

the  
Feed

Winter 2018

Marlen and her daughter  
Aylin thank you!

Plus:  
You helped save Priscilla  
and her family.  
You're making a  
difference for Christine.



Glenn Bergman  
Executive Director

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# Dear Friend,

I can't think of a better time than the holidays to reflect on what we've accomplished in the last year, what remains to be done and what we hope for in the new year.

But most importantly, it's a great time to say THANK YOU to amazing supporters like you. With your help, we're serving more of our neighbors in need this holiday season than ever.

For many families, the holidays bring added expenses to already-tight budgets. As we gather with loved ones to celebrate, more than 700,000 people in the Delaware Valley will be stretching their dollars just to put food on the table — and many will fall short.

The winter months also bring higher heating bills, which put further strain on household budgets for working families. Too often people are forced to choose between heating their homes and feeding their families.

That's why we are so grateful for your support. You help working families put food on the table and ease the stress that comes with the colder weather. You help us connect our neighbors in need with nutritious food that might otherwise go to waste.

In this winter edition of *The Feed*, I hope you'll enjoy reading about some of the many lives changed by your gifts. Still, we have more work to do to end hunger forever — and we can only get there with the continued partnership of compassionate people like you.

Please enjoy reading about the difference you're making for children, seniors and families across our area. On behalf of the entire team at [Philabundance](#), and all those we serve, thank you for your generosity and continued support!

Happy Holidays,

Glenn Bergman  
Executive Director





*Priscilla proudly holds fresh produce she picked up from a free produce market in the Lawncrest neighborhood of Philadelphia.*

## Priscilla Thanks You for 'Saving' Her Family

Priscilla really doesn't know what she would do without the support of neighbors like you. Your generosity comes in sharp contrast to the life she left behind.

*"You have saved a lot of souls — especially mine."*

In her native country of Nigeria, Priscilla worked as a high school biology teacher — a job that she loved. But when terrorists began bombing schools, parks and churches close to her home, she feared for the lives of her three children.

Four years ago, Priscilla and her children left Nigeria and arrived safely in the United States. Priscilla is thankful to have escaped the violence, but it's hard for her and her children to forget it. She suffers from anxiety and depression as a result.

It's also been hard for Priscilla to find work since arriving in the United States. She loves teaching, so she volunteered to teach at the local Salvation Army. She stopped temporarily, though, when her anxiety and depression became too severe.

Priscilla is so thankful she can take home nutritious food for her family from the free produce market in the Lawncrest neighborhood of Philadelphia. It gives her one less thing to worry about.

To donors like you, Priscilla would like to say: "You have saved a lot of souls — especially mine."

Thank you for remembering your neighbors this holiday season! Your kindness makes such a difference in so many lives.

**1 in 5**  
people in the  
Philadelphia area  
face hunger,  
making it a crisis  
in our community



# We are Grateful for You!

## THANK YOU

### A GIANT Thank you!

This year, we received our largest grant ever — \$1 million from GIANT! This grant will help feed hungry children by providing summer meals, as well as food assistance during the school year. Giant is also supporting job training for low-income adults by helping fund Philabundance Community Kitchen. We are truly grateful for this generous grant and want to offer a GIANT thank you on behalf of our communities.

### Help CAN Hunger

The 21st annual Preston & Steve Camp Out for Hunger is coming! Join 93.3 WMMR for a week of fun-filled festivities including live music, carnival rides and games, local sports stars and more — all to fight hunger. Last year, fans and partners donated more than 1.5 million pounds to feed those in need; come to Xfinity Live! from Monday, November 26–Friday, November 30 and help us CAN hunger!

### Eat Well AND Do Good

This holiday season, you can do good while eating well! Philabundance Community Kitchen is proud to announce the launch of PCKatering, a social enterprise whose profits go back into helping — and feeding — the community! PCKatering is a great complement to corporate meetings, receptions or community events; choose from our packages or customize your menu. Proceeds of every order benefit students, graduates and our neighbors in need. Visit our [website](#) to learn more.

### Use Your Car for a Cause

Did you know that 40 percent of all food in this country goes to waste? YOU can help by volunteering to pick up food from local grocery stores and deliver it to neighborhood agencies. This is a great opportunity to support your community at your convenience and keep families fed throughout the holidays and beyond. Learn more at <https://www.philabundance.org/volunteer/>.

### Grateful to Our Grantors:\*

Philabundance serves more than 90,000 people each week, thanks to the generosity of these supporters:

MKM Foundation  
The United Way of Greater Philadelphia  
and Southern New Jersey  
The Sandy River Charitable Foundation  
The Wawa Foundation  
The Pew Charitable Trusts  
FMC Corporation  
Feeding America (Darden Foundation)  
The Snider Foundation

Feeding America  
Webster Bank  
Elmer Roe Deaver Foundation  
The PNC Foundation  
General Mills Foundation  
Clif Bar Family Foundation  
Bloomberg, L.P. Co.  
American Airlines

*\*List as of 9/25/2018*







# An Ambassador for Hunger Relief

*Carol Williamson holds an ear of corn at a farm where she helped glean fresh produce for hungry neighbors in need.*

Carol Williamson has volunteered with Philabundance for several years, so becoming part of the Philabundance Ambassador program was a natural next step.

"I talk about Philabundance frequently in social settings, so becoming an 'official' ambassador seemed like a good fit," Carol says.

By participating in the program, Carol represents [Philabundance](#) throughout the community, raising awareness at health fairs, back-to-school events and more. She also helps facilitate volunteer orientations and oversees volunteer shifts at the Hunger Relief Center.

"It wasn't until I got started volunteering that I realized how wide the Philabundance reach has become," Carol says.

Carol has been heavily involved at Philabundance since 2014. In addition to being an ambassador,

she greatly enjoys participating in the gleaning program, where she joins other volunteers in the harvesting of excess fresh produce from local farms — produce that is then provided to people in need across the area.

*"It feels like...  
this could make  
a difference  
in the community."*

"It's fresh food and it's good food and it will help someone who's in need," she says.

Whether she's picking fresh produce on a farm, packing boxes of food for seniors or speaking about the role of Philabundance in the community, Carol feels

deeply connected to the hunger relief efforts of Philabundance across the region.

"It feels like when I write that check or when I pack that box, this could make a difference in the community," she says.

Thank you to Carol and all the volunteers who give their time to make the Delaware Valley an even better place to call home.



**You can become a Philabundance Ambassador for hunger relief, too!**

Please visit [philabundance.org/volunteer/ambassador](https://philabundance.org/volunteer/ambassador) or email [volunteer@philabundance.org](mailto:volunteer@philabundance.org) to learn more.

# A Mother Has Renewed Hope, Thanks to You



Thanksgiving was just a few days away last year when Christine's temp job let her go — a month earlier than expected. She was worried she wouldn't be able to find another job before Christmas.

That's why this local mother of three was so thankful for your generosity. Thanks to your kindness, Christine — and many neighbors like her — was able to have food on the table for her family last holiday season.

Christine has a son who's out of school, and one son in fifth grade. The children's dad was working a full-time job, but he wasn't making enough to cover all the family's expenses.

*Christine outside the food pantry at Bucks County Housing Group in Milford Square.*

Christine said she'd been coming to the food pantry for about a year — ever since she lost her full-time job. She only went for food when her family really needed it, but after losing her temp job, too, she started going about once a week.

"It makes a difference for people who are in a similar situation as me," Christine said of your gifts and how they help feed hungry families in our area.

She was looking for a new job, but with only one family car, Christine's options were limited. She couldn't apply for unemployment because she wasn't at her temp job long enough. Nor did she qualify for Supplemental Nutrition Assistance Program (SNAP) benefits.

Thank you for giving neighbors like Christine renewed hope once again this holiday season. Your kindness means more than you can imagine to your neighbors who are facing challenging times.

**"It makes a difference for people who are in a**

*similar situation as me."*

"This is so very helpful," Christine said, holding groceries she took home from the food pantry at Bucks County Housing Group, a member agency of [Philabundance](#) in Milford Square.



# You're Helping Marlen Feed Her Family

Marlen holds daughter Aylin outside St. John Lord's Pantry on a snowy day.

Marlen and her 14-month-old daughter, Aylin, arrived all bundled up at St. John Lord's Pantry, a member agency of [Philabundance](#), to pick up much-needed food for the family on a snowy day last winter.

Marlen and her husband have two children: Aylin and their 5-year-old son. Because childcare was too expensive, Marlen stayed home with the children while her husband worked.

Marlen and her family live only ten minutes away from the food pantry, so she was very thankful she could get there so easily when her family needed food. Marlen had visited the pantry every week for about three years.



"This is very helpful."

The family really appreciated the food they found at the pantry, including some of their favorites: pasta, eggs, cheese, chicken and other meats.

"This is very helpful," Marlen said of the food the family received thanks to kind-hearted neighbors like you.

Outside the food pantry, Aylin and her mom had three bags full of nutritious groceries — enough to feed the whole family in the week to come.

I hope you realize what a difference you make for so many

families like Marlen's. Across the Delaware Valley, more than 90,000 people are fed each week through Philabundance and its member agencies. And it just wouldn't be possible without you.

This holiday season, we want to thank you. Your generosity helps caregivers like Marlen feed their children — now and into the new year.

**PHILABUNDANCE**  
Driving hunger from our communities

3616 South Galloway Street  
Philadelphia, PA 19148  
[www.philabundance.org](http://www.philabundance.org)

