



VIRGINIA PENINSULA
Foodbank

Food first

Inspiring Hope, Feeding Families

Summer 2014

Feeding Local Families

The Foodbank's Mobile Food Pantry Program delivers and distributes fresh, healthy food directly into the communities that need it. Mobile Food Pantry programs provide many benefits to the Foodbank, its partner agencies, and the neighborhoods they service:

- Mobile Pantries utilize large refrigerated trucks capable of supplying fresh foods which traditional pantries neither collect nor distribute;
- Mobile pantries extend Foodbank and agency services into neighborhoods outside of their normal range, and thereby enlarge the circle of help in the community;
- In addition to expanding food capacity, these distributions remove barriers which prevent access to unserved or underserved communities, and do so efficiently with an air of dignity;
- Mobile Pantries streamline the delivery process and reduce strain on partner agencies by providing secure transportation of a variety of fresh, nutritionally dense foods;
- By providing an emphasis on fresh fruits, vegetables, and meats to needy communities, they help combat obesity due to reliance on cheap, poorly-nutritious junk food.

Locations for the Mobile Food Pantry Program are selected based upon the need in a given neighborhood, as judged by the number of children from that neighborhood who qualify for free lunch at

their local school. Typically, clients served go home with an average of 2 to 4 produce items weighing up to 20 lbs, plus other grocery items. Sample Mobile Food Pantry items include:

- Assorted fresh fruits and vegetables;
- Frozen meat, including lean cuts of beef, pork, and chicken;
- Prepared meats, including bacon, franks, and cold cuts;
- USDA TEFAP commodities, which can range from canned vegetables and fruit, cold cereal, to meat or other protein items;
- An assortment of bread and bakery products.

Mobile Food Pantry sponsors have the opportunity to financially support the Foodbank and service the community in a very tangible way. Sponsors are able to provide their own volunteers and thereby take an active role in making a real difference in needy communities. Each sponsorship provides enough food to serve up to 100 families and anybody can sign up to host a distribution! Just call 757-596-7188, and the Outreach Coordinator will work with each sponsor to determine the logistics for each distribution. Sponsor requirements include:

- A location to host the Mobile Food Pantry, such as a paved parking lot or gym;
- Schedule a weekday and time for the distribution;
- Pre-registration of recipients for the distribution;
- Provide 10 to 12 volunteers to off-load and distribute the food.



Each day almost 74,000 people in our communities face hunger, including 18,800 children. Please consider partnering with the Foodbank to help your neighbors in need.

2013 - 2014 Board of Directors

PRESIDENT

Jeff Verhoef
PT, MBA CEO, Tidewater Physical Therapy

IMMEDIATE PAST PRESIDENT

Frances Luter
Smithfield Foods

V.P. ADMINISTRATION

Joycelyn Spight
Old Point National Bank

V.P. DEVELOPMENT

Jim Schloss
Independent Marketing Consultant

SECRETARY/TREASURER

Michael Daniels
VP, W.M. Jordan

V.P. ENDOWMENT AND CAPITAL DEVELOPMENT

Gabe Morgan
Newport News Sheriff

MEMBER-AT-LARGE

Cassandra Pulley-Greene
Retired, Former SVP, Sara Lee Corporation

MEMBERS

William Atchley, MD
Eagle Hospital Physicians

Jeffrey Clemons

Vice President, BB&T

Jane Susan Frank

President, VA Commonwealth Realty

Al Guerra

Kelvin International Corporation

Herbert V. Kelly, Jr.

Jones, Blechman, Woltz, & Kelly

Kenneth Krakaur

Sentara Healthcare

Guy Manchester

Financial Security Management, Inc.

Vicki Siokis-Freeman

Owner, PS Paperie

Dr. Peter Steven Apostoles

Medical Director, Newport News Shipbuilding

Adelia Thompson

Vice President, CNU

Pastor Stevens Burrell

Agency Council President



A NOTE FROM KAREN

Dear Friends,

Food insecurity is defined by the USDA as a socioeconomic condition of limited or uncertain access to enough food to support an active, healthy life. In April, the latest statistics on food insecurity were released by the research arm of Feeding America, the nation's leading domestic hunger-relief charity. This project, Map the Meal Gap 2014, was funded by the Howard G. Buffett Foundation and The Nielsen Company.

The study shows that the area serviced by the Virginia Peninsula Foodbank continues to suffer from the highest rate of food insecurity in the state at 13.9%. The more populous cities on the Peninsula, Hampton and Newport News, both have food insecurity rates closer to 17%. That means that one out of every six individuals in those cities doesn't know when he or she will receive his or her next nutritious meal. In addition, 15.4% of all children across the Greater Peninsula live in food-insecure households.

Since we know that children cannot concentrate, learn, play sports, or practice music when they are worrying about their next meals, during the school year we focus on ensuring that children have access to nutritious foods at their after-school programs and over the weekends through our Kids Cafe and Backpack programs, respectively. But hunger does not take a summer vacation and neither does the Foodbank.

During the summer, when children are not in school receiving the free or reduced price breakfasts and lunches, the Foodbank plays an even more vital role in serving the food-insecure children in our community. We sponsor dozens of Summer Food Service Program (SFSP) sites that allow children to receive free meals within their own neighborhoods. We also don't stop our Backpack program when school stops. We continue to provide Backpacks of food in areas not being served by our SFSP sites.

These child nutrition programs are just a couple of the ways that your support helps us to continue to work towards our vision of a hunger-free and properly nourished community. **As you will see throughout this newsletter, community involvement in the Foodbank's mission happens in many ways – all of which make a difference in the lives of those we serve. Thank you for partnering with us.**



The study shows that the area serviced by the Virginia Peninsula Foodbank continues to suffer from the highest rate of food insecurity in the state.

Karen L. Joyner

Karen L. Joyner
Chief Executive Officer



TASTEFULLY YOURS

THANK YOU, SPONSORS



Newport News Shipbuilding



OLD POINT NATIONAL BANK



Merrill Lynch Wealth Management



RIVERSIDE



SENTARA HEALTHCARE



1st Advantage Federal Credit Union



Walmart Save money. Live better.

Orlando's Landscaping



JEFF'S FLOWERS of course, inc. HAMPTON ROADS FLORIST

106.9 The Fox & FM99

37 West Technology

Associated Distributors

Boardwalk Photo Booth Company

Coliseum Central

Dunmar Exhibit Services

Financial Security Management Inc.

Lobby Music by Jan & Charlie

Payday Payroll Services

Pepsi Beverages Company

PODS of Hampton Roads

Produce Source Partners

PSAV

Reddy Ice

Riverside Paper Supply

SIGNMedia Inc

Taylored Printing

Towne Insurance



TASTEFULLY YOURS

GIVING HAS NEVER TASTED SO GOOD!

The dining, the dancing, the allure of the night.....

It was all Gatsby at the 21st Annual Tastefully Yours! Our premier food tasting event, featuring craft beers and wines, was celebrated at the Hampton Roads Convention Center on April 17th. The Exhibition Hall was transformed into a 1920's ballroom with specialty foods prepared by 38 of our finest local restaurants.

A huge thank you to our Grand sponsors, BayPort Credit Union, D.A.V. Thrift Stores, and Smithfield Foods for helping to make our largest annual fundraiser the best yet! This event would not be possible without the support of all of our sponsors, restaurants, committee members, and guests. **Together, you have helped to provide over 450,000 meals in our community.**

Thank you for a fantastic evening!



THANK YOU, TASTE PARTNERS

Backyard Bar-B-Que
Bailey's Pub and Grille
Briar Patch Tea Room
Captain Chuck-a-Mucks
Cheddar's Casual Café
Crowne Plaza Hampton Marina
Cyprus Grille at Embassy Suites
Discover Teas
Fin Seafood
Foodbank's Culinary Program
General Meals Food
Girl Scouts of the Colonial Coast
Green House
Hayashi Sushi & Grill
HoneyBaked Ham Co. and Café
Nawab Indian Cuisine
Opus 9 Steakhouse
Oysters for Life
Park Lane Tavern
Plaza Azteca
Rajput Indian Cuisine
Riverwalk Restaurant
Rodgers' Banana Pudding Sauce
Sabrosa Foods
Salsa's Mexican Grill
Schlesinger's at Port Warwick
Simply Panache Products
Smoke BBQ
Starbucks
Thai Erawan Restaurant
Thai Siam
The Chamberlin
The Custom Cake Shoppe
The Grey Goose
Toby Keith's I Love This Bar & Grill
Trader Joe's
Uno's Chicago Grill
Wing Bistro Chicken and Waffles



Food and fund drives are vital to the success of the Foodbank's mission. The Foodbank is grateful for each and every one of our hunger relief advocates. If you are ready to create your own project to help minimize hunger in our local community, please call us at 757-596-7188.

1st Annual Mardi Gras Celebration

The 1st Annual Mardi Gras Celebration was held on March 1st at the Peninsula Town Center (PTC) in Town Square. Several PTC restaurants featured samplings of their festive cuisine, 504 Supreme dazzled with live music, and New Orleans style entertainment was provided by Magical Solutions. The Mardi Gras partners were Bonfire Magazine, Tysinger Audi, Cointreau and 94.9 The Point.

Ticket sale proceeds benefitted the Virginia Peninsula Foodbank. PTC supports us throughout the year with the 106.9 The Fox/ FM99 Mayflower Marathon, Change for Charity and various food drives.



James River Country Club's Tennis Group

James River Country Club's Tennis Group takes a swing at solving hunger

NALC Food Drive

National Association of Letter Carriers come together for 22 years of delivering hope to their neighbors in need



Youth Volunteer Corps of Hampton Roads

Youth Volunteer Corps of Hampton Roads 2014 Under The Sea Can-structure at Patrick Henry Mall. Eleven middle and high schools team up for some fun and friendly competition symbolic of "building hope and feeding our future."

Great Support Leads to Great Success in

Virginia Peninsula Foodbank



Culinary Training Program

The 11th class of the Culinary Training Program is in full swing. This 12-week free training program develops culinary skills that improve employment opportunities for economically disadvantaged adults. The most wonderful aspect of this program is that these adults learn while preparing approximately 6,000 nutritious, hot meals each week for children at risk of hunger. This program has a proven record for not only providing nutritious food for 1,374 children at our 32 Kids Cafe sites, but also for providing well-trained employees who are ready to enter the work force and be professionally successful.

One example of this success is Dawn Suiter. Dawn, a graduate from Class 2 in 2012, is currently the Sous Chef for the NASA Langley Research Center Catering Department. She now owns her own catering business—Chef Dawn Diva Catering Company, LLC. Dawn graciously returns to the Foodbank as a volunteer to share her experiences with new culinary students. Dawn says, "I am so grateful that a program of this type was created because it was a great stepping stone to where I am today. The many workshops

as well as a lot of hands on training in a small environment will help you to grasp what you are taking in. I thank the Foodbank so much for the support it gives. I am living proof that if you have the support and stick with it, you can do it just like I did." She demonstrates that they can succeed; she encourages them to work hard and follow their dreams.

Feeding a large population of children at risk of hunger and helping adults follow their dreams takes a great deal of work and support. Besides a talented, full-time teacher, Chef Kecia Jackson, and the Nutrition Programs Director for the Foodbank, Jacquelyn Linder, the Culinary Training Program is supported by a number of regular volunteer instructors who provide expertise to develop outstanding future employees. Margot Moore, a retired Army GS-15, teaches a class on successful professional behavior. Joel Moore and Jim Rice, both retired Army Lieutenant Colonels, have been teaching leadership and team development classes since the program began. Another retired Army volunteer, Lieutenant Colonel David Doctor, teaches classes on goal development and

decision making skills. Synethia White, Executive Director of the Y.H. Thomas Community Center, teaches a class on problem solving. Diane Keys, who works at the Hampton VA Hospital, helps students modify their behavior through anger management classes. Rosalyn Taylor, our local food safety expert, ensures students can take the ServSafe examination successfully. Stephanie Thomas, a retired Hampton High School English teacher, has been a stalwart in helping students develop professional resumes. Even the Foodbank CEO, Karen Joyner, volunteers by conducting mock job interviews with students. We also depend on organizations such as Goodwill to help with job placement and the Virginia Cooperative Extension to teach financial management classes.

Developing successful culinary employees can only be accomplished with the help of our many talented volunteers. A successful program attracts more students, more employers, and feeds more hungry children. Thank you, volunteers!

Virginia Peninsula Foodbank

Culinary Training Program



This program has a proven record for not only providing nutritious food for 1,374 children at our 32 Kids Cafe sites, but also for providing well-trained employees who are ready to enter the work force and be professionally successful.



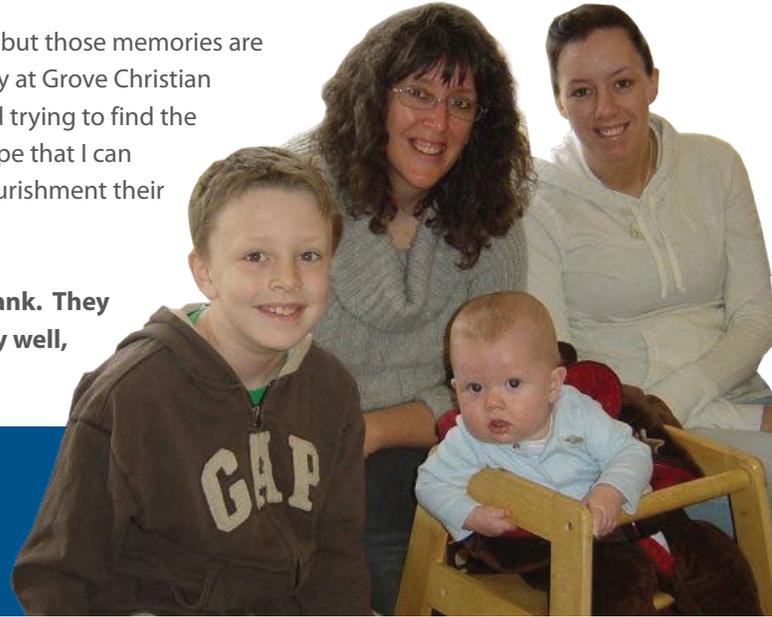
I Wasn't Alone Anymore

As the winds of uncertainty whistled through my bones, I was a desperate, lonely, young woman trying to manage 3 young children after leaving an abusive marriage. I grasped the pain surrounding me, white knuckled pushing through ...hoping for something more, something different, something freeing! We were hungry and lost spiraling out of control. Wanting peace, but only finding emptiness...The world seemed so big, so impossible...

Then in a moment, a precious moment, God whispered hope into my spirit and our tomorrows didn't look so bleak, so dark. I was still hungry and alone at least on this earth, but inside a hope started to bubble up, and provide me a guiding light. I know it sounds miraculous, but things started falling into place. Doors I didn't even know existed ...appeared...The Virginia Peninsula Foodbank agencies serving my area were illuminated. **I wasn't alone anymore; I had a community that cared for me, a church who walked along side of me, a God who loved me!**

The days of hunger are long gone. My family is grown and thriving, but those memories are not far from my thoughts...I spend my days now in full time ministry at Grove Christian Outreach Center serving those who are in the dark... feeling around trying to find the lightshuttering against the wind chilling their bones....in the hope that I can introduce them to the Hope Giver and help provide the physical nourishment their bodies so desperately need.

It is a privilege to serve alongside the Virginia Peninsula Foodbank. They are part of a beautiful picture of love that serves our community well, and lives are changed because they care....Mine was!



Deena Walls with her son Josiah, daughter Destiney, and grandson Skyler. All healed from the hurt, and continuing to extend love to those in need.



CONTACT US

Foodbank of the Virginia Peninsula
2401 Aluminum Avenue
Hampton, VA 23661
757-596-7188
www.hrfoodbank.org



SOCIAL MEDIA



<http://www.facebook.com/VAPenFoodbank>



<http://twitter.com/hrfoodbank>

MISSION

The mission of the Foodbank of the Virginia Peninsula is to distribute food effectively through collaborative efforts that minimize hunger, promote nutrition and encourage self-reliance through education.

VISION

To inspire hope by leading the effort for a hunger-free and properly nourished community.

SERVICE AREA

The Foodbank encompasses the following cities and counties:

Hampton, Newport News, Gloucester, Mathews, Williamsburg, Poquoson, Surry, James City County, and York.

