

Food For Thought

Central Pennsylvania Food Bank

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HONORING THOSE WHO SERVE

Nearly 26% of the households receiving food assistance in central Pennsylvania include veterans or active duty service members and their families. This startling statistic led the Central Pennsylvania Food Bank to develop a specific food distribution program, MilitaryShare, to meet their needs. The mobile distribution is confidential and occurs on site at VFWs, American Legions, armories and other local military organizations, "veterans helping veterans."

In honor of Veterans Day 2018, we commemorated this program, one of the first, and largest, of its kind in the nation, with a flag raising ceremony at our Williamsport Healthy Food Hub. Retired Air Force Colonel Dave Hall was our honored guest and gave a stirring speech about the importance of veterans in our communities. Below is an excerpt of his remarks.

Our veterans are our link to our history. The Vets from World War II and Korea — there has never been a generation like them since, and newscaster Tom Brokaw called them the Greatest Generation for a reason. They grew up in the Great Depression, yet possess an uncommon dedication and commitment. They raised the baby boomers, built the interstates, the cars, the houses and the factories. They created the prosperity we enjoy today and made the United States the world's singular superpower.

Those of us from Vietnam, the Cold War, Bosnia, Somalia, the Gulf, Iraq and Afghanistan have our own stories — often not shared, and frequently misunderstood, but very much a part of the colorful, diverse tapestry we call America.

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MEMBERS OF THE KOREAN WAR
HONOR GUARD RAISE THE FLAG

“

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Friends of the Food Bank,

Although winter just started a few weeks ago, it seems like it's been a long one already, with more to go! Maybe it was that snowstorm that hit us the week before Thanksgiving, or Thanksgiving Day coming early, but it feels longer for sure. And it reminds us to both count our blessings and to remember our neighbors in need whose struggle gets even harder during the winter months.

We are so thankful at the Central Pennsylvania Food Bank that our generous community responds when we ask for help ... the outpouring of donations of funds, food, and volunteerism were amazing during the Holiday Season.

This is very important as we raise not only resources for the season itself, but also to help us serve well into the new year. To our generous donors, individuals and businesses alike, and our hearty volunteers that brave the cold to help us serve hungry neighbors, **Thank You!**

As we look forward to 2019, we are excited to continue our progress in sourcing and sharing even more healthy food. We will acquire even more fresh milk and cheese from our local dairies, more fresh produce from our farms and our food bank cooperative, the MARC (MidAtlantic Regional Cooperative), and more nutritious frozen meats. We will also continue to leverage the PASS program (Pennsylvania Agricultural Surplus System) to save even more nutritious Pennsylvania farm product that might otherwise not reach kitchen tables. All of this is in addition to the vast array of shelf-stable food we have been providing for decades. Please know we couldn't accomplish all of this without you ... your donations and other contributions make this mission possible!

Thank you!



**JOE ARTHUR,
EXECUTIVE DIRECTOR**

HONORING THOSE WHO SERVE CONTINUED FROM PAGE 1

As veterans we still have a duty to this country that did not change with our discharge, separation or retirement. Those of us who served must not judge too harshly the generations that follow, and we must continue to recognize them for their own greatness. We must become the mentors and teachers. We must explain our history; talk about our experiences; and share our hopes, our dreams and our fears, and we must recognize that they too are a national treasure.

To do so will honor the men and women who served.

— COL. DAVE HALL, RET.

America's service men and women do not often see themselves as heroes. It is the rest of America that bestows that deserved title, honoring them for the sacrifice and bravery with which they serve our country. After their service ends, and they return to civilian life, many face challenges, including low incomes. Sadly, many also struggle with hunger.

Your support of the Central Pennsylvania Food Bank is helping thousands of veterans, as well as children, seniors and working families have access to the food they need. *We appreciate you.*



**COL. DAVE HALL, RET., ADDRESSES THE
CROWD AT THE FLAG RAISING CEREMONY HELD
AT OUR WILLIAMSPORT HEALTHY FOOD HUB**

VOLUNTEER SPOTLIGHT

Over the past year, volunteers gave more than 32,000 hours of their time to the Central Pennsylvania Food Bank. Our volunteers work in many different capacities — stocking shelves, packing boxes, sorting fresh fruit and vegetables and working in the office. They are extremely dedicated to our mission and passionate about giving back to their communities and we couldn't serve without their support. Today, we spotlight a few of these remarkable volunteers.



The MisChiefs are a group of local women who volunteer at our Williamsport Healthy Food Hub once a month. They spend their hours packing boxes and cooking nutritious food to distribute to our neighbors in need. Donna Bastian, who was one of our first advisory board members in 1983, formed this dedicated group in 2016. Since their inception, it is estimated that they have assembled more than 9,500 boxes of food.

The MisChiefs include: Lisa Hillyard, Mary Engel, Debbie Nix, Ann Young, Carol Pursell, Donna Bastian, Martha Gandy, Cathy Park, Jeanne Yaggi, Jill Confair, Liz White, MaryAnn Johnson, Ruth Croyle, Chris MacKenzie-Kelly, Jeri Demel, Kim Kist, Jeanne Defeo, Cherie Hodrick, Barb Reynolds, Candance Dewar, Dottie Bailey, Karen Blaschak, Diana Konkle, Linda Alberts, Ina McCormick, Maureen Carey, Christine Johnson, Joan Bauder, Margaret Chapman, Diane Pelesh, Sandy Person, Melissa Rackish, Sandy Silberg, Mary Wolf, Gail Zimmerman and Marisa Rainy Rau.



HARRY AND WANDA HURST

Harry and Wanda Hurst have been volunteering at our Harrisburg Healthy Food Hub for just a few months. Both recently retired and had been looking for ways to give back. They found the perfect match with the Food Bank.

"The Food Bank's reach is vast, and we know our work is helping more people in more areas than just Harrisburg," said Harry. "Seeing all the food that's here, without volunteers, it just sits on the shelf and doesn't get out to the people in need."

One of the things Harry and Wanda appreciate most about the Food Bank is that it is a community. "We are a community of volunteers, working for the same goal. We get to meet new people working here and we gain joy and satisfaction from helping other people. We've been so blessed by volunteering here at the Food Bank, and we will keep coming back and volunteering as long as we can."

INTERESTED?

If you would like to volunteer, visit our website at centralpafoodbank.org or give us a call at 717-564-1700 (Harrisburg) or 570-321-8023 (Williamsport).

SEN. TOOMEY VISITS

Advocacy is an important part of our mission at the Central Pennsylvania Food Bank. We often invite our elected officials, from the local, state and federal levels, to visit our Food Bank. These visits allow them to see firsthand the magnitude of our work providing food to those struggling with hunger in our communities.

In November, we hosted a press conference announcing the 2018 Hunters Sharing the Harvest season. During this event, we were honored to have Pennsylvania U.S. Senator Pat Toomey visit the Food Bank. Senator Toomey toured our Harrisburg Healthy Food Hub and talked with members of our team as well as our Advocacy Committee, to learn more about hunger in central Pennsylvania and the work we are doing to help those struggling with hunger. During his visit, the Senator dropped off a donation of 155 pounds of food that went out to clients during the holiday season.



SENATOR TOOMEY DONATES 155 POUNDS OF FOOD FOR THE HOLIDAY SEASON



SENATOR TOOMEY TALKS TO EXECUTIVE DIRECTOR JOE ARTHUR ABOUT HUNGER ISSUES FACING PENNSYLVANIANS

LEAVE A LEGACY TO YOUR COMMUNITY

CREATE A TRIBUTE GIFT IN YOUR WILL

Is there someone who inspired you to give back to the community or someone who cared about people who struggle with hunger? Create a permanent tribute to them in your will.

Make a tribute gift in your will, designate a percentage of the assets or a specific dollar amount. The following is sample language to use when establishing a bequest:

"I give, devise and bequeath ____% of the remainder and residue of property owed at my death, whether real or personal, to the Central Pennsylvania Food Bank in Harrisburg, PA. This gift is a tribute to _____ who inspired me to help people who struggle with hunger."

If you have questions, please contact Sue Ward-Diorio at swarddiorio@centralpafoodbank.org or 717-547-6264.

We encourage you to talk with your professional advisor on what is the best choice for you and your family. This information is not intended as legal or tax advice.



MARK YOUR CALENDARS

for one of our most important and popular fundraisers of the year: **SOUP AND A BOWL!**

February 11, 2019 at the Radisson Hotel, Harrisburg 11 a.m. -2 p.m.

March 1, 2019 at the Genetti Hotel, Williamsport, 3 seatings, 11 a.m., 1 p.m., 4:30 p.m.

Tickets are \$30 in advance or \$35 at the door and will include a pottery bowl.

For more information visit our website at centralpafoodbank.org under the Special Events tab.

THE COMMUNITY GIVES EXTRA



This holiday season, we were so humbled and grateful for the outpouring of generosity we received during the Extraordinary Give, a day of online giving that annually occurs the Friday before Thanksgiving.

We had a record year, raising **more than \$111,400**, which **helps us provide more than 668,000 meals**

to those struggling with hunger in our communities. Our thanks to our friends at Weis Markets, who matched our Extraordinary Give donations up to \$10,000. We had more than 600 individual donors throughout the day and we are so thankful for this wonderful support!

EVERYONE DESERVES "A SEAT AT THE TABLE"



Pictured: Jack Kay, Memorial Health Fund Board Member; Joe-Anne Ward Cottrell, The Food Alliance; Kris Pollick, Catholic Harvest Food Pantry; Jennifer Brillhart, York County Food Bank; Jennifer Powell, Central Pennsylvania Food Bank; Eric Saunders, New Hope Ministries

Everyone deserves "a seat at the table," and York Memorial Health Fund committed to help build that table! With thousands of York Countians struggling with hunger each and every day and one of the counties with a large meal gap, York County was ideal to begin working on solving hunger through a collaborative and innovative lens. In 2017, Governor Wolf (a York County native!) announced **A Seat at the Table, A Blueprint for a Hunger Free PA**, which outlines strategies to solve hunger in the Commonwealth. In partnership with the Catholic Harvest Food Panty, New Hope Ministries, York County Food Bank and The Food Alliance, Central Pennsylvania Food Bank formed a collaborative and began working to gather data and information on the charitable food assistance programs throughout the county with a goal to begin implementing the strategies outlined in the Governor's Blueprint.

York Memorial Health Fund made a significant investment to underwrite this innovative work. The Food Trust, a nationwide anti-hunger advocacy organization was commissioned to conduct an evaluation of the data and make recommendations in alignment with the Blueprint's goals. **The results of this work will be transformational and bring us one step closer to ensuring everyone struggling with hunger has access to enough nutritious food to live a healthy life.** The final report is nearly complete and will be linked to our website in the coming months.

Thank you! On behalf of the Central Pennsylvania Food Bank, we would like to thank the following businesses and foundations for their very generous support.

- Capital BlueCross
- Caterpillar Foundation
- Darden Foundation
- Highmark Blue Shield
- Joy in Childhood Foundation
- Kline Foundation
- Kunkel Foundation
- Norfolk Southern Foundation
- PNC Foundation
- Red Nose Day Fund
- Wells Fargo