

## Helping Seniors Keep Food in the Pantry

**M**ajorie Coston is about to celebrate her 80th birthday. Today, a group of friends she sees three times a week are helping her commemorate this special occasion with a birthday cake. They will also send Majorie home with the gift of groceries, including fresh produce, meats, and bread.

She is celebrating with her friends at the local food pantry.



JOHN B. STEADY

**Fresh produce can be difficult for seniors on a fixed income to purchase.**

With the help of her aide and a walker, Majorie visits the Food Bank partner agency in Onslow County three times a week. But she doesn't visit three times a week just to supplement her own food supply. She picks up food for her elderly neighbors who aren't able to leave their homes and are also on fixed incomes. Two of the neighbors are sisters who are in poor health and cannot drive; they can only find people to



JOHN B. STEADY

**In addition to food for herself, Majorie regularly picks up groceries at a Food Bank partner agency for elderly neighbors who are unable to leave their homes.**

run errands for them on occasion. Without Majorie, it's very likely these two women would find their cabinets bare.

Visiting the pantry allows Majorie and her neighbors to receive protein such as sausage and fresh produce like potatoes, mushrooms, and tomatoes—items that are difficult to purchase on a senior's limited food budget. "I don't want to take, but sometimes I need help too."

Majorie is lucky to be in the position to help. She has her aide, and although she has been widowed for 25 years, Majorie has several family members who are also able to help her out. And even though she is 80, uses a walker, and can't drive, she still finds the energy and heart to assist her neighbors in need. "People tell me I don't look 80," Majorie says. "I tell them I don't *feel* 80!"

In the Food Bank of Central & Eastern North Carolina's service area, nearly 44,000 seniors are living at or below the poverty level. Our seniors' economic challenges are often compounded by the fact that they are ill or disabled. Many cannot drive. Too many have to choose between purchasing food and medication. This winter was particularly harsh and put added pressure on countless seniors who faced increased utility bills.

The Food Bank is here to ease the burden on seniors like Majorie and her friends. They, along with thousands of other seniors, have meals on their tables. Your support is crucial to ensuring that our elderly neighbors have one less worry in their later years.

DURHAM

GREENVILLE

NEW BERN

RALEIGH

SANDHILLS

WILMINGTON

**2**

**Join the Fight**



**3**

**Durham to Feed More**



**4**

**Recognizing Leadership**



**4**

**Stop Summer Hunger**



## FROM THE DESK OF THE PRESIDENT & CEO



Peter Werbicki

The 34 counties of North Carolina served by our Food Bank saw one of the harshest winters in recent memory. Many of us stocked up on essentials before getting stuck in the house for days. Some lost power. But imagine if you couldn't find the resources to purchase that extra loaf of bread or extra gallon of milk, and instead you watched the food in the cabinets dwindle away. It is thanks to your generosity during the holiday season and bitterly cold winter months that thousands didn't have to face empty cabinets and refrigerators. During the holidays alone, the Food Bank was able to provide a record breaking 8 million pounds of food to our neighbors in need. As we look ahead to spring, a huge number of people are struggling to put food on the table. In order to deal with the escalating need in our 34-county service area, the Food Bank recently moved our Durham and Greenville Branches to new facilities, allowing for an increase in storage and distribution. Thank you for making it possible for the Food Bank to grow and continue battling the storm that is hunger.

## EVENTS 2014—PLEASE JOIN US IN THE FIGHT AGAINST HUNGER!

ANDREW KENNEY FOR FEED THE NEED



### Feed the Need: Step up to the plate for the Food Bank

Step up to the plate and help feed hungry kids in our communities. Join the *News & Observer* and help "Feed the Need"! Drop your kid-friendly food donations at your local Harris Teeter store from April 1–26 or come on out for a special "Feed the Need Day" on Saturday, April 26 at five select stores in the Triangle area. Or visit the "Ways to Give" section of the website below to learn how you can make a direct impact in a child's life.

Learn more: [www.feedtheneednc.com](http://www.feedtheneednc.com).



### TASTE the Event

Durham Magazine is presenting TASTE 2014, a five-day festival of food and wine events in Durham and Chapel Hill held April 23–27. The signature event will be the Grand TASTE Experience at DPAC on Thursday, April 24 from 6 pm – 9 pm. The event will feature dozens of chefs offering samples of their best dishes, as well as over 100 types of wine, beer, and spirits. Guests at the event will leave pleasantly satisfied! A portion of ticket sales will be donated to the Food Bank, along with proceeds from a silent auction. Visit the DPAC box office to purchase Grand TASTE Experience tickets.

For additional details and to purchase tickets: [www.tastetheevent.com](http://www.tastetheevent.com).



### Stamp Out Hunger in Central & Eastern North Carolina

Join the National Association of Letter Carriers for the largest one-day food drive in the nation! Look out for a designated donation bag delivered to you by your letter carrier, fill it with your donation, and your letter carrier will pick it up on Saturday, May 10. Last year, Stamp Out Hunger raised enough food in our 34 counties to provide more than 522,000 meals!

Learn more: [foodbankcenc.org/events](http://foodbankcenc.org/events).

## DURHAM BRANCH SET TO FEED MORE

In 1999, the Food Bank opened our third branch on Ramseur Street in Durham to better serve more than 55,000 people at risk of hunger in Chatham, Durham, Granville, Orange, Person, and Vance Counties. In the first full year as a branch, Durham had a staff of just one and distributed 748,438 pounds of food. Eventually the number of employees and pounds distributed grew, and the branch upgraded to an 18,500-square-foot building on Gilbert Street.

As of January 2014, the Durham Branch had distributed 60 million pounds of food, or more than 50.5 million meals, since opening in 1999.

The branch has now been serving the Durham community for 15 years, and last year alone the staff distributed more than 6.3 million pounds with the help of 172 partner food pantries, soup kitchens, shelters, and group homes.

Due to this tremendous growth and the need that continues to exist in our service area, a new space was needed in Durham. The branch recently moved to a 29,000-square-foot facility at 2700 Angier Avenue. The new space will increase our storage and distribution capacity by 60%, making it possible to feed more residents in need in Durham and the surrounding counties. Increasing capacity in Durham helps conserve the resources of our Raleigh Branch for the remainder of our service area.

Doors will open in April. Another \$100,000 is required for the Durham Branch to complete all aspects of the expansion and be able to best serve the nearly 100,000 individuals in need in its six-county service area.



A volunteer brings life to the new Durham building.

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## PLAN FOR TOMORROW. INFLUENCE THE FUTURE.

As a legacy partner, you envision a world without hunger and want to help ensure a better future for those in need. Consider creating your own legacy with the Food Bank. By including the Food Bank in your estate plan, you make a lasting contribution that touches countless lives through our staff and over 800 partner agencies. If you have already remembered the Food Bank in your plans, please let us know. We are grateful for your commitment and would welcome the opportunity to thank you!

Become a legacy partner by naming the Food Bank as beneficiary of your:

- Will or trust.
- IRA or other retirement plan.
- Life insurance policy.

For more information on how to leave your legacy, contact Ashley Delamar, Vice President of Development, at 919.865.3044 or adelamar@foodbankcenc.org.

### HUNGER BEAT LITE

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Questions? Call 919.865.3063 or 919.865.3050.

**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
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Name \_\_\_\_\_

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**Please charge my**  Visa  Mastercard

Account# \_\_\_\_\_ Exp Date \_\_\_\_\_

Signature \_\_\_\_\_

- 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](http://www.foodbankcenc.org).

HBL0414

**MAKE YOUR TAX-DEDUCTIBLE CONTRIBUTION NOW AT [FOODBANKCENC.ORG](http://FOODBANKCENC.ORG).**

## Top Donors, Volunteers, Agencies Honored

The Food Bank held a special evening of recognition on January 30, 2014. In addition to honoring our most exemplary donors of funds, food, and time during FY 2012–2013, friends of the Food Bank gathered to get the first glimpse of the new Durham Branch location. The 2013 Hunt-Morgridge Award was given to the Reverend Haywood Holderness in appreciation of his 20 years of support and service to the Food Bank. Haywood served as Board Chair for several years and had a key role in opening the very first branch in Durham. He also recruited volunteers, including four North Carolina Governors, to raise over \$6 million for the Breaking Bread Campaign in 2002. The Hunt-Morgridge Award recognizes extraordinary leadership and dedication to hunger relief efforts. The Food Bank instituted the award in the name of The Honorable James B. Hunt, Jr., former Governor of North Carolina, and John P. Morgridge, Chairman Emeritus of Cisco, for their outstanding contributions to our mission.



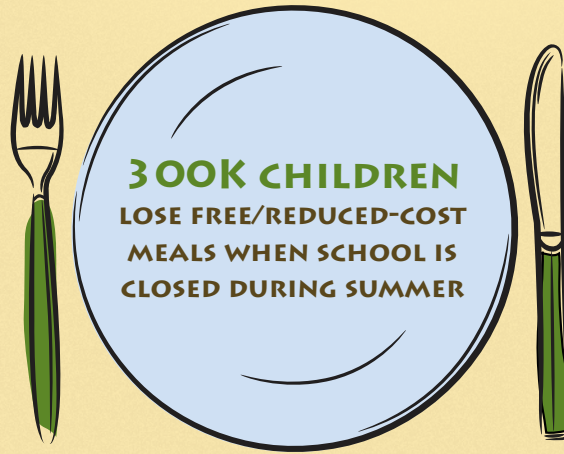
JESSIE GLADIN-KRAMER

Board Chair Dana Lange and 2012 Hunt-Morgridge Award recipient Barbara Oates present Haywood Holderness with the 2013 award.



You Can Help Stop  
Summer Hunger  
Beginning in  
JUNE 2014

### NO SCHOOL = HUNGER



Visit [foodbankcenc.org/stopssummerhunger](http://foodbankcenc.org/stopssummerhunger) today.

PLEASE  
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THE FOOD BANK  
IN REACHING OUR  
GOAL OF PROVIDING  
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