



Food For Thought



Central Pennsylvania Food Bank
3908 Corey Road, Harrisburg, PA 17109 (717) 564-1700 | 3301 Wahoo Drive, Williamsport, PA 17701 (570) 321-8023

APRIL | 2020

HUNGRY TO HELP

These are unprecedented times. We have all been impacted by the events of our world. Those struggling with hunger have been hit especially hard. As the COVID-19 crisis continues, the Central Pennsylvania Food Bank remains committed to serving our neighbors in need. Over the last few weeks, we ramped up our work to serve the thousands of individuals throughout our 27 counties who are struggling even more in this uncertain time.

The Central Pennsylvania Food Bank and its partners have risen to the occasion, meeting the increased demand with well stocked Crisis Response Boxes. We moved to a larger, off-site packing facility to pack thousands of additional boxes per week. Our agency partners quickly adopted alternative methods for delivering and providing healthy food including drive through distribution sites, grab and go meals, and appointment only access to food pantries to limit large groups of people.

The economic consequences of the COVID-19 precautions have hit hard for people already struggling with food insecurity and left many others without a paycheck for the first time.

The charitable food network will remain operational throughout this crisis, but it has significantly increased our costs. **Our wonderful community has been stepping up to help us in this time of crisis, but we need your help now more than ever** as those who are hungry continue to seek food assistance, especially with such employment uncertainty. **This situation will continue to have a drastic impact on people who struggle with food insecurity long after the virus is contained.**

The ongoing crisis has shown that the community is truly, Better Together. Many local companies are offering their employees and their trucks to help us deliver food

VOLUNTEERS AT THE FOOD BANK HAVE BEEN USING SOCIAL DISTANCING IN ORDER FOR US TO CONTINUE OUR LIFE SUSTAINING MISSION.



CONTINUED ON PAGE 4

2020 BOARD OF DIRECTORS

PRESIDENT: REBECCA RALEY

Partnership for Better Health

VICE PRESIDENT: SCOTT SHERRY

Nationwide

SECRETARY: MARIANNE DEPASQUA

Pennsylvania College of Technology

TREASURER: ED O'GORMAN

River Wealth Advisors, LLC

JIM ADAMS

Retired, Wenger Group

GLADYS BROWN DUTRIEUILLE

Pennsylvania Public Utility Commission

LINDA COSTA

PA State Association of Boroughs

SCOTT ESWORTHY

Brown Shultz Sheridan & Fritz

DEB FERREIRA

Deloitte Consulting

RON FRICK

Lycoming County United Way

JANICE KOPELMAN

Retired - PA Department of Health

TAMMIE LOWRY

UGI

BLAKE LYNCH

Harrisburg Bureau of Police

LEAH MALLETT

Bucknell University

KATHLEEN MCKENZIE

Highmark

FRANK PELLEGRINO

Carlton Associates, LLC

VALERIE PRITCHETT

ABC27-WHTM TV

SUSAN ROOF

Roof Advisory Group

ERIC SAUNDERS

New Hope Ministries

MATT SIMON

The GIANT Company

NORTHERN TIER ADVISORY COMMITTEE

CHAIR: MARIANNE DEPASQUA

Pennsylvania College of Technology

DR. RYAN ADAMS

Lycoming College

DONNA BASTIAN

Retired

ALICE FOX

New Love Center

RON FRICK

Lycoming County United Way

SID FURST

CFI

LEEANN GEPHART

Riverview Bank

JAIME HYNOSKI

Weis Markets

LAURA KITTLE

AmeriCorps

CAROL PIOLI

State College Food Bank

JAVA WITH JOE

Dear Friends of the Food Bank,

"Hope sees the invisible, feels the intangible, and achieves the impossible." -Helen Keller

This quote is fitting as the Central Pennsylvania Food Bank adapts to respond to the elevated levels of food insecurity caused by COVID-19. As a life-sustaining operation, we deliver the healthy, delicious food to our agency partners that gives individuals and families a dose of hope in these troubled times. Having enough food for yourself and your family should be the last thing any of us needs to worry about when we are already concerned about our health and finances.

Our team quickly adapted to reorganize our processes of packing boxes, mobilizing volunteers, and moving food, all while cleaning, sanitizing, and protecting everyone involved. And the community is responding generously. Donations are coming in large and small to help us keep up with the increased need and costs of rapid mobilization. Thank you!

The economic insecurity caused by the COVID-19 crisis will linger long after the virus is contained. **We know that people will need food assistance well into the future.** Financial donations are most helpful to our mission now and ongoing. Please consider making a life-sustaining contribution of \$25, \$50, or more. We can use all the help we can get.

The coronavirus is an invisible threat, and the fear we face is real and tangible; **but with your support we will achieve the impossible of keeping our charitable food mission running when people need us the most. We truly are Better Together!**

HUNGER ISN'T SELECTIVE: MEET CHRISTINE

Christine has been a stay-at-home mom for six years, ever since her youngest child, Kenzie, was born with several medical complications. **Fortunately, Kenzie's health issues are resolving themselves, but Christine still needs a little extra help to put enough food on the table for her family. Her local food pantry helps her do just that, and Christine is forever grateful.**

"It has honestly meant a lot," said Christine. "The volunteers here are amazing and they do so much for everybody. It's obviously helped us out financially, just even picking up the side items to go with meals. It does make a very big difference."

Christine is especially thankful for Fresh Express during the summer, when her children are home from school. She says her son, a growing 17-year-old, tends to eat everything in the house. Without school food assistance, this appetite can take a toll on Christine's cabinets. **She reiterates how big of a role the Food Bank plays**



“

"The Food Bank means a lot because it takes stress off my shoulders."

in making sure her whole family stays happy and healthy, and how it secures her own piece of mind.

"The Food Bank means a lot because it takes stress off my shoulders. It means one less thing I have to worry about providing my children with. Feeding my kids is a top priority for me. So, it takes a lot of stress off me, you know, as to how I'm going to pay bills and feed them."

NORTHERN DAUPHIN FOOD PANTRY OFFERS CURBSIDE PICKUP

The Central Pennsylvania Food Bank is a life-sustaining operation. **Our staff is still working, and we are fully operational getting food delivered to our neighbors in need.** Anyone who is struggling with food insecurity now and those who are facing weeks without a paycheck should seek help when they need it. Having enough food for yourself and your family should be the last thing any of us needs to worry about when we are already concerned about our health and finances.

The Central Pennsylvania Food Bank has a network of more than 1,000 food pantries, soup kitchens, and shelters that distribute crisis response boxes of food and meals. The Northern Dauphin Food Pantry in Elizabethville is one such partner providing groceries and a dose of hope to people facing food insecurity in the midst of the COVID-19 situation.

The distribution of food at the Northern Dauphin Food Pantry is set up like a curbside pick-up. When clients arrive for their appointment, they call the posted phone number. The pantry staff will ask about the client's food preferences then assemble a box of food and bring it outside to the client's vehicle. Clients never enter the building. This method cuts down on the person-to-person contact and allows food to be delivered while everyone uses safe social distancing.

Laurel from Elizabethville calls the pantry "a blessing to all those whose path has led them to need extra sustenance." As a landlord and former teacher with a master's degree on disability, she wants people who face food insecurity to come get help. "When life hits you with these situations," she says, "you walk this walk when you need it." She doesn't want anyone to feel shy or ashamed for getting food from the pantry.

The outpouring of support from the community has been remarkable. For now, our Healthy Food Hubs are well stocked and we are packing boxes at a fast pace. However, we anticipate that even when the health threat from COVID-19 subsides, **there will still be an elevated need for the food bank's support. The economic impact will be felt for a long time.**

Many people will be facing food insecurity in the wake of the COVID-19 crisis. The Central Pennsylvania Food Bank and its partner agencies are here to help. Those needing assistance can visit centralpafoodbank.org and look for the "Find Food" feature to locate the closest agency.



"The pantry is a blessing to all those whose path has led them to need extra sustenance."
- Laurel, Food Pantry Client



A STAFF MEMBER AT THE NORTHERN DAUPHIN FOOD PANTRY OFFERS CURBSIDE PICK UP TO THE CLIENTS.

VOLUNTEER SPOTLIGHT: MAKING A DIFFERENCE

April is National Volunteer Month and we are pleased to highlight a wonderful volunteer at our Northern Dauphin Food Pantry, a pantry program of the Central Pennsylvania Food Bank.

Liz Herb has been a regular volunteer at the Northern Dauphin Food Pantry (NDFP) for five years. **A retiree for the past 10 years, Liz had sought out the pantry because she wanted to do something valuable with her time.** Now, she couldn't be happier with her choice and enjoys serving at the NDFP every Monday.

"It's been fun," Liz says. "I really enjoy the work. I love working with the staff, and with the clients."

While Liz does not always get to work one on one with clients as much as she would like, she does get to spend a lot of time familiarizing herself with the pantry's diverse food selection. She has only positive things to say about the enormous amount of food they have to share.

"It's great every week. There is a variety of nutritious food. There's always something new."

When asked to describe the Food Bank in one word, Liz gives an answer that only further exemplifies her expertise as a volunteer.

"Rewarding. It's rewarding for me; I hope it's rewarding for other people. I get a lot out of it too," she grins.

If you are interested in volunteering for the Central Pennsylvania Food Bank, please visit centralpafoodbank.org or call 717-564-1700 (Harrisburg) or 570-321-8023 (Williamsport).



LIZ HERB

CONNECTING OUR TEAM WITH OUR MISSION

Over the past several months, we asked every member of our team at the Central Pennsylvania Food Bank to ride along with our drivers and visit our partner agencies. We have also asked them to volunteer their time at one of our partner distributions to better connect our staff with our mission of fighting hunger, improving lives, and strengthening communities.

Our board was invited to participate in these opportunities as well. Ed O'Gorman, our Board of Directors Treasurer, spent a day with our driver, Marie, visiting our partner agencies earlier this year and had this to say:

"I recently joined one of the Food Bank's dedicated drivers to deliver food to two partner agencies and pick up donated food from Walmart and Sam's Club. I arrived at the Healthy Food Hub at 7 a.m. and it was bustling with activity as the drivers loaded their trucks in preparation for their morning routes.

*Once we arrived at our first stop, I was once again reminded how great this work makes a person feel. **We were delivering food to our neighbors in need and receiving generous donations that may have otherwise gone to waste.** This is heartwarming stuff.*

When we got back to the warehouse later in the morning, things were busier than before. Trucks were being unloaded,

a group of volunteers were packing boxes and folks were selecting items from the shelves and refrigerators to take back to their agencies. We unloaded the truck, recorded the donations by type and weight, and took the donated food to the various areas of the warehouse where it would be sorted and stored.

*This was a great opportunity to learn more about the daily operations of the Food Bank. **Most importantly, it reminded me again what a terrific organization I am working for, and how important this work is to our community.***



Thank you!

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.

- Arthur J and Lee R Glatfelter Foundation
- Caterpillar Foundation
- Clinton County Community Foundation
- Dominion Foundation
- Enterprise Rent-A-Car Foundation
- Irene Weidman Charitable Trust
- Lindig Lewisburg Foundation Fund at the First Community Partnership Foundation of Pennsylvania
- McCormick Family Foundation
- Red Nose Day Fund
- S.L. Gimbel Foundation at The Community Foundation
- Stabler Foundation
- UPS Foundation



EMPLOYEES OF SECCO ELECTRIC VOLUNTEER TO HELP DELIVER MEALS TO THE FOOD BANK'S PARTNER AGENCIES.



THE PA STATE POLICE HELP UNLOAD THE FOOD BANK TRUCK AT A PARTNER DISTRIBUTION.

HUNGRY TO HELP

CONTINUED FROM PAGE 1

to our partners. Even our delivery practices have changed so that there is limited interaction to honor social distancing rules, but we can still fulfill our life-sustaining mission.

Many others are stepping up to volunteer; yet the greatest challenge in this crisis is financial.

Every donation, no matter how big or how small, helps. Financial donations will do the most good at this time and help us quickly put together more Crisis Response Boxes to provide life-sustaining support to families facing hardship. The community has stepped up during this time and we anticipate more need in the coming days and weeks.

**To make a donation,
please visit
centralpafoodbank.org**