

C O N N E C T I C U T F O O D N E W S



SUMMER/FALL 2012

CONNECTICUT
food bank

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A PARTNERSHIP TO ALLEVIATE HUNGER



NOT ALL CHILDREN LOOK FORWARD TO WEEKENDS

Kids' BackPack Program works to alleviate weekend hunger

Unlike most schoolchildren, Jackson dreads time off from school. A third-grader who attends a public school, Jackson has very little to eat at home. During the school year, he receives breakfast and lunch at school, but on weekends, school holidays and vacations, he is often hungry. Some weekends, he won't eat at all and has admitted to school officials that he and his 5-year-old brother drink lots of water to fill their empty stomachs.

Jackson isn't alone. Connecticut Food Bank's Child Nutrition Coordinator Carly Yearsley also has heard about a child

fainting in one of Connecticut's shoreline suburbs, and other children who search their classroom's garbage pail after snack time to salvage something to eat later for dinner.

It is unthinkable that these situations occur in one of the wealthiest states in the country. Yet Jackson's story and the situations faced by the other children are not uncommon. There are more than 151,000 children in Connecticut in food insecure households. Thousands of them arrive at school on Mondays with headaches, stomach cramps and fatigue. And as we all know, children who are hungry are not prepared to learn and are more likely to experience health problems.

Fortunately, Jackson attends a school that has partnered with Connecticut Food Bank for a Kids' BackPack Program. His school's program administrator has added Jackson and his brother to the program. Children in the program discreetly receive nutritious, non-perishable, kid-friendly food at the end of each school week, using their backpack or one given to them.

Each week, the children receive approximately 10 different food items. Each pack includes two entrees such as beef stew or chicken and rice, two shelf-stable milks, two 100% juice boxes, two whole-grain cereal products and two snacks.

This fall, Connecticut Food Bank will partner with more than 100 schools and serve more than 2,500 schoolchildren each weekend. We encourage you to learn more about the Kids' BackPack Program on our website by clicking on the Programs tab at www.ctfoodbank.org.

NEARLY 19 PERCENT OF CONNECTICUT'S CHILDREN AT RISK OF HUNGER

Research details child food insecurity at local level

Connecticut's overall child food insecurity rate is 18.8 percent, or 151,530 children, statewide, according to the recent Child Food Insecurity Study released by Feeding America. Food insecurity is a phrase used by the USDA to describe lack of consistent access to adequate amounts of food for an active, healthy life.

According to the study, half of the food insecure children in Connecticut Food Bank's service area do not receive federal

food assistance programs such as SNAP (food stamps), free or reduced price school meals, or the Special Supplemental Nutrition Program for Women, Infants and Children (WIC). Their families earn over the income limit to qualify. These families often rely solely on Connecticut Food Bank's member food-assistance programs for help.

Findings for the counties served by Connecticut Food Bank are:

County	Child Food Insecurity Rate	County	Child Food Insecurity Rate
• Middlesex	14.9%	• New London	16.9%
• Fairfield	15.5%	• New Haven	19.1%
• Litchfield	16.5%	• Windham	21.2%

To find out more about childhood hunger, visit our website at www.ctfoodbank.org and click on the About Hunger tab.

FOOD FOR THOUGHT

Investing in Our Communities

Connecticut Food Bank's Kids' BackPack Program has a major impact on needy families who are concerned about meeting their children's nutritional needs. We've seen many of the



moms crying with gratitude when their children receive their first backpack bag of food to take home over the weekend. "I call this my survival kit," said one 9-year-old boy who receives a bag of food each week, and as one mother told us, "The Kids' BackPack Program is my lifeline!"

But as important as the Kids' BackPack Program is to helping alleviate hunger, we know how important it is to continue to support programs that feed entire families. An example is Susan, whom we met at a Southbury Mobile Pantry distribution this spring.

Unemployed for several months since losing her job in the healthcare industry, her savings had been depleted and unemployment benefits were barely keeping her family afloat. Now each month she relies on the fresh produce, whole grain and dairy items she receives at the Mobile Pantry to help feed her and her two children.

Half of the households served by Connecticut Food Bank, households like Susan's, do not qualify for food stamps (SNAP) or other federal food assistance because they earn over the income limit to qualify. Some are underemployed and can now only find low-paying or part-time work, with many lacking health benefits. These families are finding they are forced to choose between paying for utilities, buying prescribed medicine, or feeding their children.

Anti-hunger programs like the Kids' BackPack Program and Mobile Pantry are more than just a safety net for individual families. They are investments in our communities. While the social cost of hunger is high, it is only eclipsed by the economic cost of hunger, the effects of which lead to higher costs in healthcare, education, eldercare and workforce readiness.

Recent data released by Feeding America tells us nearly 14 percent of Connecticut residents are food insecure. We know that it is more important than ever to continue to support our network of approximately 600 member programs that provide food assistance to more than 300,000 people. They are on the front lines each and every day. They – and you – are part of our partnership to alleviate hunger.

Please offer suggestions on how we can all work toward Connecticut Food Bank's mission: to alleviate hunger in Connecticut. E-mail cfb@ctfoodbank.org, or contact us at 203-469-5000.

Nancy L. Carrington
President & Chief Executive Officer

NEW SITES ADDED FOR MOBILE PANTRY

Connecticut Food Bank recently added Derby, Old Saybrook, Portland, Ridgefield and Willimantic to its monthly Mobile Pantry distribution sites.

With assistance from local partner food-assistance programs and volunteers from the community, the Mobile Pantry brings fresh produce, whole grain items and dairy products to people in need. Food is brought directly to neighborhoods where low-income people lack access to perishable products or there is a need to supplement the efforts of existing food-assistance programs that cannot provide enough food to meet the growing need.

In addition to the new sites, the Mobile Pantry also visits Bridgeport, Danbury, Hamden, Meriden, Middletown, New Haven, Plainfield, Putnam, Southbury, Torrington, Waterbury and Winsted. Each site serves approximately 130 to 270 households, with the goal of getting healthy, fresh food to those who need it most.

For a complete updated Mobile Pantry schedule, visit www.ctfoodbank.org and click on Programs. If your organization is interested in hosting a Mobile Pantry site, please contact Programs Director Luray Shepard at 203-469-5000.



Among the volunteers at Mobile Pantry distributions this spring were Congressman Jim Himes in Bridgeport (left) and World Light-Heavyweight Champion Boxer Chad Dawson in Hamden.



VOLUNTEER SPOTLIGHT:

Connecticut's General Federation of Women's Clubs



Madison Women's Club and Patty Meglio (far left)

The General Federation of Women's Clubs of CT (GFWC/CT) recently completed a two-year state project in support of Connecticut Food Bank and other hunger-relief organizations in the state. Part of an international organization with a mission to provide volunteer service, the GFWC/CT is comprised of 48 clubs with 2,000 members who raised funds, collected food and increased awareness about the problem of hunger in Connecticut.

Under the leadership of its State Project Chair Patty Meglio of the Northford Women's Club, the GFWC/CT set an overall goal to raise \$25,000 and collect 50,000 pounds of food within 24 months. That goal was surpassed with a total of \$44,000 raised statewide and more than 63,700 pounds of food collected to help those who struggle with hunger.

"The General Federation of Women's Clubs' commitment to improving communities was evident throughout the duration of the project," said Nancy L. Carrington, Connecticut Food Bank's President & CEO. "We are grateful for their leadership in the fight against hunger."

Over the two-year project, club members joined the Food Bank's *Walk Against Hunger*, worked with local farmers to donate excess crops, volunteered at the food bank's warehouse to fill bags of food for the Kids' Backpack Program, collected turkeys at Thanksgiving, held tea bag fundraisers and author luncheons, stuffed canoes and buses with non-perishable food items and hauled in countless bags to their local food pantries.

"Most important, club members have all done such a fantastic job of raising awareness of food insecurity in our state and we've all come together to support not only Connecticut Food Bank, but our local food pantries and soup kitchens," said Meglio. "Two years ago, I challenged these women to 'Act as if it were impossible to fail because failure has no place at our table' and their response was huge!"

Meglio said GFWC/CT members will continue to support food assistance programs throughout the state in the years to come.

"... club members have all done such a fantastic job of raising awareness of food insecurity in our state ..."

To learn more about volunteering at Connecticut Food Bank, contact Volunteer Coordinator Kim Damien, kdamien@ctfoodbank.org, or call 203-469-5000, ext. 311.

LOCAL SHOPRITE STORES BREAK "CHECK OUT HUNGER" RECORD

Local ShopRite shoppers who added \$1, \$3 or even \$5 to their grocery bill at the checkout aisle last holiday season are to thank for a \$123,964 donation to Connecticut Food Bank. The national *Check Out Hunger* campaign ran from October through December 2011, with 100 percent of funds earmarked for local hunger-relief organizations. Connecticut's Milford, Hamden, West Haven and Stratford ShopRite stores raised the highest amounts nationally.

Store owners Ann and Harry Garafalo presented the check to Connecticut Food Bank President & CEO Nancy L. Carrington (left) at the Hamden ShopRite.



2012



RAISES MORE THAN \$260,000

Thanks to the more than 1,900 people who participated in Connecticut Food Bank's 2012 *Walks Against Hunger* in Bridgeport, New Haven and Waterbury this spring, more than \$260,000 was raised for hunger-relief efforts in Connecticut.

The dollars raised will enable Connecticut Food Bank to transport, warehouse and distribute more than \$1.3 million worth of food at wholesale value for local community agencies such as soup kitchens, shelters, food pantries, and adult and child day programs.

"We are grateful to the walkers, donors and sponsors for helping to make 2012 our most successful *Walk* season to date," said Connecticut Food Bank President & CEO Nancy L. Carrington. "The support from individuals, businesses, schools, food pantries, civic groups and clubs is overwhelming and will go a long way to help those who struggle to put food on the table every day."

NEW HAVEN'S TOP INDIVIDUALS:

First Prize: *Sarah Viglione*
Second Prize: *Stephanie Hall*
Third Prize: *Nancy Charles*

NEW HAVEN'S TOP TEAMS:

First Prize: *Wiggin & Dana*
Second Prize: *Team 70*
Third Prize: *Community Baptist Church Youth Ministry*

NEW HAVEN SPIRIT AWARDS:

Best Team Name:
Walkers Without Borders - IRIS
Best Team Costume:
Youth Continuum Helen's House
Best Team Spirit:
Multi-Age Group (MAG) - Beecher Road School, Woodbridge

BRIDGEPORT'S TOP INDIVIDUALS:

First Prize: *William & Joan Snell*
Second Prize: *Dorothy Brown*
Third Prize: *Marcia McDonald*

BRIDGEPORT'S TOP TEAMS:

First Prize: *Calvary SDA Church - The Lighthouse of Love*
Second Prize: *Sheryl Summers Memorial Walk for Hunger*
Third Prize: *Norwalk Community College Nursing Club - Healing Soles*

BRIDGEPORT SPIRIT AWARDS:

Best Team Name:
Healing Soles - Norwalk Community College Nursing Club
Best Team Costume:
Faith Outreach Apostolic Church Pantry
Best Team Spirit:
El Olivar Food Pantry

WATERBURY'S TOP INDIVIDUALS:

First Prize: *Laura Hine*
Second Prize: *Crystalynn Stanco*
Third Prize: *Anne Lanteri*

WATERBURY'S TOP TEAMS:

First Prize: *Bread of Life*
Second Prize: *Heroes Against Hunger*
Third Prize: *Supper with Love*

WATERBURY SPIRIT AWARDS:

Best Team Name:
The Salvation Army Chain Gang
Best Team Costume:
The Breakfast Club at FISH
Best Team Spirit:
Waterbury Baptist Ministries' Heroes Against Hunger

UPCOMING EVENTS: THANKSGIVING FOR ALL

Special events and food drives are already scheduled for our annual *Thanksgiving for All* campaign. Local civic and religious groups, charitable foundations, businesses, media and supermarkets host and sponsor events and food drives in November to make *Thanksgiving for All* a reality for Connecticut residents who don't always know where their next meal is coming from.

Please check our online Events Calendar – accessible from our home page, www.ctfoodbank.org – for the latest information.





Ellen Ryerson

MAKING A LASTING IMPACT TO HELP THOSE IN NEED

Connecticut Food Bank supporter Ellen Ryerson leads a balanced and enriched life. And it was this balanced approach that the retired attorney and university administrator took to achieve her philanthropic goals through estate planning.

Ellen volunteered for the Food Bank in the late 1980s when she was “between jobs.” Having gone from a career in academic administration at Yale University into private legal practice at Wiggin & Dana, she decided to return to the academic world. After this interlude and for the next decade plus, Ellen played leadership roles at New York Law School and, again, at Yale.

“I was seeking meaningful volunteer work that would support those less fortunate,” Ellen said. “I felt that not going hungry was pretty close to the top of the list of human needs.” It was then that she began volunteering at Connecticut Food Bank’s main warehouse in East Haven, sorting canned goods and preparing produce and salvage food items for distribution.

Ellen and her husband Yale Musicologist Leon Plantinga donate to a wide range of charities that include Connecticut Food Bank. When asked what prompted her to include the Food Bank in her estate plans, Ellen replied, “I am privileged enough to be able to give both to the family and friends I care about and to the charities whose efforts I admire. After all these years, the Food Bank still seems to me to be doing some of the most important work around.”

Ellen performed her due diligence on her options with her estate attorney. She set up a charitable remainder trust, which will provide tax savings and allow her to provide for a survivor if necessary for a period after her death. The assets remaining would be put in the trust to Connecticut Food Bank and other charities.

“It was never a question of whether or not to make charitable gifts through my estate, but where the gifts would come from and where the gifts would go,” Ellen added. “I’m a believer in the Food Bank and am glad to have a plan to continue my support after I’m gone.”

If you would like more information about how you can make a lasting impact through an estate gift, please email cfb@ctfoodbank.org or call 203-469-5000.

Please note that Connecticut Food Bank does not provide financial or legal advice on estate planning matters. Please contact your professional advisor.



THANK YOU...

To the following individuals, corporations, foundations and organizations that made donations of \$5,000 and more from November 16, 2011 to May 31, 2012.

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THE MISSION OF CONNECTICUT FOOD BANK IS TO ALLEVIATE HUNGER.

WE STRIVE TO DO THIS BY SUPPLYING FOOD AND GROCERY PRODUCTS AND RESOURCES TO ELIGIBLE PROGRAMS THROUGHOUT OUR SERVICE AREA, AND BY PROMOTING PUBLIC AWARENESS ABOUT THE PROBLEM OF HUNGER.



GLEANERS NEEDED THIS FALL

Volunteers are needed to assist with gleaning (picking) at farms and orchards throughout Connecticut Food Bank's six-county service area. If you would like to be added to a Volunteer Gleaners' list in your area, please contact Volunteer Coordinator **Kim Damien** at **203-469-5000** or email **kdamien@ctfoodbank.org**.

This is an excellent opportunity for groups who can mobilize on short notice as well as for students who need community service hours. The growing

season will dictate the number of gleaning opportunities, but having a list of volunteers in advance helps us to be prepared when farms and orchards contact us.

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“SPEAK OUT AGAINST HUNGER” IS THEME OF HUNGER ACTION MONTH



September is *Hunger Action Month*, and that means Connecticut Food Bank is once again asking you to take action. Hunger affects communities all across the country – rural, urban, and suburban. Right here

in Connecticut, 1 in 7 households struggle with hunger. The problem is closer than you think, but so is the solution.

Throughout the month of September, Connecticut Food Bank will call on you to take action and speak out against hunger:

- **WEAR** orange as part of a nationwide effort on September 6, 2012, to show your support.
- **FIND** Connecticut Food Bank on Facebook, www.facebook.com/ctfoodbank and “like” us, or follow us on Twitter, www.twitter.com/ctfoodbank.
- **ORGANIZE** a virtual food drive to benefit Connecticut Food Bank or a food/fund drive to benefit your local food pantry, soup kitchen or shelter.
- **VOLUNTEER** at Connecticut Food Bank or your local food pantry, soup kitchen or shelter.
- **EXPERIENCE** the SNAP (Food Stamp) Challenge and learn firsthand what it’s like to live on \$4.00 a day for food.
- **SHARE** a hunger fact with your friends online.
- **GET INVOLVED** by learning local hunger statistics and downloading Connecticut Food Bank’s *30 Ways in 30 Days* calendar, to find daily ways to make a difference.

During *Hunger Action Month*, Connecticut Food Bank is honoring its Hunger Action Heroes on Sunday, September 9, at 1 p.m. The annual event honors our friends and partners who help advance the fight against hunger in Connecticut.



This year’s *Hunger Action Heroes* event will also recognize Connecticut Food Bank’s 30th

30 YEARS OF SERVICE TO CONNECTICUT COMMUNITIES

This September, Connecticut Food Bank is marking its 30th year of helping to alleviate hunger in Connecticut.

From a borrowed desk and telephone at the offices of Christian Community Action in New Haven, a volunteer named Mark Patton worked to create an organization that could serve as a centralized warehouse to receive large quantities of food for distribution to local programs to feed hungry people.

What started as a temporary solution to help those who were struggling with hunger in 1982 has resulted in Connecticut Food Bank being the largest source of emergency food distribution in the state.

In 1982, Connecticut Food Bank distributed 400,000 pounds of food. This year, 30 years later, Connecticut Food Bank distributes 17 million pounds of food, or more than 14 million meals.

Today, Connecticut Food Bank’s services are needed more than ever. More than 490,000 people in Connecticut are at risk of hunger, including nearly one in five children. With warehouses in East Haven, Fairfield and Waterbury, and affiliate distribution centers in New London and Stamford, Connecticut Food Bank distributes food and other resources through our network of 600 member programs that work in communities throughout our six-county service area.

SERVING THE
COMMUNITY
for
30
YEARS

year in working to alleviate hunger and feature special guest Mark Patton, founder of Connecticut Food Bank.

Look for more information on www.ctfoodbank.org.

CONNECTICUT
food bank
A PARTNERSHIP TO ALLEVIATE HUNGER

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Connecticut Food Bank welcomes questions, comments and ideas. All correspondence should be addressed to the Development Department. If your name is incorrect or you are receiving duplicate mailings, please call 203.469.5000 or e-mail cfb@ctfoodbank.org

**FEEDING
AMERICA**



Connecticut Food Bank is a partner of Feeding America, the nation’s leading domestic hunger-relief charity consisting of more than 200 food banks, serving all 50 states, the District of Columbia and Puerto Rico.