



Food For Thought

REPORT TO THE COMMUNITY | 2020



Central Pennsylvania Food Bank
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HUNGER ISN'T SELECTIVE: MEET JULIA

Julia Hubler is both a client and a volunteer at her local food pantry. A former school teacher, she was left disabled by a car accident years ago and is no longer able to work. **Still wanting to give back to her community, she became a volunteer at the food pantry three years ago.** Now with her own family recently falling on hard times, she finds herself relying on the food pantry for food as well.

"We wouldn't make it through the month without this place helping us with our groceries," Julia explains. "Our income is very limited. While my husband has started to receive disability, with the bills that need to be paid, there is never enough left over for groceries. Without this program, it would be hard. I do have a good support system; family members help out. But we depend on this program. We really do."

Julia is not the exception to the rule as far as being both a food pantry client and a volunteer. **Many pantry volunteers also receive food themselves.** Julia sees this as a key ingredient as to why they work in such empathetic harmony with the clients coming in.

"With volunteering, I have a lot of people, when they see me out in the community, come up to me and say, 'You guys do such great, wonderful work. We wouldn't be able to feed our children without this.' And they know I'm in the same boat as they are. So, they are more comfortable with coming and talking to me. **It makes me feel very good to be able to be on both ends (as a client and a volunteer) and be able to understand where everyone is coming from.** The volunteers who also receive food are more patient and more caring toward the people who come through. They've all been there at some point in their lives – they really have."

The support we receive allows us to give Julia, and the thousands of other clients like her, better access to better, more nutritious foods. Our network is, quite simply, better together.

"We wouldn't make it through the month without this place helping us with our groceries."

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JAVA WITH JOE

Dear Friends of the Food Bank,

While January brings cold and snow and other challenges, it also marks the time of year when we thank our generous Friends for their amazing support during the holiday season. We have been busy sending out thousands of letters of appreciation, but this newsletter gives us an opportunity to express it once more. You again inspired us with your gifts of food and funds, your volunteer help, your advocacy and more, and this generosity makes all the difference. **And we are honored to note that in 2019, the website business.org selected our Food Bank as the "Best Charity in Pennsylvania" for donors to support.** Please also see our Financial Report on Page 3.

For many folks, January also is a time for setting resolutions for the new year, and for 2020, our Food Bank is adopting this tradition as well. **During the coming year, in alignment with our Bold Goal 2025 Plan, we are committed to sharing more than 41 million meals worth of healthy food and providing this assistance in ways that best suit our clients.** We call this enhanced approach "Better Food, Better Access, Better Together," and we are currently working closely with our amazing Partner Agencies to adopt mutual improvements to make it happen.

Friends, you provide the means for our mission, so I hope you enjoy the stories of caring and hope that we share in this newsletter, and especially the thankful words of the families, children, seniors, veterans and others that we serve.

Thank You! We are Better Together. Always.



MAKING A DIFFERENCE THROUGH VOLUNTEERING

As the head of the dining room at the West End Christian Community Center (WECCC, a partner agency of the Central Pennsylvania Food Bank), **Robert Forker, of Lycoming County, tends to do a little bit of everything.** For five to six hours a day, three days a week, Robert does whatever needs to be done in the center's Soup Kitchen. As a retired administrator, he enjoys the social aspect of volunteering the most.



"I like meeting the people," Robert tells us. "You get to know the ones who come in all the time. And when they don't show up, you wonder where they are."

One of these client-volunteer relationships that Robert valued the most was with a man named Bill. He and other WECCC volunteers nicknamed him, "Whistlin' Bill" since he was always humming a tune. "He was always happy," Robert recalls. Sadly, Bill passed away early last year. Now, whenever Robert sets the WECCC dining room table, he makes a point to stop at the spot where Bill used to sit, pausing to remember his old friend.

For those struggling with hunger who may be hesitant to come to the table, Robert has a special message.

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"Never be too proud when your family is starving. That's what we are here for — especially the Food Bank."

For more information on how you can volunteer at the Central Pennsylvania Food Bank, or one of our partner agencies, please visit our website, centralpafoodbank.org.

2020 Report to the Community

BY THE NUMBERS (FISCAL YEAR 2019)

Support & Revenue

SUPPORT

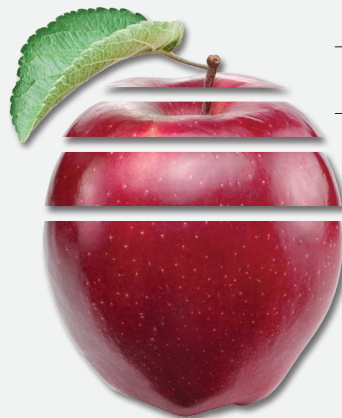
| | |
|--|----------------|
| In Kind Product, Contributions, & Grants | \$87,602,787 |
| Shared Maintenance & Program Fees | 3,971,164 |
| Food Purchase Program | 5,740,532 |
| Investment & Other Income | <u>632,961</u> |

TOTAL SUPPORT & REVENUE \$97,947,444

MANAGEMENT & GENERAL (1.4%) _____

FUNDRAISING (2%) _____

PROGRAM SERVICES (96.6%) _____



INVESTMENT & OTHER INCOME (.6%) _____

SHARED MAINTENANCE & PROGRAM FEES (4.1%) _____

FOOD PURCHASE PROGRAM (5.9%) _____

IN KIND PRODUCT, CONTRIBUTIONS, & GRANTS (89.4%) _____

Expenses

| | |
|----------------------------|------------------|
| Program Services | \$91,982,171 |
| Management & General | 1,323,526 |
| Fundraising | <u>1,870,027</u> |

TOTAL EXPENSES \$95,175,724

CHANGE IN NET ASSETS \$2,771,720 *

* Includes food inventory (non-cash) of approximately \$2.5 million.

The Impact of Your Generosity



"[Food] is one less thing I have to worry about providing [my children] with. It takes a lot of stress off me, as to how I'm going to pay bills and feed my children."

- Christine, Columbia County



"Because of Feeding America and the Food Bank, we always have wonderful produce to share with our clients and partners."

- Carol Pioli, State College Food Bank



"In helping others, you help yourself. It makes you feel good, to get to bless someone else."

- Dale, volunteer



"I didn't know what to expect. And [the food] we walked out with blew my mind. I wasn't expecting so much! It really does make a difference."

- Crystal, Cumberland County



"All this high-end produce would not be affordable any other way — our budget is slim. Utilizing the fresh produce the Central Pennsylvania Food Bank offers has made our children's meals top notch."

- Tina, Summer Alive Summer Feeding Program



"They help each of us eat more and be healthy. I see my friends be more happy when they get [the Backpacks]."

- Asta, Lycoming County



Purchase your Soup and a Bowl Tickets Today!

Williamsport Event:
Friday, February 21
at the Genetti Hotel in Williamsport

Camp Hill Event:
Monday, March 9
at the Radisson Hotel in Camp Hill

Help us raise important funds to fill the bowls of those who struggle in our community. A simple meal of soup and bread, paired with a take-home pottery bowl, serve as a reminder of the historical food offerings at soup kitchens. For more details and purchasing your ticket, please visit our website at www.centralpafoodbank.org or give us a call at 717-564-1700 (Harrisburg) or 570-321-8023 (Williamsport) for more information and to purchase tickets.

Thank you!

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

- J. William Warehime Foundation
- Josiah W. and Bessie H. Kline Foundation
- Capital BlueCross
- Highmark Blue Shield
- Wells Fargo
- William and Jemima Brossman Charitable Foundation

PARTNER SPOTLIGHT: AGAPE

Eileen Chapman and Lori Swank understand the power of good food. As Agape's executive director and director of programs and personnel, respectively, they see the difference it makes. Through their partnership with the Central Pennsylvania Food Bank, Agape runs multiple food programs, including pantries, Backpack programs, food rescue, and Fresh Express. **Fresh Express is a particular godsend for Agape clients, because it gives them access to fresh produce that they cannot necessarily afford on their own.** Lori explains how the Food Bank's relationship with the Mid-Atlantic Regional Cooperative (MARC), provides Agape's clients with nutritious fruits and vegetables year-round.



LORI SWANK

"Obviously, we like the relationship the Central Pennsylvania Food Bank has with MARC, because it does extend the produce season, so to speak," said Lori. "When we're getting produce in the winter, it just adds to the nutritional and health aspects our clients gain from that relationship. Our clients also benefit from our food rescue relationships with local farmers and retailers."

"It takes all of these things to come together and really make a stable situation for people that really cannot go out and buy these items. If you put a value on the food we are handing out, it's astronomical. Especially when our clients are spending money on medications they need, bills they have and transportation they require." **Agape and the Food Bank are supplying these clients with food they need so they do not have to make difficult choices between food and other expenses.**

However, having healthy food available is not enough if clients cannot access it. Agape implemented a Senior Fresh Express for individuals who are not able to get to the center and go through the normal line. **Once a month after the regular Fresh Express distribution, volunteers fill bags for seniors and deliver them directly.** Eileen also recently learned that these recipients will sometimes get together for a community meal at the Senior Assisted Living Center to share the foods that are too much for them to eat on their own. Eileen is proud that the Senior Fresh Express provides a sense of fellowship that these people may not have otherwise.

"The food creates families that aren't necessarily related," Eileen said. "But you can always have an extended family, and that's what they do."



EILEEN CHAPMAN