



# STATE COLLEGE FOOD BANK

*"One day, no one  
will go hungry in  
Centre County"*

State College Area Food Bank • 1321 South Atherton Street, State College, PA 16801 • (814) 234-2310 • [scfoodbank.org](http://scfoodbank.org) • Spring 2019

## Giving the gift of nutrition to neighbors in need

Private support and partnerships are key to adding more fresh options

Your financial support is helping to make more fresh food options available, keeping neighbors healthy and meeting special dietary needs.

In a recent United Way survey conducted by the State College Food Bank, 23% of respondents said their household required a modified diet due to a medical condition, such as diabetes, celiac disease, ADHD, and



*Something to smile about: thanks to community generosity and partnerships with larger organizations, the State College Food Bank can provide more fresh options and options that meet special dietary needs.*

### Eating for good health

23% of households surveyed include someone with a diagnosed medical condition that requires a modified diet.



Arthritis



Breast cancer



Celiac disease



Diabetes



Food allergies



Heart disease



Lactose intolerance



Lupus

food allergies. Foods that meet special dietary needs are often more expensive and out of reach for families struggling financially. Individuals and families with special dietary needs also rely more on fresh, whole foods.

Private donations from donors like you play a critical role in making sure the Food Bank is able to stock and provide fresh foods and food for individuals and families with modified diets and diets prescribed by doctors.

Partnerships are another important element to meeting this need. Through a partnership with Central PA Food Bank,

the State College Food Bank has been able to purchase meat, cereal, eggs and dairy products far below cost. In 2018, the Food Bank paid \$18,931 for food that would cost \$694,463 wholesale. A partnership with Feeding America assures that fruits and vegetables are available at the Food Bank year-round.

Without you and these partner organizations, neighbors struggling to put food on their table might lose access to fresh, whole foods and the foods that meet their dietary needs. This is just one way your generosity makes a difference. •

# Living on the poverty cliff: how you can help local families teetering on the edge

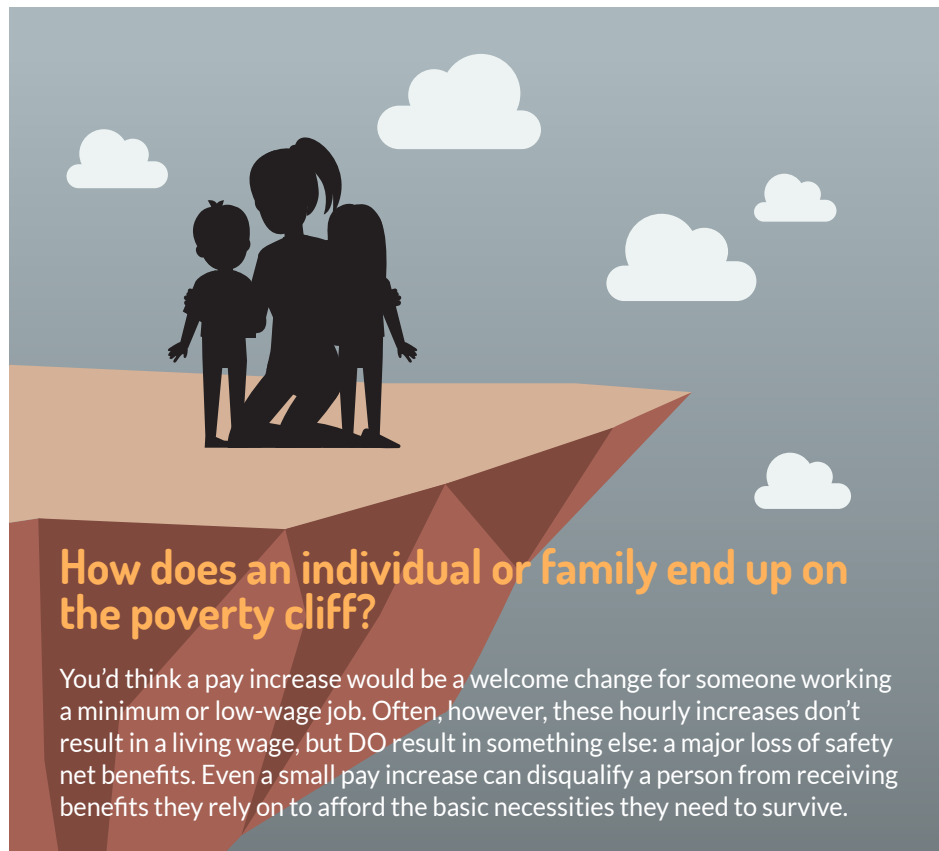
We all know a family living on minimum or low-wage jobs, and relying on safety net programs to afford basic necessities, like food, shelter, heat and power. In this situation, a blessing like a better paying job or a pay increase can actually be a curse. But, why?

A slight positive change in income can disqualify an individual or family from receiving benefits, creating dire circumstances in which they are faced with a choice between paying for food, medicine, housing or utilities.

Thanks to community support, the State College Food Bank can still serve individuals and families who have lost their benefits. Private donations allow the Food Bank to purchase enough food to help families facing this difficult situation, relieving the stress of how they'll put food on the table.

For one local mom, the edge of the poverty cliff loomed dangerously close. As she struggled to feed three children while juggling college and work, she faced a loss of benefits that might have been devastating. Volunteers and staff at the State College Food Bank gave her the assurance that she could still visit and receive food for her family.

She's about to finish her degree and still working to support her family. She



## How does an individual or family end up on the poverty cliff?

You'd think a pay increase would be a welcome change for someone working a minimum or low-wage job. Often, however, these hourly increases don't result in a living wage, but DO result in something else: a major loss of safety net benefits. Even a small pay increase can disqualify a person from receiving benefits they rely on to afford the basic necessities they need to survive.

sees a day in the near future, in which she'll no longer need to rely on the Food Bank, but until then, she's grateful that she can.

"For this mom, it's more than just food," said Executive Director Carol Pioli. "It's knowing she has one less worry."

This example illustrates the real-life impact of your support on families in State College and throughout Centre County. Your donations fill a vital need for individuals and families living on the poverty cliff and, more importantly, help them to move farther away from it. •

## Is feeding the hungry your legacy?

Generous annual gifts and gifts of food help the State College Food Bank support neighbors in financial need on a day-to-day basis. As part of its mission to make sure no one in Centre County goes hungry, the Food Bank is driving toward larger goals than just daily operations: growing and expanding its reach throughout Centre County; making sure all local children receive nutritious meals all year long, including over summer and holiday breaks; and

continuing to offer more fresh options, like meat, dairy, vegetables and fruits.

Planned giving—leaving a gift to the Food Bank in your will—is a powerful way to continue to help neighbors in need, even after you're gone. Planned gifts help the Food Bank make major strides toward its long-term goals. To learn more, contact Executive Director Carol Pioli at the Food Bank, or talk to your financial planner.

**70%**

*of Food Bank participants also receive SNAP benefits*

**50%**

*of those participants have experienced a decrease in SNAP benefits in the past 12 months*

## State College Food Bank Board Members

Richard Barrickman  
*President*

Stanley Latta  
*Vice President*

Joan Dashner  
*Secretary*

Bill Martin  
*Treasurer*

### *Board Members*

Mark Blonski

Tara Duff

Thomas Eakin

Kelly Ernico

Adam Fleming

Gail Hurley

Tom King

John Lhota

Chris Shinham

## Food Bank Staff

Carol Pioli  
*Executive Director*

Allayn Beck  
*Business Manager*

Virginia Meadows  
*Volunteer Coordinator*

Bill Torretti  
*Warehouse Assistant*

**Congratulations and many thanks to our Volunteer of the Year**  
**Lisa Hayes**



# A growing need among local seniors

## Seniors are the fastest growing segment seeking support

The first time she walked through the doors of the State College Food Bank, it was out of desperation. Typically, individuals and families receive food through a referral from a partner agency, which helps to ensure that needs are met in a holistic way. But for this retiree, it was a cry for help. Fortunately, thanks to

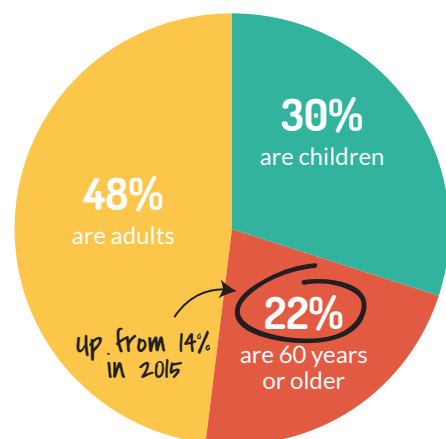
generous support from the community, no one ever walks away empty-handed.

"I'm so embarrassed," the woman said to Food Bank volunteers. "I've never had to ask for help before." They assured her that she had come to the right place, and her story poured out. The woman's husband was placed in hospice care, and bills were piling up. She was paying what she could, but there was nothing left for groceries. Looking at the aisles of canned goods, the fresh food and frozen foods, she gasped. "What is this place?" she asked.

The State College Food Bank is a place where our community comes together. The woman and her husband left with bags of healthy, fresh food, and resources to make sure that going hungry is one thing they no longer need to worry about.

The circumstances that bring neighbors to the Food Bank vary but all visitors leave with the same thing: healthy, nutritious food. •

### Individuals served in 2018:





## HOW YOUR DONATIONS MAKE MORE FRESH, HEALTHY FOOD AVAILABLE



### How your donations make an impact, by the numbers (2018)

**713** UNIQUE HOUSEHOLDS  
received over  
**3,702** FOOD  
DISTRIBUTIONS

**1,712** UNIQUE INDIVIDUALS  
are included in those households

Over **474,756** POUNDS OF  
FOOD DISTRIBUTED  
—the equivalent of  
**395,630** MEALS

**120** REGULAR VOLUNTEERS  
helped with receiving and sorting  
donations, stocking the grocery  
shelves, and assisting clients

**VOLUNTEERS** logged over  
**12,850** HOURS of service

Over **499,344** POUNDS  
of food was donated to the  
Food Bank—the equivalent of  
**416,120** MEALS

The Food Bank shared  
**73,434** POUNDS OF FOOD  
with other Centre County food  
pantries and social service  
agencies—the equivalent of  
**61,195** MEALS

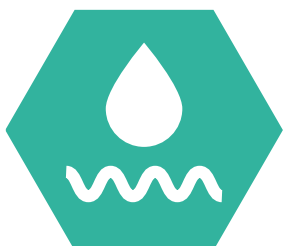


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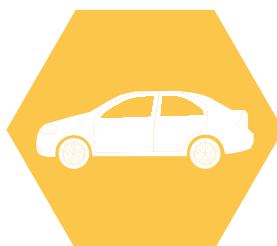
**Saving money on food helps struggling households afford other basic necessities**



Medicine



Utilities



Transportation to work



Rent or mortgage