

State College Area Food Bank News

276 West Hamilton Avenue, State College, PA 16801 • (814) 234-2310

Spring/Summer 2013

<http://foodbank.centreconnect.org>

Volume twenty Issue 1

The mission of the State College Area Food Bank is to provide emergency food to people in the State College Area and assist the network of food pantries in Centre County.

Remarks from the Executive Director

By Carol Pioli

In the past sixteen months, I have interacted with hundreds of Food Bank donors and have a greater appreciation for the word stewardship, particularly when it helps provide a basic need. Lives are shaped by decisions, and stewardship is a decision. Stewardship is all-inclusive and touches every aspect of our life: time, talent, and treasure. Whether it is a box of cereal, an hour of your time, a gift card, or financial support, all of you give to the Food Bank cheerfully, you give unconditionally without expecting anything in return, and you are motivated to give because you want to share your time, talent, and treasure to provide a basic need to your neighbor. Thank you!

This letter from a client that we received recently is a perfect example of why we do what we do:

“Shortly after we moved to the area, my husband was laid off. We used all our savings to move to this area, so we didn’t have any money to pay rent or purchase groceries. The first time we came to the Food Bank we were embarrassed and felt guilty for having to ask for help. The staff and volunteers welcomed us with open arms and assured us it was okay to be at the Food Bank. We had so many bills and didn’t want to choose between keeping on the utilities and buying food. After a few months, my husband was employed again, but ten weeks later another layoff arrived. Thanks to the Food Bank we were able to eat, pay our bills, and purchase necessities for our two young boys. I don’t feel embarrassed anymore, just thankful.”

Something is always going on here at the Food Bank! Here are a few recent highlights:

On May 22 and 23, the Food Bank participated in Centre Gives 2013, a 36-hour online giving event sponsored by Centre Foundation. In addition to donations being matched by the Centre Foundation, we received over \$15,000 from this event.

Empty Bowls 2013 was organized and hosted by Jeff Beck and the State College Area High School Ceramics and Culinary Arts Department in late April. Those who attended this benefit were treated to gourmet soups, artisan breads, salad, dessert, coffee, and teas. Proceeds were donated to the Food Bank.

The fifth annual Iron Chef PSU, a cooking competition to benefit the Food Bank, was hosted by Penn State’s Nutrition Graduate Student Association in mid April. Under the leadership of Samantha Kling and Katie Balantekin, this competition consisted of eleven teams of three competitors from several departments within the university. Prizes were awarded to the teams with the best-judged food and the largest donation.

We were honored to receive the 2012 Quality of Life Award from the Chamber of Business and Industry of Centre County. This award is presented to an

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Missy Garvin, Food Bank Operations Coordinator, receiving the CBICC Quality of Life Award from Steve Brown, CEO of Mt. Nittany Medical Center.

How to Give

Do you have time and talent you'd like to share? We need you! We're looking for volunteers on the second Saturday of each month to help pack bags, prep and sort veggies, receive/sort/stock donations, fill grocery orders, and do general housekeeping. Shifts include 8 a.m. – 1 p.m., 8 a.m. – 11 a.m., or 10 a.m. – 1 p.m. We also need volunteers to fill in when our regulars are on vacation and we need physical help to reorganize the packed boxes at our sorting site.

If you are interested, please contact Missy at 234-2310 or operations@scfoodbank.org.

Our current needs list is below. Stop by with your donations at our 276 West Hamilton Avenue office. We'd love to say hello! (And remember, gift cards are always welcome!)

Mayonnaise	Salad dressing	Nuts/trail mix	Sugar
Oil	Peanut butter	Coffee	Flour
Ketchup	Cereal	Tea	Sugar-free products
Mustard	Raisins	Hot chocolate	Gluten-free products

Helping Neighbors

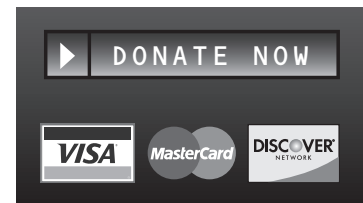
While many of us take an apple or peanut butter for granted, these foods are luxuries for children served at the Food Bank. Child hunger exists in Centre County: Of the 714 clients from 272 households the Food Bank served in May, 32 percent of those clients were children under the age of 18.

Although anti-hunger programs work to protect millions of children, a recent report by Feeding America revealed that many children who need food assistance do not qualify for federal programs, and their families rely on food banks to feed their children. Many children have access to a free or reduced lunch during the school year, but what happens during June, July, and August? The Food Bank wanted to do something to help children through the summer months. So Missy Garvin, our operations coordinator, collaborated with our friends at Penn State's Graduate Nutrition Association and came up with a list of items that are nutritious and easy for children to prepare. Because of these efforts and our wonderful donors, the Kid's Bag program was created! Every time a client with children visits the Food Bank during the

On the Web

Connect With Us Online!

- 1 Donate online – it's quick, easy, and secure! Just go to <http://foodbank.centreconnect.org/>, click on the "Donate Now" image, and enter your credit card information. It's that easy!



Coming Soon: Watch for the Food Bank on Twitter, and a new website! And you can always find us on Facebook (see below)!

- 2 Like us on Facebook! Just search for *State College Area Food Bank*.



summer, they will receive a Kid's Bag (see photo, next page) that consists of peanut butter, jelly, applesauce or other fruit, soup, ramen noodles, pasta, and other kid-friendly food. Thank you to Missy and the Graduate Nutrition Association! ■

Thank You

Volunteers are the backbone of the Food Bank and critical to our operations and the clients we serve. We thank all of you for the countless hours you spend volunteering at the Food Bank of the State College Area, Inc. You have touched the lives of so many and we truly appreciate your dedication and effort. Here are just a few volunteer stories from recent months:

Diane answered the telephone on a Friday afternoon, and a distressed client, Nancy, was on the other end. Nancy had been hospitalized for two weeks, was being released, had no food at home, and was unable to get to the Food Bank. Calmly and compassionately, Diane eased Nancy's concerns. Diane patiently reviewed the grocery list/choice list and guided Nancy through the selection process. Half an hour later, Diane, Joann, Ann, and Katherine had assembled five healthy bags of groceries, along with some extras. They called a taxi driver friend, who delivered the groceries to Nancy.

Bill Zimmer, who was honored at the 41st Annual Rose Cologne Volunteer Recognition Dinner on April 25, has changed the face of the Food Bank Garden Program. When Bill and his family relocated from Long Island to Centre Hall, he expanded his gardening skills by enrolling in a few horticulture classes and planting a quarter-acre garden. What began as a small donation of extra potatoes has grown

into a harvest that provides over 6,000 pounds of fresh, healthy, and kid-friendly vegetables and fruits to the Food Bank families from late May to October. Motivated by a love of the land and concern for local children, Bill has coordinated this initiative with a group of Penn State Master Gardeners that make recommendations based on the land's capabilities and the needs of the Food Bank. We thank Bill and welcome him as a new Food Bank board member!

May 11, 2013 was the day of the annual Stamp Out Hunger Letter Carriers' Food Drive. Despite the less-than-ideal weather, more than six tons of perishable items were delivered to our warehouse at The Nittany Mall. If you have never visited our site, envision a 20-by-60-foot space with hundreds of

boxes stacked ten feet high and crammed into every available nook. Bonnie Tkach and her son, Ryan, came to the rescue—they volunteered to take on the massive task of sorting and categorizing donations. Thank you, Bonnie and Ryan, for tackling this project and, most importantly, donating 144 hours of your time in the past 28 days to accomplish this daunting task!

We at the Food Bank also thank our loyal friends who have given time, talent, and treasure during numerous transitions and moves in the past 31 years. Thank you for your continued support as we move closer to finding that permanent home. ■

"You have touched the lives of so many and we truly appreciate your dedication and effort."

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Carol Pioli, Executive Director
Missy Garvin, Operations Coordinator



Any client with children receives a Kid's Bag during the summer months. (Read full story in "Helping Neighbors," page 2.)

Did You Know

- We serve clients from eight townships and the Borough of State College
- We serve the underemployed, the unemployed, and those with mental and physical disabilities
- Clients are referred to the Food Bank from a Community Safety Net agency
- Every household is eligible to receive food every 30 days
- The amount of food a family receives depends on household size
- The Food Bank re-donation program benefits approximately 18 other agencies in Centre County

Remarks (continued)

individual, business, organization, or government entity whose activity/activities have enhanced the quality of life in Centre County.

Thank you to the National Letter Carriers Association, the volunteers who worked at Centre Sorting, and everyone who generously donated 17,000 pounds of nonperishable items to the Food Bank in May. Your generosity will help bridge the gap until the fall food drives begin.


We want to thank everyone who supported the Food Bank of the State College Area, Inc. through the United Way Campaign.

A special thank-you to Barbara Dreese, who retired in March after 28 years serving as treasurer of the Food Bank. Barbara is looking forward to spending more time with her family and gardening in the summer months. We appreciate her many years of service.

Have a wonderful summer, everyone! ■

Official registration and financial information of the Food Bank of the State College Area, Inc. may be obtained from the Pennsylvania Department of State by calling toll free at 800-712-0999. Registration does not mean endorsement.

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