



## *22 Years of Neighbors Helping Neighbors*

# Notes From The Pantry

Summer 2016

## From the Executive Director

Dear Friends,

Well, it's been another busy summer and, as always, there are many things going on here at the Pantry. As some of you may know, our Office Manager, Maureen Papili, left in June to take on a new adventure at a school closer to home. While we all were really sorry to see Maureen go, we wish her well in her new job and are happy to report that we have recently hired Meg Manbretti to succeed her as Office and Database Manager.

Meg comes to us with many years of office administration experience, most recently having worked in Piscataway. She and her husband Tom live right here in Morris Plains and she is thrilled to be able to live and work locally. Tom, a CPA and Microsoft Access and Excel Trainer, has already signed up as a volunteer and we are thrilled to have them both as part of our team. Please stop in when you have a chance and welcome Meg.

Recently, our Board of Trustees and staff have completed an 18 month assessment and strategic planning process. At the top of the list of the priorities going forward is to increase access to an adequate supply of healthy and nutritious food for those in need throughout Morris County. We have developed a plan to accomplish this that includes outreach and creation of a mobile pantry program.

In this newsletter we mention that we are starting some outreach activities to help identify those in need who may not be aware of our services. Unfortunately, many seniors and working families struggle with making ends meet but are very uncomfortable admitting that they need help, hating the idea of taking "charity". We hear this from our friends who are part of senior centers, from teachers and nurses in the schools and from colleagues at other agencies. To help get the word out that they are not alone and that they are welcome at the Pantry, we will be going out into the community building bridges.

While we are starting our activities in Morristown, we are well aware that, as the cost of housing has risen significantly in the areas nearest to the Pantry, many people have relocated to the further reaches of the county in search of affordable apartments. Unfortunately, many of these people also struggle with reliable transportation finding it difficult to get to our sites on a regular basis.

To reach these folks, the Board of Trustees has approved the launch of a new project, a mobile pantry, which will start after the new year. This will make it possible for us to bring some of our services to other communities with high need but limited access to fresh and healthy food. Over the next few months we will be identifying which communities we will begin working with and develop plans to partner with small pantries in these areas.

We will not know the full size and scope of the project until we hear if we are awarded any grant funding from the foundations we have applied to. The project will therefore start on a smaller scale, partnering with two communities to bring fresh produce, bread and other items to expand their offerings. As we further develop the program we will keep you all updated.

A big thank you to the board and especially the Strategic Planning Committee for all their efforts and their commitment to ensuring that all our neighbors receive the help they need.

In closing, as always - I send my thanks to each and every one of you who help make what we do possible. We all appreciate your kind and caring support, wish you a great end to your summer and look forward to continue working together.

*Rosemary*

### Current Needs\*

- ▶ **Dry milk** (1 qt. pkg.) & **Parmalat** (32 oz, shelf stable milk)
- ▶ **Calcium fortified milk alternatives** (soy, rice, almond milk)
- ▶ **Soups** (regular, hearty and low sodium)
- ▶ **Canned fruit** or **100% fruit juice** (32 oz.) (no sugar added)
- ▶ **Pasta** (white or whole wheat) and spaghetti sauce
- ▶ **Dried or canned beans** (pork & beans, pinto, red, white, black)
- ▶ **Canned meats and meals**, hash, stew, **tuna fish**
- ▶ **Peanut butter**, cereal (low sugar, high fiber), oatmeal
- ▶ **Rice** - white or brown (1 or 2 lb. size)
- ▶ **Rice-a-Roni**, Mac 'n Cheese, Hamburger Helper, etc.
- ▶ **Boost**, **Ensure** or **Glucerna**
- ▶ **Baby food** - **Stage 1, 2 & 3** fruits, vegetables, meats, & meals

\* When shopping consider low-salt, low-sugar and gluten-free items.

**Save THE Date!**

*for these special events:*  
(see back page for full listing)

- ▶ **Monday, September 19th** - Our 11th Annual Golf Outing, Mount Tabor Country Club.
- ▶ **Thursday Nov. 24th** - Our 10th Annual Thanksgiving Day Turkey Trot. Details on p.4. Come join the fun!
- ▶ **Friday April 7, 2017** - Our 18th Annual Spring Gala, at the Birchwood Manor in Whippany.



## Youth In Action



Our thanks to **Benjamin Fonseca**, who collected 167 lbs. of food in lieu of birthday presents for his 4th birthday.

### Friends and Siblings Make a Difference for the IFP

When friends **Emma VanDerhoef** and **Ella Delatush** decided they wanted to do something to help the hungry in our community, they put the idea into action in their own neighborhood. First distributing a flyer to alert neighbors that they'd be collecting food for our clients, then they circled back to collect the donations. Emma and Ella are pictured above with their younger sisters, Lila and Lucy. Thanks for your efforts, girls—and the 161 lbs of food!



### Sprouts Program Update

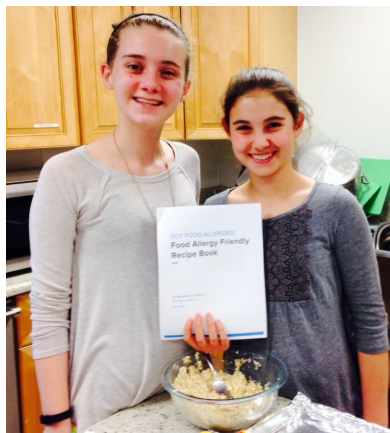


We now offer our popular "Sprouts" program, a garden-centered children's educational program that's offered during regular evening distribution sessions, 3 times per month. The kids enjoy learning nutrition basics and skills for both the garden and kitchen—especially since these always involve tasty snacks from the IFP garden!

### Girl Scouts Address Allergies

In considering projects to achieve their Girl Scout Silver Award, **Hailey Coates** and **Mikayla Meyler** (below) chose one near and dear to their hearts: Food Allergy Awareness.

Together, they prepared a food allergy-friendly recipe book for distribution to IFP clients who need it, and they also participated in one of our food demonstration sessions, making and distributing samples to clients.



### New Client Impressions

*"It was such a pleasure coming to the Pantry for the first time last week, especially since I was nervous and embarrassed since I never did something like this before. Everyone was so nice to me and helpful, I am very thankful.*

*I left that day knowing I will be able to have food on a regular basis and that there are good people who truly do care."*

## Food Drive Honor Roll

We are very grateful to all who conduct food drives for the IFP throughout the year. In addition to those mentioned elsewhere on this page, the following youth groups donated more than 150 pounds of food or \$200 from April through July, to help keep the Pantry shelves stocked. A big THANKS to all! (Donation in pounds unless otherwise marked.)

Boy Scout Troop 112—National Guard,  
Morristown, 1,979

Rockaway School, 981

Girl Scout Troop 6229, Lake Hiawatha, 875

Cub Scout Pack 513, Morris Township, 657

Alexander Hamilton School, Morristown, 627

Peck School, Morristown, 531

Gottesman RTW Academy, Randolph, 440

Whippany Park High School, 440

Parsippany Hills High School, 365

Morris Plains Borough School, 259

St. Elizabeth's Nursery & Montessori School,  
Parsippany, 252

Morris Knolls High School, \$250

Washington Avenue School, Chatham, 200

Girl Scout Troop 94505, Morristown, 165

### Did You Know?

Many employers will match your donation to non-profit organizations, doubling its value or even more. A partial list of companies matching employee gifts can be found on our website at [www.mcifp.org/donate/workplace-giving](http://www.mcifp.org/donate/workplace-giving). Click on **matching contributions**.

Check with your employer to see if they participate in a matching gifts program.

## Volunteer News

### IFP Volunteers Enjoy Annual Picnic



On Saturday July 30, over 100 volunteers and staff members attended the annual IFP Picnic and Pool Party hosted by Rose-

mary Gilmartin, IFP Executive Director and her husband Tom. Good food and conversation was enjoyed by all and volunteers had a chance to meet and socialize with one another. One attendee commented *"I look forward to coming to these picnics each year. It's a great way to meet new volunteers, share stories and enjoy the day!"*

### Volunteers Needed!!!

Upcoming events offer special opportunities to get involved with the IFP and have a good time! Please consider helping at:

- **Fall Festival on the Green - Morristown (9/25):** set-up, face painting, flyer distribution, and clean-up. If you can help please contact Joanne at joannebrashier@mcifp.org.
- **Turkey Trot (11/24):** registration, course marshals, snack and water distribution. For more information or to sign up, go to [www.morristownshipturkeytrot.org](http://www.morristownshipturkeytrot.org).

### Thanks, J.D. Power

We are grateful to **J.D. Power** for its purchase of \$2,000 worth of food and fresh produce, and to the employees who sorted and packaged it for distribution during their company sponsored Day of Service!



### Wedding Bells Ring for IFP

When IFP volunteers **Cathy** and **Walt Marx's** daughter planned her wedding, the Interfaith Food Pantry had a lot to celebrate. **Allison Marx** and her fiancée, **Kjell Strode**, decided to contribute to a worthy charity in lieu of favors.

Allison and Kjell were impressed by the real impact the Pantry has on improving the lives of so many people—so they chose the IFP as their "worthy cause." We are very grateful to the newlyweds for their generous donation—and wish them many blessings on their marriage!

### Board Member Goodbyes!



We recently bid farewell to two IFP Board of Trustees, **Marc Makin** (left), who also served on our Corporate Advisory Council



and to **Ron Francioli** (right) who served on our Development and Community Relations Committee. Both will remain active with the IFP but in a different capacity. We are grateful for their service and wish them well!

### Welcome New Volunteers!

Mary Bury  
Mary-Kate Duffy  
Rene Dussalt  
Donna Ehle  
Marie Eschbacher  
Denise Hurtado-Velez  
Michele Leonetti

Alan & Anne Ligertwood  
Pat Mercurio  
Leslie Mills  
Andrew Siegel  
Xiomara Muniz  
Eileen Witkowski

### Sympathies...

Our sympathy to volunteer **Nancy Dupree** and family upon the death of her mother, Theresa L. "Babci" Petrovich. And our sympathy to volunteer **Val Miller** and her husband Dave on the passing of his father, Jim Miller.

### Volunteer Recognition Dinner Set



**SAVE THE DATE!** Our annual "Celebrate the Pantry" pot-luck **Volunteer Recognition Dinner** will take place on Thursday, **October 20** at 7:00pm at the **Hanover Township Community Center** in Whippany. We appreciate our amazing volunteers and all

the work they do throughout the year and look forward to celebrating their efforts.

### He Truly Celebrates Life

To quote an IFP staff member, *"long-time volunteer Tony Zuzuro's presence really lights up the room"*. Tony's been a valued member of our IFP team since joining us for Home Delivery in 2008. Since then, he has contributed more than 1,000 hours of his time, and now helps out with our mailings.

**Tony Zuzuro** (seated) gathers with IFP staff Doug McMahon, Bill Zackoff, Joanne Brashier, Tony's partner, Larry Grabel (back row, right), Maureen Papili and Carolyn Lake in celebration of his 80th birthday and to recognize his many hours of service.



Register now for the IFP/LVMC's 10th Annual

# Turkey Trot

5K & 1 Mile Fun Walk/Run  
to fight hunger and promote literacy

[www.MorrisTownshipTurkeyTrot.org](http://www.MorrisTownshipTurkeyTrot.org)



Looking for a great way to start off your Thanksgiving festivities? Lace up your shoes, grab the family, and get out of the house early to get a little exercise before your big meal, while remembering what the holiday is all about—giving thanks and giving back!

Registration is now open for the **10th Annual Morris Township Thanksgiving Day Turkey Trot**, taking place at Ginty Field, Morris Township at 8:30am sharp on Thursday, November 24th. The Trot is a vital fundraiser for the IFP and our partner in the event, the Literacy Volunteers of Morris County, raising enough money for us to supply 50 families of four with food for a year and provide 200 literacy students with a year of instruction. This event continues to grow in popularity and last year we had 3,400 registrants including 2,900 people register for the 5K (including our hard-core USATF point-seekers), plus another 500 who participated in the 1 Mile Fun Walk/Run or the 50 yard Kids' Trot.

Register early at [www.morristownshipturkeytrot.org](http://www.morristownshipturkeytrot.org) to avoid long day-of-event lines. You can also use the website to set up your own fundraising page on Facebook (it's SO easy) or email your friends so you can get them involved, too!

**Atlantic Sports Health**



official health care sponsor of the 2016 Trot. ASH will be offering a limited number of Trotters a free "Couch to 5k" program", a 12 week program that will help runners train for race day by providing tips on hydration, nutrition and stretching as well as concierge services (next-day appointment) for any injuries sustained during training. For more information, visit [www.atlantichealth.org/sports](http://www.atlantichealth.org/sports).

## Train for the Trot!

In addition to long-time sponsors **North Jersey Development Group** and **Dixon Energy**, we are proud to announce our latest partnership with **Atlantic Sports Health (ASH)**, the

## Cycling for a Cause—the IFP!

New Jersey's premier cycling event, the Gran Fondo, will be taking off from Morristown on Sunday, September 11. IFP Volunteer Coordinator and avid cyclist **Doug McMahon** will be serving as Captain of the **Interfaith Food Pantry Pacers**, leading the team on a 42-mile Piccolo ride through Morris County. You can support Doug and his team members through our website at [www.mcifp.org](http://www.mcifp.org) or if you're interested in joining the team, email him at [dougmcMahon@mcifp.org](mailto:dougmcMahon@mcifp.org). Happy Cycling!

 **Interfaith Food Pantry**  
Serving Morris County



~PACERS~

Gran Fondo 2016



We're already planning ahead for this year's Thanksgiving needs, and can really use your support! Last year we provided holiday baskets to 1,600 families—not only our clients, but those of other agencies too.

Please consider organizing a food drive in your

school, place of worship or other group. All the tools you need are on our website at [www.mcifp.org](http://www.mcifp.org). Distribution begins **November 1**, so start planning now for a drive in the Fall, and **be sure to let us know** in advance so we know help is coming!

We especially need turkeys and fresh produce! Plus we will need to purchase items that are in short supply, so monetary donations and supermarket gift cards are especially helpful.

Thanks for your support!

## Here and There

### Helping Hands From Near and Far

Volunteers from **Honeywell Corporate Integrated Supply Chain Audit team** represented a truly international effort to battle hunger in our community. The group makes it a practice of participating in a community service project in the host city of their semi-annual team meetings, and this year, the IFP had the pleasure of welcoming their helping hands.



Pictured (l to r) are **Sam Du** from China; **Tom LoPresti**, Arizona; **Guilo Arrizza**, Italy; **Andrei Mihart**, Romania; **Elvira Medina**, Mexico; **Noelle Miller**, Arizona; and **Dalia Hussein**, North Carolina..

### Outreach For Those In Need

Steps are underway for an IFP outreach program to help identify new clients and families that are struggling with food insecurity but are not yet connected with the Pantry. Working with other Morris County nonprofit agencies, we recently did a survey to identify any ongoing need for food and the barriers preventing people from getting the need met. The outreach program is initially focusing on agencies in Morristown, including the Salvation Army, Neighborhood House and Zufall Health Center. We will be sending staff from the IFP team to these agencies to provide on-site opportunities for clients there to learn more about and connect with the IFP.

Based on the feedback from the surveys, the biggest hurdles to getting help are inability to come to our Speedwell Ave. distribution center during current daytime hours because of work schedules and inability to come to our Morris Plains site which has evening and weekend hours due to lack of transportation.

We are now working on expanding hours at the Morristown site to include evening operating hours. We are looking for volunteers who speak Spanish to help staff our new evening session.

### Rotary to the Rescue!

Our grateful thanks to our volunteer "calvary" Ron Ceglia, Frank Mangravite and Vince Novak of the Morris Plains Rotary Club for coming in on really short notice to assist Stefano Battaglia in bagging a very large, last minute donation of produce from Alstede Farms in Chester. Stefano, a visitor from Italy, spent the month of June volunteering with the IFP while learning English as a second language.

### Tapping Social Media for the IFP

**Tricia Maguire** wanted to honor the memory of her friend and colleague, **Georgine Meyer**, a treasured IFP volunteer from 2008 until the time of her passing in 2015. To do this, Tricia spearheaded a food and fund drive among her co-workers at **Audio Visual Dynamics (AVD)**, where she and Georgine had worked together. Generous donations were collected and given to the Pantry in Georgine's memory.

To continue to keep Georgine's memory alive as well as that of her late mother "Peggy D", who believed in 'neighbors helping neighbors,' Tricia has made it her mission this year to raise awareness, funds and food for the Interfaith Food Pantry. To facilitate fundraising, she's created a GoFundMe page to gather donations ([www.gofundme.com/yew6pxd8](http://www.gofundme.com/yew6pxd8)). We are grateful to Tricia, Georgine and Tricia's mom Peggy D for their dedication to helping those in need.

### An Apple a Day...

Special thanks to **Kings Food Markets** of Morris County, their employees and their generous customers, who donated \$21,343 to the IFP through this year's Pantry Apple Program. Kings associates gathered the funds in a friendly competition, selling \$1 and \$5 paper apples to raise awareness about hunger in our community. Stores located in Boonton, Chatham, Florham Park, Gillette, Mendham and Morristown participated in the program, which took place from June 10 to July 7. The winner of the competition? The IFP and its clients, of course!

### The 'Golden' Way...

We rely on our generous donors to help us ensure that food-insecure neighbors in our communities don't go hungry. You are the reason we can offer so much for our clients!

Have you ever considered a monthly or quarterly gift? These types of gifts can help us better plan and budget for the Pantry's needs, and creates sustainability that is so important for our long term financial health, guaranteeing the services we provide our clients will continue. Monthly giving is considered the 'Gold Standard of Giving.' It is easy to do, as you can 'set it and forget it,' and affordable, since you set the amount you'd like to contribute each month.

To set up a monthly or quarterly donation of any amount, go to our website ([www.mcifp.org](http://www.mcifp.org)) and click on 'Donate Now.' Thank You and please know how grateful we are!



Pictured from left is Ron Ceglia, Stefano Battaglia and Frank Mangravite bagging onions and other produce from Alstede Farms in Chester. Not pictured is Vince Novak who also helped.

## Here and There

### Golf Outing News

Foursomes for our **11th Annual Golf Outing**, to be held on Monday, September 19<sup>th</sup> at Mount Tabor Country Club, are quickly selling out. If you'd like to hit the links with us, go to [www.mcifp.org](http://www.mcifp.org) for a registration form.



**Sponsorships**, which start at just \$250, are still available. This is a great way to showcase your support of the IFP and its mission. See our website for details [www.mcifp.org](http://www.mcifp.org).

New this year will be a **Wine Raffle!** See related story below.

### Wine Raffle and Wine Tasting Event

A "Wine of the Week" drawing will be held at our annual Golf Outing featuring a **Grand Prize of 52 bottles of premium wine**, plus exciting 2nd and 3rd prizes too. No need to be present to win; simply fill out the enclosed insert to participate (must be 21 years or



older). Winners can pick up their prizes at Gary's Madison location, 121 Main Street. All wines are hand-selected by Gary Fisch of Gary's Wine & Marketplace, sponsor of the event.

**Mark Your Calendar's for Gary's Grand Tasting Event.** Tickets are available at [garyswine.com](http://garyswine.com).

*Gary's Wine & Marketplace*  
**GRAND TASTING 2016**  
MONDAY, NOVEMBER 7, 2016  
PARK AVENUE CLUB, FLORHAM PARK, NJ

### Stamping Out Hunger in Morris County

On Saturday, May 14, letter carriers across the country took part in a one-day food drive to help raise food and awareness for those that go hungry every day. The "Stamp out Hunger" drive, sponsored by the **National Association of Letter Carriers (NALC)**, is the largest one-day food drive held in the United States. In Morris County, eight main post offices including **Chatham, Dover/Rockaway, Florham Park, Madison, Mendham, Morris Plains, Morristown and Mountain Lakes/Parsippany**—gathered almost 12,000 lbs. of food from their route customers for donation to the Interfaith Food Pantry. In addition, several route customers contributed \$125 on behalf of the Post Office food drive to purchase food. We are truly grateful to all who participated in this worthwhile event!



Above, **Karen Shippey** of the Chatham/Madison Kiwanis Key Club delivers food collected from **Chatham Post Office** residents during the "Stamp Out Hunger" food drive. Karen is pictured with IFP volunteer **Patrick Mitchell** (l) and IFP Warehouse Assistant **David Bean**.

### Back to School Means Backpacks!

The IFP Corporate Advisory Council's fifth annual "We've Got your Back" School Supply program began distributing backpacks and an array of school supplies to our client's children in early August. By September, we anticipate that we will have distributed school supplies to almost 700 children just in time to start the school year off right.

Special thanks to the **employees of MetLife**, who have supported the annual program since its inception, and who assembled and donated 200 fully packed high-school level backpacks while also providing funds to purchase supplies for more. We are grateful to the many organizations whose monetary and school supply donations helped ensure that we had enough school supplies on hand to meet our clients' needs.



### Grant Update

Special thanks go out to the following who have given generous grants to the IFP during the first two quarters of 2016:

**3M Foundation, Affinity Federal Credit Union Foundation, John Bickford Foundation, Hyde & Watson Foundation, Jones Fund, Investors Foundation, Madison Rotary Club, T.J.Maxx Foundation, Morristown Rotary Club, Mushett Family Foundation, Notre Dame of Mt. Carmel, Ruffle Family Foundation and the William E. Simon Foundation, .**

**You Can Help!** If you know of a corporate or family foundation that we should contact, please let our grantsperson, Joanne Rinaldi Brashier, know at [joannebrashier@mcifp.org](mailto:joannebrashier@mcifp.org) or call her at 973-538-8049, ext. 229 .

## Healthy Choices & Garden News

### Kitchen To Table Updates

We are grateful to **ADP, ConnectOne Bank, Fleet Labs** and **Samsung**, who have provided both funding and volunteer hands to support our **Kitchen to Table Program**, which continues to grow in popularity.

**Do you belong to an organization or perhaps have a group of friends who would like to gather to help others through this program?** It's a fun, unique way to serve neighbors in need, (preparing meals for our shut-ins) and is a great means of team building for companies and other organizations. The program (and kitchen) can accommodate groups of 8-15 people. A donation of \$1,000 covers the ingredients and other supplies, packaging and affiliated expenses.

If you are interested in learning more about our Kitchen to Table Program or sponsoring a group, please contact Doug McMahon at 973-538-8049 ext. 218.



Volunteers from **Fleet Labs** (with IFP Trustee Chris MacDonald, right front) take a break after preparing meals for Home Delivery clients through our **Kitchen to Table** program.

### Keep That Produce Coming!

Please keep the Pantry in mind when you harvest the bounty from your garden. We have received fresh produce including fruits and vegetables from home gardens, local farms and community gardens including our own IFP garden, and our clients really love it!

Whether you've planted extra rows for the Pantry's benefit or you're simply getting more than you can use, we count on donations to give clients choices among fresh options. Please send that extra fresh nutritious food our way!

Volunteers (l to r) **Alicia Pezzotti** (an exchange student from Italy), **Alexandra Accardo**, **Whitney Romweber**, **Gabriella David** and **Lucy Rockwell** sort and bag fresh produce donations for Saturday distribution.



### "Farmers Market" for Campers

This summer we launched a new 7-week "Farmers Market" pilot program for Neighborhood House located in Morristown. The program partners 5th grade summer campers with the IFP to introduce and offer access to fresh produce. Once a week, the IFP delivers a selection of fresh produce to Neighborhood House along with educational materials on the produce and simple recipes. Campers aged 10-12 set up, display, and promote the produce for their families, who get to 'shop' and take their bounty home. Many items, such as tomatoes and cucumbers, are familiar, but the program is designed to also introduce new items, such as swiss chard, kale, cantaloupes and beets!

### Gardens to Go - A BIG Hit!

This year we distributed over 700 plants including pepper, tomato, eggplant, basil, cilantro and oregano to clients who were thrilled to receive them. We are so grateful to the **County College of Morris** for providing greenhouse supplies and space, **Mahwah Environmental Volunteer Organization** for its donation of soil and pots, **Johnny Seeds** for all the seeds & the volunteers who did all the potting. Together, they ensured that the program was 100% donor funded!



Above, IFP Garden Manager Erin Long with plants given to clients.

### Tackling Diabetes

**Atlantic Health System** is partnering with the Interfaith Food Pantry to help our clients who have diabetes or are at risk of developing the disease. Launched in April, this 7-month educational series offers monthly classes here at the IFP about the prevention and management of diabetes. In addition to the informational sessions, healthy snacks and recipes are provided and diabetes screenings are conducted for participants at no cost every three months.

Fifteen clients signed up for the program and feedback has been very favorable. One client commented on how she is learning to better read labels to modify her sugar intake and doing simple exercises using different size cans as weights.



Above, **Joanne Selitto** of **Atlantic Health System Morristown Medical Center Community Health Department**, conducted a diabetes information session for IFP clients.

## Board of Trustees

*Meets 7:00pm on third Wednesday of the month*

**Greg Supron**, president

**Chris MacDonald**, vice president

**Tracey Polifka**, secretary

**Stuart Wiet**, treasurer

**Russ Hall**

**Patrick McGuinn**

**Guy Raymaker**

**Paul Zelenty**

**Rosemary Gilmartin**, executive director

## Staff

**Phil Alcock**, warehouse assistant

**Tony Aviles**, warehouse assistant

**David Bean**, warehouse assistant

**Joanne Brashier**, community relations/  
development associate

**Lenora Caamano**, administrative asst.

**Eileen Chapel**, case manager-client services

**Katy Galton**, nutrition educator

**Diana Garcia**, client services associate

**Meg Manbretti**, office manager

**Liliana Herrera**, client services manager

**Denise Hurtado-Valdez**, reception/client svc.

**Bob Johnson**, warehouse assistant

**Anne Kneller**, training coordinator

**Carolyn Lake**, director of community  
relations & development

**Erin Long**, education & garden coordinator

**Doug McMahon**, volunteer coordinator

**Julia Murtha**, special events assistant

**Wendy Potkay**, business manager

**Val Schuslzer**, warehouse assistant

**Bill Zackoff**, food and facilities manager

## Our Mission

► To improve the health and well being of Morris County residents in need by providing access to food, nutrition education and related resources.

► To provide hands on opportunities for neighbors to help neighbors.

► To educate the public about the issues of hunger in our area.

## Hours

### Food Drop-off, Tours & Visitors - Warehouse

*2 Executive Drive, Morris Plains*

Monday - Thursday 9:30 a.m. - 4:30 p.m.

Special arrangements by request

### Food Distribution - Main Pantry/Warehouse

*2 Executive Drive, Morris Plains*

#### The First Four Weeks of the Month Only

Monday through Thursday 1pm - 3pm

Wednesday 6pm - 8pm

Saturday 10am - 12noon

1st & 3rd Tuesday 6pm - 8pm

### Food Distribution - Satellite Pantry

*190 Speedwell Ave., Morristown*

Tuesday 9:30 a.m. - 12 noon

Wednesday 9:30 a.m. - 12 noon

Thursday 9:30 a.m. - 12 noon

## Calendar

### September

**9/19** IFP Golf Outing Mount Tabor  
Country Club

**9/25** Action Against Hunger Food Drive

**9/25** Fall Festival - Morristown Green

### October

**10/20** Volunteer Recognition Dinner

### November

**11/7** Gary's Grand Wine Tasting Event

**11/24** 10th Annual Turkey Trot

## Statistics

### April 1 - June 30, 2016

Lbs. of food distributed 492,256

# Different households served 2,192

# Different people fed 4,727

Avg. # households per month 1,123

Avg. # people fed per month 2,531

Avg. lbs. food per month 82,043

## 2015 Annual Report

The Interfaith Food Pantry's Annual Report for 2015 is now available.

The full version can be found on our website [www.mcifp.org/about-us/annual-report](http://www.mcifp.org/about-us/annual-report).

*Check it out!*

Please let us know if you prefer  
electronic delivery of our  
newsletter, or to be removed from  
our mailing list. Call 973-538-8049  
or email  
[interfaithfoodpantry@mcifp.org](mailto:interfaithfoodpantry@mcifp.org)

**TOO MUCH MAIL?** 

Return Service Requested

Morris Plains, NJ 07950

2 Executive Drive

Interfaith Food Pantry