

# HUNGER

SUMMER  
2015

# matters

A NEWSLETTER OF THE FOOD BANK OF CENTRAL & EASTERN NORTH CAROLINA



Stop Summer  
Hunger

**JUNE 1**

3.2 MILLION MEALS  
**NEEDED**

SEE PAGES 8 & 9

**FOOD  
BANK**



OF CENTRAL  
& EASTERN  
NORTH  
CAROLINA

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Milestones Page 14

**NO ONE GOES HUNGRY IN CENTRAL & EASTERN NORTH CAROLINA**



## OUR BRANCHES

Visit us online at  
[www.foodbankcenc.org](http://www.foodbankcenc.org)

Food Bank of Central  
 & Eastern North Carolina  
 Main Office  
 3808 Tarheel Drive  
 Raleigh, NC 27609  
 919.875.0707

Food Bank of Central & Eastern  
 North Carolina at Durham  
 2700 Angier Ave.  
 Durham, NC 27703  
 919.956.2513

Food Bank of Central & Eastern  
 North Carolina at Greenville  
 1712 Union Street  
 Greenville, NC 27834  
 252.752.4996

Food Bank of Central & Eastern  
 North Carolina at New Bern  
 205 S. Glenburnie Road  
 New Bern, NC 28560  
 252.514.2006

Food Bank of Central & Eastern  
 North Carolina at Sandhills  
 195 Sandy Avenue  
 Southern Pines, NC 28387  
 910.692.5959

Food Bank of Central & Eastern  
 North Carolina at Wilmington  
 1314 Marsteller Street  
 Wilmington, NC 28401  
 910.251.1465

### Hunger Matters

Published by The Food Bank of  
 Central & Eastern North Carolina

Designed by Archetype

Printed by B&J Custom Printers

Articles contributed by staff

Written by Jennifer Caslin

Edited by Jennifer Caslin and Archetype

Project Coordinator: Jennifer Caslin

Questions? Call 919.865.3063.

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## From the Desk of the President & CEO



Dear Friends,

Summer is a time when many of us fulfill plans we've been making all year. We enjoy the warm weather, take a break from work or school, and take advantage of the beauty our state has to offer. Some children will head off to camp to spend time with friends and learn outdoor skills. Others will join their families on beach trips to enjoy the sun and sand, while some will head to amusement parks for thrills and excitement. Most of us are able to plan summer activities that focus on fun and relaxation.



**But there are 300,000 children in our service area that will only be able to focus on one thing: an empty stomach.**

These children rely on free or reduced-cost school meals throughout the year, and when school is out, two meals a day are lost to them.

Our focus this summer, and every summer for the last eight years, is simple: **Stop Summer Hunger.**

Each summer Food Banks across the country experience a decrease in giving, but with school cafeterias closed, more parents and grandparents will be seeking assistance from our partner agencies to feed the children in their care. We need your help to meet this great need.

Our goal this summer is to raise enough food and funds to provide 3.2 million meals to children and their families during these critical months. It is with your support that over the last seven years we have been able to provide 15 million meals to children who might have otherwise gone without.

The Food Bank will also sponsor our Kids Summer Meals program for the seventh year. In summer 2014, this program helped fill the gap of missing meals for more than 5,200 children by providing a total of 173,541 meals at no cost.

We are hopeful that you will make stopping summer hunger part of your plans this year. You can learn more about how to help on pages 8 and 9.

Many thanks for your continuous focus on our mission: No One Goes Hungry in Central & Eastern North Carolina.

Best regards,



Peter Werbicki, President and CEO, Food Bank of Central & Eastern North Carolina

## On the Burner:



Mackenzie visits the Food Bank's Raleigh Distribution Center.

### Mackenzie Hinson is not your average 10-year-old.

Four years ago Mackenzie's mom suffered a stroke and was paralyzed for six months. But the kindness of strangers helped transform a devastating life event to an inspiring new call to action. "So many people helped us that we didn't know," said Paige Hinson, Mackenzie's mom. When Paige arrived home from the hospital, there was a huge basket of donated food waiting. She continues, "And someone also paid our light bill. We still to this day don't know who did all that. But from that day forward we've taught Kenzie that we have to pay that forward."

Since her mom's recovery, Mackenzie has chosen causes that are important to her and volunteer projects that she can do herself. With the help of her parents, she has worked hard to return the acts of kindness and help others in her community.

Last December Mackenzie volunteered at the local food pantry in Goldsboro. As she helped pack bags of meals for food insecure families, she learned that the food pantry there often runs out of food—an indication, she thought, that the need for emergency food in her community was greater than the amount of food local pantries could provide. Her solution? To help provide more food to local people in need by opening her own food pantry in Goldsboro.

With the help of her parents, she made a plan. First, she needed to find a building for the pantry. She learned that her church might have extra space available and presented them with a detailed plan, answering dozens of questions about how she would run the food pantry. The church granted Mackenzie the use of a fellowship hall and a large walk-in freezer.

Next she focused on applying for 501(c)(3) nonprofit status and gathering community support. She opened a bank account, started a partnership with a local accounting firm to help her "keep the books," and organized fundraisers in the community. Mackenzie has also started partnerships with local farmers to receive donations of fresh produce. She's written letters to local media and elected officials, asking for their help to spread the word about her new pantry, which opened on April 16.

Mackenzie and an army of volunteers will provide bags of groceries to her local community. She already looks to the future, thinking about her finances and planning fundraisers so that she can sustain her mission. The Food Bank of Central & Eastern North Carolina is looking forward to partnering with Mackenzie to help feed the hungry in her community!

# Out of the Mouth of...

## Children enrolled in our Kids Meals & More Programs & their parents

Each year the Food Bank asks families who participate in our Kids Meals & More Programs for their feedback. We want to learn directly from those involved in the programs and from those who are witnessing successful growth in their children. The drawings you see below were done by children benefiting from either a Kids Cafe or Kids Summer Meals Program.

### Children who participate in our Kids Meals & More Programs:

"I feel great because I get to eat."

"I like it because I get to eat different things."

"I like the fun, like the food, like the program, and I feel safe."

"They help me with my homework and give us a good meal, and then we go outside and play with friends."



### Parents of children who participate in our Kids Meals & More Programs:

"I am very grateful for the program. My children receive a nutritious meal each day."

"My son loves coming to the Kids Cafe. He doesn't like to miss a day!"

"Kids Cafe has helped me a lot with my kids, as far as helping with homework and staying healthy."

"I love the fact that my child has a safe place to go after school and get help with school work."



# Dishing It Out:

## Recent Community Food Drives & Events

### Quick Recaps



For the eighth straight year, the community stepped up to the plate to support Feed the Need. Donations were accepted April

1–25 at Harris Teeter stores in the Food Bank’s service area. The campaign culminated with “Feed the Need” day on April 25, with volunteers collecting food and funds at three Triangle-area Harris Teeter locations. To date, Feed the Need has raised enough food and money to allow the Food Bank to provide more than 2 million meals to hungry children and their families. **Many thanks to all who made this event possible: The News & Observer, Harris Teeter, Biogen, Syngenta, and ABC11.**



N&O mascot Browzer thanks a young donor.



Our Durham Branch staff with just some of the Stamp Out Hunger donations!

Once again letter carriers across our service area joined together to Stamp Out Hunger! On May 9, postal patrons left donations in bags at their mailbox for pickup by their letter carrier. These donations were then transported back to the post offices and unloaded by volunteers, and then placed on trucks for delivery to the Food Bank. Totals for this year were still being calculated at press time, but last year’s donations provided the equivalent of more than 318,000 meals! **Kudos to regional coordinators Penny Houze, Jeff Terry, Tony Mainolfi, and Amber Blank for all your support!**

## Legal Feeding Frenzy

Attorneys and law firms across the state competed in the month of March to see who could raise the most food and funds for North Carolina’s food banks. The law firm that collected the largest amount of food and funds received the highly coveted “Attorney General’s Cup.” In our service area, Legal Feeding Frenzy collected enough food and funds to equate to more than 103,000 meals! **Congratulations to Moore & Van Allen PLLC for winning in the “Large Firm” Division and to Womble Carlyle Sandridge & Rice LLP for “Most Pounds Contributed Overall.” A big “thank you” to all involved!**

# Dishing It Out:

## Upcoming Events

Join us for these September/Hunger Action Month events!

### #FOODBANK24

A New Media Telethon

The fourth annual 24-hour telethon is back! The Food Bank and host Gregory Ng are coming together once again to raise \$50,000 for hunger relief. #FoodBank24 is a LIVE EVENT shown on our website and on UStream for 24 hours from **noon on Friday, September 11 through noon on Saturday, September 12.**

Host Greg cooks up edible critter marshmallow treats.



#FoodBank24 host Gregory Ng and Food Bank staff kick off the 2014 telethon.

Want to get involved? Sign up to volunteer on Friday afternoon or Saturday morning, participate in a dunk tank fundraising challenge, or help spread the word. All you need is a computer and internet connection to watch 24 hours of entertainment for a great cause. **For more information and sponsor opportunities, visit [www.foodbank24.org](http://www.foodbank24.org)**

## The Kitchens of New Bern Tour

The Kitchens of New Bern Tour is a unique opportunity to visit the "heart of the home" in Historic Downtown New Bern residences on **Saturday, September 26, 2015.** Join homeowners who have opened their kitchens in support of the Food Bank of Central & Eastern North Carolina at New Bern, inviting you to garner ideas for designing your own new kitchen or renovating the existing heart of your home. Capture the newest industry ideas and learn about state-of-the-art products from our sponsors.



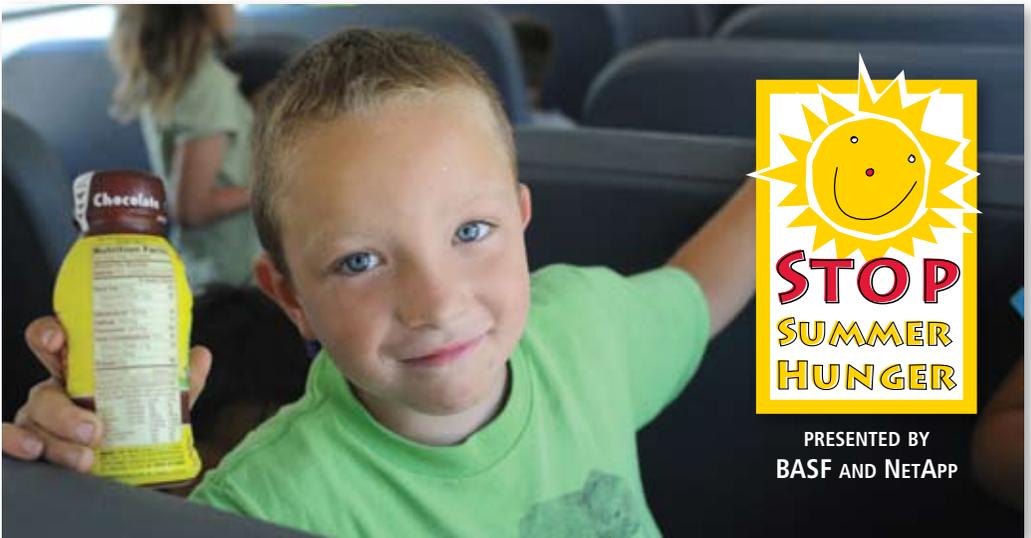
Volunteers serve up food samples in one of the tour stops.



The Tryon Palace kitchen was just one stop on the tour last year.

**Tickets will be available online for purchase soon. For more information, visit [foodbankcenc.org/kitchentour](http://foodbankcenc.org/kitchentour).**

Proceeds from The Kitchens of New Bern Tour benefit the Food Bank of Central & Eastern North Carolina at New Bern.



Summer is not a time of fun and relaxation for thousands of children in North Carolina. When school dismisses for summer break in June, nearly 300,000 children living in the Food Bank's 34-county service area will lose access to two meals a day that they usually receive through the free and reduced-cost meal programs. During the same time period that school cafeterias are closed to these children, the Food Bank experiences a slowdown in giving.

Community-based nonprofit agencies, such as food pantries and children's programs supported by the Food Bank, often report an increase in the number of parents and grandparents seeking food assistance for their families—an increased need we can't meet alone.

When school dismisses for summer break in June, nearly 300,000 children living in the Food Bank's 34-county service area will lose access to two meals a day.

Now in its eighth year, Stop Summer Hunger is an awareness campaign held during June and July to collect food and funds to help these families. The donations received during the eight-week campaign help fill the empty shelves of the Food Bank of Central & Eastern North Carolina distribution centers in Durham, Greenville, New Bern, Raleigh, Sandhills, and Wilmington. This awareness-building food and funds campaign has been extremely successful, providing nearly 15 million meals to children and their families during the past seven summers. This year our goal is to raise enough food and funds to provide 3.2 million meals.

## 1. DONATE MONEY

For every dollar donated, the Food Bank can provide five meals or \$10 worth of food.

Log on to [www.stopsummerhunger.org](http://www.stopsummerhunger.org) to donate.

## 2. DONATE FOOD

Hold your own food drive in your neighborhood or community.

Host a "Drive, Drop, and Go" for your employees at your business.

## 3. SPREAD THE WORD

Help us spread the word about the Food Bank through social media. "Like" us on Facebook at [facebook.com/FoodBankCENC](https://facebook.com/FoodBankCENC), and follow us on Twitter and Instagram @FoodBankCENC and tweet and instagram with the hashtag #StopSummerHunger.



## STOP SUMMER HUNGER PARTNERS

### PRESENTING PARTNERS



BASF creates chemistry for a sustainable future.



NetApp delivers software, systems, and services to manage and store your data.

### PLATINUM PARTNERS



ABC11 is proud of the long partnership with the Food Bank that includes the Heart of Carolina Food Drive.



Food Lion is one of the largest supermarket chains in the United States, operating more than 1,113 stores in 10 states.

#### Leith Toyota



Leith proudly offers new and used Toyota vehicles to the greater Raleigh market serving Cary, Durham, Apex, Chapel Hill, and the rest of the Triangle, North Carolina market.



#### LIVE OAK BANK

Live Oak Bank was founded in 2008 with one goal: provide business loans to independent businesspeople in niche industries.



#### VIDANT HEALTH™

Serving 29 counties in eastern North Carolina. Working every day to improve the health of the 1.4 million people we serve.

### GOLD PARTNER



JKF ARCHITECTURE, PC is an multifaceted Architecture, Planning, and Design Firm with over 22 years experience in Eastern North Carolina.



Dude Solutions provides expert industry knowledge and service through a trusted operations management platform.



Your one source for comprehensive health care in Eastern North Carolina.

### SILVER PARTNERS

### BRONZE PARTNERS



Allscripts is a leader in healthcare information technology solutions that advance clinical, financial, and operational results.



The Clement Companies started out as a Property & Casualty over 30 years ago and evolved into a well rounded company being able to offer different coverages for the same company or person.



UNCW Chapter. We Will Lead.



On May 21, the Stop Summer Hunger campaign kicked off with our annual Sort-A-Rama volunteer event. On this day, more than 900 corporate volunteers united to sort and package more than 170,000 meals for families living with food insecurity in our service area. Presenting Partners BASF, BlueCross and BlueShield of NC, Cisco, and Food Lion were joined by other corporate volunteers to bag rice into family-sized portions for distribution throughout our 34-county service area. The four Sort-A-Rama events have produced the equivalent of more than 511,000 meals.



THANK YOU TO ALL OF THE PARTNERS THAT MADE THIS EVENT POSSIBLE!

**Presenting Partners:**



**Sustaining Partners:**

Allscripts, Dude Solutions, Gregory Poole Equipment

**Major Partners:**

Extreme Networks, PPD, RTI International

**Supporting Partners:**

Coca-Cola, Duke Energy, Fifth Third Bank, Research Triangle Foundation, Tupelo Honey Café

## Sports Radio Open Golf Tournament to Benefit Food Bank

99.9 The Fan and Buzz Sports Radio WDNC-AM, will host the "Sports Radio Open" on Tuesday, June 23, 2015 at River Ridge Golf Club in Raleigh benefitting the Food Bank of Central & Eastern North Carolina.

The tournament will be a two-man best ball format. The goal will be to beat the score of radio hosts Adam Gold and Mark Thomas, who will be playing together. Tournament day check-in begins at 8:00 am and Tee Time is at 9 am. Entrance fees are \$30 per player and include lunch, greens fees, range balls, and cart fees. One hundred percent of your entry fee will benefit the Food Bank's Stop Summer Hunger Campaign.



Tickets are on sale at [ESPNtriangle.com](http://ESPNtriangle.com) or can be purchased during business hours, 9 am to 5 pm, at 3100 Highwoods Blvd., Raleigh. Twosomes will be accommodated. Individual registrants will be grouped with another player.

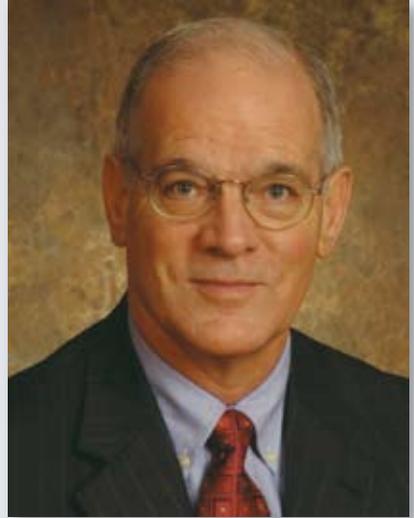
## Donor Spotlight:

### Bill Dix of Fortune Management

Learn more about our individual donors and why they choose to support the Food Bank of Central & Eastern North Carolina.

#### About Bill's year-end gift:

"Each year I was giving gift wrap or chocolate baskets to my clients. After a few clients told me to hold off on the gift wrap that year, I started thinking about what I could do. I decided to take the money I had been spending on holiday gifts and give to the Food Bank in honor of my clients. There's been an amazing response from my clients since the first year."



#### Why the Food Bank?

"I wanted to address a basic need with an agency that I knew could effectively leverage my donation. Hunger is not something we should be struggling with but here we are. The Food Bank can leverage the money far better than I can. I don't see me buying five cans of food, when I can donate the money and the Food Bank can buy so much more."

#### Why should others choose to make a gift in honor of their clients?

"My clients have really appreciated the gesture, and many have said they also support the Food Bank. The gift has helped me further client connections."



## Memorials

The Food Bank of Central & Eastern North Carolina sends our thoughts to the families and friends of two men who were dedicated to serving the hungry in our service area. Both of these men are remembered fondly from their time at the Food Bank.

HAROLD "TOM" WHITTAKER passed away in December 2014. Mr. Whittaker served in the United States Marine Corps and was an employee of the United States Postal Service for 34 years. After he "retired," Tom spent more than 10 years as a faithful employee of the Food Bank's Sandhills Branch. He was always willing to pitch in and go above and beyond his duties as a driver.

JAMES "JAY" OLSON passed away in January 2015. Mr. Olson served in the United States Army and was a veteran of the Korean War. He earned a Bronze Star, which is awarded for bravery, acts of merit, or meritorious service. Jay served as the Director of Operations at the Food Bank's Raleigh Branch during a pivotal time of growth. He was extremely dedicated to community service throughout his life.



## In the Bag

### GSK IMPACT Award

We are honored to be chosen for a 2014 GSK Impact Award in recognition of exceptional achievements in improving community health in the Greater Triangle. The annual award, presented by GlaxoSmithKline and Triangle Community Foundation, recognizes nonprofits that are Innovative, Measurable, Partnered, Accountable, Community-centered, and Transformative in their work to impact community health.

### Allstate Foundation

In partnership with our sister food bank to the east, the Food Bank of the Albemarle, FBCENC is assessing our capacity to prepare for and respond to natural disasters, both locally and regionally throughout central and eastern North Carolina. One of only two regional teams chosen for this opportunity, our team is working closely with national experts and Feeding America to ensure we are on the front lines in disaster preparedness and response effectiveness.

### John Deere Foundation

We extend a special thank you to John Deere Foundation for their continued support of the Weekend Power Pack program. This second three-year commitment will underwrite several locations in Cary and Fuquay-Varina, providing meals and healthy snacks to children over the weekend.

### William R. Kenan, Jr. Charitable Trust

We are grateful for the continued generous support from the Kenan Trust which recently made another multi-year commitment to support Kids Meals and More Programs in underserved areas, including the expansion of the school pantry program across all six FBCENC branches.

### USAA Foundation

We salute our friends at USAA Foundation for their increased support for the New Bern Branch as we continue to serve military families in eastern North Carolina. Approximately 27% of the households served by FBCENC have at least one member currently serving or who has served in the US Armed Forces, or as a member of the Reserves or National Guard.

### Mobile Food Pantry Expansion

Mobile Food Pantries provide easy access to rural and underserved communities with little or no access to a permanent food pantry. We have expanded to 11 sites in Pitt County thanks in part to funding provided by the **James J. and Mamie Richardson Perkins Charitable Trust** and **Vidant Medical Center Foundation**.

## THANK YOU TO OUR GENEROUS SUPPORTERS!

ALLSTATE FOUNDATION  
ANN C. & C. HAMILTON SLOAN FOUNDATION  
BANK OF AMERICA CHARITABLE FOUNDATION  
BATTELLE  
BLUECROSS BLUESHIELD OF NC  
CAMERON CHARITABLE TRUST  
CLAY FOUNDATION EAST  
CREDIT SUISSE AMERICAS FOUNDATION  
CUMMINS FOUNDATION  
DISNEY WORLDWIDE SERVICES  
DUKE ENERGY FOUNDATION  
ESHELMAN FOUNDATION  
FOOD LION CHARITABLE FOUNDATION  
GIPSON FAMILY FOUNDATION  
GRAINGER FOUNDATION  
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HILLSHIRE BRANDS FOUNDATION

JAMES J. AND MAMIE RICHARDSON PERKINS CHARITABLE TRUST  
JOHN DEERE FOUNDATION  
JOHN WILLIAM POPE FOUNDATION  
KIDS 'N COMMUNITY FOUNDATION  
MAZON: A JEWISH RESPONSE TO HUNGER  
METLIFE FOUNDATION  
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NORFOLK SOUTHERN FOUNDATION  
OAK FOUNDATION  
PERKINS CHARITABLE TRUST  
SCHEICK-VERROCHI FAMILY FOUNDATION  
TD CHARITABLE FOUNDATION  
USAA FOUNDATION  
VIDANT MEDICAL CENTER FOUNDATION  
WELLS FARGO FOUNDATION  
WILLIAM C. ETHRIDGE FOUNDATION  
WILLIAM R. KENAN, JR. CHARITABLE TRUST

## Find *the* Fit!

### CORPORATE PARTNERSHIPS



### THANK YOU!

BARNHILL CONTRACTING CO.

BASF

BLUECROSS AND BLUESHIELD  
OF NORTH CAROLINA

CISCO

CUMMINS

FOOD LION

LOWES FOODS

NC FARM BUREAU

NEWS AND OBSERVER

PPD

RAILINC

RNDC SOUTH CAROLINA, LLC

## WE WANT YOU TO KNOW

We are grateful for the support we receive from small businesses and corporations. Every dollar donated to the Food Bank equates to five meals or \$10 worth of food—every dollar counts! This page includes a portion of our business funding partners that have made a significant gift to the Food Bank in the last nine months.

### BLUECROSS AND BLUESHIELD OF NC

We are grateful for a shiny, new 26-foot box truck provided by BlueCross and BlueShield of NC. This new truck will provide us the opportunity to distribute 1,684 additional meals per truckload to thousands and provides additional access to pick up donated food from two retail grocery stores each day.

### CISCO

What can we say to a donor that shares cutting edge technology equipment and the skilled volunteers to make it work, that donates thousands of dollars from generous employees along with a company matching gift, and a founder, John Morgridge, who also matches the employee gifts? Not to mention providing the seed funding and support to help us launch a new initiative to help eligible North Carolinians apply for national food assistance programs and a signature corporate volunteer event! We give a heartfelt THANK YOU to our long-time partners at Cisco.

### SHARE YOUR LUNCH

**New Sponsorship Opportunity:** Share Your Lunch (SYL) is a cause-marketing, percent-of-sales program that allows company employees to purchase select items from their company cafeteria, providing a percentage of the sale as a donation to the Food Bank. Companies, employees, and food service providers are joining together to take part in this turnkey campaign. The Food Bank will provide all promotional materials to encourage your employees to Share Their Lunch.



### SORT-A-RAMA, MAY 21, 2015

Sort-A-Rama once again brought together volunteers for a fun service project to sort over 170,000 meals for those in need. Presenting Partners BASF, BlueCross and BlueShield of North Carolina, Cisco, and Food Lion welcomed other sponsors Allscripts, Coca-Cola, Duke Energy, Extreme Networks, RTI International, Research Triangle Foundation, and Dude Solutions and their employees.

## CORPORATE SPONSORSHIP OPPORTUNITIES

### FIND THE FIT!

Your company's philanthropic and marketing objectives can be met by supporting the Food Bank in a variety of ways.



FINANCIAL SUPPORT  
CAUSE MARKETING  
EMPLOYEE GIVING CAMPAIGNS  
MATCHING CORPORATE GIFTS  
IN-KIND DONATIONS



EMPLOYEE ENGAGEMENT/CUSTOMER  
APPRECIATION ACTIVITIES  
  
SPECIAL EVENTS &  
SPONSORSHIPS GRANTS

Please contact Bridget McMinn, Manager of Corporate and Foundation Relations, at 919.865.3046 or bmcminn@foodbankcenc.org for details.

# Milestones:

## New Bern Branch Celebrates 5<sup>th</sup> Anniversary



Volunteers from BB&T help with harvesting in the New Bern Community Garden.

In July 2010, the Food Bank of Central & Eastern North Carolina went from five branches to six with the opening of our New Bern Branch. The small but mighty 6,200-square-foot facility at 205 South Glenburnie Road was needed to ease the travel on our partner agencies in Carteret, Craven, Jones, Onslow, and Pamlico Counties. The creation of the New Bern Branch was also a response to the great need in the area. The Food Bank’s partner food pantries, soup kitchens, and shelters were receiving more requests for assistance than ever before. When the branch first opened, even without the ability to distribute frozen or refrigerated items, the branch still distributed more than 569,000 pounds in the first year.

The outpouring of support from the New Bern community has helped the branch grow by leaps and bounds over the last five years. Thank you for supporting our work to help those living with food insecurity in the New Bern service area!

### Highlights of the growth and accomplishments of the New Bern Branch:

In September 2010, ground was broken on a community garden. Local master gardeners volunteered their time and energy to turn a plot of land next to the facility into a garden that has provided more than 12,000 pounds of fresh produce since.

• Hurricane Irene devastated many regions of the New Bern service area in August 2011. The Food Bank immediately mobilized and provided more than 550,000 pounds of disaster relief products over the course of five weeks.

• In May 2014, the branch received a donation of a new walk-in freezer thanks to the generous support of partners Cubic, the USAA Foundation, and Christ Episcopal Church of New Bern. This allows the branch to store approximately 14,000 pounds of frozen product.

### Distribution

2010–2011: 569,888 pounds  
**(479,905 MEALS)**

2013–2014: 2.5 million pounds  
**(2.1 MILLION MEALS)**

### Partner Agencies Served

2010–2011: **57**

2013–2014: **81**

## Web Spotlight

Get the Scoop by Email

Find out what's happening on the hunger relief front by signing up to receive our email!

What will you receive?

You'll get the latest and greatest news on hunger spotlights and milestones, information about volunteering opportunities, special features and events news, as well as details on how your help is making a difference in our communities. You'll also receive insider news from the Food Bank CEO, Peter Werbicki.

How often will we send emails?

Don't worry! We won't bombard you. We send emails about two or three times a month.

**SIGNING UP IS EASY!**

Simply visit [www.foodbankcenc.org/SignUp](http://www.foodbankcenc.org/SignUp) and enter your email address.

**FOOD BANK NEWS  
BY EMAIL?**



**AWESOME**

## How You Can Help

### DONATE MONEY & ASSETS

**\$1 equals \$10 worth of food or 5 meals**

- Individual Giving
- Event Sponsorships
- Corporate Giving
- Planned Giving
- Stock

For more info, visit [foodbankcenc.org/donate\\_money](http://foodbankcenc.org/donate_money).

### DONATE FOOD

**One meal equals a little over one pound of food (19 ounces)**

- Individual Food Drives
- Company Food Drives
- Virtual Food Drives
- School Food Drives
- Community Food Drives

For more info, visit [foodbankcenc.org/donate\\_food](http://foodbankcenc.org/donate_food).

### DONATE TIME—Volunteer!

**Volunteer hours equaled the equivalent of over 80 full-time employees last year.**

1 volunteer hour = 130 meals

For more info, visit [foodbankcenc.org/volunteer](http://foodbankcenc.org/volunteer).



The Food Bank's Digital Media team is always on the job!

Join the conversation & follow the Food Bank!



/FoodBankCENC



FoodBankCENC



/FoodBankCENC



@FoodBankCENC

[blog.foodbankcenc.org](http://blog.foodbankcenc.org)



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