



# Food For Thought



Central Pennsylvania Food Bank  
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## A MOTHER AND SON'S JOURNEY TO HELP OUR NEIGHBORS IN NEED

One action can cause a ripple effect that is felt far and wide. This was the case for Kristin Fleck and her son Greg when they did a service project in 2021. That one volunteer project at a local food pantry unlocked a greater passion to serve and the desire to do all they could to help people struggling with hunger.

Over the next two years, Kristin and Greg gave their time to five different Central Pennsylvania Food Bank (CPF) partner agencies throughout their community in the Susquehanna Valley. Making connections, listening, and learning became the foundation to a bigger vision. "Working here is so important, I hear the stories, I see their faces — they need encouragement, and we can be that." Kristin reflected.

Kristin and Greg knew they could be the difference; together they wanted to continue being a constant comfort and resource for their community. Feeling empowered, they opened Fleck & Friends Fresh Express in September 2023. Fresh Express programs are pop-up-style distributions that directly support communities by providing nutritious food, including perishable items like produce and milk. Kristin and Greg work closely with CPF staff to coordinate all that goes into a distribution, from securing the food, training and organizing the volunteers, to stewarding resources and much more, especially interacting with neighbors. All this is done with a heart for service to the community.

**For Kristin and Greg, this is just the beginning. The transition from super volunteers to coordinators was seamless for them, and opening a distribution felt natural. "The need continues to grow, and I don't see us ever stopping," said Kristin.**

Though much of this labor of love centers around the gathering and distribution of food, that effort will soon be forgotten. However, what neighbors across multiple counties in our region will remember is how the volunteers made them feel. Kristen and Greg's welcoming nature and warm, cheerful demeanor mean that nearly every neighbor they serve in their community ends up feeling better when they leave the distribution than when they arrived.



Kristin and Greg Fleck



Kristin, Greg, and Fleck & Friends volunteers

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**CORINNA WILSON**  
Contracted Director of Communications

Newsletter written and edited by  
Amanda Gilbertson, Jennifer Powell,  
and Natalie Reynolds



## JAVA WITH JOE

Friends of the Food Bank,

On October 16th, our Team celebrated World Food Day, which commemorates the founding date of the United Nations Food and Agriculture Organization in 1945. We shared in our social media posts that our Food Bank actually started as a one-day demonstration project on World Food Day in 1981!

It would take more than one newsletter to describe the immense growth in our mission over the last 42 years, but it is worth noting the one constant in our history ... Change.

Not change for the sake of change, but change with purpose, change to improve our organization every day to better fulfill our vision that “No One Should Be Hungry.”

We have learned that during even our most challenging times like the COVID-19 pandemic, there are opportunities to embrace changes that make us better in this work. For example, during the pandemic, our Food Bank did not miss a single scheduled day of work sourcing, warehousing, transporting, and sharing immense amounts of food. However, we also had to quickly invest in, implement, and train up on new technology to support a hybrid work environment. We have now become so adept at hybrid work that we continue in this mode, which has enabled us to avoid a costly expansion of administrative facilities. We embraced this huge change in our workplace management, and it has empowered us to invest in and focus more energy on our core mission of ensuring that everyone in Central Pennsylvania has enough nutritious food to thrive every day.

Another change you may notice is our new slate of Board members. In November we said farewell to several members and welcomed new members. Thank you to Marianne DePasqua Raymond, Glennis Harris, Blake Lynch, Leah Mallett, Kathleen McKenzie, Valerie Pritchett, Susan Roof, and Scott Sherry for your selfless service to the Food Bank and continued dedication to our mission. As we say goodbye, we also welcome new members Marsha Curry-Nixon, Garry Gilliam, Allison Hess, Rebecca Lupfer, Eric Patton, and Shila Ulrich, as well as our new officers David Ark, Olivia Edwards Rindfuss, Patti Husic, and Steven Merrill. Be on the lookout for introductions to our Board in upcoming editions of our newsletter.

Empowering Change ... that is the kind of change that we will always embrace at our Food Bank!

## CENTRAL PENNSYLVANIA FOOD BANK FINANCIALS - REPORT TO THE COMMUNITY (FISCAL YEAR 2022-2023)



|   | <b>FY2022-23</b>   | <b>FY2021-22</b>   |
|---|--------------------|--------------------|
| In-Kind Product, Contributions & Grants | 116,311,070        | 105,890,876        |
| Shared Maintenance and Program Fees     | 3,361,090          | 3,756,578          |
| Food Purchase Program                   | 10,466,495         | 5,331,510          |
| Investment & Other Income               | 1,725,889          | (2,303,127)        |
| Total Support & Revenue                 | 131,864,544        | 112,675,837        |
| Program Expenses                        | 129,530,053        | 115,154,949        |
| Management & General                    | 1,947,998          | 1,645,746          |
| Fundraising                             | 2,625,023          | 2,538,956          |
| Total Expenses                          | 134,103,074        | 119,339,651        |
| Change in Net Assets                    | <b>(2,238,530)</b> | <b>(6,663,814)</b> |

# VOLUNTEER SPOTLIGHT: TERRI GETZ AND DAVE LLOYD



Terri Getz

The greatest example of love is service to others. With a combined employment history of almost twenty years at the Food Bank, Terri Getz and Dave Lloyd are the epitome of dedication to others. **Both Terri and Dave celebrated their retirements from Central Pennsylvania Food Bank in 2023 and embraced the next chapter of their lives by continuing their service to others.**

Terri compassionately worked at the Food Bank as the receptionist and Human Resources Administrative Assistant. She was drawn to the strong mission and wanted to remain a part of that far after her retirement. Each week she shares her time with our Agency Services department, supporting in whatever way she's able. When asked why she chose to stay connected so intentionally, without pause, Terri shared, "A human connection that all people have a right to access nutritious food."



Dave Lloyd

For 35 years, Dave worked for Harrisburg City School District as the Food Service Director, participating in the Food Bank's BackPack and after-school programs. He retired from the school but was quickly drawn to the for-purpose work at the Central Pennsylvania Food Bank. As part of our team for over 10 years, he worked diligently to grow and foster the Food Bank's youth programming. Now, as a volunteer, he continues to serve several hours a month, providing training to our Agency Partners. "I like helping all the Agencies; they are great and do a lot of good for our communities. The Food Bank was good to me; I want to continue to give back to them." Dave shared.

Volunteers are inspiring and hold a space in our hearts for their selfless contributions to our mission. They truly are a backbone to the work that we do. **Thank you, Terri and Dave, for continuing to choose to be part of our story.**

## PARTNER SPOTLIGHT: THE MANHEIM MINISTERIUM

The Manheim Ministerium had a desire for change in their community, as an increasing number of their neighbors needed access to charitable food. Because of the growing need, the organization began exploring new opportunities to connect with neighbors. This curiosity to serve with intention became the foundation of Manheim Central Food Pantry. Cathy Nittle is part of the steering committee and has been with the pantry since day one in September of 2012.

According to Cathy, over the years she has been privileged to lead a group of over 80 volunteers who passionately serve neighbors alongside her. Building the connections with volunteers and the community has been a true joy. She shared that she was raised in a home of selfless givers, witnessing her parents volunteering long into their retirement years. Cathy knew it was a path she also desired, and Manheim Central Food Pantry abundantly fills her cup.

Each month, Manheim Central Food Pantry serves hundreds of people. Cathy shared that since the Supplemental Nutrition Assistance Program (SNAP) emergency allotment benefits ended, the increased visits have the steering committee directly analyzing and planning to offer additional hours. **When asked about the partnership with Central Pennsylvania Food Bank, Cathy said "It helps tremendously to provide food for those who come here. The support and opportunities for grants allow us to continue showing up for our clients. We are so grateful."**



Cathy Nittle, Manheim Central Food Pantry

# OUR COMMITMENT TO EQUITY, DIVERSITY, INCLUSION AND BELONGING (EDIB)



Jennifer Powell,  
SVP/Chief  
Development Officer

In each **Food for Thought** edition, the Food Bank shares stories, initiatives, events, or projects that highlight our commitment as an organization to Equity, Diversity, Inclusion, and Belonging. As we begin a new year, our Food Bank remains vigilant in

our efforts to strive with intention to value EDIB in all we do. It is our pledge to our employees, agency partners, volunteers, neighbors, and to you.

In this edition, we hear from Jennifer Powell, SVP/Chief Development Officer. Jennifer has been with Central Pennsylvania Food Bank for 9 1/2 years and was hired as the Food Bank's first Director of Development. In July, Jennifer, along with other directors, was promoted to Senior Vice President/Chief Development Officer. Jennifer is responsible for managing the fundraising, marketing, website, and social media for CPF. Jennifer also facilitated the EDIB work the Food Bank embarked upon three years ago. In addition, Jennifer serves on Feeding America's national Equity, Diversity, and Inclusion committee. Jennifer says that equity work is "a journey of love, a journey of respect, a journey of mutually beneficial experiences – when I boil it all down, it is how we move forward and engage with our neighbors who are facing food insecurity."

Learn more about Jennifer's personal why and commitment at [https://youtu.be/cNF\\_Z462FY0](https://youtu.be/cNF_Z462FY0) or scan the code below.



Barbara Antolino-Smith has been volunteering at Harvest of Blessings Food Pantry, partner of Central Pennsylvania Food Bank for nearly 10 years. She has served countless neighbors over the years and was compelled to write this poem which she shared with us about volunteering at the pantry.

Barbara says, "I wrote this poem because it reflects what I see and experience everyday that I am there. This poem reflects what I experience and what I am reminded of when I look into the eyes of our clients and join in working with our volunteers."

## THE AMERICA NO ONE SEES



They are as varied as the flowers in a garden.  
They arrive at the food pantry in need.  
They are the homeless who have no home.  
They speak Spanish and Creole and Ukrainian and English and they want some food and help.  
They are mothers who have infants and 4 yr olds and husbands who lost jobs or can't work and they need help.  
They are workers who just don't make enough.  
They are polite and appreciative and grateful.  
They need help.

They need a little bit of help or a lot of help.  
They have moved from depressed areas of our nation in search of work and a better life.  
They have moved from hurricanes that destroyed their homes.  
They rattle on in Spanish when a kind volunteer speaks their tongue and says her name and welcomes them.  
They know she understands.  
They smile, they worry, they are shy, they are effusive in telling their story.  
They just need help.

They are as American as me in hoping  
for better days.  
They want a small piece of the pie.  
Rice for supper, a sweet treat for the children,  
cereal for breakfast, eggs to make a meal!  
Detergent to make the clothes clean.  
A little kindness and compassion.  
They are as American as me.

The greatness of this country must  
be measured in the care of the  
least fortunate.  
The ones who need us, need our  
community, need our compassion  
and our help.  
Be it for a week or a month or a year.  
What our works and generosity says about  
all of us is written in the faces of our  
fellow Americans in need.  
The America no one sees, is truly all of us.  
We are as varied as the flowers in a garden.

— Barbara Antolino-Smith,  
Volunteer at Harvest of Blessings  
Food Pantry, Partner of Central  
Pennsylvania Food Bank



Barbara Antolino-Smith