to 4 pm every day. Stop by to get more information about how you can participate in this community-wide Food Drive.

The WTVD ABC 11 booth is located by the large waterfall near Dorton Arena. See you there!

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**New Feature: Driver Stories**

Drivers for the Food Bank of Central & Eastern North Carolina often have a very unique perspective of the impact the Food Bank has in the community. Here is a sample of some of them:



*Sometimes I make a delivery at 1 pm and they tell me the food will be all taken before dinner. I ask some agencies 'How long will this food I'm delivering last you' ... and they say 'It'll be gone within the hour'.*

*One day I was loading meat at one of the grocery stores that helps us out. I went into my trailer and when I came back out I found cans of baby food and formula sitting on my bumper. Just sitting there. I looked around nobody to be found. Then I saw her, she looked to be a young mother with 2 kids, pulling out of the parking lot in a car that had seen better days. I just knew it had to have come from her. Imagine that, she probably needed some help herself, and here she was, giving some of what little she had to another mother, another baby.*

These stories, and more, are featured on our new ["Driver's Stories" page](#) - we hope you enjoy them!

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**Exhibit Benefiting the Food Bank**

A new exhibit benefiting the Food Bank is on display at the Marbles Kids Museum! **Construction**, a competition of giant structures built entirely from canned food, had its opening day on September 29. The theme is "Toys and Games". Local design firms crafted amazingly creative structures such as "A 'Brite' Idea" (a giant LightBrite), "The Battle Against Hunger" (a huge Battleship board) and "Roll the Dice to End Hunger" (a section of a Monopoly board.) Click here to see a time-lapsed video of the construction of "Mr. CANTato Head" and read more about this fun and interesting event.

[Click here to see all of our events!](#)



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**Other Important Items**

- **Grand Opening of 'Crisp' to Benefit the Food Bank**

'Crisp', a new restaurant at the food court of Crabtree Valley Mall, Raleigh, will donate 100% of its profits from their Grand Opening to the Food Bank of Central & Eastern NC. 'Crisp' features fresh salads and wraps - "chopped, tossed, dressed, and delicious!" Eat at 'Crisp' on Saturday, October 20, 2007 to benefit the Food Bank!



- **Tell Our Senators to Support the Farm Bill**

Urge our US Senators to support increased funding for nutrition programs and food assistance. [Click here to get more information about this important bill](#) and contact



information for our North Carolina Senators.

- **New! Make a Tribute Donation to your friends and family!**

The Food Bank now has beautiful Tribute eCards available. Let your friends and family know that you support the Food Bank of Central & Eastern NC and the fight against hunger in the 34 counties of which we serve (see below) by making a Tribute Donation in their name. [Click here to make a donation and send an Honor or Memorial eCard today!](#)



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The mission of the **Food Bank of Central & Eastern North Carolina** is to harness and supply resources so that no one goes hungry in central and eastern North Carolina. The administrative overhead of the Food Bank is 3%. The Food Bank serves the following counties:

- Durham Branch: Chatham, Durham, Granville, Orange, Person, Vance
- Greenville Branch: Carteret, Craven, Edgecombe, Greene, Jones, Lenoir, Onslow, Pamlico, Pitt, Wilson
- Raleigh Branch: Duplin, Franklin, Halifax, Harnett, Johnston, Nash, Sampson, Wake, Warren, Wayne
- Sandhills Branch: Lee, Moore, Richmond, Scotland
- Wilmington Branch: Brunswick, Columbus, New Hanover, Pender



To read more about our mission and history, [click here](#).

To read more about our service territory, [click here](#).

For our branch locations, [click here](#).



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\* \* \* \* Newsflash \* \* \* \*

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Donate Button Small

[http://www.foodbankcenc.org/site/Donation2?idb=0&df\\_id=1240&1240.donation=root](http://www.foodbankcenc.org/site/Donation2?idb=0&df_id=1240&1240.donation=root)

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