Food First
Inspiring Hope, Feeding Families

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As this fiscal year comes to an end, we reflect upon what has made it successful. Not only have we provided more food to the community, but we have also provided more healthy food to more people in more ways. In this edition of Food first, you will read about our implementation of the Commodity Supplemental Food Program that provides nutritious food to low income seniors. In addition, this spring, through a collaboration with the three major healthcare systems on the Peninsula, we began providing food boxes filled with low sodium, low sugar, and whole wheat foods to diabetic patients at local hospitals. The “food as medicine” approach is being increasingly embraced by physicians, health insurers, researchers, and public health officials, and it is important for the Foodbank to be a part of this movement.

But we could not consider these new vital programs without the help of our partner agencies, our volunteers in the community, and our other supporters who understand the great need that continues to exist. Friends like these and YOU help fill empty plates all year long, and for that, we thank you. Thank you for believing in our mission, and for supporting our goal to build healthy communities...one neighbor, one meal at a time. Your helping hands and financial investments truly make all the difference.

With Gratitude,

Karen L. Joyner
Chief Executive Officer

A NOTE FROM KAREN

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Thank you, Jinjoo Cho, Eric Wong, Madeline Fayette, and Fitz Gary, otherwise known as Music Feeds Us, for performing an evening of beautiful music on May 16th at St. Andrew’s Episcopal Church in Newport News to benefit our hunger relief efforts. Their performance was spectacular, and they raised enough money to provide over 3,800 meals, proving that music feeds more than just the soul.

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A Warm Welcome

The Virginia Peninsula Foodbank is proud to welcome Jerry Smolarczyk as our new Operations Manager. Jerry joined the Foodbank in August 2016 as a driver, and his prior experience includes more than 20 years of service in the U.S. Navy, retiring as a Chief with over 12 years of food service experience. This military background in quality control and supply chain management will serve as an excellent foundation as he works to create and maintain a clean and inspection-ready warehouse. Our warehouse is central to our mission to distribute food effectively, and Jerry will be an effective leader and team member as we strive daily to reach those in need throughout our community with healthy food.

We would like to extend our heartfelt appreciation to the members of our armed forces who donate their time in support of our mission each month. Thank you for serving both our country and our community.

Delivering Hope

Postal carriers across our country took to the streets on May 12th in support of the 26th Letter Carrier’s Stamp Out Hunger Food Drive, the largest one-day food drive in America. We are thankful to the carriers and our generous community for their help to provide nourishment to those impacted by hardship and hunger. A total of 54,305 pounds was donated by our community and picked up by the carriers. Additional thanks goes out to the national sponsors, and our local partners Food Lion Feeds, Reliance Moving and Storage, and Coleman American Moving.

Nourishing Our Seniors

Senior citizens facing food insecurity remain an important focus of our hunger relief work. Over 18% of the population we serve are seniors, age 60 or older, and we were pleased in April to start implementing the USDA’s Commodity Supplemental Food Program (CSFP). Through the CSFP, we are taking nutritious food packages to our Mobile Food Pantry Program sites that serve low-income seniors exclusively and providing these seniors with items that will empower them to create a healthy diet plan. Seniors at least 60 years of age who qualify by meeting income eligibility guidelines will receive a box containing 30-35 pounds of shelf-stable USDA food and a box of cheese. Seniors often have specific health concerns and require a diet that will help manage or prevent chronic conditions. Through CSFP, we are not only helping seniors on a limited income remain properly nourished, but we are also ensuring that they receive the nutrition they need to live a healthy lifestyle.

This institution is an equal opportunity provider.
THANK YOU FOR YOUR SUPPORT!

The Peninsula’s Premier Food Tasting Event

Boardwalk Photo Booth Company
BreakThru Beverage Group
Coliseum Central
Colonial DJs
David Nygaard Fine Jewelers

Dunmar Exhibit Services
Handy Ice
Oyster Pointer
PepsiCo
PSAV
Riverside Paper Supply

SignMedia Inc
Taylored Printing
Towne Insurance
Truck Refrigeration Repair Inc
Wawa

An Event to Benefit the Virginia Peninsula Foodbank
Tastefully Yours 2018

WOW – 25 years! You helped us commemorate our Silver Anniversary of Tastefully Yours in style, and we are incredibly grateful. We celebrated with delicious food, cold beverages, live jazz, DJ and dancing, casino games, photo booths, and even a balloon drop to mark the significance of the event. There was something for everyone to enjoy, while never forgetting the purpose of the evening - to feed those in our community who silently struggle with hunger. Thanks to all of our sponsors, restaurants, volunteers, and attendees, this event will enable us to provide over 640,000 meals to children, families, seniors, and veterans across the greater Peninsula.

2018 Taste Participants

- Avenue Blue
- Backyard Bar-B-Que
- BJ’s Restaurant and Brewhouse
- Cheddar’s Scratch Kitchen
- Chef Rainey “The Upper Room” Experience
- Cookie Text
- Culinary Institute of Virginia, ECPI
- Cyprus Grille at Embassy Suites
- Discover Teas
- Fin Seafood
- Foodbank’s Culinary Training Program
- Hayashi Sushi & Grill
- Hilton Tavern
- Huntington House
- J&K Style Grill
- Mango Mangeaux
- The Melting Pot, Newport News
- Nawab Indian Cuisine
- Nothing Bundt Cakes
- Oysters for Life
- Park Lane Tavern
- Plaza Azteca
- Rajput Indian Cuisine
- Regatta Grill, Crowne Plaza Hampton Marina
- Sabrosa Foods
- Salsa’s Mexican Grill
- Smoke BBQ Restaurant & Bar
- Starbucks
- Stratford University, NN, Culinary Program
- The Chamberlin Retirement Living
- The Custom Cake Shoppe
- The Grey Goose
- Trader Joe’s
- UNO Pizzeria & Grill
- Wing Bistro Chicken and Waffles
Rose remembers what it is like to be hungry.

She grew up in a family of eight children, and even though her mother worked hard to provide, she often couldn’t make ends meet. When the family ran out of food, Rose turned to relatives and friends for help. When that help wasn’t available, she would be hungry.

“Sometimes all I could do was go to sleep so school would come faster,” Rose said, “Because at school, there was always lunch.”

Rose’s childhood experience is part of the reason she’s passionate about feeding people facing hunger. In addition to working a regular job, Rose runs the food pantry at her church, Triumph Christian Center in Newport News, since it started more than two years ago.

“In our community, there are so many people in need,” Rose said, “including so many children. When the children come through the pantry and get really excited about basic food, it makes you realize that they don’t have a lot.”

Rose has also made it part of her mission to help people eat healthier food. She encourages people to try new foods and provides recipes for them when they must cook unfamiliar items. Rose says that the Virginia Peninsula Foodbank has been instrumental in enabling her to provide healthier foods.

“Many of us at the church give our own money to make sure we can run this pantry too. That’s how much we care about it. Sometimes, we run out of food and have to shut our doors. When that happens, we all reach into our own pockets.

“It’s important people keep donating,” Rose continued, “because the need is only increasing. Without places like this to turn to, people – including many children – will go hungry. We all need to do our part to make sure that doesn’t happen.”

We wish to recognize the foundations and corporations that have generously awarded us grants since January 1, 2018. The funds we receive through these grants are an essential component of our continued capability to operate and expand our hunger relief programs. Thank you for your support!

ALDI
Bank of America
CarMax Foundation
Costco
Cox Charities
Dominion Energy Charitable Foundation
MAXIMUS Foundation
Newman’s Own Foundation
No Kid Hungry
Sentara Foundation
Virginia Natural Gas
Walmart Community Grants Program
Walmart Foundation
Wells Fargo

1st Advantage Federal Credit Union teams up for their annual 1st AIDE Day. They are providing aid to the community and our neighbors who face hunger.
Hunger never takes a vacation. During the summer months, children in need are unable to access the free and reduced price lunch programs they typically rely upon during the school day. While many families are preparing for summer camps and beach trips, other families, seniors, children, and veterans worry about placing food on their tables. Food and fund donations slow down considerably, and the Foodbank works harder to fulfill the need.

However, we have several programs that make a difference. Starting on June 18th, the Foodbank will kick off its annual Summer Food Service Program (SFSP), providing hot, nutrient-rich breakfasts and lunches every week day to 21 community sites and two mobile sites. Prepared by the adult students in our Culinary Training Program, these meals nourish children when they may otherwise go hungry. Also, our Mobile Food Pantry Program and partner agencies will still be working almost every day to feed families in need.

Angela, a local single mother in Hampton, will confront the challenge of summer hunger and recognizes the importance of summer meal programs. After enduring a terrible car wreck, Angela faces economic uncertainty even though she works hard for herself and her two children, ages 2 and 9. “Money is really tight,” she says, “Sometimes I skip meals so that they can eat, and sometimes the only thing I can afford are noodles. So, we eat noodles all week even though I know that’s not healthy.” A friend told Angela about the food pantry. “At first, I thought they wouldn’t let me go because I’m not homeless. I was surprised to see that most people there aren’t. It has been a lifesaver. It relieves my stress when I’m able to turn to them as utility bills stack up and cupboards run bare. Without the pantry, we’d go hungry. The food they provide us often gets us through. I’m so grateful,” she says.

Angela remains hopeful. “I try so hard to hide my struggle and make their lives as normal as possible. I don’t want them to worry. My children are my everything. I know that we’ll overcome this hard time together. I love them. And when they grow up, they won’t ever have to struggle like me,” she promises.

Through your donations of food and funds you enable us to reach families like Angela’s. Our community remains our most important asset, and when you remember us during the summer months especially, you stock our shelves when they are low and impact our neighbors during an often forgotten season. Hunger may constantly be present – but so is your support. We thank you.

When School Is Out, Hunger Is Still In Session

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Youth Volunteer Corps of Hampton Roads unites 15 local elementary, middle, and high schools for the 7th YVCHR Canstructure Contest at Patrick Henry Mall. Thanks to the students’ creativity, teamwork, and passion to make a positive difference in their community, a total of 24,460 pounds was donated.

W.M. Jordan and Warwick Mechanical Group enjoy a friendly fundraising competition to build hope and bring comfort to families.

Girl Scout Troop 273 gives a helping hand to support those in need.
Upcoming Events

We depend on fundraisers throughout the year to fulfill our mission of minimizing hunger in our community. A toolkit can be found on www.hrfoodbank.org to get you started.

**Virginia United Methodist Church Conference Food Drive**
(Hampton Roads Convention Center Parking Lot)
Drive through and Drop off
June 15 – 17

**Feds Feed Families Food Drive**
June – August

**Tidewater Corvette Club Car Show**
(Weather permitting)
July 28 at the Foodbank

United Way Day of Caring
September 7

**September Hunger Action Month**
WEAR ORANGE

106.9 The Fox and FM99 Mayflower Marathon Food Drive
November 16 – 18

**Peninsula Track Club’s Fast Before the Feast 5K**
November 22

Giving has never been so easy!
Support the Foodbank next time you shop!

MISSION
The mission of the Virginia Peninsula Foodbank 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 distributes to the following cities and counties: