



# Food For Thought

REPORT TO THE COMMUNITY | 2022



Central Pennsylvania Food Bank  
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## LIFELONG DEDICATION TO VOLUNTEERING

It's 1964 in Pennsylvania suburbia, and a precocious eight-year-old named Kathy has an idea. What if she could raise money for her neighbors in need? She gathers her friends, who decide to put on a backyard carnival: games, snacks — the works. Kathy leads her playmates in cutting out tickets and making signs, even asking the mothers for old costume jewelry to use as prizes. By the end of the day, the carnival goes are happy, and the group is left with \$27.20 to donate to a local charity. Quite pleased with herself, this young leader is left with a passion for helping others.

Fast forward to 2021 and Kathy is now a lifelong volunteer, well-versed in serving her community. When a local county commissioner in her hometown asked if she would be the local appointee to America250PA (the state branch of a national effort for our country's 250th anniversary), she jumped at the chance. Her first assignment was to lead an eager group of volunteers for National Pennsylvania Day, a day dedicated to giving back, at the Central Pennsylvania Food Bank.

**"This is real America, people with food insecurities,"** Kathy explains.  
**"Living during a pandemic, I think there's a tremendous desire to help people more nowadays. To be connected and to just be there for each other because we were so isolated."**

The two volunteer groups Kathy is leading are diverse, ranging from 13-year-old Boy Scouts to retired Free Masons in their sixties. Together, they are sorting through donation boxes, making sure the food going to Food Bank clients is fresh and nutritious. Kathy is impressed by how invested the volunteers are in helping to eradicate hunger.

"One of the volunteers this morning made a special point in coming over to me. She said, 'You don't know how many times, when my children were small, that we depended on food from the Food Bank. I was so happy to do this today, because I really appreciated the difference this food made in my family's life when we needed it.' That was just wonderful to hear — coming full circle. Those are the connections we're making," Kathy says, smiling.



*For Kathy, volunteering is a lifelong mission.*

If you are interested in volunteering at the Central Pennsylvania Food Bank, please visit the Give Time section of our website, [www.centralpafoodbank.org](http://www.centralpafoodbank.org).



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## JAVA WITH JOE

Dear Friends of the Food Bank,

As we all embark upon 2022, it is almost unfathomable that we have been dealing with the challenges of the pandemic for almost two full years. Our hearts at the Food Bank go out to all our neighbors who have suffered great personal loss.

Within our mission, we were extremely busy in 2021 making sure our neighbors facing hunger had enough nutritious food to maintain their health. (Please see our enclosed Report to the Community for a recap of our efforts last year.) It was a year of continuous challenges as our country and our region moved from deep crisis into economic recovery. We applaud the actions of our federal, state, and local governments to help so many families and individuals have enough resources to weather the pandemic. These responses have been truly historic in magnitude, but we also see that gaps remain, with many of our neighbors still facing impossible choices and shattered household budgets. The work of our Food Bank, our partner agencies, our volunteers, and our donors remains as vital as ever.

In addition to maintaining our robust services, we have also been reviewing our progress toward our Bold Goal while considering lessons learned during the pandemic. We are proud of our progress in reaching more neighbors in need, but we also recognize that some of our communities still do not have sufficient access to affordable nutritious food. As we dig deeper into our work around equity, diversity, and inclusion, evidence continues to emerge indicating that people of color and our rural communities continue to face greater disparities across the socioeconomic spectrum — jobs, education, income, housing, healthcare, community safety, and more. It is because of these developing insights that we expect in 2022 to elevate our work with partnerships working toward ending hunger in Central Pennsylvania. We will also deepen our work with healthcare partners in recognition of the importance of healthy food access and eating habits toward achieving good health.

**I hope you enjoy this issue of our newsletter, and I look forward to sharing more as we continue on our “refreshed” Bold Goal Journey together!**

## A ROADMAP TO THE FUTURE

A New Year is now upon us. We are reflecting on how the pandemic has affected our community and realizing things will never be the same. There is no reset button to return to the way things were in 2019 but we have learned important lessons in our mission over the past two years that must inform our future work.

Long before the pandemic, the Central Pennsylvania Food Bank set a **Bold Goal**: By 2025, our collaborative network will provide access to enough nutritious food for everyone struggling with hunger in each of the 27 counties we serve, and we will convene and nurture partnerships to make progress toward ending hunger. In light of our learnings, we are revisiting this goal and the strategic plan we must follow to achieve it.

There are important questions demanding answers: Why are so many people vulnerable to food insecurity? What role should the Central Pennsylvania Food Bank play in ending hunger



before it starts? Does our charitable food network have adequate infrastructure to be resilient to future challenges? Are we upholding the highest standards for health and nutrition with the food we share? What does our commitment to equity, diversity, inclusion and belonging look like? Should we measure success by the pound or by the person? Distributing millions of pounds of charitable food is necessary and important, but should we also consider seeing fewer neighbors in need as a win?

We have made awesome progress on our Bold Goal Plan journey, but like any long voyage, it is prudent to check in periodically to course-correct or deal with new challenges, and make sure to refuel our

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# 2022 Report to the Community



## BY THE NUMBERS (FISCAL YEAR 2021)

### Support & Revenue

#### SUPPORT

In Kind Product, Contributions, & Grants .....	\$146,025,161	92.2%
Shared Maintenance & Program Fees .....	\$2,925,870	1.8%
Food Purchase Program .....	\$6,268,629	4.0%
Investment & Other Income .....	\$3,239,817	2.0%

**TOTAL SUPPORT & REVENUE .....** **\$158,459,477**

### Expenses

Program Services .....	\$148,287,525	97.4%
Management & General .....	\$1,784,047	1.2%
Fundraising .....	\$2,204,583	1.4%

**TOTAL EXPENSES .....** **\$152,276,155**

**CHANGE IN NET ASSETS .....** **\$6,183,322**



## YOUR GENEROSITY MAKES A DIFFERENCE - MEET LINDA



*Linda regularly visits Charlotte's Pantry to access healthy food.*

As a veteran volunteer in her community, Linda knows the value of a helping hand in times of need. She began visiting Charlotte's Pantry (a partner of the Central Pennsylvania Food Bank) a few years after her husband died, a time that the survivor's benefits she was living on were spreading thin. Seven years later, she continues to express her gratitude for the nutritious food she receives at the pantry.

**"I have always believed that no one should go hungry in our county,"** Linda says. **"People are overfed, but they're undernourished. Getting healthy food makes a world of difference."**

Linda is forever grateful to the Food Bank for providing to people like her who are down on their luck with not just food, but hope.

"Hope is a rare commodity right now. We seem to have run out of it here during the time of COVID. Hope springs eternal in the human heart. It's the courage to get up every morning, knowing that you can have a decent breakfast, lunch, and dinner."

Linda expresses her gratitude to those who support the Food Bank financially. "Thank you. You are providing for young people, old people, and [everyone] in between — [people] who are struggling in between jobs, people that don't qualify for food stamps or those that are unsheltered."

vehicle and ourselves. Fortunately, we are evaluating from a position of strength, and are thankful for the amazing efforts of our community to bring us to this level.

As we turn our focus to ending hunger work and deepening our work with healthcare partners, we remain mindful that we must serve as a regional support organization and a thought leader. With more than 1,200 partners, it is imperative we work to end hunger at the local level and invest in our network so together we can provide the highest quality food to meet the needs in their communities. We will also continue to build our advocacy to pursue public policies addressing our community's needs at all levels of government.

Our Bold Goal cannot be accomplished without advancing real equity, diversity, and inclusion, and addressing the social, economic, and racial disparities perpetuating hunger. We must make intentional progress in these areas as we know that people of color and those who live in rural PA communities are disproportionately affected by hunger. As part of our Healthcare collaborations, we will continue to build and support work around the social determinates of health and foster sensitivity to the cultural and emotional meanings of food in different communities.

As we head into 2022, we are excited to work with our Board of Directors on this updated Strategic Plan, our roadmap to the future. At its essence, our Bold Goal is about ending hunger at the local level, and by working "Better Together" with our neighbors facing hunger, our communities, our partners, donors, volunteers and staff, we believe we can make this goal a reality. We are thankful to the Williamsport Lycoming Community Fund at the First Community Foundation Partnership of Pennsylvania who are generously funding this important work.



## PARTNER SPOTLIGHT: MIDDLECREEK AREA COMMUNITY CENTER



*Brandy and Michael of the  
Middlecreek Area Community Center*

When the Middlecreek Area Community Center (MACC) provided emergency food aid to Wood-Mode employees when their business abruptly closed in June 2019 (they lost their jobs with a day's notice) — they never imagined the workers would one day return the favor. But when COVID-19 hit, that's exactly what happened.

Before the pandemic, MACC (a Food Bank partner since 2016) served approximately 150-200 households

each month during their food distribution. When the pandemic caused businesses everywhere to close temporarily, putting people all over the world out of work, money became tight. Fear and uncertainty were rampant. "We started getting (the amount of people) in one week what we'd usually get in a month," recalls Brandy, MACC Program Director.

To meet the community's need, MACC quickly began weekly food distributions every Tuesday, serving up to 600 families each week. To make sure things ran smoothly, they needed a lot more volunteers. That's when the former Wood-Mode employees stepped in.

**"We had a lot of those same Wood-Mode workers come back to volunteer,"** Brandy says, smiling. **"They came here and said, 'You thought of us. We're here to give back. Let us help.'"**

During the height of the pandemic, 50-75 people (some from Wood-Mode, others not) would come to the MACC each week to help run food distribution for their neighbors in need. Volunteer duties included parking, sign-up, drive-through, and loading. Some days, they stayed until dusk.

"They would come at 8 a.m. and stay till 5, 6 p.m. at night. They were invested," said Michael, MACC's Executive Director.

Client numbers have decreased since the start of the pandemic, but there is still a need in their community, and many are still making impossible choices between food and other critical expenses. While the center doesn't need as many volunteers as they did during the height of the pandemic, Brandy and Michael will never forget the generosity of those who gave their time and care when the MACC community needed it most.



## A THANK YOU TO OUR EVENT SPONSORS

We would like to thank the following event sponsors who have been committed to our community during the pandemic and through this continuous recovery. We are grateful for their generosity to serve our neighbors who are facing hunger. They believe in helping others and it is companies and individuals like the names below that make a positive difference for our community.



### **And our recent restaurant sponsors:**

Cornerstone Coffeehouse • Hilton Harrisburg: 1700 Degrees Steakhouse & Ad Lib • Sophia's at Walden • THEA • Mangia Qui • Rubicon • Suba • Sweet Confections Cakes

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## Make a Charitable Gift with Appreciated Stocks

A charitable gift of appreciated securities like stocks, bonds, and mutual funds may be an attractive way for you to support our mission to fight hunger in central Pennsylvania. These types of gifts come from your current assets and qualify for a charitable tax deduction.

When you have initiated the transaction, please remember to let us know so we can acknowledge your gift. Stocks

must be transferred no later than December 31 to be considered as a donation for the year.

We encourage you to talk with your professional advisor on how to make this type of gift. If you have questions, please contact Sue Ward-Diorio at [swarddiorio@centralpafoodbank.org](mailto:swarddiorio@centralpafoodbank.org) or 717-547-6264.

*We hope you consider this simple way to make a year-end gift to help us provide nutritious food to those in need.*