



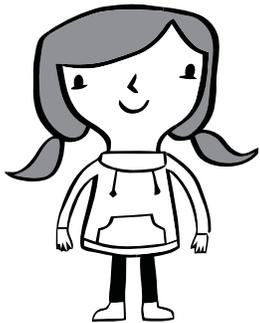
THE HUNGER BEAT LITE

Spring 2013

News from the Food Bank of Central & Eastern North Carolina

www.foodbankcenc.org

The distribution of the Food Bank of Central & Eastern North Carolina has increased nearly 43% over the past five years.



Are you ready to meet Kate?

Meet Kate. Kate seems like an ordinary girl. She goes to an ordinary school, and she is part of an ordinary family. But there is something you don't know about her.

Kate's dad lost his job awhile back, and since then the family has spent all of their savings, sold all that they could, and maxed out their credit cards. Now they are about to lose their home. The family has to make tough decisions and sometimes that means no money for food.

Kate is one of more than 191,000 children in the Food Bank of Central & Eastern North Carolina's service area who struggle with hunger.

Last year the Food Bank of Central & Eastern North Carolina distributed nearly 45 million pounds of food to children and their families,

many of whom have been in the same situation as Kate and her family. Distribution has increased nearly 43% over the past five years. Many families have been forced to visit Food Bank partner agencies like soup kitchens and food pantries for this very basic need.

Please take a few minutes to visit our website and watch the "Hungry Kate" video. Then share this important story with your friends and family and through social networks like Facebook and Twitter.

Along with the video, you'll find educational pieces to help start a discussion about hunger. Conversation starters, quick facts, coloring pages, and the "Hungry Kate" video can be found on our website at www.foodbankcenc.org/Kate.

Your assistance in helping the Food Bank educate others about the problem of hunger, along with your donations, can reduce the anxiety felt by these struggling families.

Real Faces of Hunger

David is a veteran and the father of four. While he used to run a successful business, circumstances have changed and David now needs emergency food assistance to provide for his family. "It costs a lot to put even a meager meal on the table. At the same time, I don't know how to pay to keep the roof over our heads." One of his daughters worries constantly that their family will be homeless. Thanks to your contributions to the Food Bank, David may not have to make the choice between paying his mortgage and buying food. "Things will change for me, but right now, I'm so grateful for the help. I'll still have to worry, but it will be less."



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THE FOOD BANK REMEMBERS

Juanita Cooper Montgomery, an original member of the Durham Branch regional council, passed away on December 23, 2012. Juanita faithfully served the Durham Branch for over 12 years and was a wise and compassionate advisor. She was actively involved with feeding hungry people through volunteer work at her church, First Calvary Baptist in Durham. Due to her fight with cancer, which took Juanita too young, she resigned from the Food Bank Council. She continued, however, to visit the Food Bank while helping the food pantry at her church. Juanita leaves behind her husband, Kevin, three children, and six grandchildren. The Durham Branch will be eternally grateful for the generosity of spirit that Juanita displayed.

-Dana Lange, Chair, Food Bank CENC Board of Directors

THE HUNGER BEAT

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Questions? Call 919.865.3050 or 919.865.3063.

Dear Friends,

We at the Food Bank continue to be astonished by your outpouring of support. Once again, your donations of money, food, and time showed you believe in our mission—no one goes hungry in central & eastern North Carolina—as strongly as we do. For this we truly thank you.



And as you know, hunger does not end when the holiday season ends. The need is great throughout the year.

This February, the Food Bank introduced “Hungry Kate” and her family through a video on our website. While the Kate in our video is fictional, she represents more than 191,000 children in our service area whose families have faced the scary spiral of job loss, foreclosure, and even bankruptcy. Many must seek emergency food assistance for the first time to feed their families.

People like David (see cover story), a veteran who once ran a successful business and recently had to seek food assistance for himself and his four children. He told us that it has become extremely difficult to put even a meager meal on the table.

And David is not alone. We continue to hear stories of working families who are struggling, who have to make tough choices between paying rent or utilities or making sure there is enough food in the refrigerator and pantry.

I hope you will visit our website and view the “Hungry Kate” video. Share it via social networks like Facebook and Twitter. The website features creative ways to introduce Kate, and the problem of hunger, to the entire family.

Visit www.foodbankcenc.org/Kate to access the video, more information, and innovative tools that help raise awareness about food insecurity.

Your donations translate into a very important lifeline for families who face the tough reality of hunger each and every day.

Best regards,

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

JOIN OUR ONLINE COMMUNITY

Stay informed about great events, volunteer opportunities, and unique news, like how to “Meet Kate.” Request our newsletter to have the latest and greatest delivered right to your inbox. What could be more convenient?

Sign up now:

<http://www.foodbankcenc.org/SignUp>



GREENVILLE/NEW BERN BRANCH STAFF HONORED

Peletah Ministries, a partner agency of the Food Bank, recently honored Food Bank staff members Christal Andrews, Greenville Outreach Coordinator, and Brandon Randolph, New Bern Warehouse Coordinator. During the Ministries' first anniversary celebration, held on January 5, Christal and Brandon received an award for their significant contributions to those at risk of hunger in Craven County. This honor also recognized the work Christal and Brandon did during Eight Days of Hope, an effort that helped rebuild and repair homes damaged by Hurricane Irene. The Food Bank was able to stock the pantries of the new or repaired homes with food and non-food essentials. Since becoming a partner agency of the Food Bank, Peletah Ministries has made meals available to over 9,000 individuals. Congratulations to Christal and Brandon, and many thanks to Peletah Ministries for your partnership.



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**The Food Bank
sincerely thanks
Martin for his
years of service!**

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LONG TIME RALEIGH EMPLOYEE RETIRES

Best wishes to Raleigh Warehouse Lead Martin Brewington, who will retire from the Food Bank in March. Martin leaves the Food Bank with over 13 years under his belt. He has been primarily responsible for receiving and distributing product for TEFAP (The Emergency Food and Assistance Program), which accounted for more than 6.5 million pounds of the Food Bank's distribution in fiscal year 2011–2012. In 2010, Martin was named the Food Bank employee of the year for his outstanding job performance. He always has a smile and a greeting for everyone during the workday and will be sorely missed by his fellow employees. As will his famous banana pudding, which was the star of every Food Bank potluck!

YES, you can count on my generous gift to help stock the shelves at the Food Bank of Central & Eastern North Carolina so that individuals, children, and their families continue to have access to daily meals.

HERE IS MY GIFT OF:

- Other _____
- \$500
- \$250
- \$100
- \$75
- \$50

Name _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Please charge my Visa Mastercard

Account# _____ Exp Date _____

Signature _____

EVENTS RECAP

Thank you to our retail partners for their outstanding support during the holiday season:

- Lowes Foods Friends Feeding Friends
- Harris Teeter Harvest Feast
- Food Lion Hunger Has A Cure
- Kroger Heart of Carolina



Primary Beginnings students drop off donations at the Raleigh Kroger during Heart of Carolina

Heart of Carolina Food Drive

The 26th annual Heart of Carolina Food Drive wrapped up with a very successful drive through day on December 7, 2012 at three area Kroger stores. With a goal of 5.5 million pounds of food, the Triangle community came out in full force and donated food and funds that exceeded the goal! Thank you to ABC11 and their sponsors, as well as our wonderful volunteers, for another year of outstanding support for our community members in need.

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- 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 & mail to:

FBCENC, 3808 Tarheel Drive
Raleigh, NC, 27609

Or, give online at
www.foodbankcenc.org.

IT'S EASY!

VISIT OUR WEBSITE: WWW.FOODBANKCENC.ORG

EVENTS RECAP

(Continued from page 3)

Students Against Hunger

Thank you to students of all ages who participated in the annual Students Against Hunger food drive in fall 2012. From pre-schoolers with wagons to college students with PODS, food was collected and brought to the Food Bank. Nearly 380,000 meals will be provided thanks to the efforts of schools in our service area. Sanderson High School continued its winning tradition with the most food and funds collected, but they had lots of competition across the region! The energy and commitment behind the many creative ideas were fantastic.

Share Your Christmas

Results of the 2012 Share Your Christmas food and funds drive are in, and they exceeded last year's totals. Volunteers collected donations at malls in New Bern, Greenville, and Jacksonville that will provide over 20,400 meals to people in our service area. We are so grateful to WCTI News Channel 12 for their sponsorship of this food drive.



Students Against Hunger winners Sanderson High School present a check to Food Bank President Peter Werbicki (far left)



Young donors and volunteers in New Bern during Share Your Christmas

UPCOMING FOOD DRIVES AND SPECIAL EVENTS

| Date | Event | Branches |
|-----------------------|-----------------------------|------------|
| March 1, 2013 | Dormie Golf Club Event | Sandhills |
| March 16, 2013 | St. Patrick's Day Parade | Raleigh |
| March 17, 2013 | Crop Walk | Durham |
| March 23, 2013 | NCSSM Food Drive | Durham |
| April 1, 2013 | Touch a Truck | Greenville |
| April 1, 2013 | Feed the Need | All |
| May 1, 2013 | Seven Lakes Golf Tournament | Sandhills |
| May 11, 2013 | Stamp Out Hunger | All |
| June and July of 2013 | Stop Summer Hunger | All |

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Raleigh, NC 27609



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