

the Feed

SPRING NEWSLETTER 2020

PHILABUNDANCE

MEMBER OF
FEEDING
AMERICA



From the Director's Table

February 2020

Dear Friend,

You are simply amazing. Even though the holidays are a distant memory now, I'm reminded daily of the generosity you showed at the end of 2019. You not only put food on the table at a very special time of year, but you helped prepare Philabundance to serve even more people in the new year.

As troubling as it is, many seniors in our community are at risk of missing meals. It's often just too difficult to pay winter heating bills, fill prescriptions and buy groceries during the cold winter months on a fixed income.

Because friends like you care about the well-being of this vulnerable population, seniors across the Delaware Valley have consistent access to healthy food despite the other expenses they face on a daily basis.

In this issue of *The Feed*, I've chosen a few stories to share with you that highlight the immense difference your gifts are making in our community right now. You'll hear from Eddie (page 8), who can focus on caring for his sister and not finding their next meal, because you give so generously.

Thank you sincerely for your support. We're working to connect even more neighbors with the nutritious food they need for better health and more fulfilling lives this year, and this work would not be possible without you.

You make a real difference for people on the brink of losing hope.



Gratefully,

Glenn Bergman
Executive Director



YOU HELP NEIGHBORS THROUGH LONG WINTER MONTHS

During the cold winter months, Brenda says she struggles to keep up with the increased cost to heat her home on top of her other bills. That's why she's especially grateful for donors like you right now.

We met Brenda at a free produce market. She's been coming for the last few months to pick up fresh food for her and her husband, who is retired.

Brenda still works at a plastic factory, but recently her hours at work were cut, leaving even more of a void in the couple's budget. They aren't eligible for SNAP benefits, making it difficult to afford groceries.

"Winter is the hardest," Brenda says. "By the time the rent is paid, all the money is gone."

Thanks to your generosity, Brenda is able to keep food on the table. "We need it and it's very helpful," she says of the fresh fruit and vegetables from the produce market.

Brenda also sees the need in the community around her and shares what food she can with friends who need help. She also lets them know about your support and the free produce market you help make available for the community.

"I appreciate you," Brenda says to donors like you. "I am very thankful."

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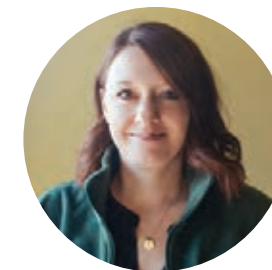
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ADVOCACY BEET



Kate Scully
Director of Government Affairs

As Philabundance works to relieve hunger each day, we're also looking toward ways that we can end hunger for good. As the Director of Government Affairs with Philabundance, it's my role to help the organization educate city, state and federal legislators about our work and policies that help our clients. I share all the innovative work happening at Philabundance while I try to seek additional support for our efforts.

Philabundance knows that government has a role to play in ending hunger. Nutrition programs like SNAP and WIC help serve families, kids and people who are working but still unable to make ends meet. These benefits are critical to keeping our communities healthy. WIC, a program that serves pregnant and postpartum women and kids up to the age of 5, serves 50% of

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Your Gifts Mean Healthy Food for All Ages!

THE PHILABUNDANCE SQUARE MEAL SOCIETY

The Philabundance Square Meal Society is a distinguished group of donors who provide a consistent, monthly funding source for critically needed food in our area. Members can write a check, give by credit card or even by automatic bank draft. Philabundance also now accepts ACH bank transfers! There is no minimum monthly donation; just choose the amount and method that is best for you. A recurring gift saves you time and postage and reduces our administrative costs. You'll receive an annual statement, news and invitations from Philabundance. Visit www.philabundance.org to sign up online, or contact Kat O'Connor at 215-339-0900 if you have any questions.

CAMP OUT FOR HUNGER 2019

93.3 WMMR's Preston & Steve hosted another record-breaking Camp Out for Hunger in 2019! The radio show, thousands of their listeners and hundreds of businesses in the Delaware Valley came together to help Philabundance beat hunger! Now in its 22nd year, this week-long event yielded 2.6 million pounds of food plus \$200,000 to help feed thousands of neighbors in need. A huge thank you to everyone who came out, volunteered, and donated!

PHILADELPHIA COMMUNITY KITCHEN UNDERWAY

Construction on Philadelphia Community Kitchen's new home is well underway.

The pre-fab building is on site and framework is erected. The project is slated for completion in Summer 2020. Thank you to everyone who has helped make this new location a reality; we can't wait to show you the new PCK!

TOYOTA HAUL AWAY HUNGER FOOD DRIVE

Thank you to Toyota USA and partners who donated an incredible 450,000 pounds of healthy food to Philabundance for our hungry neighbors with their annual Haul Away Hunger Food Drive. Toyota really put the "drive" in food drive loading up nearly 80 Tundra trucks to deliver their donation!



MEREDITH LAURENCE HELPS SPREAD THE LOVE

Meredith Laurence has always had a love of food and turned this passion into her career over the last 25 years.

Her food industry career has taken her around the world; from Canada to France, San Francisco to Vermont, and finally here to Philadelphia. Her skill and passion for cooking was evident whether baking and catering, preparing gourmet meals as a chef at two Michelin-starred restaurants, or instructing the next generation of chefs at New England Culinary Institute.

But Meredith has yet another passion that led to the creation of

Blue Jean Chef after moving to the Philadelphia area: teaching.

“Teaching people, demystifying cooking techniques, and helping people become happier, more comfortable in the kitchen was the most gratifying thing I’d ever done in my career,” she shares. “I created Blue Jean Chef hoping to make people as comfortable in the kitchen as they’d be in their blue jeans.”

This year, we were thrilled Blue Jean Chef partnered with us once again to Spread the Love with a generous \$15,000 match during the entire month of February!

Spread the Love is our annual campaign to raise enough, through cash donations and food drives, to provide 40,000 jars of peanut butter — enough for 640,000 PB&J sandwiches for hungry kids across the Delaware Valley!

Peanut butter is one of the most-needed items for pantry shelves because it’s nutritious and kids of all ages love it.

Generous contributions, along with the Blue Jean Chef’s match, will go a long way in spreading the love and relieving hunger this year.

Thank you, Meredith — we are so grateful to count you among the Philabundance Family!

Check our website and follow us on social media for results of this year’s Spread the Love campaign and other news.

For delicious recipes, instructional videos, cookbooks and more information on Blue Jean Chef, visit www.bluejeanchef.com.

Get Involved — HOST A FUNDRAISER

As an individual, business or community group, you can host an event that benefits Philabundance and helps drive hunger from our communities today and end hunger forever.

Learn how by clicking *Host a Fundraiser* on the *Get Involved* tab at www.Philabundance.org.



YOU EASE YOUR NEIGHBORS’ BURDENS

The past few months have been especially challenging for Jeff, but your generosity has significantly lightened his load.

“[You] helped me out a lot,” Jeff says to donors like you.

Despite several setbacks, Jeff was grateful to be able to move into his own apartment recently.

He previously worked at Sunoco and Six Flags, but had to stop working due to back problems and subsequent surgeries. Even if he were able to go back to work, he wouldn’t have the transportation to get there.

“It’s a hard situation with no transportation,” he says.

Even more difficult is being told that his income is just \$100 too much to qualify for SNAP benefits.

Jeff struggles just to afford basic bills, not to mention groceries and other expenses on the social security benefits he receives.



“If I was making \$100 less, I wouldn’t be able to afford the things I need,” he says.

On the day we met him, Jeff was taking home an emergency bag from the food pantry. The bag contained shelf-stable food, including proteins, whole grains, canned fruits and vegetables —

enough to prepare several well-balanced meals.

Because you support Philabundance, Jeff and countless other individuals and families in need can receive nutritious meals and healthy groceries. You’re truly making a difference.

ADVOCACY BEET (cont.)

all children born in the US. Paired with the nutritious food we provide; WIC and other programs allow families to make up the difference when wages are not enough.

This year we hope to engage more of our network in our advocacy work. The more voices talking

about hunger and the work we do to address that need, the more we can do to make a difference. If you’re interested in learning more, sign up to receive our advocacy newsletters by visiting www.philabundance.org/advocate/.

THANK YOU FOR CARING FOR THE CAREGIVER

Eddie, 66, has lovingly cared for his sister for several years now, and he says it's people like you who make it possible.

That's because Eddie relies on the food he receives from the weekly free produce market in Upper Darby. He travels one hour each way by bus just to get there. Because the produce

is so precious to him and his sister, he packs his cart carefully to make sure each item gets home safely..

Eddie raves about the fruits and vegetables he can choose from on each visit.

"The people are so nice and there is a nice variety," he shares.

Eddie's sister, Lucy, is 69 years old. He says she worked numerous years in Philadelphia before health problems forced her to stop. Now, she has a hard time getting out of the house, so gathering groceries is just one of the many errands Eddie joyfully runs for her.

Eddie also worked many years in the community before caring for his sister full-time. He was a wedding photographer. When we asked to take a photo of Eddie, he gladly posed, but true to his photography background he first carefully positioned the fruits and vegetables so you could clearly see them.

It's evident when talking to Eddie just how much your gifts mean to him.

There are so many older adults who have worked hard their entire lives but now struggle to make ends meet. Your generosity is giving seniors across the Delaware Valley a chance to maintain their health and dignity. Thank you!



PHILABUNDANCE

Driving hunger from our communities

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