



winter 2016

You're Helping
People of All Ages



PHILABUNDANCE



Dear Friend,

We've made great strides toward driving hunger from our communities, and I'm so grateful for the much-needed relief your partnership with Philabundance brings to our hungry neighbors every day.

But there's always more work to be done, especially when it comes to reaching the growing number of senior citizens at risk of hunger. Because few have reliable pension plans to fall back on in their retirement years, it's common for many seniors to have difficulty affording groceries. If you ask me, that's just not right.

No matter what stage of life they're in, everyone deserves regular access to healthy, balanced meals. That's why I couldn't be more proud to have amazing partners like you moving this important work forward.

Through your gifts, you're breaking down barriers that put food out of reach for so many of our neighbors — including thousands of older adults.

Each time I visit our programs and partner agencies, I see on the faces of the people we serve just how much your generosity means. It's truly remarkable what you're accomplishing each and every day, especially given that our area has one of the highest aging populations in the country. Your determination in the face of this challenge truly inspires me.

As you may have noticed, we've given our newsletter a fresh new look and a new name — *The Feed*. We've done this to better show you the direct impact your generosity has on the people living in the nine counties we serve. You'll read about a few of these individuals on the following pages.

If we're going to end hunger, we have to do it together. And because of you, almost 100,000 people each week have access to food they couldn't otherwise afford. The work we do is only possible with your committed partnership to this cause.

Sincerely,



Glenn Bergman
Executive Director

Your Support Helps Feed Hungry Seniors

Before she retired, Lee Etta, 86, rarely had a free moment to herself. Between raising her seven children and holding down a housekeeping job at a nearby hospital, there just never seemed to be enough time in the day.

Now that her children are all grown, life has slowed down quite a bit. But that doesn't mean it's become any easier.

In 2010, Lee Etta's husband passed away, leaving her with only a small amount of Social Security benefits to pay for essentials like rent, utilities and groceries. Although her costs have gone down since moving in with her youngest daughter, Jeanette, Lee Etta still worries about being

able to contribute to the household with just her small, fixed income.

Despite having a job in the healthcare industry, Jeanette doesn't have much, either. Nutritious food is sometimes hard to come by in their house.

Thanks to you, Lee Etta has found help supplementing her meal budget through the Spring Garden Senior Center, a Philabundance partner agency she read about in the Sunday paper. With each visit to the center, she's greeted by friendly volunteers and a hot meal. And once a month, she receives a Philabundance box full of fruits, vegetables, dairy and a number of shelf-stable items to take home.

Having access to these groceries not only ensures Lee Etta can put food on the table — it also allows her to show appreciation for Jeanette, who does so much to care for her.

"It helps me a lot because my daughter doesn't let me pay rent, so I get the groceries," says Lee Etta.

Because you give, Lee Etta and thousands of other seniors across the Delaware Valley are no longer at risk of going hungry. Without this help, many would be forced to make difficult decisions — like whether to refill an important prescription, pay their winter utilities or purchase food. There's not a day that goes by that Lee Etta doesn't remember your role in keeping her from having to make these impossible choices.

"You are very helpful to me and my family," she says, grateful for your generosity and compassion.



Glenn Bergman
Executive Director

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"You are very helpful to me and my family."

Your Gifts Make a Difference Every Day!

THANK YOU

SEPTA Stop Hunger at Your Station

From October 19th through the end of the month, SEPTA held its annual Stop Hunger at Your Station Food Drive at 44 transit locations to benefit Philabundance. Thanks to SEPTA employees and riders, this year's food drive collected more than \$7,100 and 14,273 pounds of food — that's 28,473 meals for our neighbors in need!

6abc Holiday Food Drive

The 6abc Dunkin' Donuts Holiday Food Drive was a huge success thanks to partners like Dunkin' Donuts, ACME and the Boy Scouts who helped collect food to help feed those in need in the Delaware Valley. Food collection efforts included the 6abc Telethon, Boy Scouts Thanksgiving Day parade food collection, ACME in-store collection, Dunkin's Roast Hunger promotion and 6abc's special weekly series on Hunger in Our Area, all of which raised awareness of the issue of hunger and drove donations for our hungry neighbors.

2015 Grantors*

Philabundance is able to serve more than 90,000 people each week through direct service programs and our agencies, thanks, in part, to the generosity of the following foundations:

American Airlines
 The Arcadia Foundation
 Bank of America Charitable Foundation
 The Bray Family Foundation
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 TD Charitable Bank Foundation
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 *List as of 1/1/16

UPCOMING EVENTS

Spread the Love

This February, please help us Spread the Love to children and families facing hunger. From February 8-29, we're asking the community to donate money to buy jars of peanut butter, which is a great source of protein, kid-friendly and highly sought-after because many families can't afford this high cost item. Our goal is to collect \$15,000 — enough to purchase 12,000 jars of peanut butter, and Spread the Love to neighbors struggling to feed their families during the cold winter months when many face a hard decision of whether to "heat or eat". Learn more at www.philabundance.org/spreadthelove





Preston & Steve Can Hunger

For the 19th year in a row, 93.3 WMMR's Preston & Steve have camped out for hunger to help feed our neighbors in need. What started out as two guys on lawn chairs collecting cans in a parking lot has turned into the largest single-location food drive in the country! We recently sat down with Preston & Steve to talk about the Camp Out.

What inspired you to take action?

Preston Elliot: It's a basic need. People have to eat, and too many don't.

Steve Morrison: Sometimes it's as easy as just a small chain of unfortunate events that leave you needing food assistance. When I look at my own life and realize it's a possibility — it's terrifying.

Where did the idea for "Camp Out" come from? Did you really camp out somewhere?

Steve: Camp Out for Hunger originated when the show was on Y100. Our team collaboratively brainstormed the idea to literally "camp" outside for a good cause — and from there we decided to take it for a spin! All we had was a small RV and one truck, but after that first year the complexion of

the event changed because we realized our "volunteer army" had a huge interest in fighting hunger.

What is your favorite memory from all of the Camp Outs so far and why?

Steve: One year there was a huge blizzard and our truck got stuck in the snow on its way to deliver the donated food so I got out and used a forklift to help get it going again. From the earlier years, I remember just sitting around burn drums with everyone, staying warm and being grateful.

We, too, are grateful... to individuals like you, as well as families, organizations, and companies, including corporate challenge winners Subaru of America, Ziegler's, Fred Beans and Classic CoachWorks, who made the holidays a lot merrier for the 750,000 people in our area who face hunger.

While the holidays are over, hunger is still an issue throughout the year. Learn how you can start out the new year by giving back at philabundance.org/category/blog/

Leave a Legacy

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 significant difference in our community, even beyond their lifetimes. Because, as long as there are hungry people in the Delaware Valley, Philabundance will be here to feed them.

To learn more about how your generosity could make an impact for generations to come, please contact Caryn Rubinstein, Director of Development, at [direct line] or crubinstein@philabundance.org.

You Bring Hope to a Family Touched by Loss

This has been the hardest week of Shin Ho's life. A few days ago, he and his wife, Stephanie, lost their 3-month-old son, Aiden, to sudden infant death syndrome (SIDS). As they continue to grieve, life's harsh realities are ever present. Including the need for food. That's what brought Shin Ho to the food pantry at Turning Points today.

Shin Ho hasn't been home since he and Stephanie received the devastating news at the hospital. But their kitchen cabinets are empty, and he knows they both need to eat. After dinner, he says, they'll begin planning the funeral.

Things weren't easy for Shin Ho and Stephanie, even before their sudden loss. Shin Ho has had numerous health problems over

the years, and has often had to rely on disability benefits to survive. Although he's now in better shape to work again, finding a new job has been slow going.

Meanwhile, Shin Ho says his family is having a hard time paying some of their utility bills. Because their income is already tight, Shin Ho explains how expenses like high electric bills really cut into their monthly food budget. He says he and Stephanie have to ask themselves each month which bills they can pay without going hungry.

That was what first brought him to Turning Points, one of Philabundance's many partner agencies. After hearing about it from a neighbor who lives in the



same apartment complex, Shin Ho began coming here to supplement what his family's small amount of SNAP (Supplemental Nutrition Assistance Program) benefits can buy.

Despite the tragedy he and his wife have just experienced, Shin Ho is still overwhelmed with gratitude for the food his family receives thanks to your gifts to Philabundance. It's one less burden for this small family to bear.

"Thank you very much," he says. "I'm very grateful that this is here — it really helps us."

"I'm very grateful that this is here."

Older Adults Are Grateful For You



Rhonda knows what it's like to stretch every dollar. When her kids were younger, she worked to provide for their every need — even when her paychecks were small. It was challenging at times, but somehow, she says, her family made it through.

Today, Rhonda is a retiree doing her best to get by on a fixed income. Even though she's extra careful not to overspend on trips to the grocery store, sometimes there still isn't enough money for food.

This month has been particularly challenging.

Between major car repairs and a number of other surprise

“A great big thank you for opening up your hearts and your pocket books.”

expenses, Rhonda has had trouble getting ahead financially. With little money, she's unable to afford the nutritious foods she needs to stay healthy, like vitamin-rich fruits and vegetables.

Rhonda says she'd be more than willing to return to the workforce to supplement her income. But her age and a lack of available jobs in her area have left her with few options to provide for her own needs.

Frustrated, but determined to find a solution, she recently made her first trip to a Philabundance Fresh for All distribution in Edgewater Park, N.J. Now, each week she's able to bring home armfuls of fresh produce — items she'd never be able to purchase on her own.

Fresh for All is like a traveling farmers market that sets up at the same location every week at the same time so local residents can rely on their availability. Rhonda speaks for many of her neighbors when she talks about how grateful she is that generous friends like you are watching out for her.

“A great big thank you for opening up your hearts and your pocket books,” she says.

Across our community, there are many seniors — just like Rhonda — who are at risk of missing meals. Your gifts to Philabundance help ensure we're able to respond to the need with nourishing food. Thank you for choosing to give so generously.