

the
Feed

Summer 2017

Helping Families
Grow Healthy
and Strong

Because of You,
Neighbors Can
Achieve Dreams

Plus:
Changing Lives in
the Delaware Valley





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Dear Friend,

As summer approaches, we begin to think about vacations we might take with our families, visiting friends, or perhaps going down the shore. I know it is a time for my wife and me to reconnect with my grown children who live in three different time zones across the United States. Our family looks forward to summer, as it is one of the only times we have the chance to spend a whole week together.

As a member of the Philabundance team, I know that summer is a difficult time for many families that we serve. Countless numbers of working parents are not eligible for paid leave from work. Good child care is hard to find — and it's often prohibitively expensive. During the school year, over 300,000 children in the Delaware Valley are eligible to receive free and reduced price meals, but during the summer, meals for children become harder to obtain.

[Philabundance](#) does not receive government support for our summer programs for kids. We depend upon our generous donors to provide the necessary funds so we can distribute healthy food for our neighbors in need. For every dollar we raise, we can provide two meals to hungry children. The need is great, but the funds we receive can make a big difference to many families who have stretched budgets.

I hope that you will take the time to read some of the stories in this issue of *The Feed*. These are real stories about neighbors in our community and the challenges they face. I thank you in advance for taking the time to read, to learn, and to care so deeply about the issue of hunger. Most of all, thank you for your support.

Sincerely,

Glenn Bergman
Executive Director

You're Helping Families Grow Healthy and Strong

*Leticia, Janaya & Octavia,
at Fresh For All in
Glassboro, NJ*

"When you're on a fixed income, every dollar counts," Leticia says.

She knows from experience. Leticia has epilepsy, and though she's a certified nurse's assistant, she's not able to work due to her disorder. That means her only income for the past few years has been small disability checks.

"We appreciate
your support."

Making her budget stretch to provide for her children, ages 3 to 14, is often a struggle. Leticia cuts expenses where she can, but ensuring the kids have access to good nutrition is important to her. Fresh foods like fruits and vegetables strengthen her own health, too, but are usually too expensive to afford.

Fortunately, Leticia and two of her little ones — Janaya, 5, and Octavia, 3 — visit one of the weekly

Philabundance

Fresh For All locations near her home in Glassboro, NJ. She visits the distributions, set up like farmers markets, regularly so she can provide balanced meals for her family. Janaya and Octavia are thrilled to be able to pick up two of their favorite foods at the Fresh For All: broccoli and apples.

When school lets out for summer in June — and the meal programs on which so many kids like Leticia's depend come to an end — the family will rely on the Fresh For All near their home more heavily.

Janaya, Octavia and their older siblings are all bright, active kids with a lot of energy. Leticia says they're good about eating their vegetables, and it's a comfort to her to know they have the nutritious food they need to thrive.

"We appreciate your support because it helps us to maintain our grocery budget," she says to



friends like you. "A lot of people need that little bit of extra help."

A passionate advocate for health and family, Leticia volunteers with the Glassboro Family Success Center and hosts events encouraging Glassboro families to be active and embrace the outdoors. She hopes to someday start her own nonprofit focused on preparing children for high school, college and the workforce.

Neighbors like Leticia are making our community a better place to call home — and friends like you are fueling her efforts with quality food. Thank you!

Thank You for Helping Neighbors Thrive!

PCKatering

Now you can eat good food for a good cause – helping to feed those in need in our community! Philabundance Community Kitchen (PCK) our culinary arts training and meal production program, is pleased to announce the launch of its new catering arm... PCKatering! Our new social enterprise will provide professionally-prepared food, and, in return, proceeds of each order will benefit students, graduates and our neighbors in need. Learn more or place an order at philabundance.org.

Zarwin Baum March Madness

Law firm Zarwin Baum hosted its annual March Madness client appreciation event to benefit Philabundance on March 16. Guests attended this day-long event to enjoy the NCAA March Madness tournament and participated in auctions to benefit Philabundance. Thanks to generous donors and bidders, Philabundance took home approximately \$40,000 – translating to 80,000 meals for our neighbors in need.

Save the Date: Phans Feeding Families

Citizen's Bank and the Philadelphia Phillies are joining together for the seventh year to bat hunger out of the Delaware Valley with Philabundance! Attend Phans Feeding Families night, June 14, and see the Phillies vs. Red Sox game for a good cause – helping to fight hunger! Buy your ticket at philabundance.org.

Advocacy NOW

Help us advocate for food for those who need it most — sign up for AdvocacyNow e-alerts. Given the proposed changes to the federal budget, and legislature, we are very concerned about possible cuts to SNAP and other federal nutrition programs. You can help! Sign up at philabundance.org/contact/advocacy-emails/.

Grateful to our Grantors:*

Philabundance serves more than 90,000 people each week, thanks, in part, to the generosity of these foundations and corporations:

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*List as of 3/17/17



One Family Sets an Example of Service

Why play a board game or go to the movies when you can spend family night at Philabundance? That's how Keri Fisher and her husband, Matt Murphy, feel about working in the Philabundance warehouse with their three children Declan, Ronan and Molly.

Once a month they head down to South Philly from their home in Bryn Mawr for a family volunteer shift at the Hunger Relief Center on South Galloway Street. Keri says the kids, ages 12, 10 and 8, love the work and have fun while doing something good for their neighbors.

"I just thought it was important for the kids to give back."

Keri and Matt, like so many thoughtful parents, want to impart on their children a sense of civic duty and the desire to help people facing hunger. So far, these ideas are catching on strong. Ronan, 10, has decided to deliver food to homeless people for his bar mitzvah project. Keri says she thinks he was inspired by his volunteer work at Philabundance.

As the children get older, Keri and Matt hope they'll be able to do more and more volunteer work as a family. Working in the warehouse has been rewarding for them, and it's something almost any family can do together.

"I think Philabundance is a great organization and I'm very happy to be a part of it," says Keri.

We're so grateful to Keri, Matt and their kids for their willingness and excitement to serve others through [Philabundance](https://philabundance.org). We look forward to providing even more opportunities to get directly involved in helping hungry people get the food they need.

Molly Murphy, 8, illustrates her love of helping others.



"I just thought it was important for the kids to give back," remembers Keri, thinking back to when her family started volunteering with Philabundance a few years ago. "We're not very well off or anything, but...I think [the kids] should feel fortunate, and I think they do. It's important to give to others who aren't as fortunate."

Working Together to Accomplish Even More

One of the most exciting and effective ways to make a difference in the lives of your hungry neighbors is to volunteer with Philabundance. Whether you are available once a year or every week, we have opportunities for you to enjoy a hands-on experience with your family, a group of coworkers, or by yourself. Volunteers are our greatest asset! To find out more and to sign up to be part of the team, visit philabundance.org/volunteer/.

Our Neighbors Can Achieve Their Dreams, Thanks to You

Melanie just radiates positive energy. With her bright smile and cheerful spirit, you'd never guess she sometimes struggles to afford enough food.

*Melanie at the
Fresh For All in
Upper Darby, PA*



In fact, Melanie has played various roles on the other side, fighting against hunger. She used to volunteer delivering meals to seniors through Friendship Circle Senior Center in Darby, PA, and she's been a financial supporter of Philabundance in the past.

"I'm extremely grateful for the fruits and vegetables..."

But Melanie's budget doesn't have the flexibility it used to. She's been raising her teenage daughter, Veronica, since her husband passed away about 10 years ago. Right now her only income comes from her part-time job as a

personal care assistant for a child who has autism.

Melanie's working on her bachelor's degree in organizational leadership through the Accelerated Adult Program at Eastern University — she hopes to work in administration for the school district and make changes for the better.

In addition to hunger relief, education is a passion for Melanie. She proudly refers to Veronica as an "academic superstar" who hopes to be an officer in the Air Force someday.

Working with children, Melanie sees firsthand how access to balanced meals makes a difference in behavior, mood and the ability to focus. That's why she's so glad she can visit the [Philabundance](#) Fresh For All distributions in Upper

Darby, not far from her home, to help fill her family's kitchen with healthy food.

"I'm extremely grateful for the fruits and vegetables that Fresh For All in Upper Darby provides all year long — and especially in the summer," Melanie says.

Your partnership is truly vital during the summer months. Even short periods of time without enough food can have long-term negative effects for kids in need, including illness, developmental delays and more.

That's why your support is so greatly appreciated, and so greatly needed. When you support Philabundance, you give growing children like Veronica the fuel they need to achieve their dreams. Thank you for your generosity!

Thank You for Changing Lives in the Delaware Valley

The past few years have been a whirlwind for Theresa. After the heartbreak of separating from her husband of nearly 30 years, Theresa tragically lost her mother, as well. Through all of this, Theresa remains hopeful. But as a single mother to her three sons, she sometimes struggles to buy groceries due to her stressed financial situation.

"I'm very grateful to the donors who make this possible."

Although she works as an emergency medical technician, Theresa doesn't always make enough money to cover her family's basic expenses. And when her son Lucas, 10, is out of school for summer vacation, she'll need to cover the expense of two more meals each weekday.

Theresa says her boys are her life — she's been worried about them during the losses that the past few years have brought. However, she's using their difficult situation to teach Lucas about the power of community and how important it is to share what you have.

"My son knows we're in tough times," she says. "Even though we're going through something, I want him to know that you still have to give back."

She's hoping to bring Lucas with her to volunteer at the Philabundance Fresh For All that sets up shop in Paulsboro, NJ, not far from her home in Logan. Theresa has been visiting the weekly food distribution for about two years, and she says it's been a big help for her family.

Lucas loves fruit and vegetables, and Theresa feels good about being able to fill their table with healthy meals. With all the nutritious groceries they're able to pick up, she can use

her small paychecks for other bills. Theresa says visiting the Fresh For All has made a huge difference for her family — and she's giving thanks for [Philabundance](#) partners like you.

"I'm very grateful to the donors who make this possible," Theresa says. "It's good for people. We're all out here to just get through."

Thank you for helping our neighbors weather and overcome challenges. Your support makes a difference in the lives of so many people!



Theresa and Lucas at the Paulsboro, NJ Fresh For All

