

# HUNGER matters

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

**FOOD  
BANK**



**OF CENTRAL  
& EASTERN  
NORTH  
CAROLINA**

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WINTER 2015-2016

## YOUR GIFT CAN HELP MARY DO BETTER THAN JUST GET BY

Accepting help can be difficult for a person who has worked her whole life to build a secure future. Mary is a 91-year-old widow living in Durham with no family in the immediate area. She broke her hip earlier this year and finally accepted a meal delivered to her at home each weekday. Our staff recently visited with Mary to see if she had additional needs. Mary reluctantly admitted that even with the weekday meal delivery, she sometimes has to get by with just bread and water for other meals.

The Food Bank's mission is "No One Goes Hungry in Central and Eastern North Carolina" and it is unacceptable to us that our neighbors – seniors, families, and children – are "getting by" on just bread and water. Or worse, some are skipping meals entirely or choosing to forego critical prescription medication or heat for their home in the winter months in order to purchase food.

While hunger is a serious problem in our service area year-round, the holidays are an awful time to be without food. By choosing to give the gift of a meal, you can make the holiday season brighter for a child or senior struggling with hunger in your community. Your gift could be the difference between an empty holiday table, and the feeling of normalcy, comfort, and security a full plate can bring.

For every \$1 you donate, the Food Bank can provide five meals, or \$10 worth of food. The Food Bank is here to ensure our friends and neighbors are doing better than just "getting by," especially during the holidays. Your donations allow the Food Bank to make sure these folks are not forgotten during this season of caring and generosity through the gift of a meal.





## FROM THE DESK OF THE PRESIDENT & CEO

Hunger takes joy away from nearly 650,000 people in our service area year-round, but the holiday season is a particularly difficult time to be without food. For the working mother who skips a meal so her children can eat, the added stress of the holidays brings more pressure and anxiety.

Your generosity each and every year is overwhelming in the best possible way. Your support means a working mother can provide a holiday meal for her family, instead of going without. This is a busy season for everyone, but we hope we can count on you to remember your hungry neighbors who are facing an empty holiday table. When you give the gift of a holiday meal, the Food Bank can also ensure seniors like Mary are not just "getting by" with little or no food. For every \$1 you donate to the Food Bank, we can provide five meals to those who are struggling.

The holiday season is also a time when I celebrate each of you for your dedication to others. You create a season of giving all year, by helping us meet a need that is a daily ordeal for thousands. I thank you for making your support of the Food Bank of Central & Eastern North Carolina a priority. Best wishes to you and yours for a joyous holiday season.



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



## CHEF'S FEAST RECEIVES OUTSTANDING SUPPORT TO FEED THE HUNGRY IN WILMINGTON

A big thank you to all who attended the first Chef's Feast event benefiting our Wilmington Branch. Chef Vivian Howard, owner of Kinston-based Chef & the Farmer and host of the PBS cooking series "A Chef's Life," appeared thanks to AARP-NC along with several local chefs, including Chef Keith Rhodes from Catch restaurant. Guests enjoyed a night of delicious food and drink, all while raising enough funds to provide 135,000 meals to those living with food insecurity in the Wilmington area. We are grateful to our presenting sponsors Harris Teeter and AARP along with media partners WILMA Magazine and the Greater Wilmington Business Journal.

To view pictures of the event visit [Wilmington.foodbankcenc.org](http://Wilmington.foodbankcenc.org).



## HAVE A HEART FOR HUNGER THIS HOLIDAY SEASON

The 29th Annual ABC11 Heart of Carolina Food Drive kicked off in November with the goal of providing 400,000 meals. You can support Heart of Carolina by making an online gift, donating at a Triangle-area Kroger store, or participating in Drive-Through Day on December 9 from 5 a.m. until 8 p.m. Stop by one of three Kroger locations to donate cash or food.

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



Your Heart of Carolina donations help feed thousands each year! >>



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## WHAT THE FOOD BANK MEANS TO THE BONDS

Several years ago we decided to begin contributing to the Food Bank because we believe that food and shelter are two basic necessities that every human being is entitled to. Unfortunately that is not true for thousands of individuals who live in poverty in our immediate area. After careful consideration, we began supporting the Food Bank when we learned that administrative costs are kept extremely low by partnering with other agencies and using volunteers so effectively. This collaboration means that for every dollar received, five meals are provided for those who live with food insecurity. It was an obvious choice for us.

We both have a special place in our hearts for the people of Central and Eastern North Carolina. Now that we have two beautiful granddaughters, when we learned that in Raleigh and the surrounding area there are **314,000** people in homes without adequate food, and that **one third** of that number is children, we were appalled and very troubled. To think of other children, equally as special as our granddaughters, going to bed hungry at night, going to school hungry in the mornings, certainly spurred us to find out more and to donate more.

After meeting with staff of the Food Bank, we knew we had made the right decision to help. We learned about the Kids Meals and More programs, which provide food after school, on weekends, and during the summer. We are committed to supporting the Food Bank on a regular basis, and hope to increase our pledge each year. In addition, we feel so strongly about fighting hunger in our area and particularly the region east of I-95 that we are including this organization in our estate plans.

**It is our dream that one day there will not be a child or adult who endures food insecurity and that the Food Bank will continue to expand their crucial operation.**

David and Pamela Bond at the Food Bank's Raleigh Warehouse. >>



**Yes.** You can count on my generous holiday gift to help stock the shelves at the Food Bank of Central & Eastern North Carolina during the holiday season 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 \_\_\_\_\_

Email \_\_\_\_\_

Please charge my:  Visa  Mastercard  American Express  Discover

Card Number \_\_\_\_\_ Expiration 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 and mail to:  
FBCENC  
3808 Tarheel Drive  
Raleigh, NC 27609

or give online at  
[foodbankcenc.org](http://foodbankcenc.org)

HML1215

**Make your end of the year tax-deductible contribution now at [foodbankcenc.org/holidaymeals](http://foodbankcenc.org/holidaymeals).**



# SHARE YOUR CHRISTMAS IN EASTERN NORTH CAROLINA



Share Your Christmas with those in need in the Greenville and New Bern area! WCTI NewsChannel 12 will broadcast live from several Food Lion stores collecting donations of food and funds from 4 p.m. to 7 p.m. on these days:

**December 7:** Food Lion, 1914 Turnbury Dr., Greenville

**December 8:** Food Lion, 4917 Arendell St., Morehead City

**December 9:** Food Lion, 3301 MLK Jr. Blvd., New Bern

**December 10:** Food Lion, 2200 Gum Branch Rd., Jacksonville



When you Share Your Christmas, hungry neighbors in your area benefit. >>



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# SHARE THE SPIRIT OF GIVING



**Make a donation to the Holiday Meals Drive in honor of a loved one.**

Visit [foodbankcenc.org/holidayhonor](http://foodbankcenc.org/holidayhonor) to give the gift of holiday meals this year and help us turn every day into a day of thanksgiving and joy.

