

the
Feed

Fall 2017

Families Can Feed Their
Kids, Thanks to You

You Are Providing
Second Chances

Plus: Helping Bristol
Families in Need



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Dear Friend,

In the Delaware Valley, three quarters of a million neighbors are at risk of going hungry, meaning they lack access to nutritious food on a regular basis. They may go to bed hungry some nights. One third of these individuals are children. This statistic is simply unacceptable.

Research clearly shows that hunger, among other issues stemming from poverty, has a dramatic, negative effect on children, making it impossible for them to fulfill their potential.

Hungry children are sick more often and are more likely to be hospitalized. They suffer from growth and other developmental impairments. They have more social and behavioral problems because they cannot adapt to stressors in their environments. Hungry children are also more likely to suffer from obesity from an early age because of the low quality of food available to them.

With the start of each school year, your gifts to Philabundance allow us to intensify our focus on providing nutritious food for children so they are able to learn. We're also advocating for government support of education and nutrition programs.

Throughout our region, hundreds of thousands of children receive free school meals. For many families, the return to school five days a week is a small relief from the challenges of providing food for their kids – but it's not enough.

Child hunger must be eliminated if we are to have a well-educated and healthy population. At Philabundance, we are determined to work with supporters like YOU to make sure our community's children have enough healthy food to eat. As the school year begins, please remember those children and families who need your help.

Thank you for your partnership,

Glenn Bergman
Executive Director

Rich, like many of us, was taught that going to college would be the path to a better life. But long after completing his degree, he and his partner, Allison, have still found it difficult to afford their most basic expenses like rent and food.

The couple has three children — Bridgett, 2, Danny, 3, and Cecilia, 5. To avoid the additional cost of childcare, Rich works weekdays at his telecommunications job while Allison works retail on weekends. It's not the ideal schedule for any family, but Rich and Allison feel it's the best way to balance their financial obligations with their responsibilities as parents.

When Cecilia goes to school this fall, she'll get to eat breakfast and lunch in the cafeteria. These meals will be a relief to Rich and Allison, but if their situation doesn't change, they'll still struggle to provide evening and weekend meals for Cecilia and her siblings.



Earlier this year, Rich and Allison found a solution for times when money is tight and their kitchen cupboards are bare — the Fresh



Rich and Allison with Cecilia, 5, Bridgett, 2, and Danny, 3, showing off their produce from a Fresh Connect distribution

Families Can Feed Their Kids, Thanks to You

Connect free produce market at Bucks County Community College (BCCC). This new Philabundance partnership among Bucks County Opportunity Council, United Way of Bucks County, Rolling Harvest Food Rescue and St. Mary Medical Center is funded through the generous support of United Way of Bucks County and distributes fresh fruits and vegetables from Philabundance with the help of generous donors like you.

On one of their visits this summer, the family took home several of their favorite foods, including

baby carrots and grape tomatoes. The fresh produce was greatly appreciated since it can often be too expensive.

The benefits of resources like the distribution at BCCC are more than Rich and Allison can count. Above all, they know that because of you, Cecilia is guaranteed to have the energy to succeed in school, and they couldn't be more grateful to you.

"You're really helping working families," Rich and Allison said. "[You help] alleviate the stress of meeting obligations and making sure the kids are healthy."

Thanks to Our Partners — and to You

THANK YOU

Phans Feeding Families

For the 6th year in a row, Citizens Bank and the Phillies hit hunger out of the park! Phans Feeding Families night, a game benefiting Philabundance, was a win for the fight against hunger in the Delaware Valley; through the generosity of Citizens Bank, the Phillies and its phans, Philabundance will provide approximately 100,000 meals to those in need!

Wawa Helps Fight Hunger

July 4th symbolizes freedom in America, so it's fitting that Wawa helps provide our neighbors freedom from hunger on hoagie day by donating 5,000 shorti hoagies to Philabundance. And that's not all – Wawa also generously volunteered at Fare & Square grocery store in Chester to share their expertise in merchandising to help us make Fare & Square a better shopping experience for the community. Thanks for your support in the fight against hunger!

F&S Supports a Chester Community Farm

Fare & Square has increased its support of the community by partnering with Ruth Bennett Community Farm and offering customers a selection of its organic collard greens, mustard greens and kale. This partnership is a win-win! Fare & Square gets to provide the community produce grown right around the corner, and the farm can become more sustainable and offer educational resources to the community.

Grateful to Our Grantors:*

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

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|---------------------------------------|---------------------------------|
| Bank of America Charitable Foundation | Independence Foundation |
| Boeing Employees Community Fund | Land O'Lakes Foundation |
| Citizens Bank Foundation | MKM Foundation |
| Clif Bar Family Foundation | The Pew Charitable Trusts |
| Dolfinger-McMahon Foundation | The W.W. Smith Charitable Trust |
| Feeding America | Wakefern Food Corporation |
| FMC Corporation | |
| Independence Blue Cross Foundation | |

**List as of 7/6/2017*

Save the Date: Hunger Action Month 2017

September is Hunger Action Month – a time to take specific action to end hunger. Of the 90,000 people we serve each week, one third of them are children, fifteen percent are seniors and sixty percent are the working poor. Learn more at www.philabundance.org/HAM2017/.



Young Philanthropists Give Back



Twin Sisters
Jemmie and Ellie

Mark Snyder is a Philadelphia native, educator, and the father of twins, Jemmie and Ellie. A long-time hunger advocate since his days of teaching at-risk high schoolers, Mark was thrilled when his girls began to take an interest in serving their community.

Mark said his extended family has been extremely generous to the girls. The idea struck him and his wife, a family doctor, that Jemmie and Ellie could use their birthday as an opportunity to give back.

“When you are fortunate and have more than you need, there is a civic duty to learn how you can help others who don’t have as much control over their life circumstances,” Mark said.

Over the years, Jemmie and Ellie have used their birthday parties to raise funds for several charities, including Philabundance. As a long-time supporter of the organization, Mark was very happy to see the girls’ birthday project supporting what he believes to be a very reputable and trustworthy charity, working on behalf of hungry children and their families.

This time of year, the generosity of kids like Jemmie and Ellie is especially needed by students who are at risk of going to bed on empty stomachs.

“As a teacher and parent, it’s hard to even consider doing other things during the day — such as school — when you are starving as a child,” Mark said. “What’s the point of school when you can’t focus long enough to learn anything?”

Here at Philabundance, we deeply appreciate the kindness of children like Jemmie and Ellie. We can’t thank them enough for setting an example for the next generation of philanthropists in our community!

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 significant difference in our community, even beyond their lifetimes. As long as there are hungry people in our community, Philabundance will continue working to end hunger forever.

To learn more about how your generosity could make an impact for generations to come, please contact Caryn Rubinstein, Chief Development Officer, at 215-339-0900 x1105 or crubinstein@philabundance.org.

Your Gifts Provide Second Chances to Hardworking Parents

Troy is the head breakfast chef at a large, high-end hotel in Philadelphia. He’s warm, engaging and exceptionally talented in the kitchen. To meet Troy now, you’d never guess how far he’s come.

After spending a whole decade in prison, Troy was ready to put his life back together for the good of his family. But first, he needed help securing gainful employment that paid more than minimum wage.

“[Philabundance Community Kitchen] changed the course of my life”

About five years ago, Troy first heard about the Philabundance Community Kitchen (PCK). The opportunity to build marketable skills through this culinary arts training program funded by caring neighbors like you was a dream come true for him.

“I was trying to figure out how I was going to take care of my three girls on \$7.25 an hour,” he said. “That’s not a good feeling at all.”

Then, Troy’s luck changed when he learned about PCK. After working his way through the program, Troy went on to be accepted into The Restaurant School at Walnut Hill. To this day, he’s so thankful for the opportunity he was given through your support of Philabundance.

“[Philabundance Community Kitchen] changed the course of my life,” Troy said. “There are people like me who don’t slip through the cracks because of this program,” he said.

His positive experience with PCK has inspired Troy to pay your kindness forward.

Troy, an alumnus of Philabundance Community Kitchen, thanks you for your support!



He has a new goal of starting a prepared meal program to help others in need. This is the power of your giving – it can spur those who receive help to multiply your generosity many times over.

“It’s hard to put into words the appreciation I have,” said Troy. “I can’t say thank you enough.”

Most PCK students would not be able to cover the costs associated with participation in the program; however, Philabundance is able to offer the program to students for free, thanks to generous supporters like you!

Thank You for Helping Families in Need

Shannan and her daughter, also named Shannan, pause for a photo at Cornwell United Methodist Church



Shannan, a mother of three, knows it doesn't take a degree in nutrition to understand the benefits of healthy eating. For her, it's just common sense. Yet when it comes to feeding her kids, there have been times when she and her husband have been unable to provide them with the nourishing food they need.

"You try to eat healthy, but you can buy a case of cupcakes for less than apples and bananas," Shannan said.

This fall, Shannan's youngest, also named Shannan, is returning to school. She's 11 and has cerebral palsy, which her mom says makes good nutrition even more important. With so many physical challenges to overcome, healthy food is critical to her success both academically and developmentally. Not only are her school days full of the same learning activities as other students, she also has to work hard on speech therapy and motor skills.

While the younger Shannan will have access to school meals once school starts, these breakfasts and lunches on weekdays aren't always enough to offset the family's many expenses. The healthiest food is still hard to afford — even if just for evenings and weekends.

"You try to eat healthy, but you can buy a case of cupcakes for less than apples and bananas."

Thankfully, there's help for families like Shannan's, because of you. This past summer, the mother-daughter pair visited Cornwell United Methodist Church's

Harvest Ministry, the family's local Philabundance member agency in Bristol, PA. The loving mother tears up when she recounts her visit to the pantry and how wonderful the volunteers were to her and her daughter. Her daughter was so excited when she saw so many of her favorite fruits. It was a joy for Shannan to be able to give her child the healthy food she both wanted and needed.

"This helps out a great deal for our family," Shannan said, expressing her gratitude for your generosity. "The fruits and vegetables are things that cost a lot at the store, so being able to come here helps to stretch our budget."