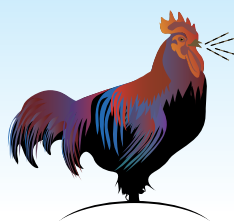


C O N N E C T I C U T F O O D N E W S



SUMMER/FALL 2014

CONNECTICUT
food bank

VOLUME 23, NUMBER 2

A PARTNERSHIP TO ALLEVIATE HUNGER



FAMILIES IN MORE AFFLUENT COMMUNITIES STRUGGLE WITH STIGMA OF FOOD INSECURITY

Hunger knows no boundaries in Connecticut

John and Pam of Greenwich never had to worry about their finances. Both are college graduates in their early 40s. John earned a six-figure salary in finance and they owned a rental property in town that provided extra income that allowed Pam to stay home with their teen-age daughters and volunteer in the community. That all changed when John became gravely ill and was no longer able to work. The family lost their home, ran through their savings and lost another source of income when they moved into the rental property. Pam has gotten some part-time work, but does not earn enough to feed her family. She turns to Greenwich's Neighbor-to-Neighbor food pantry each week to supplement what she buys at the grocery store.

(continued on next page)

SEPTEMBER IS HUNGER ACTION MONTH

Wear orange September 4

Once again, Connecticut Food Bank is presenting *Hunger Action Month* in September, supported by the Citizens Bank Foundation. Each year, thousands across the country take action in September to bring attention to the problem of hunger including right here in Connecticut.



Looking for a way to get involved?

- **Wear orange** as part of a nationwide effort on Thursday, September 4. Take a photo of you or your family, friends or coworkers and email it to cfb@ctfoodbank.org. We'll post them on our website or Facebook page. Also Tweet photos to [#ctfoodbank #hungeraction](https://twitter.com/ctfoodbank).
- **Find** Connecticut Food Bank on Facebook, www.facebook.com/ctfoodbank and "like" us, or follow us on Twitter, www.twitter.com/ctfoodbank.

Look for more information on www.ctfoodbank.org.



FOOD FOR THOUGHT

Appreciation for your support over the years

I recently announced that I will retire as President & CEO of Connecticut Food Bank at the end of 2014. My family, friends and



colleagues can attest to the fact that this was not an easy decision for me to make. For 30 years, it has been my passion to work in the food banking industry to alleviate hunger in Connecticut.

I joined Connecticut Food Bank in 1984, shortly after it was founded in 1982 by Mark Patton when he borrowed a desk and telephone at Christian Community Action in New Haven to create what all believed was a temporary solution to the problem of hunger. With your help, Connecticut Food Bank has grown from distributing just a few hundred thousand pounds of

food a year to 21 million pounds annually. Together, we created new programs and found new ways of getting nutritious food to people in need. We moved away from solely providing canned goods and other shelf-stable items to distributing more fresh produce and healthy food choices through our Farm-to-Pantry and Mobile Pantry programs.

There have been many changes in the last three decades, but one thing that has not changed is the overwhelming support Connecticut Food Bank continues to receive from members of the community, the food industry, donors and feeding programs. But now is the time for new ideas to be brought forth by a new leader.

Although I will no longer serve in a leadership role at Connecticut Food Bank, I intend to remain a lifelong advocate for the hungry. It is important that you know that I will leave the organization in good hands. The Board of Directors is overseeing the nationwide search for my successor, and Connecticut Food Bank has three strong officers who will continue to bring stability to the organization as it transitions under a new leader.

There will be many challenges in the years to come as Connecticut Food Bank prepares to move into a new distribution center in Wallingford next year. I can only imagine the greater impact Connecticut Food Bank will have on low-income men, women and children in the future.

It has been an honor and privilege to lead Connecticut Food Bank. I could not have asked for a better team of employees who work hard each and every day to distribute 40 tons of food to feeding programs across six counties.

I want you to know how much I have enjoyed reading your letters, talking with you on the phone and meeting you as you dropped off food donations. I will be forever grateful for your support over the years.

A handwritten signature in black ink, appearing to read "Nancy Carrington". The signature is fluid and cursive.

Nancy L. Carrington
President & Chief Executive Officer

(continued from front page)

Pam and John are not alone. According to Feeding America's 2014 "Map the Meal Gap" study, more than 107,000 (or 11.7 percent) Fairfield County residents are food insecure, including 37,090 children. The study, which offers a detailed look at the food budget required to meet the needs of families struggling with hunger, shows it would take \$62 million to meet the needs of Fairfield County's food insecure population, or \$19.12 per week for each food-insecure person. (See page 3 of this issue for more results of *Map the Meal Gap*).

Although it may be shocking for some to learn about how pervasive hunger is in what is considered to be a more affluent community, Nancy Coughlin, Executive Director of the Neighbor-to-Neighbor food pantry, is not surprised. "Last year we provided more than 360,000 pounds of food to struggling families right here in Greenwich," she said. Nonperishable items, produce, and frozen meat and chicken are acquired by Neighbor-to-Neighbor through Connecticut Food Bank's affiliate distribution center, the Food Bank of Lower Fairfield County.

Coughlin said people who are having financial difficulties in towns like Greenwich are often too proud to seek help and try to hide their circumstances, resulting in tremendous anxiety

about how they will feed themselves and their family. "An elderly woman called us who clearly needed help," she said. "Her children were concerned that she had no food in her cupboards, but she didn't want to call because she had never accepted charity in her life. I convinced her to come to the pantry and she was able to get the food she needed."

Wendy Jolls at the Monroe Food Pantry, also in Fairfield County, has seen the need grow from an average of 70 to 100 families a month to up to 120 to 150 families a month just within the last year. "One of our greatest challenges is getting the community to understand the need," she said. "People have this idea that all people who shop at a food pantry are homeless or don't want to work. That's a huge misconception. Most of our families are what's called the "working poor." They have jobs but either their hours or pay were cut, or they earn minimum wage. Some lost their jobs, or they have lost their home and their savings due to an illness."

More than 107,000 of Fairfield County residents are food insecure, including 37,090 children.



Fairfield's Operation Hope

Although Fairfield's Operation Hope has been in existence for nearly 30 years, there are still those who are surprised to learn there is a food pantry in the town. A member of Connecticut Food Bank's food-assistance network for 18 years, the multifaceted program provides 125,000 meals a year to approximately 500 unique households through a volunteer-operated food pantry.



Operation Hope volunteers stock the food pantry shelves.

The organization also runs three shelters – one for men, another for women and one for families – as well as a community kitchen. Additionally, Operation Hope provides affordable and supportive housing opportunities in Fairfield and Bridgeport.

“We have a lot of people who are first-time users of the food pantry who have never been in a tough financial situation before,” said Taurus Wright, MSW, Community Case Manager at Operation Hope. Executive Director Carla Miklos agrees. “People who were our donors and volunteers are now asking for help,” she said. “Once they are done paying their mortgage and other bills, there is very little left over for food.”

Miklos remembers the day an impeccably dressed young woman arrived in an SUV. She was taking her two infants out of their car seats and asked if she was in the right place for the food pantry. At first, Miklos thought she was dropping off a donation or volunteering, but then realized she needed food. Her husband had lost his job on Wall Street a year earlier and their home was being foreclosed. “It was a great lesson to learn not to judge someone by the kind of car they drive or how they are dressed.”

She said it's important to treat people with respect and ask them what their needs are, since people are not always comfortable asking for help. Some may be earning a low or minimum wage. “It could be people you encounter at the grocery store, your church or in your child's school. These are your neighbors that are struggling.” She also acknowledged the increase in the senior citizen population over the last five years.

“Like many Connecticut communities, Fairfield is very diverse,” said Wright. “You see extreme wealth and poverty.” Both Wright and Miklos are grateful for the support of the local houses of worship, schools and civic groups over the years, and acknowledge they cannot do their work without the support of the community.

**NEARLY HALF A MILLION
CONNECTICUT
RESIDENTS AT RISK
OF HUNGER**



In Connecticut, 498,460 people (or 13.9 percent of residents) are food insecure, and it would take more than \$255 million to meet the needs of Connecticut's food insecure population. That is according to the 2014 *Map the Meal Gap* study released by Feeding America, which offers a detailed look at the food budget required to meet the needs of families struggling with hunger here in Connecticut.

COUNTY	FOOD INSECURITY RATE	NO. OF FOOD INSECURE PEOPLE
Litchfield	10.5	19,930
Middlesex	10.6	17,590
Tolland	10.7	16,310
Fairfield	11.7	107,110
New London	12.7	34,670
Windham	13.3	15,710
Hartford	13.9	124,270
New Haven	14.4	123,230

A summary of the findings, an interactive map of the United States, and the full report are available on Feeding America's website at www.feedingamerica.org.

For more information about Connecticut's childhood hunger data, visit www.ctfoodbank.org.

WALK AGAINST HUNGER 2014



**2014 WALKS AGAINST
HUNGER RAISE NEARLY
\$280,000**

Connecticut Food Bank's 2014 *Walks Against Hunger* in Bridgeport, New Haven, Waterbury and Norwich raised nearly \$280,000 for hunger-relief efforts in Connecticut.

The dollars raised will enable Connecticut Food Bank to transport, warehouse and distribute \$1.4 million of food at wholesale value for local community agencies such as soup kitchens, shelters, food pantries, and adult and child day programs.

"Thanks to the hundreds of individuals, businesses, schools, food pantries and civic organizations, the 2014 Walk season surpassed our expectations," said Connecticut Food Bank President & CEO Nancy L. Carrington. "It is through their support and dedication that Connecticut Food Bank can further its mission to provide nutritious food to people in need."

NEW HAVEN'S TOP INDIVIDUALS:

- First Prize:** Jacqueline Foreman
- Second Prize:** Jennifer Cruet
- Third Prize:** Maureen Gardner

NEW HAVEN'S TOP TEAMS:

- First Prize:** Community Baptist Church
- Second Prize:** Slightly Over Prime
- Third Prize:** Fellowship Place Steppers

NEW HAVEN SPIRIT AWARDS:

- Best Team Name:** Slightly Over Prime
- Best Team Costume:** Loaves & Fishes
- Best Team Spirit:** Watson, Inc.

BRIDGEPORT'S TOP INDIVIDUALS:

- First Prize:** William & Joan Snell
- Second Prize:** Courtney Bradley
- Third Prize:** Emma Bakshi

BRIDGEPORT'S TOP TEAMS:

- First Prize:** Calvary Lighthouse of Love
- Second Prize:** Sheryl Summers Memorial Walk for Hunger
- Third Prize:** Episcopal Deanery of Greater Bridgeport

BRIDGEPORT SPIRIT AWARDS:

- Best Team Name:** God Rocks (Daughters of Charity Rescue Mission)
- Best Team Costume:** United Congregational Church
- Best Team Spirit:** Park City Initiative

WATERBURY'S TOP INDIVIDUALS:

- First Prize:** Debra-Sue Klingerman
- Second Prize:** Karen Zarcone
- Third Prize:** Jamie Saldana

WATERBURY'S TOP TEAMS:

- First Prize:** Bread of Life Food Pantry
- Second Prize:** Webstars
- Third Prize:** Groovy Peaceniks Against Hunger (Torrington Soup Kitchen)

WATERBURY SPIRIT AWARDS:

- Best Team Name:** Gravy Train, Chew Chew (Safe Haven of Greater Waterbury)
- Best Team Costume:** Waterbury Baptist Ministries
- Best Team Spirit:** Torrington Soup Kitchen

EASTERN CONNECTICUT'S TOP INDIVIDUALS:

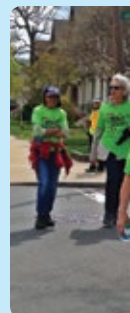
- First Prize:** Jeffrey Sharp
- Second Prize:** Carol Sharp
- Third Prize:** Lauren Voelker

EASTERN CONNECTICUT'S TOP TEAMS:

- First Prize:** Norwich Worship Center
- Second Prize:** The Fountain-Timmons Team
- Third Prize:** Stephanie's Page in Thyme

EASTERN CONNECTICUT SPIRIT AWARDS:

- Best Team Name:** Hunger Slayers
- Best Team Costume:** The Community Cooks
- Best Team Spirit:** Norwich Worship Center





**THANKS TO THE FOLLOWING
WALK AGAINST HUNGER SUPPORTERS
AND IN-KIND DONORS:**



WIGGIN & DANA



The Bulletin

Big Dipper Ice Cream

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Bozzuto's Inc.

Shoreline Interventional
Pain Center

Chabaso Bakery

TeaRiffic Ice Cream

Classic Hits 98.7

Thurston Foods

Food Should Taste Good

UPCOMING EVENTS

Thanksgiving for All Events

November is just around the corner, and that means we're already planning special events and food drives for Connecticut Food Bank's annual *Thanksgiving for All* campaign.

Local civic and religious groups, charitable foundations, businesses, media and supermarkets host and sponsor events and food drives to make *Thanksgiving for All* a reality for Connecticut residents who don't always know where their next meal is coming from. Please continue to check our online **Events Calendar** – at www.ctfoodbank.org – for the latest information about events with 99.1 WPLR & Star 99.9.

WPLR/CT Service Plaza Food Drive

November 14, 2014

Fill the Bowl at Yale Bowl – Yale vs. Princeton

November 15, 2014

KC 101 Stuff-a-Bus Food Drive

November 21 & 22, 2014

FOOD DONOR SPOTLIGHT:

Watson, Inc., West Haven **A year-round partner in the fight against hunger**



Watson, Inc. is a family-owned and operated company that manufactures ingredients for many well-known food companies. As one of Connecticut Food Bank's valued food donor partners in the fight against hunger, Watson's third-generation owners James, John, Gavin, Mary, Moira and Kenneth Watson, and their team, recognize that hunger is a year-round problem. Remembering that their family started the business as a pancake mix manufacturer back in 1939, the team at Watson decided to go back to its roots a few times a year. Now the company produces thousands of pounds of first-run buttermilk pancake mix annually specifically for donation to Connecticut Food Bank.

In addition to the generous food donation, Watson encourages its employees to get involved in the issue of hunger by holding food drives at Thanksgiving and in the summer. Employees also get their friends and family involved and organize a Walk Against Hunger team in the spring to raise funds to fight hunger in their local community. Watson employees also have a "shopping contest." Employees are given \$80 to purchase food for donation to Connecticut Food Bank and compete to see who can purchase the most nonperishable items.

Connecticut Food Bank appreciates the many ways Watson, Inc. and its employees go above and beyond to help struggling Connecticut families year-round.

THANK YOU...

Thank you to the following individuals, corporations and organizations that made donations of \$5,000 and more from November 16, 2013, to May 31, 2014.

A-1 Toyota
Affinion Group
Claude & Jennifer Amadeo
American Cruise Lines, Inc.
America's Charities
AMSTAR Family Trust
Anchorage Capital Group
Anonymous
Anthem Blue Cross Blue Shield of CT
BeavEx
Robert Berchem
Birinyi Associates, Inc.
Mark & Deborah Blackman
Roman & Elise Brninski
Bristol-Myers Squibb Company
Richard & Marilyn Buel
John & June Caldwell
Donald & Elizabeth Chiboucas
Clear Channel Radio/KC101
Club Corvette of Connecticut
Joy Ruth Cohen
Community Food Bank of New Jersey
Connecticut Distributors, Inc.
D'Addario Industries

Thea Duell
Fairfield County Bank
Fairfield County Community Foundation
Feeding America
Celine Finn
First Niagara
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IBM Employee Charitable Campaign
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Allan W. Karp
Donald & Bim Kendall
Patrick & Nancy Kennedy
Knights of Columbus

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Norman & Celeste LaCroix
Edward Marcantonio
Holly McClellan
Helen McCluskey
Daniel & Sharon Milikowsky
Pamela J. Murphy
Richard & Stephanie Nathanson
Denis & Britta Nayden
Network For Good
Claire Newbold
Pacific Star Charitable Trust
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Pfizer United Way Campaign
Planet Fitness ECP-PF Operations, Inc.
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James Schreck
Share Our Strength
ShopRite
Sikorsky Aircraft Corporation
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Jon & Cleo Sonneborn

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Samuel & Lynn Waterston
Charles & Lynn Weiner
Webster Bank
WellPoint Workplace Giving
Wells Fargo
Whole Foods Market, Milford

THANK YOU...

We thank the following foundations who have generously donated \$5,000 and more to further our mission to provide nutritious food to people in need from November 16, 2013, to May 31, 2014.

Alice Lawrence Foundation
Ann T. D'addario Family Foundation
Almira Family Foundation
Bank of America Charitable Foundation, Inc.
BJ's Charitable Foundation
Carlson Family Foundation
Charles A. Frueauff Foundation
Connecticut Community Foundation
Connecticut Health Foundation
Dominion Foundation

Dunkin' Donuts & Baskin-Robbins
Community Foundation, Inc.
GE Foundation
General Mills Foundation
Genworth Foundation
Healthcor Foundation Trust
The Klein Family Foundation
L6 Foundation
Marion Moore Foundation, Inc.
Maurice Sendak Foundation
MBIA Foundation

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Panera Bread Foundation
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The Steven A. and Alexandra M. Cohen Foundation
The TJX Foundation
The Tudor Foundation
The Werth Family Foundation
Twenty-Seven Foundation
Unilever United States Foundation
Walmart Foundation
Wings For Things Foundation

WHY I GIVE

A desire to help neighbors in need

An academic and a scientist, Sarbani Basu grew up in India and lived in the U.K. and Denmark, before moving to the U.S. As a member of Connecticut Food Bank's Harvest Club, she



is among our most committed supporters who give regularly so we can secure and distribute to our hungry neighbors day in and day out.

In India, hunger was around us. No it was not "food insecurity," it was naked hunger and starvation. It did not matter that I grew up in a comfortable middle-class family; there was hunger around. Things were different in Europe. There were no

obvious signs of want where I lived. However, what I found in the U.S. disturbed me. I lived in New Jersey at first. Trenton and Camden were not far away. There were signs of want everywhere, and I found the ugly face of hunger again. I thought that was unconscionable in a country as affluent as the U.S. Living outside the U.S., one thinks that the United States is a very developed country and expects to find a minimum standard of living, but that is clearly not so.

I soon moved to Connecticut and received information from Connecticut Food Bank in my mailbox, and that got me thinking. The U.S. had provided me with a dream job. It occurred to me that the Food Bank may be one of the ways I could give back. That is when I made my first donation. Later, I heard about the Harvest Club and decided that was the way for me to go. It was convenient, involved less paperwork, and I could spread the donation in small monthly installments. I firmly believe that we need to help our neighbors first, before we look farther; in the Food Bank I found an ideal way to help locally.

For those thinking about donating to Connecticut Food Bank, I would say stop thinking and start giving! It is one of the most efficient agencies, with 94% of the donations actually going to the programs and services it delivers. You know that your money will be well spent. And you will see firsthand what good it can do.

There are people holding multiple jobs who are unable to feed their families. Until we can sort this out, agencies like the Food Bank remain among the best ways we can help our neighbors in need get one of the most basic necessities of life; hence, I plan to keep giving as long as I can.

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JOIN OUR HARVEST CLUB

What is the Harvest Club? Harvest Club members give regularly so we can secure and distribute food to our hungry neighbors all year long. You can sign up to give monthly, quarterly or annually.

Why should I join? People who support us on a regular basis like the convenience of having their gift automatically charged to their credit card at regular intervals. At the end of the year, you will receive a receipt for tax purposes totaling your yearly donation.

Is it safe? Absolutely! You determine the amount of money and frequency to be charged to your credit card.

How do I sign up? Visit our Donate Now page at www.ctfoodbank.org and select a sustaining gift, or call the Development Department at 203-469-5000, or email cfb@ctfoodbank.org.



FRESH, HEALTHY FOOD DONATIONS HELP FAMILIES IN NEED

Local farms help make fresh produce initiative possible

Fresh fruit and vegetables are extremely nutritious, but are often too expensive for people who are struggling with hunger. Thanks to the generosity of local farm partners, Connecticut Food Bank distributed more than 5 million pounds of fresh produce last year – including 247,000 pounds from local growers. Some donated unsalable or excess product and allowed volunteers to glean fields, while others formed direct partnerships with local food-assistance programs.



The local growers participating in Connecticut Food Bank's Farm-to-Pantry Program this season are Cecarelli Farms LLC in Northford; Common Ground Farm in New Haven; the Plant-a-Row program in Westport; Plants R Us, Cheshire; and Ro-Jo Farm in Bethany.

Connecticut Food Bank appreciates the local farms who are resuming their fresh produce donations this year, including Gazy Brothers Farm in Oxford; Good Bug Garden in Sterling; Gresczyk Farms LLC in New Hartford; Happy Family Farm in Fairfield; Lockwood Farms/Connecticut

Agricultural Experiment Station in Hamden; Massaro Farm in Woodbridge; Nonnewaug High School in Woodbury; Riverbank Farm in Roxbury; Stone Garden Farm in Shelton; and Waldingfield Farm in Washington.

Organic, natural and healthy food items

Because eating fresh, nutritious food is often a challenge for many low-income families, healthy food donations from manufacturers, food processors and retailers are another way to remove the barriers that prevent people from accessing good nutrition.

Among the healthier food items donated are soy milk, gluten-free snacks, natural fruit juices, granola and low-fat yogurt. Each day, fresh, healthy food is delivered to Connecticut Food Bank's warehouses so it can be distributed to local soup kitchens, food pantries and shelters. In addition, nutritious food is distributed directly to families in need from the mobile pantry and through Connecticut Food Bank's new GROW Up with Good Nutrition Initiative, which works to improve the nutritional content of meals for families of children enrolled in early childhood, preschool, daycare and Head Start Programs in Connecticut.



Local farms, food manufacturers and processors interested in donating to Connecticut Food Bank are encouraged to contact Procurement at 203-469-5000.



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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 email cfb@ctfoodbank.org.



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.