



Interfaith Food Pantry
Serving Morris County

2015 Annual Report



Neighbors Helping Neighbors

The Mission of the Interfaith Food Pantry is to:

- **improve** the health and well-being of Morris County residents in need by providing access to food, nutrition education and related resources;
- **provide** hands on opportunities for neighbors to help neighbors;
- **educate** the public about the issues of hunger in our area

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What is the Interfaith Food Pantry?

The Interfaith Food Pantry is a non-denominational, non-profit 501 (c) (3) organization helping families make ends meet by supplementing their monthly groceries in times of need. Established in 1994, the Interfaith Food Pantry was formed when a group from four local houses of worship decided to address the growing issue of hunger by consolidating their food assistance programs. The objective was to create a central collection and distribution center in Morristown. Our Federal tax-exempt # is 22-3618468.



What We Do The Interfaith Food Pantry provides groceries to eligible Morris County residents in need. Groceries are collected from a variety of sources: houses of worship, businesses & schools, community service programs, local groups and organizations, individuals and families.

The Food Pantry purchases food whenever donations run low in order to maintain our goal of providing reliable assistance to the community. We distribute groceries to: senior citizens, low-income working families, recently unemployed workers, and other individuals in crisis. In addition to those who come to the Pantry, groceries are delivered throughout the county to those who are elderly or disabled and cannot get to us.

How Does Someone Get Groceries? Groceries are provided to anyone in need from Morris County who has housing and cooking facilities. Individuals set up an appointment with our Intake Counselors where they will fill out an application and are interviewed to help us assess their need. Our pantry is set up as a Client Choice Program, where clients select the food they want from the shelves as if they were in a supermarket. The amount they can take is determined by the size of their family. They may continue to use the pantry as long as there is need.



Where Do Our Clients Come From? All are residents of Morris County. In addition to walk-ins, referrals are made from houses of worship, hospitals and schools. Many are sent by community agencies such as the Department of Aging and Disabilities, NJ Battered Women's Shelter, St. Clare's Behavioral Health Center, Cornerstone, Neighborhood House, Homeless Solutions, Inc. and the Mental Health Assoc. of Morris County.

Our clients come from all walks of life. Most are working but their incomes do not keep pace with the cost of living. They are employed as nursing aides, clerical workers, restaurant & retail staff, school employees & day care assistants. In recent months we have seen a large increase in the number of

people who have lost their jobs. Others are living on Social Security or Disability. They are grandparents raising their grandchildren and folks living with chronic illness. They are our neighbors.

What Else Do We Do? As we determine what other needs families may have, we give them referral information to resources that provide assistance, such as eyeglasses, day care scholarships, furniture, clothing, etc. Nutrition and making good food choices is the basis for our **"Healthy Choices Program"** which includes food demonstrations with and samples for clients as well as family cooking classes that teach people how to make healthy low cost meals. **Screenings for health issues** such as diabetes, hypertension and dental problems are provided by partners from Morristown Medical Center and the Zufall Clinic. Our Healthy choices program staff also work to secure healthy items not traditionally found in pantries such as low-sodium, low-sugar, dairy, fresh produce, and whole grains. In addition, they run our gleaning program to rescue food from area supermarkets that might otherwise go to waste, which gives clients frozen meat choices as a source of protein.

**The Pantry also tries to make holidays a little brighter for those in need.
We provide Thanksgiving food baskets, turkeys and December holiday food.**

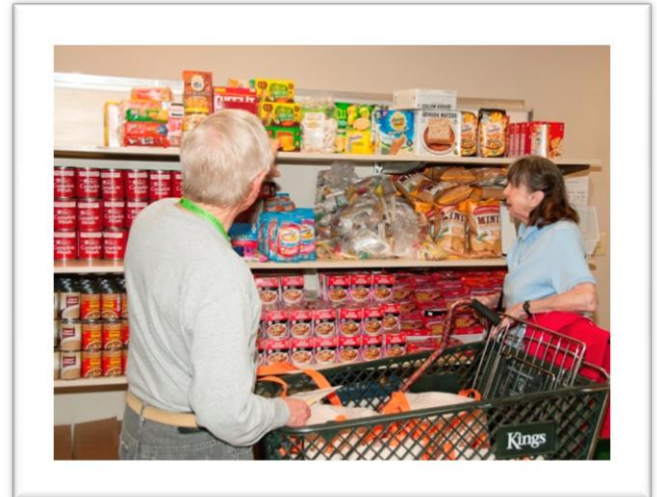
The Food Pantry accepts donations from a variety of local sources that want to help those in need. If we cannot use the items offered we try to match donors with groups who are looking for particular donations. We also stock the emergency food closet located at the Morristown site of the County Office of Temporary Assistance. Finally, we help meet the emergency food needs of other non-profit groups whenever possible.

"The Interfaith Food Pantry Embodies the Traditional Spirit of Neighbors Helping Neighbors."

Interfaith Food Pantry Programs

Client Choice Program

- Provides clients with emergency and supplemental food during times of need.
- Provides clients with access to a variety of food from each food group based on family size, dietary restrictions and personal preference.
- Empowers clients to make decisions and restores integrity to the process of receiving food.



Working Families Access Program

- Provides low-income working families access after work on Tuesday and Wednesday evenings as well as Saturdays.
- Provides families access to referral services and case management, nutrition programs and health screening.

Healthy Choices Program

- Provides nutrition counseling for prevention and/or management of diet related illnesses.
- Provides access to a greater variety of nutritious foods that may not typically be available at food pantries (i.e., fresh dairy, lean proteins, low sodium options, gluten free foods, and fresh fruits and vegetables).
- Increases fresh produce through our IFP Garden & by working with communities and groups to set up gardens for IFP.
- Instructs clients on how to prepare available foods in a nutritious manner through a series of nutrition and cooking workshops for children of clients and families.
- Provides screening for potential health risks, e.g., diabetes and hypertension.



Food Rescue Program

- Collects food from partner supermarkets that can no longer be sold but is still safe for consumption.
- Provides clients with access to a greater variety of sources of produce, grains and meats including fresh and frozen items.

Family Self-Sufficiency Program

- Enables easy referral to services such as medical and behavioral health care, eyeglasses, furniture, home energy assistance programs, low cost child care options and prescription assistance programs.
- Provides case management services for clients with complex issues to assist them in accessing resources.
- Provides workshops through partnerships with other community programs on financial literacy, free or low cost educational training opportunities, etc.



Education & Civic Engagement Program

- Educates the public about hunger and related issues and promotes volunteerism and advocacy.
- Provides information and awareness of legislative impact on hunger and related issues.
- Provides public education about the IFP's mission, goals and need for community support.
- Provides hunger-related educational and hands-on sessions for civic, scout, school and worship-based youth groups through volunteer-conducted field trips and after school activities and assists young people in developing their own hunger support activities off-site.
- Offers opportunities for families and individuals to participate in public awareness and activism campaigns such as the food stamp challenge, letter writing, brown bag buddies, etc.
- Through a "Youth Ambassador" program, helps students understand the underlying causes of hunger and inspires them to take action to make a difference in their community.



Volunteer Program

- Provides opportunity for community involvement for individuals, families, civic groups, houses of worship and corporations.
- Allows members of the community to connect with their neighbors and become part of the solution.
- Enables IFP to be cost-effective, using donated services to expand programs while keeping administrative costs low.
- Provides resources to IFP through fundraising programs and community-wide food drives.

Thanksgiving / December Holidays / "We've Got Your Back" School Supply Programs

- Allows clients to provide their families with appropriate meals for the holidays.
- Provides opportunity for community-wide involvement via food drives and volunteer opportunities.
- Helps families meet the needs of their children.

Kitchen-to-Table

- The program is designed to meet the needs of our elderly and disabled home delivery clients.
- Provides corporations and groups with meaningful team building activities.
- Program sponsors underwrite the cost of ingredients and provide volunteers to work onsite and prepare meals.



Annual Report At-a-Glance

In 2015 We Accomplished the following ...

# different households served	4,179	# family visits/year	17,472
IFP sites and home delivery	2,264	# lbs of food distributed	986,116
From our emergency site, other agencies and holiday program	1,915	# meals provided	821,672
# different people served	9,620	# tons distributed	493
IFP sites and home delivery	5,307		
From our emergency site, other agencies holiday program	4,313		

2015 Home Delivery Program (#s included in yearly statistics above)

1,549 home visits
160 housebound families (249 people) served
68,814 pounds of food distributed/year
57,345 meals provided

Client Demographics (Data collected for IFP clients only)

Primary Source of Income

Salary	45%
SS/Pension	15%
SSI	12%
Disability	12%
Public Assistance	6%
Unemployment Insurance	3%
Child Support	2%
Other	5%

Ethnicity

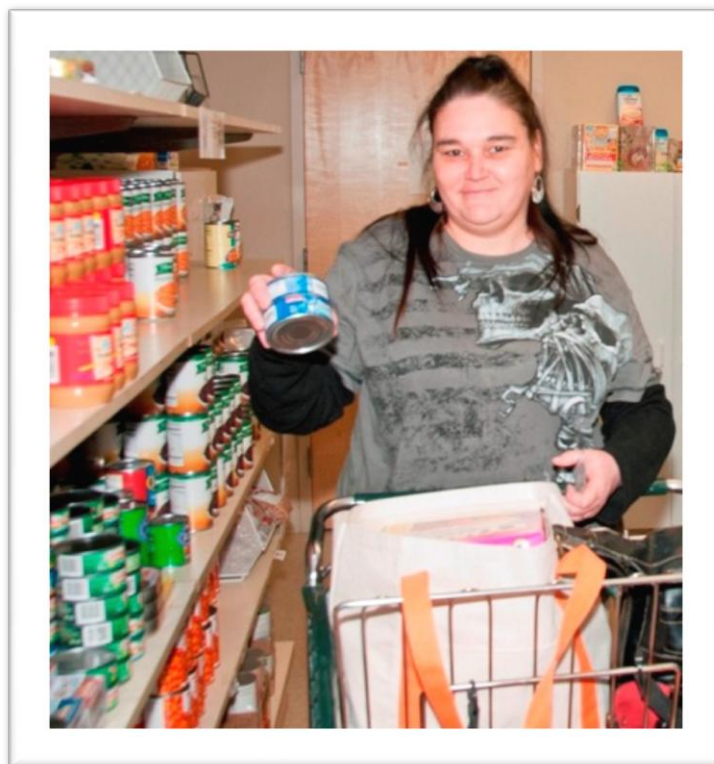
Caucasian	49%
Hispanic / Latino	33%
African American	15%
Other	3%

Age

60+	15%
50-59	13%
19-49	37%
18 & under	35%

Size of Households

1 or 2	62%
3 or 4	27%
5 or 6	10%
7 or 8	1%



Annual Household Income

\$10,000 or less	31%	\$30,001 - \$35,000	6%
\$10,001 to \$15,000	17%	\$35,001-\$40,000	3%
\$15,001 to \$20,000	17%	\$40,001 +	6%
\$20,001 to \$30,000	20%		

*data only included for those served directly through IFP sites and home delivery

Towns	#Families			#People			#Visits		
	2015	2014	2013	2015	2014	2013	2015	2014	2013
BOONTON	77	90	64	191	223	179	503	528	388
BUTLER	21	25	30	38	53	67	93	147	171
CHATHAM/TOWNSHIP	19	15	11	55	40	27	88	98	82
CHESTER	8	8	5	15	19	14	36	53	31
DENVILLE	48	52	43	124	145	121	310	325	285
DOVER	379	353	319	946	955	860	2310	2090	1928
EAST HANOVER	15	10	7	27	18	10	78	47	50
FLORHAM PARK	14	13	11	20	19	17	103	76	114
HACKETTSTOWN (MORRIS COUNTY SECTION)	10	5	N/A	20	12	N/A	47	27	N/A
HANOVER TWSP (WHIPPANY & CEDAR KNOLLS)	45	36	46	100	74	106	296	229	229
JEFFERSON (JEFFERSON, HOPATCONG & LAKE HOPATCONG & OAK RIDGE)	47	51	42	112	144	112	293	278	247
KINNELON BOROUGH	1	3	2	4	9	5	3	7	4
LINCOLN PARK	16	21	18	41	41	38	84	103	164
LONG HILL TWP (MILLINGTON, GILLETTE, STIRLING)	6	9	5	15	15	13	43	36	30
MADISON	55	46	46	98	92	90	319	284	286
MENDHAM/TOWNSHIP/BROOKSIDE	7	13	16	16	36	39	47	73	94
MINE HILL	22	27	18	72	72	45	139	140	102
MONTVILLE TWP (MONTVILLE, PINEBROOK, TOWACO)	28	24	25	73	66	67	196	190	199
MORRIS PLAINS	83	89	86	150	172	168	539	561	497
MORRIS TOWNSHIP/CONVENT STATION)	3	7	4	4	17	6	36	49	41
MORRISTOWN	596	623	652	1436	1542	1499	4954	5355	5552
MT. ARLINGTON	16	16	15	25	42	37	75	73	85
MT. OLIVE (BUDD LAKE, FLANDERS)	127	114	103	314	281	256	718	645	548
MOUNTAIN LAKES	0	3	3	0	6	7	0	10	13
NETCONG (NETCONG HEIGHTS)	45	46	51	73	68	88	274	278	269
PARSIPPANY TROY HILLS (PARSIPPANY, LAKE HIAWATHA, MT TABOR, LAKE PARPAPPANY)	160	163	131	351	359	295	1102	1074	963
PEQUANNOCK (POMPTON PLAINS)	9	14	13	16	23	23	111	112	130
RANDOLPH (CEDAR GROVE, MT FREEDOM, RANDOLPH & IRONIA)	109	113	100	250	259	230	657	680	667
RIVERDALE	1	4	3	1	7	3	2	13	8
ROCKAWAY/BORO (HIBERNIA/GREEN POND)	86	95	77	206	248	209	549	596	555
ROXBURY TWP (KENVIL, LANDING, LEDGEWOOD, SUCCASSUNA)	72	72	62	170	178	165	461	449	392
VICTORY GARDENS	6	6	3	22	26	8	37	27	14
WASHINGTON TWSHP (LONG VALLEY)	7	7	4	14	13	7	35	24	18
WHARTON	122	126	98	305	321	273	784	778	533
OTHER	3	5	6	7	9	12	4	18	34

Volunteer Summary

During 2015, 25,978 hours of volunteer services were donated to the Interfaith Food Pantry. The value of this time is \$646,762. Volunteers at the Interfaith Food Pantry perform such tasks as office work, sorting food, restocking shelves in the shopping rooms, working on special events, working with youth groups, assisting clients during distribution, providing delivery to housebound clients and picking up from the Community Food Bank and area organizations that are unable to deliver their food collections.



	<u>2015</u>	<u>2014</u>	<u>2013</u>
Staff Volunteers (370 individuals)	19,004 hours	19,222 hours	18,957 hours
Regular Group & Short Term Volunteers	6,974 hours	5,207 hours	5,407 hours
Donated mileage by Home Delivery Volunteers	27,940 miles	27,311 miles	26,962 miles

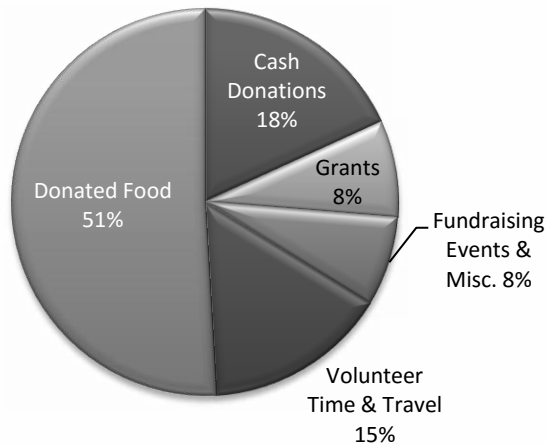


Kitchen to Table

In 2015 the IFP served 160 households through our "Home Delivery" program. While this program enables clients to live independently, many face a challenge to easily prepare healthy foods due to physical limitations or limited cooking facilities. To meet their needs, IFP has developed a "Kitchen to Table" program. For a donation of \$1,000, which covers all the costs, "Kitchen to Table" provides groups with a unique team-building experience while meeting the needs of a vulnerable population. We are grateful to the following companies, who sponsored this program in 2015:

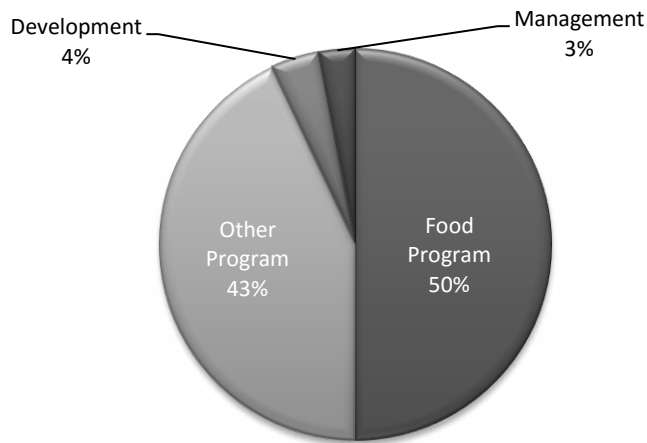
*BASF ~ Bayer ~ Breeze Eastern
Foundation for Morristown Medical Center
GE Aerospace ~ Moretrench
One Call Care Management ~ Pfizer*

Income, Expenses & Food Results



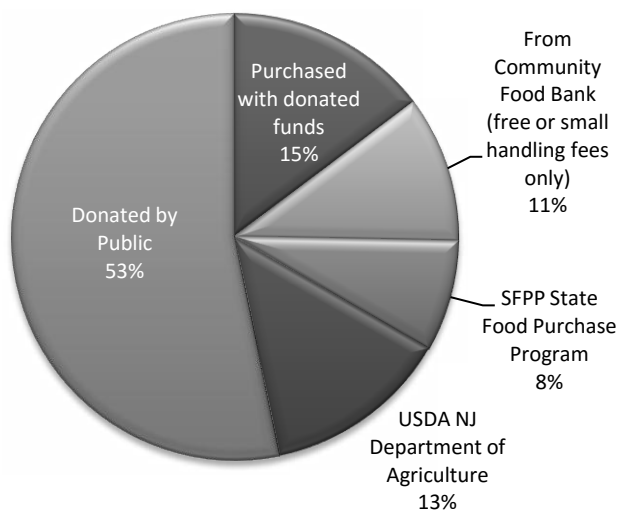
2015 Income

Cash Donations	\$755,949	18%
Grants	\$336,076	8%
Fundraising Events & Miscellaneous	\$311,071	8%
Volunteer Time & Travel	\$638,468	15%
Donated Food	\$2,116,598	51%



2015 Expenses

Food Program	2,151,586	50%
Other Program	1,863,892	43%
Development	159,006	4%
Management	113,670	3%



2015 Sources of Food (Pounds)

Purchased with donated funds	144,584	15%
From Community Food Bank (free or small handling fees only)	104,460	11%
SFPP State Food Purchase Program	78,859	8%
USDA NJ Department of Agriculture	132,608	13%
Donated by Public	523,869	53%

Who Are Our Clients?



Ralph found out about the Interfaith Food Pantry about a year ago from a friend who also happens to be a client. “I fell on hard times and couldn’t afford to buy food and pay bills at the same time, it was one or the other.” Residing in the Rockaway area, Ralph lives in an apartment he shares with his cat Sasha. “It took a lot for me to finally admit I needed help... having been a Marine it is not something that comes easily!” Ralph is on disability and can no longer work due to his many health issues and having undergone numerous surgeries. “I worked hard all my life having been a steelworker for over 30 years and then one day you can’t walk, you can’t eat right and you wonder how did this happen?”

Due to seizures and a lot of the medications he’s on, he can no longer drive so he depends on good friends to take him where he needs to go including the IFP. “The Pantry has been good to me and helped me to eat better and healthier and I am so grateful.” Ralph loves cooking and enjoys coming to the cooking demonstrations at the Pantry where he has picked up some new ideas and good recipes. “When I cook I usually make enough for several meals and sometimes I bring a dish to my elderly neighbor or have a friend over who has driven me as my way of saying thank you – I am grateful to be able to do this.”

Kelly, age 32, was married and a stay-at-home mom with two children when her husband left. Alone and raising a 9 and 4 year old with no real income coming in she sought work cleaning homes. She was having a very difficult time trying to make ends meet when one of her employers, who is a volunteer at the Interfaith Food Pantry, suggested she come to us for help. Kelly always had dreams of finishing college but this was put on hold when she started her family. She thought life would be good with her husband and family until her world fell apart. It was a very dark time for Kelly. “One of the best things that ever happened to me was finding the Pantry. While initially I was embarrassed, I never felt uncomfortable coming here and they definitely did not make me feel like I was a charity case!” Kelly says the program gave her family the food they needed which allowed her to use the little money she had to pay her rent. She was also able to make use of the IFP’s “We’ve Got Your Back” backpack program which provided her kids with much needed school supplies.

A light did appear at the end of her tunnel. She started working more and the courts granted her child support, and she no longer needs to use the Pantry. She has moved forward but appreciates everything the Pantry did for her during the nine months she was a client here. “If not for the Pantry I never would have found out about the opportunities available for me at CCM. The IFP took the darkness out of my life! In the future, I hope to be the one who will be able to give back and help others!”

Hours of Operation

Pantry & Resource Center – 2 Executive Drive – Morris Plains, NJ 07950

For food distribution at 2 Executive Drive location

1 st four M, T, W, & Th. of each month	1pm – 3pm
1 st & 3 rd Tues. of each month	6pm – 8pm
1 st four Wed. of each month	6pm – 8pm
1 st four Saturdays of each month	10am – 12pm

To drop off food or visit

Monday – Thursday 9:00 – 4:30
Special arrangements may be made by request.

Satellite Pantry @ 190 Speedwell Ave., Morristown For food distribution only

Tues., Wed., 7 Thurs. 9:30am – 12:00pm

2015 Board Of Trustees

- President – Greg Supron – Community Volunteer
- Vice Pres. – Chris MacDonald – Community Volunteer
- Treasurer – Stuart Wiet – Community Volunteer
- Secretary – Tracey Polifka – Solix, Inc
- Pres. Emeritus – Russ Hall - Community Volunteer
- Ron Francioli – Mayor, Hanover Township
- Marc Mackin – Facet Solutions
- Patrick McGuinn – Drew University
- Guy Raymaker – PwC
- Paul Zelenty – Graham Curtin, P.A.
- Rosemary Gilmartin – Executive Director



2015 Corporate Advisory Council

- AJ Andrews – MetLife
- Kay Birkholt – Pfizer
- Christine Birnbaum – New York Life (ret.)
- Tom Bontempo – JD Power & Associates
- Kim Castellucci – Daiichi Sankyo
- Queenie Gandy – Chubb & Son
- Maryann Klejmont – Kings Food Markets
- Christine MacDonald (Co-Chair) – VP, IFP Board
- Marc Mackin – Facet Solutions
- Tracey Polifka – Solix, Inc.
- Sharon Prince – Consultant
- Dana Spangher – Towers Watson
- Barbara Troast – One Call Care Management
- Elaine Vincent – JCP&L

2015 Staff

- Executive Director - Rosemary Gilmartin
- Director, Community Relations & Development – Carolyn Lake
- Client Services Manager – Liliana Herrera
- Food and Facilities Manager – Bill Zackoff
- Office Manager – Maureen Papili
- Volunteer Coordinator – Doug McMahon
- Nutrition Educator – Katy Galton*
- Business Manager – Wendy Potkay*
- Community Relations & Development Associate – Joanne Rinaldi Brashier
- Garden Manager and Program Associate – Erin Long
- Client Services Associate – Diana Garcia*
- Client Services / Case Manager – Eileen Chapel
- Training Coordinator – Anne Kneller*
- Receptionists/Office Assts - Lenora Caamano*, Barbara Petrakis* & Dana Billia*
- Warehouse Assistants. - Tony Aviles, David Bean, Bob Johnson* & Val Schuszler*

*part time

2015 Agencies Referring Clients

- CCM Health Professions Pathways
- Community Hope
- Community Soup Kitchen
- Dawn Center for Independent Living
- Cornerstone (Family Service of Morris County)
- Family Intervention Services
- Homeless Solutions
- Family Promises
- Mental Health Association of Morris County
- Morris County Division of Aging and Disabilities
- Morris County Housing Authority
- Morris County Office of Hispanic Affairs
- Morris County Office of Temporary Assistance
- Morristown Neighborhood House
- New Bridge Services
- NJ Aids Resources Center
- NJ Battered Women's Shelter
- St. Clare's Behavioral Health Center
- Street Smart
- Visiting Nurse Association

2015 Partner Organizations

- **Morristown Medical Center** – provided health educators and performed health screenings.
- **NJCEED** – offered cancer prevention information.
- **AARP** – ran senior safe driving course to help lower insurance rates.
- **Jack & Jill of Morris County** – offered cooking and exercise program for client children and families.
- **Junior League of Morristown** – provided family healthy cooking classes.
- **Rutgers SNAP ED Program** – provided nutrition education resources.
- **St. Hubert's Shelter** – provided free pet food during distribution sessions.
- **Zufall Health Clinic** – brought dental screening van.
- **Grow it Green Morristown, America's Grow A Row, and Giving Gardens Project – Wagner Farm Arboretum** – provided fresh produce





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Serving Morris County

"neighbors helping neighbors"

2 Executive Drive
Morris Plains, NJ 07950

Return Service Requested

