

# HUNGER matters

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

SPRING 2016

## YOUR SUPPORT HELPED KELLY BATTLE CANCER AND HUNGER

Kelly was in a dire situation when she drove into the parking lot of a Food Bank partner pantry in Knightdale. Fighting cancer for the fourth time, she just endured a surgery that left her barely able to walk. She had a disabled child and grandchildren at home who needed to eat. She had nothing to give them and no family nearby who could help.

"I was sick, skinny, scared and crying," Kelly said about that first visit, when she received the food she desperately needed for her family. Kelly was physically not able to get out of the car, but volunteers approached her, and when she told her story, they said, "Don't worry. We're going to take care of you."

When asked what she would have done without the emergency food that day, Kelly simply says, "I don't know." Far too ill to work, she was running out of options.

But thanks to donors like you, Kelly was able to take a box of food provided by the Food Bank home to her family. Because of your continued support, Kelly was able to set aside some of her worry during a time when she was fighting for her life. The food you helped provide not only got Kelly and her family through the rest of a very tough month, it also lifted their spirits when not much else could.

"I was suffering," Kelly said. "And strangers pulled me in and received me like family. They gave me hope. I was so glad to receive the food."

Kelly now volunteers at the Food Bank partner and shares her stories with the neighbors she meets who come to receive food. And she carries on the fight against a terrible disease. Your donations made a difference for Kelly and her family. For every \$1 donated, the Food Bank can provide five meals, or \$10 worth of food. The Food Bank is here to give hope to those in our communities who are struggling. Your donations can help the Food Bank ensure that people like Kelly and her family don't have to worry about where they'll get their next meal.



**FOOD  
BANK**



**OF CENTRAL  
& EASTERN  
NORTH  
CAROLINA**

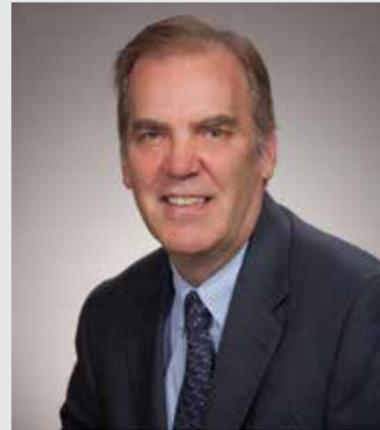
DURHAM » GREENVILLE » NEW BERN » RALEIGH » SANDHILLS » WILMINGTON

## FROM THE DESK OF THE PRESIDENT & CEO

It's the time of year when the weather turns warmer, the days are longer, flowers are blooming and gardens are being planted. Many children are counting the days until summer vacation. But at the Food Bank of Central & Eastern North Carolina, spring is when we start preparing for the time when nearly 300,000 children in our 34-county service area will miss two meals a day because school is out. Spring and summer are traditionally a time when donations to the Food Bank slow down, but thousands of people in need continue to turn to us. People like Kelly, who bravely faced four separate battles with cancer while worrying about how to feed the grandchildren in her care. Because of your donations, Kelly was able to visit a Food Bank partner agency and take home food to sustain her family. Because of your donations, Kelly could rest more easily knowing her grandchildren would have full bellies. Your donations truly provide a sense of healing to those facing tough times. Thank you for supporting the Food Bank's work to restore health and hope to our neighbors like Kelly.



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



## YOU CAN HELP "FEED THE NEED" FOR CHILDREN IN OUR COMMUNITY

When you support The News & Observer's Feed the Need campaign, you are helping to provide thousands of meals to food-insecure children in our community. You may donate food at your local Harris Teeter from April 1-21 or give online – for every \$1 donated, the Food Bank can provide five meals. You'll also see information in The N&O on mail donations.



On Feed the Need Day, Saturday, April 23, stop by select Triangle Harris Teeter locations to drop off nonperishable food or donate cash. Your donations will benefit children who are missing meals in the evenings and on weekends.

For more information visit [feedtheneednc.com](http://feedtheneednc.com).



## TASTE 2016 TO BENEFIT THE FOOD BANK

Enjoy the "culinary experience of the year" and provide meals to those in need in our area! Durham Magazine, Chapel Hill Magazine and Johnson Lexus present Taste: A Celebration of Food & Drink. This event, which runs April 21-23, kicks off with the Grand Taste Experience, where you can spend the evening savoring dishes created by 30 of North Carolina's best chefs and sample wares from local beverage makers who produce outstanding craft beer, soda, coffees and spirits. The evening also features wine from around the world and music from a great live band. A portion of the proceeds of Taste 2016 benefits the Food Bank's Durham Branch.

For additional details and to purchase tickets visit [tastetheevent.com](http://tastetheevent.com).



**Yes.** Yes. I am pleased to support the Food Bank of Central & Eastern North Carolina. Enclosed is my tax-deductible donation of:

Here is my gift of:

- Other \_\_\_\_\_
- \$500
- \$250
- \$100
- \$75
- \$50

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_  
Please charge my:  Visa  Mastercard  American Express  Discover  
Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_  
Signature \_\_\_\_\_

Make your tax-deductible contribution now at [foodbankcenc.org](http://foodbankcenc.org).

- Enclosed is my check made payable to the Food Bank of Central & Eastern North Carolina.
- I have attached a matching gift form from my employer.

Please clip and mail to:

FBCENC  
3808 Tarheel Drive  
Raleigh, NC 27609

or give online at  
[foodbankcenc.org](http://foodbankcenc.org)

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## OUR DONORS BUILD A STRONGER COMMUNITY THROUGH SERVICE AND SUPPORT

"What you do at the Food Bank is so important. As human beings, I believe we have a responsibility to each other to do what we can to meet the most basic and fundamental human need. It is the essence of love," said Jill Coleman, speaking from the heart on why she supports the mission of the Food Bank of Central & Eastern North Carolina.

For Jill, the Food Bank is about community. "It is impossible to have a strong community when there are families without food. The Food Bank's presence in the community gives hope. I see in my small service how a meal can truly change a person's perspective — especially when served with kindness. I encourage friends to support the Food Bank so that you have the means to provide even greater support and it's a pretty awesome feeling to GIVE!"

"I will never forget my first tour of the Food Bank with Jill," said Amy Beros, the Food Bank's Major Gifts Officer. "Despite her amazingly generous spirit of volunteering with the Helen Wright Center, one of our partner agencies, for the past 14 years and her incredible continued investment in our mission, at the end of the tour she said, 'I feel so small. This is so big. I had no idea. I want to do more.' Her words and sentiment took my breath away and brought tears to my eyes." And Jill has done just that. She continues to spread the word of the great need in our communities and the Food Bank's work with everyone she meets, bringing friends to tour and introducing potential partners. Most recently, Jill has joined the board of directors for White Oak Foundation, another of the Food Bank's important community partners, ensuring families and individuals get the healthy meals they need, among other services, in Southwest Wake County.

Thank you to Jill and everyone in our Food Bank family for showing that compassion and love can change lives. You allow us to feed thousands in our community each year.

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*As human beings, I believe we have a responsibility to each other to do what we can to meet the most basic and fundamental human need. It is the essence of love.*

— Jill Coleman

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## YOU CAN STAMP OUT HUNGER IN CENTRAL & EASTERN NORTH CAROLINA!

Your donations can help Stamp Out Hunger during the largest one-day food drive in the nation – and all you have to do is leave your donation at the mailbox. The National Association of Letter Carriers will collect your food donations during "Stamp Out Hunger" on Saturday, May 14. Look for a designated donation bag delivered by your letter carrier (or use a bag you have on hand), fill it with your donation of nonperishable food, and place it by your mailbox. Your letter carrier will pick it up. Last year, your donations enabled the Food Bank to provide more than 409,000 meals to hungry families in our 34-county service area.

Learn more at [foodbankcenc.org/events](http://foodbankcenc.org/events).



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Christopher Polydoroff Photography



Jill Coleman (left) and Tammie Harris  
at the Food Bank's Raleigh Branch. >>

# YOUR DONATIONS STRENGTHEN OUR SERVICE TO THE HUNGRY IN DURHAM

The Food Bank is constantly striving to meet the ever-growing need in our area to ensure that No One Goes Hungry. That's why our Durham Branch moved two years ago into a bigger space at 2700 Angier Avenue. Now we can distribute more food, especially perishable food, and we have more space for volunteer projects that are so vital to our mission. Ultimately it's due to you, our donors, that we were able to increase our capacity in Durham. Since we moved, distribution has increased – from 6.2 million pounds in 2012-2013 to 7.6 million pounds in 2014-2015. Volunteer support increased by nearly 50 percent – from 16,605 hours to 30,132 hours – in that same time period. To enhance our service to the Durham area, the Food Bank has added Zach Nissen, a Senior Nutrition Outreach Coordinator, to the staff. Zach spends his time helping vulnerable senior citizens connect with food resources. Your donations are helping the Food Bank grow to meet the rising need in Durham and across our service area. The contributions you make sustain children and families and help keep seniors healthy and hunger-free. Your support of the Food Bank's mission allows us to strengthen the communities we serve.



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Raleigh, NC 27609

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## NO SCHOOL m e a n s NO MEALS

In the Food Bank's 34-county service area, nearly 300,000 children lose free/reduced-cost meals when school's out. Beginning in June 2016, you can help us provide them with much needed summer meals.

Visit [foodbankcenc.org/stopssummerhunger](http://foodbankcenc.org/stopssummerhunger).



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