

BOARD OF TRUSTEES DURING 2014

President – Greg Supron – Community Volunteer
Vice Pres. – Chris MacDonald – Community Volunteer
Treasurer – Stuart Wiet – Community Volunteer
Secretary – Rachel Carter – Chubb Ins. Co.**
Secretary – Tracey Polifka – Solix, Inc.
Pres. Emeritus – Russ Hall - Community Volunteer

Karen Jones-Williams – Morris School District**
Marc Mackin – Lapp Holding NA
Chris Richter – Avison Young
Paul Zelenty – GrahamCurtin, P.A.
Rosemary Gilmartin – Executive Director
** rotated off in May 2014

STAFF DURING 2014

Executive Director - Rosemary Gilmartin
Dir. Comm. Relations & Development – Carolyn Lake
Client Services Manager – Liliana Herrera
Food and Facilities Manager – Bill Zackoff
Office Manager – Maureen Papili
Volunteer Coordinator – Doug McMahon
Community Relations & Dev. Associate – Joanne Brashier
Garden Manager and Program Assoc. – Erin Long
Client Services Associate – Diana Garcia #
Business Manager – Wendy Potkay #
Nutrition Educator – Katy Galton #
Training Coordinator – Anne Kneller #
Receptionists/Office Assts.– Lenora Caamano #, Barbara Petrakis # & Dana Billia #
Warehouse Assts. - Tony Aviles, David Bean, Bob Johnson # & Mike Franco #
part time



Interfaith Food Pantry

Serving Morris County

Annual Report

2014



Neighbors Helping Neighbors

AGENCIES REFERRING CLIENTS IN 2014

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

SOME OF THE PARTNER ORGANIZATIONS COLLABORATING ON SERVICES AT IFP SITES

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.
Grow It Green Morristown, America's Grow A Row, and Giving Gardens Project – Wagner Farm Arboretum – all provided fresh produce.
Jack & Jill of Morris County – offered cooking and exercise program for client children and families.
Junior League of Morristown – ran series of 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 up dental screening van.

MISSION STATEMENT

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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www.mcifp.org E-mail: interfaithfoodpantry@mcifp.org

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. 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 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 are allowed to 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 demos for clients and volunteers and family cooking classes teaching all 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 nutrition educator provides information and counseling to help families understand the link between food and health. She also assists us in securing and offering the most nutritious food possible.

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

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 an emergency food closet located at the Morristown site of the County Office of Temporary Assistance. Finally, we help meet the emergency food needs of some of the other non-profit groups whenever possible.



Client Choice Shopping Center



Healthy Choice Teaching Kitchen



IFP Pantry and Resource Center
2 Executive Drive, Morris Plains, NJ



IFP Community Garden



Warehouse



Welcome & Family Room

The Interfaith Food Pantry embodies the traditional spirit of neighbors helping neighbors.

REGULAR IFP CLIENTS **

Town	#Families			#People			#visits		
	2014	2013	2012	2014	2013	2012	2014	2013	2012
BOONTON	90	64	57	223	179	146	528	388	346
BUTLER	25	30	18	53	67	48	147	171	79
CHATHAM/TOWNSHIP	15	11	15	40	27	26	98	82	119
CHESTER	8	5	4	19	14	9	53	31	21
DENVILLE	52	43	35	145	121	95	325	285	184
DOVER	353	319	303	955	860	816	2090	1928	1881
EAST HANOVER	10	7	6	18	10	14	47	50	45
FLORHAM PARK	13	11	15	19	17	30	76	114	130
HACKETTSTOWN (MORRIS COUNTY SECTION)	5	N/A	N/A	12	N/A	N/A	27	N/A	N/A
HANOVER TWSP (WHIPPANY & CEDAR KNOLLS)	36	46	34	74	106	87	229	229	221
JEFFERSON (JEFFERSON, HOPATCONG & LAKE HOPATCONG & OAK RIDGE)	51	42	32	144	112	77	278	247	190
KINNELON BOROUGH	3	2	0	9	5	0	7	4	0
LINCOLN PARK	21	18	21	41	38	53	103	164	134
LONG HILL TWP (MILLINGTON, GILLETTE,STIRLING)	9	5	11	15	13	26	36	30	58
MADISON	46	46	32	92	90	69	284	286	247
MENDHAM/TOWNSHIP/BROOKSIDE	13	16	9	36	39	26	73	94	64
MINE HILL	27	18	18	72	45	53	140	102	70
MONTVILLE TWP(MONTVILLE, PINEBROOK,TOWACO)	24	25	29	66	67	72	190	199	162
MORRIS PLAINS	89	86	62	172	168	111	561	497	398
MORRIS TOWNSHIP/CONVENT STATION)	7	4	5	17	6	7	49	41	51
MORRISTOWN	623	652	631	1542	1499	1454	5355	5552	5551
MT. ARLINGTON	16	15	7	42	37	14	73	85	62
MT. OLIVE (BUDD LAKE, FLANDERS)	114	103	90	281	256	231	645	548	493
MOUNTAIN LAKES	3	3	3	6	7	5	10	13	23
NETCONG (NETCONG HEIGHTS)	46	51	34	68	88	62	278	269	249
PARSIPPANY TROY HILLS (PARSIPPANY, LAKE HIAWATHA, MT TABOR, LAKE PARPAPPANY)	163	131	127	359	295	265	1074	963	890
PEQUANNOCK (POMPTON PLAINS)	14	13	13	23	23	16	1126	130	107
RANDOLPH (CEDAR GROVE, MT FREEDOM, RANDOLPH & IRONIA)	113	100	96	259	230	206	680	667	656
RIVERDALE	4	3	4	7	3	13	13	8	18
ROCKAWAY/BORO (HIBERNIA/GREEN POND)	95	77	62	248	209	170	596	555	375
ROXBURY TWP (KENVIL, LANDING, LEDGEWOOD, SUCCASSUNA)	72	62	50	178	165	126	449	392	257
VICTORY GARDENS	6	3	3	26	8	8	27	14	12
WASHINGTON TWSHP (LONG VALLEY)	7	4	4	13	7	9	24	18	25
WHARTON	126	98	70	321	273	182	778	533	379
OTHER	5	6	6	9	12	16	1818	34	36

****Data on town of residence is only collected on clients using our main distribution centers. We do not collect specific data from emergency sites as these clients are not part of our regular program.**

Interfaith Food Pantry Programs

Client Choice Program

- provides clients with emergency and supplemental food during time 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



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.
- Offers a series of nutrition and cooking workshops for children of clients and families.
- Provides screening for potential health risks, e.g., diabetes and hypertension.



Working Families Access Program

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

Home Delivery Program

- Works to enable home-bound elderly, disabled and medically fragile clients to remain living independently by pairing them with volunteers who bring food to their homes.
- Attempts to meet dietary restrictions related to their medical needs wherever possible.
- Allows opportunity for community involvement for those who are not available to volunteer during daytime hours.

Community Awareness Program

- Educates the public about hunger and related issues and promotes volunteerism and advocacy.
- Provide public education about the IFP's mission, goals and need for community support.
- Enables IFP to promote awareness about the program to those who may need assistance.

Family Self-Sufficiency Program

- Enables easy referral to services such as medical and behavioral health care, eyeglasses, furniture, home energy assistance programs, EITC, low cost child care options and prescription assistance programs.
- Provides workshops through partnerships with other community programs on financial literacy, free or low cost educational training opportunities, etc.

Youth Involvement Program

- 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.
- Assists young people in developing their own hunger support activities off site.
- Provides education about local hunger issues and the IFP's role in the community via presentations to schools, scouts, civic and worship-based youth groups at their facilities.



Advocacy Program

- Offers opportunities for community involvement through awareness of legislative impact on hunger and related issues.
- 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.

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 and December Holidays and other projects such as "We've Got Your Back" school supply program

- 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.



ANNUAL REPORT

In 2014 we accomplished the following:

# different households served	4,911	# family visits/year	18,503
IFP sites & Home Delivery	2,325		
From our emergency site	1,819		
Food given to other agencies & extra people at holidays	767		
# different people served	11,489	# lbs. of food distributed	1,010,117 lbs.
IFP sites & Home Delivery	5,631	IFP sites & Home Delivery	939,164 lbs.
From our emergency site	3,638	From our emergency site	30,610 lbs.
Food given to other agencies & extra people at holidays	2,220	Food given to other agencies & extra people at holidays	20,560 lbs.
		# tons of food distributed/year	505

Home Delivery Program* 2014			
# of home visits	1,577	# of homebound families served	181
#people served	276	# lbs. of food distributed/year	71,258
* #'s included in yearly statistics above.			

CLIENT DEMOGRAPHICS (data collected for IFP clients only)

Primary Source of Income		Ethnicity		Age	
Salary	44%	Hispanic/Latino	32%	60+	14%
SS/Pension	15%	Caucasian	51%	50 - 59	13%
SSI	10%	African American	14%	19 - 49	38%
Disability	13%	Other	3%	18 & under	35%
Public Assistance	5%				
Unemployment Ins.	5%	Size of Households			
Child Support	2%	1 or 2	59%		
Other	6%	3 or 4	30%		
		5 or 6	10%		
		7,8, or 9	1%		

Client Yearly Family Incomes					
\$10,000 or less	33%	\$15,001 - \$20,000	17%	\$30,001 - \$35,000	5%
\$10,001 to \$15,000	19%	\$20,001 - \$30,000	18%	\$35,001 - \$40,000	3%
				\$40,001 +	5%

Volunteer Summary

During 2014 **24,429 hours** of volunteer service were donated to the Interfaith Food Pantry. The value of this time is **\$575,645**. 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 not able to deliver their food collections.

	2014	2013	2012
Staff Volunteers (374 different individuals)	19,222 hrs	18,957 hrs	16,534 hrs
Regular Groups & Short Term Volunteers (2,141 individuals)	5,207 hrs.	5,407 hrs	3,871 hrs
Donated mileage by Home Delivery volunteers	27,311 mi	26,962 mi	28,642 mi

HOURS OF OPERATION

Warehouse/Office, 2 Executive Drive, Morris Plains, NJ 07950

For food distribution
 1st four MTW&Th of each month 1pm - 3pm
 1st & 3rd Tues. of each month 6pm - 8pm
 1st four Wed. of each month 6pm - 8pm
 1st four Saturdays of each month 10am - 12pm

To drop off food or visit
 Monday - Thursday 9:30am - 4:30pm
 Special arrangements may be made by request.

Satellite Pantry@190 Speedwell Ave., Morristown
For food distribution only
 Every Tues., Wed. & Thurs. 9:30am - 12pm