

Cynthia's health
is improving because
of you...

Esther thanks you for
your support!

Corrina is grateful that
you're there to help.

Dear Friend,

My mother is 99 years old. We're fortunate that she can collect social security and has other savings to sustain her. Many seniors aren't as fortunate...

Each week, [Philabundance](#) serves about 13,500 seniors in nine counties in PA and NJ. Too often we hear stories about people on fixed incomes who have to decide whether to pay for food, heat or medicine.

Every month, volunteers help us put together about 5,000 boxes of "commodity" foods from the United States Department of Agriculture (USDA) that are then given to seniors in need. While it's definitely a help, it's not enough to feed all of the hungry seniors in our area.

Last June we began providing a box of food that requires no income qualifications or difficult applications. The "PantryBox" helps fill the gap for seniors who are on the waiting list for USDA boxes.

With your continued support, we hope to expand the PantryBox program to provide food for any senior who needs it throughout our region.

As you read this issue of *The Feed*, you'll see true stories of seniors who've been able to get help, thanks to your support. You'll also read about our growing partnership with the Philadelphia Wholesale Produce Market (PWPM), where we've been rescuing perfectly good produce with the help of volunteers each Friday morning.

None of what we do would be possible without the generous support of dedicated individuals, like you. Thank you for your partnership as we work to reduce food waste and end hunger for our neighbors!

Gratefully,



Glenn Bergman
Executive Director

Because You Give, Cynthia Has Healthy Food

Eating a balanced diet is a goal that many people work toward, especially at the beginning of a new year. In Cynthia's case, it's more than a new year's goal, it's an absolute necessity.

Diagnosed with both diabetes and rheumatoid arthritis, Cynthia must follow the healthy meal plan prescribed by her doctor to keep her symptoms under control. But the recommended items on her list come with a hefty price tag. It wasn't until she began coming to the Fresh For All free produce distributions near her home in Upper Darby that she was finally able to supplement her low fixed income with the fruits and vegetables she needs.

"Thank you for supplying food to people who otherwise wouldn't have it," she said.

Through your support, Cynthia can bring home fresh tomatoes, eggplant and other items she wouldn't be able to afford. Her

blood sugar levels have stabilized — a welcome side-effect of your generosity, which makes programs like our Fresh For All free produce distribution possible.

"Thank you for supplying food to people who otherwise wouldn't have it."

Beyond meeting her own nutritional needs, Cynthia must also feed her grandchildren, who

stay with her in the afternoons on school days while their parents are still at work. The meals you help provide ensure that neither Cynthia nor her family members go hungry.

As an older adult, Cynthia's role and responsibilities at home have changed. This shift happens to many people as they age. But a shift away from being able to access vital nourishment is not acceptable. Thank you for being part of our mission to help feed Cynthia and countless other neighbors!

Cynthia at the Upper Darby Fresh For All free produce distribution.



Glenn Bergman
Executive Director

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Thanks to Our Partners — and to You

THANK YOU

YOU Helped Can Hunger!

This year's Preston & Steve Camp Out for Hunger was the most impactful ever, bringing in more than 1.6 million pounds of food and more than \$200,000! Thanks to listeners, small businesses, volunteers and top donors Subaru USA, Campbell's and Fred Beans, we'll be able to provide more than 2 million meals to those in need. Our sincere gratitude to 93.3 WMMR, Preston & Steve and their awesome team and YOU for making the 20th year of the country's largest single-location food drive the best yet!

Hunger Hero: Tri-State Toyota Dealers Association

For the 11th year in a row, the Tri-State Toyota Dealers Association and partners helped Haul Away Hunger with a 350,000 meal donation to help feed our neighbors in need. This is the largest donation in the event's history, and it will provide food not just now, but throughout the year whenever we need it.

Good Food for a Good Cause... PCKatering

Philabundance Community Kitchen (PCK) is an adult culinary arts job training program for low-income adults who need a second chance at life. Through its new social enterprise, PCKatering, our team provides professionally-prepared food, and proceeds benefit students, graduates and our neighbors in need. View the menu at Philabundance.org by clicking PCKatering on the About Us tab.

Grateful to Our Grantors:*

[Philabundance](http://Philabundance.org) serves more than 90,000 people each week, thanks to the generosity of these supporters:

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*List as of 1/26/2018





Susan Dinneen volunteers with [Philabundance](#) at the Philadelphia Wholesale Produce Market (PWPM).

Rescuing Food with Susan Dinneen

Food has almost always played a significant role in Susan Dinneen's life. For most of her career, she's been a professional caterer with a passion for helping those without the means to buy food. It was only a matter of time before she joined [Philabundance](#) as a volunteer.

Like many first-time volunteers, Susan's first experience with Philabundance was packing food boxes in the distribution warehouse. She later found her calling in produce rescue at the Philadelphia Wholesale Produce Market (PWPM).

The PWPM is the world's largest fully-enclosed, fully-refrigerated

wholesale produce seller for local food businesses, including several grocery stores. Although the opportunity at the PWPM is fairly new for Philabundance volunteers, there is much work to be done due to the large amount of unsold produce at risk of being wasted.

Each week, Susan typically serves alongside other individuals and corporate groups sorting through unsold produce. Items in good condition are transported to the Philabundance warehouse for repackaging. Produce that may not last until it's able to be redistributed to clients is sometimes sent home with volunteers for immediate consumption. On one occasion, Susan took home 18 pounds of

ripe plums and made jam that she donated back to Philabundance!

Susan said, "Especially in this country, there's so much waste of produce." By rescuing produce at the PWPM, volunteers like Susan help connect food that would otherwise be wasted to those who need it most. Beyond the difference she feels she's making in the fight against hunger, Susan said that the people she works with help her stay motivated to continue volunteering each week.

"There are such nice people," she said. "It's a really wonderful program."



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, coworkers or by yourself. To find out more, visit philabundance.org/volunteer.

Esther Is Grateful for Your Generosity

Esther doesn't mind long lines. In fact, as an avid knitter, she almost prefers them. They allow her the chance to make hats, scarves and other items for her family and friends. Last fall, Esther waited patiently outside a [Philabundance](#) food distribution in her folding chair working on a gift for her grandson.

Nutrition Assistance Program (SNAP) benefits as her only sources of income.

Despite her back injury and reliance on a cane to move around, Esther had made each trip to her local Philabundance free produce distribution on foot. Every month, she filled her cart with a wide variety of fresh fruits and vegetables. Sometimes these items were accompanied by recipes using the nutritious foods she didn't otherwise have at home, like apples, bananas and kale.

"It helps to not feel like I have to stretch when I don't have anything to stretch," said Esther, describing the importance of your support.

At the age of 64, it's unclear whether Esther will ever be able to work again. Even if she does, it's likely that her ability to purchase enough healthy food on her own will be limited. Thank you for being a lifeline to community members, like Esther, who rely on the compassion of generous donors like you!

"It helps to not feel like I have to stretch when I don't have anything to stretch."

Esther had been going to monthly food distributions — sponsored by generous Philabundance donors like you — for about four years. She suffered a serious back injury that left her disabled and completely dependent on monthly Social Security checks and a small amount of Supplemental

Esther picks up some squash at her local [Philabundance](#) free produce distribution.



A Community Caregiver Has Food, Thanks to You!

Children have a special place in Corrina's heart. Because of her loving spirit, she opened her home to around 15 foster children over the course of several years — in addition to raising her biological daughter, Sonja.

While Corrina received financial assistance to offset the cost of feeding and housing some of the girls and boys under her care, there were times when her family had difficulty affording groceries. In those days, Sonja would also work part time to fill the gaps in Corrina's monthly income.

Now, after so much time looking after the needs of others, Corrina's the one in need of assistance. Serious health problems — including fibromyalgia and three strokes — have put a strain on Corrina's body. But she keeps smiling — it's not in her nature to complain!

Still, with only a small amount of disability income, Corrina is the first to admit that she can't do everything alone. This realization

led her to Seeds of Hope, her local [Philabundance](#) member agency in Dresher, PA.

"Everybody goes through transitions and it's not always easy," she said. "Sometimes we need an extra hand."

Although she faces many challenges these days, Corrina speaks with joy and gratitude for having a resource like Seeds of Hope to help see her through this new stage in life.



Corrina at Seeds of Hope in Dresher, PA.

As individuals like Corrina age, it's up to caring neighbors like you to step in to provide relief. Thank you for choosing to give to Philabundance so that amazing women like Corrina never have to worry about missing vital meals as they struggle with illness and other life challenges.

Let Your Generosity Grow!

Did you know that you can maximize the impact of your donations without the fees and administrative complexities of setting up a family foundation? Many of our supporters are using donor-advised funds, which provide you the flexibility to recommend how much and how often money is granted to [Philabundance](#).

To learn more about donor-advised funds, please contact Caryn Rubinstein, Chief Development Officer, at 215-339-0900 x1105 or crubinstein@philabundance.org.