



The Feed!

Fall 2023 NEWSLETTER

PHILABUNDANCE



Another Fantastic Phans Feeding Families!

Many thanks to Citizens Bank, the Philadelphia Phillies, and our entire community for teaming up to help fight hunger in our region.



Loree D. Jones Brown
Chief Executive Officer

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From Loree's Table

Dear Friends,

The holiday season is a time of reflection for many of us as we look back on where we've been and look towards new goals, new inspiration, and new mindsets that will guide the year ahead.

This issue of The Feed showcases the continued commitment of our remarkable network of partners: the donors, friends, champions, staff, volunteers, and community-centered organizations who work tirelessly alongside us to drive hunger from our communities today and end hunger for good. From our signature fundraising events and distribution programs such as the Phans Feeding Families Phillies game and our summer LunchBox program, to new initiatives like our first annual Philabundance Community Kitchen (PCK) Cook-In, we know that tackling an evolving issue like food insecurity requires innovation and ingenuity to address the most urgent needs of the communities we serve.

As you may know, COVID-era government support programs fueled our efforts to meet the increased need for emergency food assistance over these last few years. However, more recently, many of those resources have been cut or drastically reduced. Here at Philabundance, we feel truly fortunate for the generous and loyal support of our donors who share our vision for a healthier future for us all.

In 2024, Philabundance—an organization that began because one person wanted to make a difference—will celebrate its 40th anniversary. Thanks to you, we can look forward with confidence, ready to tackle what's ahead.

Your investment in our organization, our mission, and our work is vital to this incredible progress. We couldn't do it without you!

Yours in service,

Loree D. Jones Brown
Chief Executive Officer

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Phans Feeding Families 2023

Since 2011, Citizens Bank and the Philadelphia Phillies have teamed up with Philabundance to fight hunger across our region, raising upwards of half a million dollars to provide more than one million meals for our neighbors in need.

The end of SNAP emergency allotments this spring left the individuals and families we serve without access to essential nutrition and food security resources during a time of continued inflation, making Philabundance's work of providing neighbors with healthy food more critical than ever.

Helping to bring attention to this growing challenge was the annual Phans Feeding Families game on June 24, which featured a Philabundance-themed evening that included Philabundance messaging throughout the stadium, an opportunity for attendees to donate a non-perishable food item, and a percent of that game's concession sales.



Top: Loree D. Jones Brown with Phillies pitcher, Aaron Nola, and his wife, Hunter

Below: Employees of Citizen's Bank volunteer to help pack food boxes at the Philabundance Hunger Resource Center.

Giving North Philadelphia a Taste of PCK



In August, Philabundance welcomed members of the North Philadelphia community to its inaugural series of 'Cook-Ins' at Philabundance Community Kitchen (PCK).

Attendees at each of these summer-themed events participated in an in-person cooking demonstration at PCK prior to taking home two fully prepared meals, along with the recipes, ingredients, and kitchen utensils unique to each recipe so that they could recreate the delicious meals at home.

Philabundance Chosen as Beneficiary of Local Church

Philabundance is grateful to be the recipient of a generous \$100,000 donation because of the dissolution of the New Day, New Star Church Foundation, which was created when the Center City church was sold to a developer. The Foundation's board members selected Philabundance as the beneficiary because they felt that the work of Philabundance most closely aligned with the values of their church.

Philabundance Makes Planned Giving Easy with New Website

Planning for your future and continuing your partnership to help combat hunger just got easier with the launch of Philabundance's new Planned Giving website, philabundance.mylegacygift.org.

At Philabundance, our ability to deliver on our commitment to drive hunger from our communities today and end hunger for good is only possible because of the generous partners who share our vision for healthier, sustainable communities. Planned gifts allow us to look to the future with confidence, knowing we have the resources to address and eliminate food insecurity throughout our nine-county service area.

Much like the priorities and causes you choose to support, your philanthropic decision-making is personal. With the help of our free Personal Estate Planning Kit, you can organize your estate in a way that makes the most sense for you—saving you time, protecting your assets, and helping you establish your legacy in a way that will positively impact others for years to come.

Designed with ease in mind, our new Planned Giving website includes a wealth of information—from defining types of gifts to keeping a digital record of your information to choosing the giving option that best aligns with your personal goals.

With our help, you'll learn how to:

- Define and create a plan that works for you.
- Lessen your tax burdens.
- Use trusts to support you, your family and loved ones.
- Organize everything in one place.
- Easily update records.

For more information, visit our re-vamped Planned Giving website or contact Scott Fremont at 724-237-5813 or at sfremont@philabundance.org.

Staff Spotlight: Chef Kaiden (Kai) Reynolds



This past summer, **Chef Kaiden (Kai) Reynolds** celebrated his one-year anniversary as part of the Philabundance Community Kitchen (PCK) team, where he spends his day cooking and prepping for on- or off-site events and connecting one-on-one with PCK staff and students.

Chef Kai, who started as a catering and events chef in August 2022,

exemplifies PCK's commitment to continuous learning and self-improvement. In one short year, he has used his role to lift others up, working side-by-side with PCK students and staff to transform lives through food.

"Taking this position was one of the most intentional things I've ever done. I sought out a position where I could have an impact and be involved in the community. Being involved in the PCK program is why I show up to work every day, for sure."

The summer not only marked Chef Kai's one-year anniversary but also marked Chef Kai winning the 2023 Philabundance Top Guac Challenge in celebration of National Avocado Day on July 31. That's when Philabundance teamed up with The GIANT Company and Avocados from Mexico for the 3rd annual Top Guac event at PCK. It was an intense race in which Chef Kai went pit-to-pit with competing chefs, including the 2022 Top Guac champ, Jessica deRivera, Development & Engagement Manager for Billy Penn at WHY; Cristina Martinez, Owner & Chef, South Philly Barbacoa and Casa Mexico; Crystal Joiner, Dietician, The GIANT Company; and Katie Gunter, Philabundance Nutrition Educator.

Smart Giving from Your IRA

Did you know that if you're 70 ½ or older, you are eligible to make a tax-free gift of up to \$100,000 from your IRA directly to a qualified charity like Philabundance? In fact, beginning the year you turn 73, you can use your gift to satisfy all or part of your required minimum distribution (RMD).

As you create a plan that will meet your personal and philanthropic goals, these are funds that can be put to immediate use helping our neighbors in need get access to fresh, healthy food! To learn more about using your IRA to support Philabundance in a meaningful way, contact Scott Fremont at 724-237-5813 or at sfremont@philabundance.org.

Please note, Philabundance recommends speaking with your financial or legal advisor to learn what might work best for you.

Nutrition Spotlight: Meet Katie Gunter



As Philabundance's nutrition educator, Katie Gunter, MS, RDN, LDN, is helping us deliver on our mission to drive hunger from our communities and end hunger for good by creating greater

access to healthy, nutritious food options.

Katie implements the PA Healthy Pantry initiative, a grant-funded program that works with Feeding Pennsylvania member food banks to increase healthy food and beverage options available in food pantries. The program supports nutrition educators in their work to encourage the consumption of healthy foods through environmental changes, as well as direct nutrition education like healthy food tastings, demonstrations, recipes, and classes.

A dietician by trade, Katie emphasizes nutrition education while addressing key issues like access to, and affordability of, nutritious food options. "I used to work in a healthcare system, and I would go into a patient's room and have 10 minutes to educate them—it didn't feel very impactful," she says. "I'd consult these patients and tell them

what they should and shouldn't be eating, and as it turns out, many of them were being discharged to a bus stop or a shelter. Understandably, they were more focused on where their next meal was coming from instead of how nutritious it was."

In her work with Philabundance, Katie is energized by the response she sees from offerings like fresh produce and reliable, healthy food options. We are grateful to have Katie empowering our neighbors with the knowledge and the resources to make healthy eating choices that will have a lasting, positive impact on their lives.

Try this healthy and nutritious recipe this fall!

Butternut Squash Soup

INGREDIENTS:

- One 2- to 3-pound butternut squash, peeled and seeded
- 2 tablespoons unsalted butter
- 1 medium onion, chopped
- 6 cups chicken stock
- Nutmeg
- Salt and freshly ground black pepper

Nutritional information (per serving): Calories - 120 calories | Total Fat - 5 grams | Saturated Fat - 2.5 grams | Cholesterol - 10 milligrams | Sodium - 1044 milligrams | Carbohydrates - 19 grams | Dietary Fiber - 3.5 grams | Protein - 3 grams | Sugar - 4 grams

DIRECTIONS:

Cut squash into 1-inch chunks. In a large pot melt butter. Add onion and cook until translucent, about 8 minutes. Add squash and stock. Bring to a simmer and cook until squash is tender, about 15 to 20 minutes. Remove squash chunks with a slotted spoon and place in a blender and puree. Return blended squash to pot. Stir and season with nutmeg, salt, and pepper. Serve.

Making Giant Strides in Combating Summer Hunger

This summer, thanks to a \$250,000 grant from The GIANT Company, Philabundance Community Kitchen (PCK) made and distributed nearly 50,000 lunchbox meals to close the summer meal gap for children and families who rely on free lunches during the academic year.

Over the course of the 12-week program, which ran from June 13 – September 2, the LunchBox program provided healthy, nutritious meals to children ages 18 and under. To enable accessibility and convenience, meals were distributed through community partners in food-insecure communities across our nine-county service area.

In addition to the LunchBox program, our work to combat summer hunger also focused on that first meal of the day through our Summer Breakfast Program. We are incredibly grateful to the Albertsons Companies Foundation and to the Nemours Children's Health Nourishing Neighbors Breakfast for Kids Grant Program for helping to underwrite this important initiative.



The GIANT Company President John Ruane alongside Loree D. Jones Brown.

It Takes a Village



Philabundance works with over 350 community partners throughout our nine-county service area in Southeastern Pennsylvania and Southern New Jersey to ensure that more than 475,000 members of our community who face food insecurity each week have access to healthy food choices.

This past June, Philabundance brought together representatives from this vast network when it hosted its first Community Partnerships Day at Xfinity Live in South Philadelphia. There, representatives attended both general sessions and breakout sessions, which focused on topics such as nutrition in food pantries, grant writing, and identifying community needs. Attendees also took the opportunity to meet face-to-face with colleagues, share best practices, and develop new ideas for providing better service. Partners and staff convened at the end of the day for a Hunger Hero Awards Ceremony.

The Awards Ceremony recognized “Hunger Heroes” from throughout our region in four award categories: The Small but Mighty Hero Award; Sustainability Hero Award; Healthy Pantry Initiative Hero Award, and the Hunger Hero Award. In presenting these awards, Philabundance CEO Loree D. Jones Brown said of the winners, “Each of you has recognized the unique challenges in your respective communities during this time of inflation and greater need.” She added, “You have chosen to make a difference, and in doing so, you have brought not just healthy food to the table, but nourishment to the community.”

Congratulations to our 2023 Hunger Heroes:

2023 Small but Mighty Hero Award
Alexander McClure Elementary School

2023 Sustainability Hero Award
Victory Assembly of God

2023 Healthy Pantry Initiative Hero Award
Memorial Church of God

2023 Hunger Hero Award
Manna on Main Street

Special thanks to Presenting Sponsor Penn Community Bank for helping to make possible our inaugural Community Partners Day.



Philabundance and Wawa Join Forces for Hoagie Day

In Philadelphia, the Fourth of July holiday signals another beloved celebration: Wawa Hoagie Day! This year, June 28, 2023 marked the 31st year of the annual pre-Fourth of July event that takes place during Wawa’s Welcome America Festival.

Philabundance was the grateful recipient of 7,000 Shorti hoagies, which were quickly distributed to our community partners to address hunger and food insecurity in communities throughout our region during the summer months.

“With the funding that Wawa gives us, we’re able to make sure kids have access to food over the summer. We know that far too many of our neighbors are food-insecure, especially our children,” expressed Philabundance CEO Loree D. Jones Brown. “On behalf of Philabundance and the thousands of people we serve, we’re offering our heartfelt thanks.”

Wawa employees built an astonishing 25,000 Shorti hoagies weighing a total of 7 tons! The Veteran’s Multi-Service Center and Police Athletic League centers were also recipients of Wawa’s generosity. A huge thank you to Wawa and to the growing network of partners who are joining us in our fight against hunger!

