

PHILABUNDANCE

the
Feed

Fall 2018

A New Life in
the Kitchen

A Grateful Widow
Thanks You

Healthy Food,
Healthy Kids

MEMBER OF
FEEDING
AMERICA

Dear Friend,

According to a Children's HealthWatch study conducted by Dr. Mariana Chilton, "Between 2006 and 2016, childhood hunger in North Philadelphia has more than tripled among families where parents work 20 or more hours a week." Dr. Chilton also stated that these findings likely resemble rates of childhood hunger throughout the rest of the city.

Of the 90,000 people [Philabundance](#) serves each week throughout the entire Delaware Valley, over 60 percent are from households where at least one person is either currently working or has recently worked. Children in these households are going hungry along with adults.

During the summer, the parents of about 400,000 kids scramble to provide food for their families. As the school season begins, some of these parents breathe a sigh of relief knowing that there will be free or reduced-price food provided for their children at school once again. However, a new school year comes with the additional financial burden of having to pay for school supplies and new clothes for growing kids.

Your contributions to Philabundance make it possible for us to continue providing free food for hungry kids and families, while helping to prevent food from going to waste when there are so many in need of a healthy meal.

Please know how thankful our clients and agencies are for your generous support.

Gratefully,



Glenn Bergman
Executive Director



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Executive Director

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You're Giving Fresh Starts

"I'm most grateful for the program because it allowed me to gain focus and clear goals for my next step," Shamyr says of [Philabundance](#) Community Kitchen. "It gave me confidence."

Shamyr joined the culinary arts training program for low- to no-income adults earlier this year and graduated in May. She'd worked previously as a substitute teacher, but was looking for a fresh start.

*"Thank you for
supporting the
opportunity
for people to change
their lives."*

Shamyr absolutely loves to cook and bake, and at home she cooks every meal for her growing daughters, ages 7, 2 and 10 months. Recently, Shamyr visited Philabundance Community Kitchen with her youngest in tow. As a single parent, managing her demanding class schedule and raising a family wasn't easy, but was worth it.

Shamyr says she's benefitted from the many connections Philabundance has within the local food service industry. Her favorite part of the program was using the skills she learned to help cater a March Madness event.

Looking toward the future, Shamyr's embracing her entrepreneurial spirit. She and a former classmate are working on business models for a catering company, food truck and outreach program for their neighbors facing homelessness.

Shamyr couldn't be more grateful for friends like you who are helping her open new doors so she can better support her young family and set an example for her children. You're giving her the skills to work at a job she loves with a paycheck that will keep her family fed.

"Thank you for supporting the opportunity for people to change their lives and giving them another chance," Shamyr says.



Shamyr
and her youngest
daughter, Lehira, at [Philabundance](#)
Community Kitchen



850 GRADUATES
in PCK's history



4 MILLION MEALS
produced for those in need



\$11.44 PER HOUR
average starting wage of grads



80% JOB PLACEMENT
after graduation

You're Building the Health of Our Community!

Special Thanks to These Partners

Hunger Doesn't Take a Vacation

Nearly 400,000 kids in our service area face hunger during summer when they lose their school breakfasts and lunches. The Giant Our Family Foundation is helping fill that meal gap through a generous grant providing free healthy meals to children under 18. Thanks, Giant, for being a summer — and year-round — hunger hero!

Broke in Philly

This collaboration among 19 local news organizations provides in-depth, nuanced and solutions-oriented reporting on the issues of poverty and the push for economic justice in Philadelphia. As part of this effort, The Philadelphia Inquirer wrote a piece about hunger titled, "Hunger in Philly: 'It's a pain in my belly'" in which [Philabundance](#) was featured. Executive Director Glenn Bergman helped dispel myths about SNAP (formerly known as food stamps) recipients. "As it happens...the vast majority of those who receive SNAP have jobs or are children, elderly or disabled." You can read this piece, and more, on the News section of our website.

Say "CHEESE"!

[Philabundance](#) is pleased to announce the official launch of *Abundantly Good*™, our retail food brand featuring healthy products, the proceeds of which go to rescue and produce free, high-quality food for our clients. As 40% of all food produced in the U.S. is wasted annually, yet 1 in 5 Philadelphians don't know where their next meal is coming from, Philabundance saw an opportunity to have an impact on these linked challenges. Currently, *Abundantly Good* offers five varieties of hand-crafted, raw milk cheese and tomato jam. Learn more — including where you can buy it — on our website at [Philabundance.org/upcycle](#).

Grateful to Our Grantors:*

[Philabundance](#) serves more than 90,000 people each week, thanks, in part, to the generosity of these supporters:

Feeding America
MKM Foundation
W.W. Smith Charitable Trust
Land O'Lakes Foundation
Independence Foundation
Bank of America Charitable Foundation, Inc.
The Patricia Kind Family Foundation

The William Penn Foundation
Triskeles Foundation
HealthSpark Foundation
Anne M. and Philip H. Glatfelter III Family Foundation

*List as of 6/15/2018



A Student Gives Back

During the spring of 2017, Devon Jennings worked her first volunteer shift at our Hunger Relief Center — and she was hooked. She's logged more than 200 hours since!

Devon has given time packing food, sorting through donations, assembling senior boxes and helping with produce recovery. She says she's loved the opportunity to meet fellow neighbors who care about fighting hunger here in her community.

Devon's studying for a degree in a social work, and her program requires service hours. She learned about [Philabundance](#) through her mom, and when she had the opportunity to see our work firsthand, she knew volunteering at the Hunger Relief Center was going to be a lasting part of her life.

"I thought it was really awesome that Philabundance serves so many people," Devon says. "They're a pillar of the community."

Her university recently honored Devon with a servant leadership award, which came with a stellar prize: \$500 for Devon and \$500

for the organization of her choice. A true hunger-fighting champion, Devon gave the entire \$1,000 to Philabundance.

It's so inspiring to see young people like Devon show such dedication to helping others. We know that as long as there is hunger in the Delaware Valley, we can continue providing relief because the next generation is stepping up.

Devon encourages her fellow neighbors to raise awareness about food insecurity and do their part to help neighbors in need.

"If you have the financial means to donate — or even a few hours to help out — you really can make a huge difference in someone's life," she says.

Our sincere thanks to Devon for her generous partnership!



Devon has volunteered with [Philabundance](#) for more than 200 hours since last year!

Generosity Across ALL Generations!

Did you know that you can continue to drive away hunger, long into the future? Through a will, trust, annuity, life insurance gift or other legacy gift, [Philabundance](#) supporters are able to make a difference in our community beyond their lifetime.

To learn more, please contact our development office at giving@philabundance.org or 215-339-0900.

A Widow Shares Her Gratitude

Carolyn chooses groceries from the full shelves at First United Methodist Church in Bristol, PA.



The loss of a spouse is truly heartbreaking. And tragically, it can come with a major financial burden, too. Carolyn knows firsthand.

While visiting the food pantry at First United Methodist Church in Bristol, PA, Carolyn shared that her husband, Mike, had passed away three years ago. Mike had pancreatic cancer, and Carolyn was caregiver to him and their two children, who are now grown.

and did odd jobs to supplement her income, but often, she says a trip to the grocery store just wasn't in the budget.

That's why Carolyn's so glad a friend of hers told her about the food pantry. Although she says she felt embarrassed to reach out for help, she's so glad she did.

"If I didn't come here, I wouldn't be able to eat much other than ramen noodles," Carolyn says.

Visiting the pantry has improved Carolyn's nutrition. She's now able to try new, healthy foods — like edamame and spinach pasta. Your gifts to [Philabundance](#) mean she can fill her kitchen with nutritious foods like these.

Beyond providing her with quality groceries, Carolyn says the pantry makes her feel welcome. She appreciates the volunteers for their

kindness and for not making her feel ashamed for visiting. With all she's been through over the past few years, it's a comfort to know she can depend on caring neighbors — like you — for a hand up.

"Thanks to you I'm able to eat more than one meal a day," she says with gratitude. "I'm absolutely thankful."

There are so many people like Carolyn who just need a little help to get by. Your support is a lifeline. Thank you!

**"Thanks to you
I'm able to eat
more than
one meal a day."**

Soon after her husband's passing, she began struggling with her budget. Carolyn cleaned houses

Healthy Produce for Growing Kids

Pearaline and her daughter, Michelle, 7, outside the [Philabundance](#) free produce market in Edgewater Park, NJ

Through your support of our free produce markets, you're providing fresh, healthy fruits and vegetables to neighbors across the Delaware Valley.

Little Michelle, 7, and her mom, Pearaline, recently visited one of these markets in Edgewater Park, NJ. Michelle was a burst of energy with a bright, shining smile. She said she loves school — especially math class — and hopes to become a doctor when she grows up! Her mother beamed.

Pearaline found out about our free produce distributions a couple years ago and couldn't be more grateful to be able to take home healthy food for Michelle and her two older siblings.

Affording fresh groceries has been

a challenge since she had to leave her job. After 13 years as a cook, Pearaline injured her arm. Although she could no longer work in a commercial kitchen, she didn't qualify for income assistance.

That's why being able to pick up free, fresh produce in Edgewater Park means so much to her. Pearaline is originally from Jamaica and loves to prepare some of her favorite Jamaican dishes using the vegetables she is able to take home.

Providing healthy food for her children is the most important thing to Pearaline. She wants to share her gratitude with the people who help make that possible.

"Moms like me are appreciative of getting healthy foods," she says to friends like you. "You help a lot of people."

Thank you for growing strong families here in our community through your generous support!



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 our development office at 215-339-0900 or giving@philabundance.org.

PHILABUNDANCE
Driving hunger from our communities

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