

# HUNGER SUMMER 2016 matters

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

**YOUR DONATIONS  
CAN FILL IN THE  
MISSING MEALS  
FOR CHILDREN  
THIS SUMMER!**

*page 8*



**FOOD  
BANK**

**OF CENTRAL  
& EASTERN  
NORTH  
CAROLINA**

## 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](http://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](http://foodbankcenc.org/donate_food)

### DONATE TIME: VOLUNTEER



**Total number of volunteer hours donated last year is equivalent to 91 full-time employees.**

- 1 volunteer hour = 130 meals

For more information, visit [foodbankcenc.org/volunteer](http://foodbankcenc.org/volunteer)

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## FROM THE DESK OF THE PRESIDENT & CEO

### DEAR FRIENDS,

For many of us, summertime means family vacations and cookouts with friends and neighbors. But imagine instead of trying to decide where to go on your trip, you had to decide between putting gas in your car to go to work or feeding your child a full, healthy meal. Or instead of running to the store to pick up groceries for a barbecue, you had to stand in line at a food pantry because your food budget didn't stretch far enough that month.

Unfortunately, that is the difficult situation that faces the families of nearly 300,000 children this summer. When school is out, these kids lose access to free or reduced-cost breakfast and lunch they normally receive at the cafeteria. These children are worrying about an empty stomach, and their families are trying desperately to stretch already strained budgets.

As a result, there are more parents and guardians seeking help to feed their children during a time when food banks across the country see a decrease in giving.

Each summer your donations have helped the Food Bank provide millions of meals to these children. And we're asking you to join us again to help Stop Summer Hunger. Our goal this summer is to provide 3.3 million meals to children and their families during these critical months.

Your donation can make an impact in a child's life this summer. By supporting the Food Bank, you make it possible for us to provide breakfast and lunch to children through our Kids Summer Meals Program. These sites help fill the gap of missing meals for thousands of children.

Your donation will also support the families of these children. For every one dollar donated, the Food Bank can provide 5 meals. This means a gift of just \$50 can provide 250 much needed meals to people in our community. I hope you will continue to support our efforts to ensure these children are spared from empty stomachs this summer. Learn more about how to help on pages 8 and 9.

Thank you for giving thousands of children the possibility of a carefree summer — an opportunity to just be a kid and enjoy the sunshine.

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



## HUNGER MATTERS

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## OUR BRANCHES

### RALEIGH

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### DURHAM

2700 Angier Avenue  
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### GREENVILLE

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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 Marstellar Street  
Wilmington, NC 28401  
910.251.1465



The Food Banks

I feel like when I give to the food bank I am being a hero. I know that I would not like to be hungry day and night. When I give to the food bank, I wait for the arrival of an email or letter of how many people were able to have because of me. A little money can go a long way!! If someone asked me why I give to the food bank my immediate response would be because I like to help people. If you give people food so they are not hungry, it makes other people feel better and makes you feel good too. I like to know that kids can make a difference in the world too. I believe that no one should be hungry.

-9 year old Scarlett R.

**FILLING THE KIDS SUMMER MEALS GAP**

At the Food Bank of Central & Eastern North Carolina, we are counting the days until May 21, the day schools start to close their doors for three months. On that day, many children will fidget in their desks, anxiously awaiting their beloved summer break. But 300,000 children across central and eastern North Carolina have something else on their mind: Will my family have enough food to eat this summer?

One of the ways the Food Bank helps ensure these children have enough healthy food to eat while they are out of school is by sponsoring the USDA's Summer Food Service Program, or as we call it, the Kids Summer Meals (KSM) Program. The Food Bank is the largest non-government sponsor of the program in North Carolina. We received the prestigious Friend of the North Carolina Department of Public Instruction for our exceptional work last summer.

Our KSM team prepares for summer all year long. We recruit new meal sites, driving many miles to community meetings across our service area. We sample food and plan healthy menus, and train our partners in food safety.

This summer, we are excited to partner with local restaurants and catering companies to provide more hot meals to more kids. We also have a strong focus on nutrition, and will provide fresh fruit, low-fat milk and healthy snacks to our KSM sites.

Also this year, we will deliver summer meals to children who live in more rural areas. By partnering with organizations in low-income communities and implementing innovative strategies, we hope to reach the most children possible. Half of this year's sites will serve children a hot lunch, and there will be two Kids Summer Meals sites located at a farmer's market.

The Kids Summer Meals Program is key to ensuring food-insecure children have access to healthy food while school cafeterias are closed. Even though the Food Bank feeds thousands of children each summer, we know there are still thousands more who are eligible for the program, and yet are unable to take advantage of it. Each year we work hard to raise awareness of the program and increase the number of children served. Each year we get closer to our goal that no child will go hungry during the summer months.

Our goal for summer 2016 is to sponsor 160 Kids Summer Meals sites across our service area and to feed more than 6,000 children.

If you are interested in becoming a site or visiting a site, visit [foodbankcenc.org/kidsummermeals](http://foodbankcenc.org/kidsummermeals). Also follow our blog all summer long for more stories about the Kids Summer Meals Program at [blog.foodbankcenc.org](http://blog.foodbankcenc.org).





# DISHING IT OUT: RECENT COMMUNITY EVENTS

## Feed the Need

Once again your donations helped "Feed the Need" for thousands of children in our area this spring. Donations were accepted at Harris Teeter stores throughout the Food Bank's service area this April. The campaign culminated with "Feed the Need Day" on April 23, with volunteers collecting food and funds at three Triangle-area Harris Teeter locations. To date, Feed the Need has raised enough food and money to allow the Food Bank to provide more than 2 million meals to hungry children and their families.

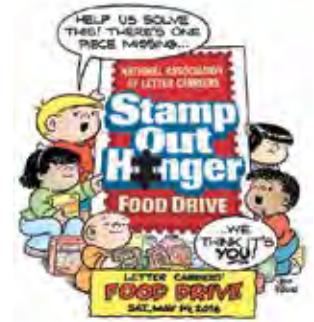
Many thanks to the News & Observer, Harris Teeter and ABC11 and all who made this event possible..



## Stamp Out Hunger

Letter carriers across our service area joined together for the 24th annual Stamp Out Hunger food drive. On May 14, community members left donations in bags at their mailbox for pickup by their letter carrier. Volunteers unloaded the donations at the post offices and placed them on our trucks for delivery to the Food Bank. Totals for this year were still being calculated at press time, but last year's donations provided the equivalent of more than 409,000 meals.

Many thanks to regional coordinators Rochelle Tolar, Eddie Davidson, Tony Mainolfi and Amber Blank for all your support!



## Legal Feeding Frenzy

Attorneys and law firms across the state competed in the month of March to see who could raise the most food and funds for North Carolina's food banks. The law firm that collected the largest amount of food and funds received the highly coveted "Attorney General's Cup." In our service area, Legal Feeding Frenzy collected enough food and funds to equate to more than 68,000 meals. Local firms Mason Law Office, PLLC, Moore & Van Allen, PLLC, and Womble, Carlyle, Sandridge, & Rice received awards for their participation. Thanks to all involved!



# DISHING IT OUT: UPCOMING EVENTS

JUNE  
21

## Sports Radio Golf Tournament to Benefit Food Bank — Tuesday, June 21

99.9 The Fan and The Buzz Sports Radio will be hosting the 2nd Annual Sports Radio Open Golf Tournament on Tuesday, June 21 benefiting the Food Bank's Stop Summer Hunger Campaign. Tournament day check-in begins at 8am and shot gun start at 9am. Entrance fees are \$59 per player, and include lunch, greens fees, range balls and cart fees.

Tickets are available at [WRALSportsFan.com/SportsRadio](http://WRALSportsFan.com/SportsRadio) or can be purchased during business hours, 9am to 5pm, at 3100 Highwoods Blvd, Raleigh. Twosomes will be accommodated. Individual registrants will be grouped with another player.

Last year's tournament raised over \$6,000 for the Food Bank of Central & Eastern North Carolina.



SEPT  
8

## Hunger Action Day™ — Thursday, September 8

Take a special action on this day to fight hunger in our area. Visit [foodbankcenc.org/HAM](http://foodbankcenc.org/HAM) for ideas!

SEPT  
24

## The Kitchens of New Bern Tour — Saturday, September 24

The Kitchens of New Bern Tour is a unique opportunity to visit the "heart of the home" in historic New Bern residences on Saturday, September 24, 2016. Join homeowners who have opened their kitchens in support of the Food Bank of Central & Eastern North Carolina at New Bern inviting you to garner ideas for designing your own new kitchen or renovating the existing heart of your home. Capture the newest industry ideas and learn about state of the art products from our sponsors. While you tour, sample delicious food from local chefs.

Proceeds from The Kitchens of New Bern Tour benefit the Food Bank of Central & Eastern North Carolina at New Bern. For more information, visit [foodbankcenc.org/kitchentour](http://foodbankcenc.org/kitchentour).

OCT  
20

## Food Lion Feeds Hunger Relief Day at the North Carolina State Fair — Thursday, October 20

Bring five cans of Food Lion brand food to any gate for free admission on October 20.

## Raleigh CROP Walk — October

For more information, visit [www.crophungerwalk.org/raleigh](http://www.crophungerwalk.org/raleigh).

NOV  
5

## Chef's Feast, Sandhills — Saturday, November 5

For more information, visit [ChefsFeastNC.org](http://ChefsFeastNC.org).



## YOUR DONATIONS CAN FILL IN THE MISSING MEALS FOR CHILDREN THIS SUMMER!



PRESENTED BY  
BASF AND NETAPP

Last summer a young boy walked into a Food Bank Kids Summer Meals site in Durham. He quietly devoured a sandwich and left. A staff member noticed the boy return about fifteen minutes later with his two sisters in tow. After his sisters had eaten their lunch, the boy returned a third time, now with his older brother.

This young boy helped feed his family that day because he knew how hungry they all felt. It was summer and the school cafeteria was closed. These kids were just a few of the nearly 300,000 children in our service area who lose access to the free or reduced-cost breakfasts and lunches provided by their school. At the same time that childhood hunger in our area increases, the Food Bank experiences a slowdown in giving.

Stop Summer Hunger is your chance to help the Food Bank make sure that children and their families don't miss out on meals this summer. You can eliminate worry for parents who are struggling to pay for rent and gas to get to work, while also providing a full and healthy meal for their children.

Donations received during the Stop Summer Hunger Campaign, which is held in June and July, help fill the empty shelves of the Food Bank of Central & Eastern North Carolina distribution centers in Durham, Greenville, New Bern, Raleigh, Sandhills and Wilmington.

Our goal for this campaign is to raise enough food and funds to provide 3.3 million meals for children and their families.

## STOP SUMMER HUNGER PARTNERS

We are extremely grateful to the following partners who support the Food Bank's Stop Summer Hunger campaign.

### Presenting



### Platinum



### Silver



### Bronze



### Supporters



## HOW YOU CAN HELP

### Donate Money



For every one dollar donated to the Food Bank, we can provide five meals.

Your gift can make a huge impact:

**\$25** can feed a family of four for a month, **125** meals

**\$50** can provide **250** breakfast meals to children

**\$75** can provide **375** healthy meals for children and families

### Donate Food



Hold a food drive in your neighborhood or community.

Host a virtual food drive online. See page 15 for more info.

### Spread the Word



Help spread the word about the Food Bank through social media.

"Like" us on Facebook, and follow us on Twitter and Instagram @FoodBankCENC.

Tweet and post using the hashtag #StopSummerHunger.



More than 1,000 enthusiastic volunteers came together on May 26 to help feed thousands of our hungry neighbors. For the fifth year, employees of Triangle corporations sorted and packaged more than 170,000 meals. Presenting partners BASF, Blue Cross and Blue Shield of North Carolina, Cisco and Food Lion and a dozen other partners bagged rice into family portions. Since 2012, Sort-A-Rama volunteers have sorted more than 455,000 meals which were then distributed to individuals, families and seniors in need through the Food Bank's partner agencies.

## THANK YOU TO THE PARTNERS WHO HAVE HELPED US FEED THOUSANDS!

### Presenting Partners:



### Sustaining Partners:

Allscripts, Dude Solutions

### Major Partners:

NetApp, RTI International

### Supporting Partners:

Bank of America, Coastal Federal Credit Union Foundation, Coca-Cola Bottling Co. Consolidated, Crown Lift Trucks, Delta Air Lines, Duke Energy, IBM, Nationwide, Panera Bread, PPD, Research Triangle Park Foundation, UNC Rex Healthcare

## SANDHILLS BRANCH LEVERAGES TECHNOLOGY TO HELP OUR PARTNERS FEED MORE

The goal of the Food Bank of Central & Eastern North Carolina has always been to effectively distribute more food, ultimately feeding more of our hungry neighbors. As our services grow, so must the capacity of our network.

By increasing access to technology, the Sandhills Branch has increased the reach of our community partners. Through a partnership with the United Way of the Triangle's Teaming for Technology program, our partners can purchase computers at a deeply discounted rate. These are local nonprofits that can now use their computers to research and apply for grants, develop electronic client databases and take online courses including the food safety courses required by the Food Bank.

Larry Krawczak of Food Bank partner food pantry Laurinburg Hope In Christ said, "The three computers have been of a great benefit to our agency." The computers purchased by the pantry are used for inventory, researching grants and maintaining a client database.

The Sandhills Branch has also partnered with Sandhills Community College Continuing Education Program to offer low-income clients free computer classes at several different partner agency sites in the area. Nearly 200 students have participated in either a basic or advanced computer skills class since the partnership began almost three years ago.

Sandhills Outreach Coordinator Jessica Ledbetter has been key to organizing these partnerships. "I believe that these classes have been instrumental in helping people attain new skills to become more marketable in a competitive job market," said Jessica. "To end the cycle of poverty we have to go beyond food distribution and adopt a more holistic approach to ending hunger."

As leaders in hunger relief, we continue to develop innovative programs to not only provide emergency food to the community, but to ultimately break the cycle of poverty.

For more information about the Sandhills Branch visit [sandhills.foodbankcenc.org](http://sandhills.foodbankcenc.org).



We are grateful to the following grantmakers for believing in our mission that No One Goes Hungry in Central & Eastern North Carolina. These funders have provided general operating funds, allowing the Food Bank to continue our core mission work such as sourcing and transporting healthy food, warehouse management, mobile food pantries, staffing support and capacity building for our nonprofit partner agencies.

- |                                                                   |                                        |
|-------------------------------------------------------------------|----------------------------------------|
| Bank of America Charitable Foundation                             | Oak Foundation                         |
| Cameron Charitable Trust                                          | TD Charitable Foundation               |
| Craven County Community Foundation/<br>Richard Chapman Cleve Fund | USAA Foundation                        |
| Credit Suisse Americas Foundation                                 | Vidant Duplin Hospital Foundation      |
| MetLife Foundation                                                | Vidant Medical Center Foundation       |
| Norfolk Southern Foundation                                       | Wells Fargo Foundation                 |
|                                                                   | William R. Kenan, Jr. Charitable Trust |

We thank the following donors for their generous support of our child health and nutrition programs, reaching children year-round with healthy meals, nutrition education and physical activity to encourage healthy lifestyles. Programs include Kids Cafe (reaching children afterschool), Weekend Power Pack (reaching kids on weekends and school breaks), School Pantries (reaching families year-round on or near school campuses) and Kids Summer Meals (reaching children over the summer when school cafeterias are closed).

- |                                 |                                                       |
|---------------------------------|-------------------------------------------------------|
| Biogen Foundation               | Moore County Community Foundation/<br>Roffe Endowment |
| Cummins Foundation              | Red Nose Day Fund                                     |
| Food Lion Charitable Foundation | Smith Family Foundation                               |
| Grainger Foundation             | TJX Foundation                                        |
| Harold H. Bate Foundation       | Woodforest Charitable Foundation                      |
| Kids 'n Community Foundation    |                                                       |

In addition, the Food Bank receives funding for special projects such as disaster preparedness training, equipment, special distributions and outreach programs. The following grantmakers have recently made gifts for these projects:

- Allstate Foundation, via Feeding America (disaster preparedness)
- Caterpillar Foundation, via Feeding America (special distributions)
- Walmart Foundation, via Feeding America (Food and Nutrition Services outreach, equipment)
- Walmart State Giving (Food and Nutrition Services outreach, new truck)



## THANK YOU TO OUR CORPORATE DONORS

- BASF
- Constellation Beverages
- Credit Suisse Holiday Charity Initiative
- Cummins Business Services
- Feed the Need campaign by News & Observer
- Food Lion Feeds Reusable Bag campaign
- Food Lion Feeds Holidays Without Hunger
- GlaxoSmithKline
- Harris Teeter
- Kroger
- Lowes Foods Friends Feeding Friends campaign
- Preferred Carolinas Realty
- Railinc Corporation
- RNDC
- TJX Foundation
- Walmart
- Waste Industries

## OPPORTUNITIES TO ENGAGE

Your company's philanthropic and marketing objectives can be met by supporting the Food Bank in a variety of ways:

- FINANCIAL SUPPORT
- CAUSE MARKETING
- EMPLOYEE GIVING CAMPAIGNS
- MATCHING CORPORATE GIFTS
- IN-KIND DONATIONS
- EMPLOYEE ENGAGEMENT ACTIVITIES
- CUSTOMER APPRECIATION ACTIVITIES
- SPECIAL EVENTS
- SPONSORSHIPS
- GRANTS

Please contact Bridget McMinn, Manager of Corporate Giving, at 919.865.3046 or [bmcminn@foodbankcenc.org](mailto:bmcminn@foodbankcenc.org) for details.

### Credit Suisse Holiday Charity Initiative

Thanks to the high participation rate of Credit Suisse employees during their holiday giving campaign, the Food Bank received an additional \$10,000 donation.

### Cummins Business Services

Teams of Cummins employees pack and deliver backpacks full of food for children in over seven elementary schools in the Rocky Mount area. Not only do children and their families get at least six meals in their special pack, but Cummins' employees know that their company is supporting them in giving back to the community.

### Food Lion Feeds Mobile Pantry

Food Lion generously donated a state-of-the-art mobile pantry. It has allowed us to serve more people and distribute more fresh produce, frozen meat, perishables, dairy, bakery, donated product and dry staples, especially in hard to access neighborhoods and schools.

### Walmart Fight Hunger Spark Change

The following companies and their customers participated in a successful Walmart cause marketing campaign to support the Food Bank with a donation equivalent to 450,000 meals: ConAgra, General Mills, Kellogg Company, Kraft Foods Group, Unilever, Campbell Soup and R&B Foods.

### NEW! Chef's Feast Summertime Memories, June 6, 2016

Chef's Feast offers an evening of culinary learning and delicious food inspired by the summertime memories of participating chefs. Three noted chefs will demonstrate their favorite summer recipe and then serve each course to guests. Wine pairings, exciting live auction items and wonderful raffle prizes will be part of this unique culinary event.

### Participating chefs:

- Vivian Howard, host of PBS show, *A Chef's Life* and owner of Chef & the Farmer restaurant, Kinston, NC
- Walter Royal, Executive Chef of Angus Barn, winner of *Iron Chef* television show
- Eric Gephart, Executive Chef of Kamado Grille

### Unique sponsorship packages available such as:

- Your company representative leading a toast at the event

### Sample auction items include:

- Chef Vivian Howard: Winner and seven guests come to her private test kitchen in Kinston to have a meal/cooking class with her and a special guest
- Chef Eric Gephart: Small Kamado grill donated as well as dinner for 10 at Kamado Grille with private cooking class and wine/beer tasting
- Chef Walter Royal: A special experience behind the scenes at the Angus Barn

To learn more, visit [ChefsFeastNC.org](http://ChefsFeastNC.org).



# KIDS CAFE PROGRAMS STAND OUT IN THE COMMUNITY

Throughout the school year, the Food Bank manages our Kids Cafe Program, which is an after-school program that offers tutoring, nutrition education, mentoring and nutritious meals to children at risk of hunger. Each Kids Cafe site is operated in partnership with a respected community agency in order to provide the attention and accountability needed to ensure quality programs for children.

Every year the Food Bank recognizes five of those agencies that go above and beyond the program requirements with our Kids Cafe Standards of Excellence Awards.

The programs recognized this year received a monetary award of \$1,000 (Best All-Around received \$1,500) to reinvest in their exceptional programs.

## Physical Activity Award: First Missionary Baptist Church of Warsaw

First Missionary Baptist has partnered with other community organizations to emphasize the importance of exercise and staying active. This has encouraged the children to incorporate healthy habits into their daily routines.

## Nutrition Education Award: Scotland Neck Education and Recreation Foundation

Scotland Neck has adopted a sugar-free approach to eating, intentionally cutting back on food that has added sugar and teaching kids the importance of eating sugar in moderation. They have also started a garden for their program, allowing the kids to experience firsthand what it is like to grow your own food.

## Parent Involvement Award: AventWest Children's Mentoring

AventWest has fully embraced parental involvement by hosting monthly parent meetings that provide information about their child's progress and about how to best work with them at home. They host special events to foster a sense of community and create a bond between the parents and the program. They have also created a lending library filled with free resources for parents.

## Community-Based Award: Wilmington's Residential Adolescent Achievement Place (WRAAP)

WRAAP partners with nearly a dozen local agencies and businesses to host events that allow the children to have a public platform to discuss issues that affect their lives. These events include mentoring from former program graduates and local community members. It also gives children a creative outlet and features music and dance performances.

## Best Overall Program: Heartworks 21st CCLC

For the second year in a row, Heartworks has excelled in every aspect of the Kids Cafe program. They incorporate an outstanding approach to nutrition education including a large garden that the children help tend. Their physical activity program incorporates fun and goal-oriented activities like Zumba, a soccer league and a running group. This work has made them a pillar of their community and a support for parents to lean on.



# VIRTUAL FOOD DRIVE

Host a food drive without leaving your home! Our new online virtual food drive lets you "shop" for nutritious food to donate to the Food Bank without leaving the comfort of your couch. And the best part? Your dollar goes further than a visit to the grocery store. For every dollar donated, we can provide \$10 worth of food to the local community.

Starting a virtual food drive is easy and fun. You can host one as an individual or company, or you can even spur some friendly competition by setting up teams to compete for the most meals raised. Easily invite friends, family and coworkers to join. Personalize your page with a photo. Use the blog feature to share updates with your donors. A goal thermometer even tracks your progress!

Once your drive is set up, your participants will be able to browse our aisles, add items to a "shopping cart," and "check out" by making your gift.

Bring your community together to make a difference in the lives of people in need. Start your virtual food drive today at [foodbankcenc.org/VFD2016](http://foodbankcenc.org/VFD2016).



## IN MEMORIAM

### Patsy Lou Wagoner Brown

Long-time Food Bank employee Patsy (Pat) Brown passed away on March 6, 2016. Pat joined the organization in a finance role in January 1988. At that time, the Food Bank had only five employees, 55 partner agencies and distributed 429,000 pounds of food that year. Pat witnessed, and contributed to, a huge amount of growth during her 27 years of service, including computerizing the Food Bank's entire book-keeping system. Pat was an extremely dedicated, dependable and conscientious employee, and was also equally warm, welcoming and kind. She was known for always keeping candy out in her office for her fellow employees and was rarely seen without a smile. Food Bank President/CEO Peter Werbicki said of Pat, "While she quietly went about her way, her service enabled many of us to get on with our jobs and execute our mission of feeding thousands of meals to hungry people." Pat will be remembered as a beloved member of the Food Bank family. Our thoughts are with Pat's family and friends during this difficult time.







3808 Tarheel Drive  
Raleigh, NC 27609

Nonprofit Org.  
U.S. Postage  
PAID  
Raleigh, NC  
Permit #1681

“

*I like it when they  
give us food so  
we're not so very  
hungry. Thank you  
for all the food.*

— Kids Summer Meals participant

”

