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The Face of Hunger

The face of hunger this holiday season may not be the one you would expect. As we have seen over the last several years, hunger is affecting thousands of people that it never touched before. The person standing in line at one of our partner food pantries or soup kitchens could be your child’s classmate, a neighbor, a coworker, or even a family member.

Lillian recently had to visit a food pantry in our Wilmington Branch service area for the first time in her life. She was grateful not only for the food but also for the friendly faces and welcoming environment of our partner agency.



“I am 73 years old with four grown children. My whole life, I worked hard to provide food for my family. This year was the first year ever that I came to a food pantry for help. The cost of everything has gone up: electricity, water, gas, insurance, medicine. I chose to pay for my prescriptions instead of buying food. It was all the money I had.... Before coming here today, my cupboards were bare. That is not an exaggeration. This pantry offers a pleasant

indoor atmosphere; they even offer coffee! It’s a special kind of caring beyond food. I am thankful for everyone who is working so hard to help those of us in need.”



40% of people in our service area must make the difficult choice between purchasing food or paying the utility bill.

Jim works as a mechanic to support his wife and young child. Despite having a job with steady income, it was simply not enough to purchase food and pay the electric bill. Jim visited a partner agency in Wake County for food assistance, without which he would have had to make the difficult choice that 40% of people in our service area must make: purchase food for his family or pay the utility bill.

Your donations make it possible for the Food Bank of Central & Eastern North Carolina to serve more than 560,000 individuals and families at risk of hunger in our 34-county service area. We know that this is just one segment of need in our service area. So many more in our communities are just one event away from needing assistance. An unexpected illness, car repair, or job loss could force so many more to make difficult choices.

Hunger is not a welcome visitor to our hardworking friends, neighbors, and family this holiday season. Your support can make all the difference to those who are struggling.

DURHAM

GREENVILLE

NEW BERN

RALEIGH

SANDHILLS

WILMINGTON

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Volunteer Spotlight



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Walmart Grant Awarded



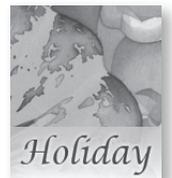
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GRANTS UPDATE

Through our membership in the national network of Feeding America affiliates and because of our own nationally recognized fiscal responsibility and efficiency, the Food Bank has tremendous power to leverage every dollar of every donation into more meals for people who need them. For every \$1 received, the Food Bank can provide the equivalent of five meals.

We are deeply grateful for the generous contributions of these donors, whose gifts support everything from general operations and transportation related expenses to our Kids Meals & More programs and fresh fruit for children at the Kids Summer Meals sites we sponsor. Under the calculation above, the \$160,000 donated by the following six partners could provide the equivalent of 800,000 meals.

Thank you!

Credit Suisse Americas Foundation	\$50,000
Sisters of Mercy	\$50,000
Food Lion/Western Union	\$20,000
Walmart Foundation Associates Choice Award	\$20,000
Golden Corral Charitable Fund	\$10,000
Leath Foundation	\$10,000

THE HUNGER BEAT

Published by The Food Bank of
Central & Eastern North Carolina

Designed by Archetype

Printed by B&J Custom Printers

Articles contributed by staff

Written by Christy Simmons and
Jennifer Caslin

Edited by Christy Simmons,
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Dear Friends,

Food Banking has certainly evolved in the more than 30 years the Food Bank of Central & Eastern North Carolina has been serving the community. For many years, the Food Bank supplied primarily non-perishable goods. Last year, however, 50% of the food distributed to our 800 partner agencies was perishable items like fresh produce, frozen meat, and dairy items.



Additionally, our program and outreach efforts have expanded dramatically. During the summer of 2012, we were our state's fifth largest provider of summer meals to children, and our community garden at our New Bern Branch is now the largest in Craven County.

The Food Bank can now extend a helping hand in so many other ways.

Take Lillian (see cover story), who appreciated the friendly face as well as the food she received from her local food pantry. Like Gerald and Marci, the senior husband and wife who came to trust the reliable Food and Nutrition Service (FNS) Outreach Coordinator they continually saw at the local food pantry. The Food Bank staff member was able to sign the couple up for FNS Benefits to supplement their food budget each month. Since we began this outreach effort, we have provided application assistance to over 870 individuals, generating more than \$400,000 in food benefits.

Yet non-perishable items are still a vital source of food to those we serve. For instance, the annual Food Lion Hunger Relief Day at the North Carolina State Fair provides nearly 200,000 meals to those at risk of hunger each year.

Please know that whether you donate funds (for every \$1 donated the Food Bank can provide five meals) or cans and other non-perishable items, your entire gift helps to support our mission of ensuring that no one goes hungry in central & eastern North Carolina.

On behalf of the more than 560,000 individuals and families who rely on the Food Bank, we thank you and wish you the safest and happiest of holiday seasons.

Best regards,

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

VOLUNTEER SPOTLIGHT

The Greenville Montessori School recently took on a HUGE volunteer project for the Food Bank's Greenville Branch. The Food Bank dropped 17,000 pounds of potatoes at the school, located at Laurie Ellis Road in Winterville. Sorting and bagging the potatoes was an enjoyable project for the students, who worked until 7:00 pm the first day and completed the entire sort in two days! The smaller children were even able to get in on all the potato sorting action and had a great time doing it. With the amount of product sorted and bagged by the Greenville Montessori School, the Food Bank will be able to provide more than 14,000 meals. A big "thank you" to all who participated in the sort.



FOOD BANK WINS 2012 WALMART ASSOCIATES' CHOICE GRANT!

The Food Bank is honored to receive a 2012 Associates' Choice grant of \$20,000. It will be used exclusively for our Kids Meals & More child nutrition programs. Walmart and Sam's Club associates have been great advocates for our work, not only at the store level, but also at the Distribution Center as well. The support continues to grow because of the dedication of Receiving Associates, Market Assistants, Market Managers, and other employees giving of their time to help the cause.



Walmart Associates volunteer at the Food Bank

The collection of nearly 7 million pounds of food last year through the Retail Recovery program included fresh produce, frozen meats, dry goods, and dairy products and provided the equivalent of approximately 5,838,568 meals. This astounding figure represents a deep partnership with many employees at individual stores who take the time to set aside food for us, volunteer sorting food at our warehouses, save banana boxes for us, give us freezer storage space and trucking help in an emergency, and vote for us in the Associates Choice program when they get the chance!

Children should never have to worry about when they will have their next meal. This grant will be used to provide children with nutritious meals after school, on weekends, and during the summer when school-based meals are not available. A high school student wrote about a backpack of food for the weekend: "I feel normal. . . . I can come home on the weekends without worrying if I will be hungry." This \$20,000 grant can provide the equivalent of 121 children receiving a full backpack of food for 27 weeks!

We, and the children we serve, THANK YOU SO MUCH.

YES, you can count on my generous gift to help stock the shelves at the Food Bank of Central & Eastern North Carolina during the winter, 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



Yard House Grand Opening—

A special shout-out to Yard House Raleigh for their generous donation of \$10,000 to the Food Bank in honor of their grand opening in North Hills! Thanks to you we can provide 50,000 meals to our community.

Triangle Chef Showdown—

On September 27, four well-known chefs gathered at The Chef's Academy for the 2nd annual event: Ryan Payne (Weathervane), Scott Schabot (Ruckus Pizza), John Mannino (Mannino's Italian Bistro), and Keith Rhodes (Catch, Phun). With sous chefs at their side, they prepared orange-themed meals in honor of Hunger Action Month. Guests chose their favorite chef by purchasing voting tickets or by donating canned goods. When votes were tallied, Chef Payne was announced as the winner! Many thanks to everyone who attended and helped reach the goal of 100,000 meals. Special thanks to Jayson Boyers, board member and

(Continued on page 4)

- 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.

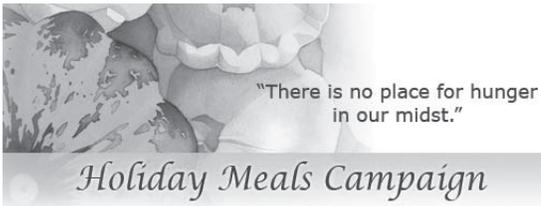
Please clip & mail to:

FBCENC, 3808 Tarheel Drive
Raleigh, NC, 27609

Or, give online at
www.foodbankcenc.org.

IT'S EASY!

VISIT OUR WEBSITE: WWW.FOODBANKCENC.ORG



HOLIDAY MEALS CAMPAIGN

Despite positive signs in our economy, joblessness and homelessness remain a sad reality for those most vulnerable around us. But hundreds of thousands have been able to hold on to a nearby helping hand. . . and that hand is yours and that of your fellow supporters of the Food Bank.

Help bring youngsters, hardworking parents, and senior citizens so much more than the warmth of a nourishing meal this holiday season: help bring them the glimpse of a future renewed with hope and promise.

Learn more: www.foodbankcenc.org/HolidayMeals.

Joblessness and homelessness remain a sad reality for those most vulnerable around us. YOU CAN HELP!

EVENTS RECAP

(Continued from page 3)

National Division President of The Chef's Academy, and sous chefs Brad Wilson (BlueCross BlueShield of NC), Ed Paradise (Cisco), Caroline Welch (ABC11), and Rich Clifton (NetApp).

Food Lion Hunger Relief Day on October 18 was a huge success! Volunteers collected cans from fairgoers in return for a free ticket to the NC State Fair. When it was all over there were 214,038 pounds of food collected, enough to provide 180,242 meals to people in our communities. Thank you everyone who helped make this food drive possible!

Heart of Carolina—The 26th annual ABC11 Food Drive has begun! With a goal of 5.5 million pounds of food, the food drive culminates in "Drive Through Day" on Wednesday, December 5. Plan to drop off your canned food donations between 4:30 am and 8:00 pm at one of three Kroger locations. Be sure to follow us all day on WTVD ABC11. We are grateful to ABC11 and their sponsors for many years of support.

Date	Event	Branches
Through December 7, 2012	WCTI Share Your Christmas Food Drive	Greenville, New Bern
Through December 2012	Students Against Hunger Food/Funds Drive	All
Through December 2012	Lowe's Foods Friends Feeding Friends	All
Through December 2012	ABC11 Heart of Carolina Food Drive	Raleigh, Durham, Sandhills
December 5, 2012	ABC11 Heart of Carolina Drive Through Day	Raleigh, Durham, Sandhills
December 7, 2012	WCTI Share Your Christmas Drive Through Day	Greenville, New Bern
December 8, 2012	Sola Coffee Café Music Event & Food Drive	Raleigh
December 31, 2012	Mt. Olive Pickle Drop	Raleigh
February 6, 2013	Legislative Food Drive	All
March 16, 2013	St. Patrick's Day Parade	Raleigh
March 17, 2013	Crop Walk	Durham

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