

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



WINTER/SPRING 2013

CONNECTICUT  
food bank

A PARTNERSHIP TO ALLEVIATE HUNGER

VOLUME 22, NUMBER 1

## “THIS FOOD IS A BLESSING”

### *Food Bank Network Responds in Storm’s Aftermath*

Shortly after Superstorm Sandy left hundreds of thousands in Connecticut in the dark, Connecticut Food Bank’s tractor-trailer loaded with enough food for 2,500 households pulled into the parking lot at the Fireside Apartments in Bridgeport. Inside were ready-to-eat meals, drinking water and other grocery items that did not require cooking.

As the food was unloaded, one of the residents said, “We have no electricity and no heat. It’s cold and a lot of these people here are elderly with no one to tend to them, so this food is a blessing.” And one of her neighbors enthusiastically chimed in, “I just got here and saw the truck. I was overwhelmed. This is really, really beautiful. It’s a beautiful thing.”

Long before a storm of this magnitude hits, Connecticut Food Bank has a network in place ready to help. As a member of Feeding America, we can access help from across the country. Feeding America maintains regional staging areas

*(continued on next page)*



## 2013 WALK AGAINST HUNGER REGISTRATION OPEN



### *Eastern Connecticut site added*

You can help raise funds for anti-hunger efforts in Connecticut by participating in Connecticut Food Bank’s 2013 *Walk Against Hunger*. This year, participants have a fourth location to choose from with the addition of the first Eastern Connecticut *Walk Against Hunger*!



### **4th Annual Greater Bridgeport Walk Against Hunger**

Sunday, April 28, 2013  
Seaside Park, Bridgeport

### **37th Annual Greater New Haven Walk Against Hunger**

Sunday, May 5, 2013  
College Woods Pavilion at East Rock Park, New Haven

### **1st Annual Eastern Connecticut Walk Against Hunger**

Sunday, May 5, 2013  
Chelsea Parade, Norwich

### **8th Annual Greater Waterbury Walk Against Hunger**

Sunday, May 19, 2013  
Library Park, Waterbury

In 2012, the *Walks Against Hunger* raised more than \$260,000 to help alleviate hunger in our communities. The funds enabled Connecticut Food Bank to transport, warehouse and distribute \$1.3 million worth of food at wholesale value. Register as a team, individual or virtual walker online at [www.ctfoodbank.org/walk](http://www.ctfoodbank.org/walk).

# FOOD FOR THOUGHT

## Aftermath of Superstorm Sandy

Superstorm Sandy left us in the dark just a few days prior to the official launch of our annual “Thanksgiving for All” campaign.



In the aftermath of the storm, Connecticut Food Bank kept up with day-to-day operations despite the fact that two of our warehouses (Fairfield and East Haven) lost power. But by mid-week, the powerful Feeding America food bank network stepped up to offer much needed relief for those affected by the storm. As mentioned in this issue’s cover story, Good Shepherd Food Bank in Maine, The Greater Boston Food Bank, Foodshare and Rhode Island Community Food Bank came to our aid to ensure we could go above and beyond our normal

distribution to help those impacted by the storm.

As strong as the Feeding America food bank network is, businesses, corporations, foundations, organizations and thousands of individual donors also responded to the need. NBC Connecticut hosted food drives in New Haven and West

Hartford that brought in more than 250,000 pounds of food for disaster relief. People came from across the state to donate and some even stayed to help load the food onto trucks, while others rented or brought their own vehicles to help transport food to our East Haven warehouse. Thousands responded to local food drives or made financial contributions to help the storm victims.

But the timing could not have been worse. A successful Thanksgiving campaign is necessary so holiday meals can be available to the 300,000 people who are served by our food assistance network. Frozen turkeys and nonperishable items are collected in the weeks leading up to the holiday. It was only natural our thoughts turned to the possibility that we may not have enough turkeys and trimmings for the holiday.

On top of all the generosity of our friends in the aftermath of the storm, everyone stepped up to help again. We collected more than 25,000 turkeys for Thanksgiving, and enough food to distribute 490,000 holiday meals to those in need!

We often say Connecticut Food Bank can’t solve the problem of hunger alone. And this statement was proven true after Superstorm Sandy struck the Northeast. It’s good to know the strength of our community, business and donor partnerships will help carry us through both the expected and unexpected as we begin the new year.

A handwritten signature in black ink that reads "Nancy Carrington".

Nancy L. Carrington  
President & Chief Executive Officer

*(continued from front page)*

with supplies on hand for immediate response to disasters. And Feeding America is also able to reach out to its national corporate partners, arranging in the aftermath of Sandy for truckloads of protein-rich products from Hormel and Smithfield to be quickly delivered to us.

Regional food banks that are part of the Feeding America network also sprang into action. More than 22,000 bottles of drinking water arrived at the East Haven warehouse courtesy of Poland Spring in Maine. The pallets of water were originally picked up by Good Shepherd Food Bank in Portland, Maine, and brought to The Greater Boston Food Bank, which relayed them down to us. The week after the storm, Rhode Island Community Food Bank loaned us a driver and truck for three days to make emergency food deliveries to the areas that were most affected by the storm. Foodshare in Bloomfield, CT, stored donated product for us until we were ready to distribute it.

As this newsletter goes to press, one of our trucks is now on loan to City Harvest Food Bank in New York City, since many of their trucks were damaged by flooding during Sandy.

“We are so grateful to be part of a national food bank network that goes above and beyond to help each other when disaster



strikes,” said Nancy L. Carrington, Connecticut Food Bank’s President & CEO. “Through this powerful partnership, we were able to continue our day-to-day operation while working to supply disaster product to local food-assistance programs that saw an increased demand in the days and weeks that followed the storm.”

## PROGRAM SPOTLIGHT:

### *Plainfield Mobile Pantry*

Connecticut Food Bank started its Mobile Pantry Program in April 2010 at Plainfield's Central Assembly of God Church. At that time, 42 households received fresh food items at the site. Now the number of families attending the mobile pantry on the third Wednesday of each month has grown by more than 400 percent.

"We see new faces all the time, as word spreads quickly in this community," said Joanne Schwarz, who with her husband, Pastor Tom Schwarz, oversees the dozen or so volunteers who assist each month with the food distribution. "There are many people in their 40s and 50s, senior citizens, as well as younger families," she said. In the biting December wind, people representing 170 households waited patiently for bread, carrots, blackberries, oranges, onions, potatoes, eggplant and tomatoes. In the warmer months, there are as many as 200 families served.

But despite the cold temperatures, many in line were smiling and wishing their friends and the church volunteers "happy holidays." Among them was Judy, a single mom who worked for 13 years as a nurse. Now disabled, Judy lives in Danielson with her 17- and 19-year-old sons and walks with the aid of a cane. "I can't pick up a side job because of my disability, and I receive the minimum amount of food stamps. It's difficult living on a fixed income."

*"Many people in this area  
were employed at mills  
that have long since closed.*

*It's a very tough area to make a living.*

*There's not a lot here  
other than service jobs."*

We also met Diana, who never knows what her earnings will be each month. Describing herself as one of the working poor, she has a job with no benefits and no guaranteed work schedule. Diana's husband Mike just got word that he is going to lose his job in early 2013, so they will no longer have health insurance for themselves and their 16-year-old son. "I come here when I can and have nothing but praise for the quality of the food and the wonderful volunteers," she said. "This extra bit helps hundreds in need throughout this area."

"Many people in this area were employed at mills that have long since closed," said Joanne. "It's a very tough area to make a living. There's not a lot here other than service jobs."

According to labor statistics, communities in Windham County have some of the highest unemployment rates in the state. In November 2012, Plainfield's unemployment rate was 11.1 percent, and Danielson's 10.3 percent. The state average was 8.8 percent.



In addition to Plainfield, Connecticut Food Bank's mobile pantry travels to 19 cities and towns and serves about 4,000 households each month. Some are in urban settings such as Bridgeport and New Haven, where local food pantries don't have access to large-scale refrigeration to store perishable items. Others are in affluent communities such as Southbury, Ridgefield and Old Saybrook, where there is high need but fewer options for low-income families to gain access to fresh produce, whole grain items or dairy products.

**FOR THE LATEST MOBILE PANTRY SCHEDULE,  
VISIT [WWW.CTFOODBANK.ORG](http://WWW.CTFOODBANK.ORG).**

# HUNGER ACTION HERO AWARDS



## HEREOS HONORED AT 30TH ANNIVERSARY EVENT

Connecticut Food Bank honored its *Hunger Action Heroes* at a ceremony attended by nearly 200 at its East Haven warehouse during September's *Hunger Action Month*.

The event also recognized Connecticut Food Bank's 30th year serving the community. The food bank's founder, Mark Patton, now Executive Director at Iowa Valley Habitat for Humanity, was presented with the 30th Anniversary Hunger Action Hero Award. In 1982, Patton saw a need for a more consistent regional food distribution network. He borrowed a desk and telephone at Christian Community Action (CCA) in New Haven, and Connecticut Food Bank was born.

Christian Community Action was presented with The Bill Liddell Award – the highest tribute paid by Connecticut Food Bank to an individual, organization or corporation – in recognition of exemplary service, ongoing dedication and significant support of the Food Bank and its mission. The award was named after Bill Liddell, who supported the Food Bank by donating a total of 104 tons of fresh produce, as well as time and funds. He spent six years on Connecticut Food Bank's Board of Directors.

Among the other individuals, businesses and organizations named 2012 Connecticut Food Bank Hunger Action Heroes are:

- **The Farmer's Cow:** *Advocacy Hero*
- **Chabaso Bakery, New Haven:** *Business Hero*
- **General Federation of Women's Clubs:** *Civic Hero*
- **Pepperidge Farm:** *Corporate Hero*
- **Blue Hills Orchard, Wallingford:** *Farm Hero*
- **Stephanie Hall of Bridgeport:** *Fundraising Hero*
- **Bozzuto's Inc., Cheshire:** *Food Industry Hero*
- **CTBites:** *Media Hero*
- **Park City Initiative Corp, Bridgeport:** *Member Program Hero*
- **Nicole Gorton of New Haven:** *Student Hero*
- **James Trimble of New Haven:** *Volunteer Hero*
- **Westover School, Middlebury:** *School Hero*
- **BJ's Wholesale Club:** *Retail Donor Hero*

In addition, Connecticut Food Bank recognized top individual and team fundraisers who participated in the annual *Walk Against Hunger*, held in New Haven, Bridgeport and Waterbury. Those events raised more than \$260,000 to support hunger-relief efforts in Connecticut.

**BAM**



**SHAWN**



# THANKSGIVING SUCCESS

## *You Made the 2012 Thanksgiving for All Campaign a Success!*

As Thanksgiving approached, Connecticut was recovering from Superstorm Sandy. Our attentions were diverted to disaster recovery and we were concerned that our Thanksgiving drives would fall short. But you did it, Connecticut! And we are most grateful.

A total of 25,138 turkeys and more than 240,000 pounds of trimmings were collected. These donations provided 490,000 meals for people in need of food assistance.

Collectively, we had the ability and fortitude to feed thousands of individuals who were in danger of going without a holiday meal. Connecticut Food Bank and our 600 food-assistance programs thank everyone for their support, not only at Thanksgiving, but all year long.

The overwhelming support of individuals, families, civic groups, schools, religious organizations and companies once again helped make Connecticut Food Bank's "Thanksgiving for All" campaign a success.



*25,138 turkeys*



*490,000 meals*



*240,000 pounds of trimmings*

## WHY I GIVE

***“I can make an impact long after I’m gone.”***

A world traveler, Betty\* has a lifelong interest in learning about other cultures. Joining her husband on business trips all over the globe, she has tuned in with the traditions, stories, languages, and cuisines of cultures from Africa to Asia to Europe, and even the Navajo Tribe in the southwestern United States.

***“If I don’t need it,  
and my family is doing fine,  
then I want to help  
those in need.”***

Despite all of this travel, she never forgot her roots. Growing up in a small town in the Midwest, Betty said that “people took care of each other. You don’t see very much of that anymore, so that’s why I support Connecticut Food Bank.”

Working with staff at a local community foundation, Betty set up a fund that will provide annual gifts to the Food Bank, in perpetuity. The legacy Betty has created will allow the Food Bank to feed 150 at a Mobile Pantry site, provide nutritious weekend food for 10 schoolchildren for a year through the Kids’ BackPack Program, or purchase and distribute approximately 10,000 pounds of fresh fruits and vegetables, year after year.



“I can’t stand the thought of people not having enough to eat,” Betty said. “I found that I had a little more than I needed,” she added about her finances. “If I don’t need it, and my family is doing fine, then I want to help those in need. I wanted to ensure that I can make an impact long after I’m gone.”

If you’d like more information on how you can make a lasting impact like Betty’s through a planned gift, please contact us at (203) 469-5000 or [cfb@ctfoodbank.org](mailto:cfb@ctfoodbank.org). Please note that Connecticut Food Bank does not provide legal, tax or financial advice. Please see your professional advisor before making any significant financial commitment.

*\*Name has been changed to protect the donor’s privacy.*

## THANK YOU...

***To the following individuals, corporations, foundations and organizations that made donations of \$5,000 and more from June 1, 2012 to November 15, 2012.***

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Ann T. D’Addario Family Foundation  
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Bedoukian Research Inc.  
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Bromer Kearney Charitable Foundation  
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The Walmart Foundation  
Webster Bank  
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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.

## BECOME A HARVEST CLUB MEMBER

**What is the Harvest Club?** The Harvest Club is Connecticut Food Bank's most committed group of supporters. They give regularly so we can secure and distribute food to our hungry neighbors day in and day out, all year long. You can sign up to give monthly, quarterly or annually.

**Why should I join?** Many people want to support us on a regular basis and like the convenience of having their gift automatically charged to their credit card at regular intervals. There is less hassle and it is easy to track your charitable giving. 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. There is no risk of losing a check in the mail. You can suspend your Harvest Club membership any time by simply contacting us.

**How do I sign up?** Visit our Donate Now page at [www.ctfoodbank.org](http://www.ctfoodbank.org) and select a sustaining gift; call Janet Kniffin, Chief Development Officer, at (203) 469-5000 ext. 303; or email [jkniffin@ctfoodbank.org](mailto:jkniffin@ctfoodbank.org).

## OCEAN STATE JOB LOT'S RECORD-BREAKING FOOD DONATION

Connecticut Food Bank's East Haven warehouse recently received 40,000 pounds of food from Ocean State Job Lot – the first of several full tractor-trailer loads it will receive as part of the stores' Three Square Meals program, which is the largest single food donation of its kind by a private company in New England. Items included canned tomatoes, green beans, instant mashed potatoes and pasta.

**How was this done?** Job Lot customers are invited to donate \$1 at the register through December 31, to help buy food for food banks to distribute in their local community. Job Lot then matches the first \$100,000 of shopper donations and purchases food from its manufacturers and other sources valued at up to three times Job Lot's purchase price, and then donates the food to food banks. This year's customer donations and matching

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FORMER STATE REPRESENTATIVE



amount totaled more than \$1.2 million – the equivalent of 60 tractor-trailer loads that will be delivered throughout 2013 to 10 food banks and pantries across six New England states and New York.

Thanks to all who donate at the checkout line. You are helping to feed your hungry neighbors who are struggling to put food on the table.

## PROMOTING FOOD LITERACY

### *Helps children and families make healthy food choices*

Low-income families often eat food that's high in salt, fat and sugar because it is more affordable. But there is a high price to pay. Consuming too much of these food items can cause obesity and illnesses. That's why Connecticut Food Bank is launching a new Food Literacy Program aimed at educating children and families about the benefits of healthy eating.

The comprehensive Food Literacy program is being made possible through grants from the Newman's Own Foundation and Share Our Strength. Connecticut Food Bank will provide nutrition education through its existing Kids' Backpack, Mobile Pantry and local community-based pantry programs.

"It's our hope that more than 22,000 individuals reached through Food Literacy will eat more whole grains, fresh produce, lean protein and low-fat dairy items," said Luray Shepard, Connecticut Food Bank's Programs Director. "By adopting healthy eating habits, participants will experience better health and a more productive lifestyle."

Through the grants, Connecticut Food Bank is working with Registered Dietician Helana Hoover-Litty, a professor at the University of New Haven, to oversee and develop nutrition classes, cooking demonstrations, recipes for items available on the Mobile Pantry, smart shopping tips and interactive materials on healthy eating for children who participate in the Kids' Backpack Program.

Connecticut Food Bank has been working to increase the amount of fresh produce it distributes to improve the overall nutrition of the 300,000 people served by its 600 food assistance programs. In the last year alone, the distribution of fresh produce has increased by 40 percent to 3.9 million pounds. One of the ways we have achieved these numbers is through our *Farm to Pantry Program* partnerships with more than 20 local farms that either donate to Connecticut Food Bank or directly to a local food assistance program.



## UPCOMING EVENTS

### *Walk Against Hunger, Stamp Out Hunger and New Haven's Taste of the Nation*

- Register for Connecticut Food Bank's 2013 *Walk Against Hunger* in Bridgeport, New Haven, Norwich (newly added site) and Waterbury. Visit [www.ctfoodbank.org/walk](http://www.ctfoodbank.org/walk) for information.
- *Stamp Out Hunger*, the nation's largest annual one-day food drive is Saturday, May 11. Nonperishable food items are collected by mail carriers in participating communities and delivered to local food banks.
- New Haven's *Taste of the Nation* is Wednesday, May 22, 2013, at the New Haven Omni Hotel at Yale from 5 to 9 p.m. Sponsored by Share our Strength, the food and wine tasting event raises funds for Connecticut Food Bank and other hunger-relief organizations. For details visit [www.strength.org/newhaven/](http://www.strength.org/newhaven/).

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Seaside Park, Bridgeport • Sunday, April 28, 2013

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College Woods Pavilion at East Rock Park, New Haven  
Sunday, May 5, 2013

**Eastern Connecticut Walk Against Hunger**  
Chelsea Parade, Norwich • Sunday, May 5, 2013

**Greater Waterbury Walk Against Hunger**  
Library Park, Waterbury • Sunday, May 19, 2013

**Stamp Out Hunger**  
Saturday, May 11, 2013

**Taste of the Nation**  
New Haven Omni Hotel at Yale • Wednesday, May 22, 2013



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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.