



Food first

Inspiring Hope, Feeding Families



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A NOTE FROM KAREN

Dear Friends,

Who are the Faces of Hunger? That has been the question that those in the hunger relief field have historically attempted to illuminate in order to change public perceptions. Only half of those we serve are chronically food insecure - those living in poverty every day and relying on food assistance every month. The other half are those who never expected to need the services of a food bank but suddenly find themselves unable to provide food for their families because of an unexpected crisis. A senior faces an unforeseen medical bill that must be paid before securing groceries. A car breaks down and needs costly repairs. A father or mother is laid off from a job. A hefty heating bill during the winter months strains the family finances.

As we recover from the recent government shutdown, the other half of the Faces of Hunger has been more prominent in the media. At Virginia Peninsula Foodbank, we have always been aware of the so-called "hidden" Faces of Hunger, but now these individual faces became large groups of our hard-working neighbors. In a two-week span in January, we served TSA workers at the airport, NASA employees at two special distributions at the Foodbank, and Coast Guard families directly at their base in Yorktown. Had we asked the public a month earlier, very few would have thought that these groups would need the services of the Foodbank. You never know...

That's where you come in. It is your generosity that enabled us to be flexible and quickly serve multiple large groups during these unexpected moments. We were so appreciative to have had the resources available at the right time. Your support allowed us to be ready to handle a sudden and urgent crisis in these families' lives. For that, we are grateful.

Many thanks,

Karen L. Joyner

Karen L. Joyner
Chief Executive Officer



Agency Spotlight

Hampton Baptist Church has been a valued partner agency of the Foodbank since the 1980's. What started out as a food outreach ministry for the Church has turned into regular Monday lunches that at least 100 of our neighbors attend weekly. Their food ministry is currently maintained by So All May Eat (S.A.M.E.), under the leadership of Amy Witcover-Sandford.



These Monday lunches seek to serve the whole body through nurturing and nourishing. Visitors to a Monday lunch receive not only a nutritious meal but also access to a clothing closet, a clean facility, occasional haircuts, and a group of volunteers that many call friends. When

not busy shopping at the Foodbank for items to include in the Monday lunch preparation, Amy is often raising awareness of the Mobile Food Pantry Program site that S.A.M.E. hosts in partnership with the Foodbank on the second Monday of every month. The volunteers at Hampton Baptist Church go out of their way to make pantry guests feel the love of their church. They even provide transportation for guests who would otherwise struggle to get their much-needed groceries home safely.



The Foodbank is proud to partner with Hampton Baptist Church and S.A.M.E. as we work to alleviate food insecurity for our neighbors and friends.

A newly added program invites at-risk youth from the local Boys and Girls Club to the S.A.M.E. kitchen every month to learn about cooking and to participate in preparing a nutritious meal, ending with each child taking the ingredients home to prepare the meal for their families.

Volunteer Highlight



The Hampton Alumni Chapter of Delta Sigma Theta has dedicated their time at our Paula Maria mobile pantry since June 2017.

Their dedication allows us to distribute food items to 72 households per month.

"Each month our volunteers continue to build on the physical and mental wellbeing of the residents of the Paula Maria Apartments, in particular, and our local Hampton Community as a whole."

– President Virginia Owens

This group is an excellent example of what it means to give back to the community. Our volunteers remain essential in fulfilling our mission, and we appreciate the time they generously give.



FROM DESPAIRING TO CARING

Terry Morris grew up in a family where food was used as a weapon.

His mother would often withhold food as punishment when he asked too many

questions, when he brought home a "B" on a report card, or sometimes even without explanation. From the ages of 4 to 13, he was often kicked out of his home and forced to find food on the frigid streets of Chicago. Terry recalls digging through trash cans past dirty diapers, eating other families' discards on the muddy pavement, and training himself to eat strategically so that he wouldn't cut his mouth or tongue on a can or container's jagged edge. He says he had no way of knowing when food had expired.

Sometimes the only chance Terry had to get food as a child was when he went to school. He admits, "I went to school for the lunch, but I stayed for the learning."

When he was 13, Terry's family drove to Tupelo, Mississippi on a trip, and without warning, they abandoned him. Forced back out onto the streets, he remembers hanging around a residential community and sneaking food out of their trash cans, also gaining an appreciation for how much food is wasted. Terry readily asserts that he just wanted to hide during these times. "I felt ashamed and dirty because I was hungry," he says.

Eventually, adults in the neighborhoods he frequented notified the authorities, and Terry went to the Alpha House Home For Boys, where for the first time in his life he received consistent meals. The cook noticed that he would eat quickly, as if someone was going to take his plate away, and Terry was shocked the first time he was offered a second helping. "Food had never been about enjoyment for me," Terry says. "It had always been about control in my family and survival when I was homeless."

Terry was soon placed into foster care, and his physical and cognitive development was enhanced by having constant nourishment. He excelled in math and science and graduated in his high school's Hall of Fame for academic achievement, receiving a prestigious co-op experience at NASA Langley three days after graduation.

Since then, Terry has never looked back. Earning a bachelor's and master's degree in electrical engineering, a Ph.D. in systems engineering, and a fellowship at MIT, he has worked at NASA for 33 years. He currently serves on the Foodbank's Board of Directors and is known for his positive spirit and personable disposition.

Being without food for long periods in his life, Terry dedicates his time and money to organizations that focus on hunger relief and community empowerment. He says, "No one is truly independent. Pulling yourself up by your bootstraps works to an extent, but we are all interdependent. A lot of people think that those who are hungry are lazy, but that's not entirely true. People can work hard, but sickness, job loss, natural disasters, or emergencies can cause them to become hungry through no fault of their own. They need a safety net to hold them over until conditions get better."

For Terry Morris, hungry through no fault of his own, life did get better --- with help, with a safety net, with a community. "We just need to help one another," Terry states emphatically. "We are our brother's keeper."



A CUT ABOVE

For Antonio Bunch, his journey towards a better future started in a bowling alley.

It was there that a mentor told him about the Foodbank's Culinary Training Program, a rigorous 12-week culinary education that offers economically disadvantaged adults the opportunity to learn skills that will lead to full-time, stable employment and self-sufficiency.

Antonio knew he liked to cook, but his life was quite chaotic, as he was drifting from house to house and trying hard to make ends meet. He immediately met with Nutrition Programs Director Jacquelyn Linder and put in an application to be a part of the program's 30th class. He admits he had "no expectations" for the program because at the time, he was just focused on his "own well-being."

Soon after he started, Antonio knew he was a part of something transformational. "The chef and the staff here have my back," he explains. "Anything you need, they provide for you. They provide mentorship to you individually whether you know they are doing it or not."

He confesses that the Culinary Training is not easy and requires dedication. To prepare students for the working world, attendance, punctuality, and respect for self and others is emphasized. Antonio credits the program for teaching him "discipline, authority and how to respond to orders correctly." He adds, "It has changed the way I think and live. I am more serious about the way I live now."



Community guest speakers from the banking profession, military, and other leadership realms speak to the students in the afternoons, offering them valuable life skills that will help them take care of themselves and their families. "They give you guidelines on how to have a better life," Antonio says.

Antonio already has his post-graduation plans in mind. "I see myself owning a food truck," he says with a smile. For now, however, he must get back to the kitchen and help clean. The hard work comes first, but finally Antonio has genuine hope for a successful future.



MAYFLOWER MARATHON

Thank you to 106.9 the Fox and FM99 for another impactful Mayflower Marathon holiday food drive to collect non-perishable food, frozen turkeys, and monetary donations that provided the gift of a meal for those individuals who are food insecure across the greater Peninsula. One of the greatest gifts possible is the gift of a meal. Each year's event, presented by Bud's Plumbing, Heating, and Air Conditioning in strong partnership with Kroger and Coliseum Central, is always held the weekend before Thanksgiving. These three days of giving turns each gift into hope and joy, making the holiday season brighter for our neighbors in need. Because of the compassion and generosity from our community, close to 189,000 meals were donated. Together, we are making a difference.



Community Partners

A special thank you to all of the corporations, foundations, and nonprofit organizations that have provided us with generous grant support since July 1st. We genuinely appreciate your support. Together, we are providing hunger relief and hope to our neighbors in need who are struggling with food insecurity.

Bruton Parish Church
Community Knights
Daily Press/Ferguson Holiday Fund
Darden Foundation
Dominion Energy Charitable Foundation
Enterprise Rent-A-Car Foundation
Feeding America
Ferguson Enterprises
First United Methodist Church – Newport News
Food Lion Feeds Charitable Foundation
GenerationON/Points of Light Institute
Gertrude M. Conduff Foundation
Great American Milk Drive
Impact1890
Kiwanis Club of the Colonial Capital
Langley For Families Foundation
Mars Foundation
The Millers Foundation
Newport News Shipbuilding
Northrop Grumman
Red Nose Day Fund
Rite Aid Foundation
Unitarian Universalist Fellowship of the Peninsula
USAA Foundation
Williamsburg Health Foundation

THE LEGAL COMMUNITY IS TAKING ACTION AGAINST HUNGER!

The legal community is taking action against hunger! The Attorney General of Virginia, the Young Lawyers Division of The Virginia Bar Association, and the Federation of Virginia Food Banks invite you to participate in the 2019 Legal Food Frenzy! Law firms and law schools are coming together in this fun, friendly competition to collect food and funds while vying for the Attorney General's Cup and other prestigious awards. The largest reward is having the honor of being a winner in the fight against hunger.

Help alleviate food insecurity in our community by signing up at www.legalfoodfrenzy.com or contact the Foodbank at 757.596.7188

Have you
thought
about
**YOUR
LEGACY?**



Please consider joining the community of friends who will be providing charitable food assistance for our neighbors in need across the greater Peninsula well into the future.

If you have already made the decision to include Virginia Peninsula Foodbank in your will, please let us know so we can express our appreciation. If you would prefer to remain anonymous, be assured we will respect your wishes.

For more information about bequests and other future gift options, contact the Foodbank at (757) 596-7188. All inquiries will remain confidential.

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.

THE PENINSULA'S PREMIER FOOD TASTING EVENT

TASTEFULLY YOURS

Tickets \$50
\$60 day of event
Available at hrfoodbank.org or call 757-596-7188

April 11, 6-9:30pm
Hampton Roads Convention Center

Kroger Presenting Sponsor

VIRGINIA PENINSULA Foodbank

BayPort Credit Union
The Smarter Way to Bank.

FERGUSON cares

Smithfield
Good food. Responsibly.

April 11, 2019

26th Annual Tastefully Yours

April 15 – April 26, 2019

Virginia Statewide Legal Food Frenzy
– Food/Fund Drive

April 27, 2019

Youth Volunteer Corps of Hampton Roads
Canstructure Contest – Patrick Henry Mall

May 11, 2019

National Association of Letter Carriers
– Stamp Out Hunger Food Drive

May 25, 2019

Chick-Fil-A 10K/5K

September 2019

Hunger Action Month – Turn Orange

November 22 – 24, 2019

106.9 The Fox and FM99 Mayflower Marathon
– Holiday Food Drive

November 28, 2019

Peninsula Track Club
– Fast before the Feast 5K



Giving has never been so easy!

Start fundraising for the Foodbank on our Facebook page!



CONTACT US

2401 Aluminum Avenue
Hampton, VA 23661
757-596-7188

www.hrfoodbank.org



MISSION

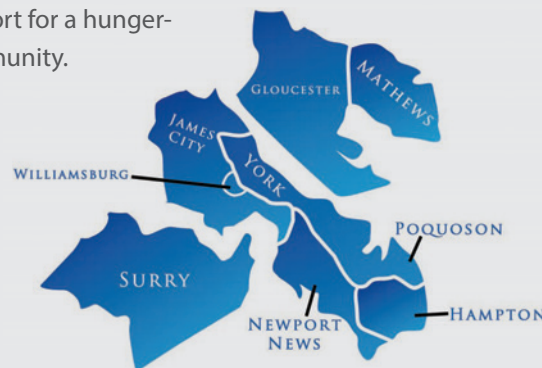
The mission of the Virginia Peninsula Foodbank is to distribute food effectively through collaborative efforts that minimize hunger, promote nutrition and encourage self-reliance through education.

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:



SOCIAL MEDIA



VAPenFoodbank



hrfoodbank