



Food For Thought



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January 2023 and Report to the Community

HOME DELIVERY: AN INNOVATIVE APPROACH TO SENIOR FOOD SECURITY

Every day, thousands of central Pennsylvania seniors face hunger. While the Central Pennsylvania Food Bank has always had programs to address senior hunger, many still faced barriers to accessing the food provided by the Food Bank and their local food pantry. Prior to 2020, the Food Bank recognized this need and began researching home delivery options. Then COVID-19 hit, and home delivery became a necessity and expedited our home delivery implementation. During the height of the pandemic, many of our staff members made home deliveries to seniors in need, ensuring they received the fresh, nutritious food to maintain healthy lives.

Throughout 2020 and into 2021, we began looking for ways to make home delivery a sustainable option. How could we ensure our seniors in need could receive their food boxes each month by removing barriers they may face, primarily transportation to and from food distributions at their local pantry?

Enter DoorDash and their Project DASH program. Project DASH, in partnership with Feeding America, is part of DoorDash's commitment to equity. It's a push to provide home delivered meals to people who need food assistance. This program is currently available in areas where DoorDash has "dashers,"

the people who use their personal vehicles to pick up take-out meals from restaurants and deliver them to customers. In the communities where this important partnership is available, the Food Bank is delivering pre-packed boxes of groceries directly to **more than 950 seniors** every month.

The Central Pennsylvania Food Bank also collaborates with other organizations to facilitate home delivery:

-  **The Mifflin-Juniata Area Agency on Aging → 100 boxes/month**
-  **Perry County Area Agency on Aging → 10 boxes/month**
-  **Harrisburg Labor Council → 100 boxes/month**
-  **Lancaster Meals on Wheels → 50 boxes/month**
-  **Blair County Partners → 85 boxes/month**
-  **Child Hunger Outreach partners (CHOP) → 22 boxes/month**
-  **And church groups in Adams and Union counties are currently making deliveries.**

Together, more than **1,350 seniors every month in 13 counties** get the food

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Through our partnership with DoorDash, we are making home deliveries each month to more than 950 seniors in six counties.

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JAVA WITH JOE

Dear Friends of the Food Bank,

2023 already? I know the seasons and years seem to fly by as we get older, but 2022 just seemed exceptionally fast. And the year just past was full of surprises, not all of them good, throughout the world, across our nation, and right here in central Pennsylvania.

In our mission, in collaboration with our amazing partner organizations, we provided nutritious food assistance to thousands more families and individuals than we forecasted for 2022. The high and sustained inflation of basic living costs, noticeable by everyone, impacted hardest on households struggling just to make ends meet. At the Food Bank, we also faced higher costs across our mission and the added challenges of still-disrupted supply lines and decreased availability of surplus food. But through it all, you, our supporting Friends, provided the resources that enabled our Food Bank to provide healthy food to every family and individual that reached out to us for help.

I hope you enjoy this edition of Food for Thought that includes our annual Report to the Community. We are proud of our stewardship of the resources entrusted to our Food Bank, as illustrated in this report. Please also savor the wonderful stories in this edition, like our innovative services for senior neighbors in need, and the amazing partnerships that sustain these endeavors.

I will close as I often do, with a simple note of appreciation to you from our Food Bank Team: Thank You, Friends!

YOU HAVE THE OPPORTUNITY TO MAKE AN EVERLASTING IMPACT



In the future, the Central Pennsylvania Food Bank must be positioned well financially to support the twenty-seven counties in our footprint. Providing support to individuals who are food insecure is becoming an increasing challenge because the Food Bank also combats inflation, fuel increases, and countless supply chain issues. The complexities of climate change on agriculture, the higher price of groceries, and social determinants of health upon underserved populations are pushing even more people into food insecurity. No one can predict what is to come, so the Food Bank must be prepared to help, and we can, with your support.

Please consider the innovative ways that you can give through stocks, mutual funds, donor advised funds, individual retirement accounts, and securities. These types of gifts come from your current assets, and many qualify for a charitable tax deduction. We encourage you to speak to your professional financial advisor about how you want to help and then contact the Food Bank.

Also, please consider adding the Central Pennsylvania Food Bank in your will. In honor of your memory, the Food Bank can continue



to serve individuals and families, thoughtfully and with dignity, in collaboration with more than 1,100 partner agencies and programs. The process to add the Food Bank to your will is not lengthy, but your impact is everlasting.

You do not need a huge income to help, just a huge heart! For information about all the giving opportunities, please contact Julie Kramer, Senior Development Manager, Individual Giving, at jkramer@centralpafoodbank.org or call (717) 547-6334.

2023 Report to the Community

YOUR GENEROSITY MAKES A DIFFERENCE



BY THE NUMBERS *(FISCAL YEAR 2022)*

Support & Revenue

In Kind Product, Contributions, & Grants	\$105,890,876	94%
Shared Maintenance & Program Fees	\$3,756,578	3.3%
Food Purchase Program	\$5,331,510	4.7%
Investment & Other Income	(\$2,303,127)	-2.0%

TOTAL SUPPORT & REVENUE **\$112,675,837**

Expenses

Program Expenses	\$115,154,949	96.5%
Management & General	\$1,645,746	1.4%
Fundraising	\$2,538,956	2.1%

TOTAL EXPENSES **\$119,339,651**

CHANGE IN NET ASSETS **(\$6,663,814)**



FOOD BANK FACTS

YEAR IN REVIEW

SERVING SIZE: 27 COUNTIES

People helped last year **413,000+**

Partner Programs **1,100+**

BackPack Program

BackPack program sites	87
Number of Backpacks	371,000+
Kids served by Backpack program	Nearly 30,000

School Pantry

School Pantry Sites	35
Kids served at School Pantry sites	72,000+

Kids Café®

Kids Café Sites	81
Kids served at Kids Café sites	166,000+
Average No. of meals served weekly	Nearly 6,900

Senior Box Programs

Seniors Served	7,700+
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MilitaryShare

Military and Veteran Individuals Served	10,000+
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Fresh Express Mobile Pantries

Individuals served	Nearly 31,000
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Health Innovations

Medically Tailored Boxes for Patients	450+
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SNAP Benefits

Applications submitted	3,000+
Meals resulting from approved applications	2.8 million+

Food Distribution

Total pounds distributed	61.8 million+
Total Pounds of produce distributed	13 million+
Quarts of fresh milk distributed	Nearly 1.3 million

Volunteer Program

Volunteers	16,000+
Volunteer hours donated	77,000+

Food Insecurity (for all 27 counties)

Food Insecurity rate	1 in 10
Child Food insecurity rate	1 in 7
Meal Gap filled	95%

HOME DELIVERY: AN INNOVATIVE APPROACH TO SENIOR FOOD SECURITY

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they need delivered to their doorstep. DoorDash covers half of our service area!

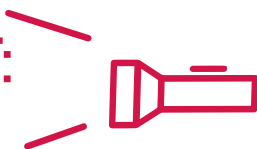
The Food Bank is committed to home delivery as a permanent, long-term, sustainable solution to senior hunger. DoorDash pays for all costs associated with delivery and will continue to do so for the foreseeable future. Long-term, we hope to offer home delivery to all the seniors we serve in central Pennsylvania within the next five years. No senior should have to make a choice between food and paying for expenses such as medicine and heat, and with your help, they will not have to.





Cynthia and Pamela volunteer during America 250 PA Day this past summer.

VOLUNTEER SPOTLIGHT: AMERICA 250 PA DAY



Whether you've been volunteering for years or are joining us for the first time, the Central Pennsylvania Food Bank appreciates you sharing your time with us. For America 250 PA Day last summer, the Food Bank hosted many great volunteers in both Harrisburg and Williamsport. Two of them were Pamela and Cynthia.

Pamela has been volunteering for ten years and visited the Food Bank as a volunteer before. She's retired and volunteered with a group from the Daughters of the American Revolution. She also knows people who have used the Food Bank's services before. "It's good to know [people in need] can get food in the house," she said.

For Cynthia, who is the store manager at a local GIANT grocery store, being a part of any volunteer event is exciting.

"When we heard about the biggest [volunteer] day of the year, we wanted to get involved," she said. The GIANT Company is a huge supporter of the Food Bank, and its employees spend hundreds of hours volunteering throughout the year. Cynthia and her group volunteered for the entire day, because to them it means more than just filling empty boxes.

"The world is so dark these days that we like to be a force of light throughout the darkness," she said. "We just wanted to make sure that we make a difference in our community."

If you are interested in volunteering as an individual or with a group or organization, please visit the Give Time section of our website at www.centralpafoodbank.org to learn more.

HUNGER ISN'T SELECTIVE: SENIOR SPOTLIGHT

Audrey and Ron have been visiting their local food pantry for three years. With prices on the rise, the food they receive means a lot. "We aren't living, we're surviving," says Ron.



Audrey and Ron



Bonnie

Bonnie lost her job due to a disability, and ever since, she's had a difficult time providing for herself and her husband, who has dementia. Even with recent events, Bonnie is still optimistic and smiling while waiting for food at a mobile distribution. She overcame personal obstacles to ask for help from the Food Bank. "I

had to get over the whole pride thing," she says. "Don't be ashamed, I had to get over that."

The Food Bank works hard to provide items like milk, eggs, and potatoes at every distribution. Luckily, those are some of **Helen's** favorite items! Helen is a senior living on disability, and she works hard to make ends meet.



Helen

"Being on a limited income, I need all the extra food I can get," says Helen. With inflation, purchasing food along with paying bills has become extremely difficult for some.

"The food means a lot," she says. "It helps me out quite a lot."



Larry

Larry takes care of a three-person household and recognizes the need for nutritious food when trying to take care of others. "Food itself means a lot," says Larry. "The price of meat is going up, and everything else you buy is too." Larry relies on his local food pantry to supply what he cannot get for his

family at the store. He's grateful to the pantry's volunteers who are there to help him.

"They're very good people, and they help everybody, not just me. It's a thankful thing, I hope everyone does thank them – it needs to be said."

Your donations are making a difference for thousands of seniors like Audrey, Ron, Bonnie, Helen, and Larry. **To make a donation and to learn more about our programs, visit www.centralpafoodbank.org.**