



# Notes From The Pantry

## From the Executive Director

Dear Friends,

I hope you are all having a wonderful summer! It's hard to believe how quickly it is going by.

This month we are busy with many things including our school backpack program. With the help of many of our corporate partners and others, we expect to provide backpacks and school supplies to over 500 children. This year, instead of giving everyone filled backpacks, we decided to make it more fun – especially for the younger children (and our volunteers) – so we are letting them “shop” for their own supplies from all our donations. Teams of volunteers collected money and purchased supplies and then, on four different evenings, the children and their parents came into the warehouse to select what they needed. Each child got a personal shopper who helped them navigate the tables of supplies picking out grade appropriate items. It was really fun and so great to see how happy and grateful the kids and parents were. Those who request supplies after the give out will be allowed to choose from any addition supplies that come in.

As many of you know, volunteers have been working on our IFP Community Garden, located behind our building. Thanks to grants from **The Rotary Foundation**, the **Rotary Club of Morris Plains** and the **First Presbyterian Church of Mendham**, phase one of the project is taking shape and the fencing is up, outdoor classroom/patio is in and planting of fall vegetables underway. Eric Warga, Eagle Scout extraordinaire, is responsible for our fabulous new shed. Our Garden Manager, Shannon Murphy,

is excited to get planting and is already at work on planning for fully utilizing all the space next season.

We have so many people to thank for the donation of their time, funds and efforts and will do so more fully along with pictures in our next newsletter.

As you can see by our statistics on the last page, the number of people seeking assistance is continuing to grow along with the record numbers of pounds of food being distributed. As of the end of July, with the help of all of you, so far this year we were able to give out 243 tons of food! This is more than 8 tons every week and is a 24% increase over the same period last year. Truly amazing!

We're now getting ready for the fall and as you can see from the articles inside there is a lot coming up including the Golf Outing, our Volunteer Recognition Dinner, the Action Against Hunger Food Drive, the Turkey Trot and, hard as it is to believe, Thanksgiving. Please remember, if you plan on doing a food drive for the holidays, let us know as soon as you can so we will know **help is on the way**. Our first baskets will be given out the first week of November, so we welcome your contributions as early as possible! Last year we provided more than 1,600 turkeys and baskets so it would be great if you could start planning your “Bring Your Bird to Work/Church/Temple” days now! Posters, etc. are on the web-site.

As always, I hope you all know how very much we appreciate all that you do. We thank you for your friendship and for caring. Together we are making a big difference in the lives of many of our neighbors. If you have not been up to visit - please do so and feel free to ask for the tour. Hoping you enjoy the rest of your summer!

Fondly,



### Current Needs

- ▶ Shelf-stable (Parmalat) and powdered milk
- ▶ Soups (regular and low sodium)
- ▶ Baby Food (Stage 1 fruit & veggies & Stage 3; NO Stage 2 for now please); and baby wipes
- ▶ Cereal (low sugar preferred)
- ▶ Canned fruit (low sugar or lite syrup)
- ▶ Canned vegetables (low sodium, if possible)
- ▶ Mac 'n Cheese; Spaghetti & Tomato Sauce
- ▶ Dry and canned beans (pinto, red, white, etc.)
- ▶ Canned meats and meals and canned tuna or other fish
- ▶ Peanut butter; Tea Bags-regular (100 count)
- ▶ Microwaveable meals & Ronzoni Pasta Portions
- ▶ Ensure, Glucerna
- ▶ Paper Towels

## SAVE THE DATE! 2014 Spring Gala

Hold the date for our **15<sup>th</sup> Annual Spring Gala**, which will be held on Friday, March 28, 2014 at the Birchwood Manor, Whippany, NJ. If you are interested in getting an invitation or would like to help with this special event please contact Carolyn at [carolynlake@mcifp.org](mailto:carolynlake@mcifp.org) for more information.

## Youth in Action

### Eagle Scout Project Benefits IFP Garden

**Eric Warga** of Flanders, grandson of home-delivery volunteer **Rob Zebick**, chose the Interfaith Food Pantry as the recipient for his Eagle Scout Award service project, even before we moved to our new location in 2011. His project? Building a storage shed for the new garden! With help from his grandfather and Rotary member **Ron Kelly**, Eric undertook all aspects of the project including the planning, fundraising, purchasing of materials and construction. He has rounded up help from other volunteers as well, using his leadership skills to accomplish an impressive goal.



**Eric Warga**, 15, stands inside the Garden Shed early in the construction process. The shed is now completed, and will be an enormous help as the IFP garden takes shape.

### We're Talkin' Serious Mac'n'Cheese

We're grateful to the **Whippany Park High School National Honor Society** which conducted a "Mac and Cheese" drive to benefit IFP over the course of a week in May. All first period classes competed to see which homeroom could donate the most boxes of macaroni and cheese. The prize was a free bagel breakfast courtesy of the National Honor Society. The winning homeroom donated over two hundred boxes of Mac and Cheese, more than eleven boxes per student in the homeroom. Altogether, the drive gathered 464 pounds of mac'n'cheese for our clients!



**Gill St. Bernard** students stand with their teacher, **Michael Chimes**, as they deliver almost 650 pounds of food.

### And then there's

- ▶ **Connor Leavy** and family donated 32 pounds of food collected for his 3<sup>rd</sup> birthday.
- ▶ Twin sisters **Catherine** and **Christine Madden** gathered 271 pounds of food at their 11th birthday party. Their mom, Anne Thompson, proudly reported "It was totally their idea."



Counselors-In-Training from the YES Camp at Calvary Baptist Church in Morristown collected and loaded our truck with 783 pounds of food donated by the congregation.

### Local Boy Scouts Help Out

As part of the Boy Scouts of America—Scouting For Hunger program, two local troops collected more than 3,000 pounds of food for the benefit of the IFP. **Boy Scout Troop #112** from Morristown collected a whopping 1,111 lbs. from customers at the Acme in Morris Plains, while **Cub Scout Pack #50** of Randolph gathered an amazing 2,271 lbs. from residents of Randolph!

### In our client's words... What IFP means to me..

*"They provide good food and nutrition. They also treat people decently and with respect."*

*"It's simple, I get to eat and don't go hungry anymore!"*

### Food Drive Honor Roll just a few who helped!

In addition to those highlighted elsewhere on this page, we are grateful to these groups that gathered and donated more than 200 pounds of food between May and July:

- **Girl Scout Troop 1189**, Denville 318 lbs.
- **Oak Knoll School**, Summit 376 lbs.
- **Thomas Jefferson School**, Morristown 299 lbs
- **Valley View Elementary School**, Montville 247 lbs.
- **Washington Avenue School**, Chatham 1,117 lbs
- **Whippany Park High School**, Whippany 464 lbs.

### Important Notice for Our Donors

Please note: our 2013 Annual Report will contain a complete list of individuals and groups who contributed to IFP in food or finances. If you do not wish to have your name published, call 973-538-8049 ext. 210 or email [interfaithfoodpantry@mcifp.org](mailto:interfaithfoodpantry@mcifp.org).

## In the Spotlight

### Dinner with a Twist

Making the most of their annual dinner party was the goal of IFP supporters **Fay Widdowson** and her husband, **Stephen Frankel**, “chef extraordinaire”, when they decided to expand their guest list for this year’s gathering. Their invitation, much-coveted among their friends, requested donations for the IFP - recognizing that the demands on our resources are growing at an amazing rate. Rosemary Gilmartin and her husband, Tom, joined in the festivities, and gratefully accepted the check for \$1,500 raised through the couple’s efforts.



**Stephen Frankel** (left) and his wife **Fay Widdowson** take a moment amidst the festivities to visit with IFP Executive Director Rosemary Gilmartin and her husband, Tom.

### Grillin' and Swillin'

For the third year running, **Leadership Morris**, a community education program of the **Morris County Chamber of Commerce**, collected donations for IFP during its annual Alumni Picnic to help us stock the shelves this summer. This year’s “Picnic With A Purpose” featured a special cooking demonstration by **Chef Eric LeVine** of the **Morris Tap and Grill**, which also supported the IFP through its *Dine to Donate* program.

Leadership Morris’ 2013 class, of which IFP’s Rosemary Gilmartin is a member, took the opportunity to tour our facility as part of the Alumni Picnic events.

Through its members and others who supported the drive, the group gathered more than \$3,000 worth of food. We are so grateful for their support!



**Leadership Morris Class of 2013**

### Jack and Jill Thanks

We recently received a very generous donation of \$7,400 from the Morris County Chapter of Jack and Jill of America. Funds were raised through a variety of fundraising activities to benefit IFP. We are so grateful!

### “We’ve Got Your Back” for School Supplies

When families are struggling to put food on the table, spending money on school supplies really stresses their budgets. Sometimes it might not even be possible to provide the children with what they need to start the school year prepared.

The IFP “We’ve Got Your Back” program, supported by our Corporate Advisory Council, has stepped in to ensure our clients have what they need. Distribution of backpacks and supplies began August 8, and so far, 500 school-aged clients have been delighted to shop for their new items. Our deepest gratitude is extended to everyone who made it possible, including **MetLife**, **LAPP Group**, **Chubb Insurance**, **Solix**, **NYLIM**, **One Call Care Management**, **Siemens Industry**, **JCP&L**, **Kings**, Corporate Advisory Council Co-Chair, **Chris MacDonald**, and all the volunteers who helped!

### Apples Add Up

In June and July, cashiers and customers of **Kings Supermarkets** located in Boonton, Chatham, Florham Park, Mendham and Morristown once again demonstrated that they are sympathetic to the plight of IFP’s clients struggling to make ends meet. Selling paper apples for \$1 and \$5 during the annual Pantry Apple Program, Kings raised \$18,189, a new record! We’re so grateful for this terrific support —particularly in light of the ongoing challenges posed by a lack-luster economy. Thanks to all who contributed—both effort and money!



**M.c.M.A.T.C.H.**

**Morris County Municipal Action To Curb Hunger**

We’re looking forward to the 2nd annual **McMatch** (Morris County Municipal Action to Curb Hunger) food drive, competition, sponsored by **Morris County’s Department of Human Services**, along with partners at the **Morris County Youth Shelter**, **IFP**, **Volunteer Management Center**, **Curbing Hunger & You Give Goods**. Last year’s inaugural event was a wonderful success, raising nearly 25,000 lbs. of food to benefit local pantries.

### Condolences

Our heartfelt sympathies go out to the family and friends of our dear friends **Paul Mosteller** and **Lou Larson**. These two wonderful men were pillars of our community and dedicated to helping their neighbors in need. They will be greatly missed.

### Planned Giving

Do you want to ensure that your interest in supporting the Interfaith Food Pantry continues well into the future? There are a number of ways you can do this.

Perhaps the easiest is the **Bequest** — simply name the Interfaith Food Pantry in your will, with the amount you wish to be donated. You can also designate IFP as a beneficiary in your life insurance policy. We also accept **Gifts of Stock** and contributions directly from your **IRA**. A **Charitable Remainder Trust** or **Gift Annuity**, administered in partnership with the Community Foundation of New Jersey, can provide you with regular income while providing a predictable flow of funds for the IFP.

For more information visit us at [www.mcifp.org/plannedgiving.htm](http://www.mcifp.org/plannedgiving.htm).



**Nicole D'Aloia**, **Madith Prophete**, **Alpa Trivedi**, **Debbie Vadas** and **Donna Doerfler** of **LAPP Group**

## Here 'n There

### Saddling Up to Help Neighbors in Need

Our wonderful volunteers and donors keep coming up with ingenious ways to help us out. **Backer Farm** of Mendham had kids riding high to benefit the IFP in July. The event, organized by farm manager **Pete Sauer** and volunteers **Renee** and **Eileen Kilkeary** invited parents and their children to bring nonperishable items in exchange for a horse or pony ride. The drive was the first in Backer Farm history and volunteers, kids, horses and ponies all had a great time for a great cause!



**Clarissa O'Grady of Backer Farm** stands with horse friend Don Juan amid food donations for the IFP.

### How to Double Your Donations

Did you know that many employers will match your charitable gifts? Some to the tune of up to 200%! If you are considering making a donation, check with your employer to see if they have a program.

Also, while we are not an official member of the **United Way**, for those interested, you can designate the Interfaith Food Pantry to receive your funds by writing *Interfaith Food Pantry, Morris Plains*, on your enrollment form.

We are so grateful for your help!

### We're Ready to Tee Off

Foursomes are already sold out, but sponsorships are still available for our 8<sup>th</sup> Annual Golf Outing which will be held on Monday, September 23. The event, taking place at the **Mount Tabor Country Club**, features great contests and prizes, including a hole-in-one sponsored by **Audi of Bernardsville** and a \$5,000 winner-take-all putting contest sponsored by **Britcher, Leone & Roth**. For more information, visit our website or contact Barbara at [barbarapetrakis@mcifp.org](mailto:barbarapetrakis@mcifp.org).



### Let's Talk Turkey



As amazing as it seems in the summer heat, we're already looking toward (and planning for) Thanksgiving 2013!

The needs of our clients increase as the holiday season approaches and many new people reach out for help. Last year we provided holiday food baskets not only to our clients, but also to those of many other Morris County agencies - providing holiday dinners to more than 1,600 families. Our client rolls have been expanding ever since and it will be even busier this year!

In order to do all this we need your help! Could you organize a food drive in your school, place of worship, office, or other group? We have great tools on the IFP website at [www.mcifp.org/fooddrive.htm](http://www.mcifp.org/fooddrive.htm) to help get you started.

We will be collecting turkeys, canned hams, small chickens, stuffing, instant or fresh potatoes, gravy, roll, muffin, brownie or cake mixes, icing, fruit juice, vegetables and yams. Our needs are listed on our web-site. *Monetary donations and supermarket gift cards are especially helpful, as we need to purchase many items during this particularly busy season.*

Holiday food distribution begins the first week of November, so please plan now for September and October drives so your donations can come in early! Check out our website in the fall for the dates we'll be staying open late to receive your donations.



### Run, Walk, or Trot!

There's no better way to start off your Thanksgiving than by participating in the 7<sup>th</sup> Annual **Morris Township Turkey Trot** sponsored by **The Sweetie Pig Foundation**! Bring the family (and get them out of the house for a while) to Ginty Field on Thursday, November 28 for the USATF certified 5k race, 1 mile fun-walk and Kids Trot. Last year, almost 3,000 people participated in this fun event, raising over \$64,000 to support both the Interfaith Food Pantry and Literacy Volunteers of Morris County. For more information check out our website at [www.mcifp.org](http://www.mcifp.org). To avoid the 7:00am rush you can register early at [www.practicehard.com](http://www.practicehard.com) or by mail.



To help even more you can set up your own individual or team sponsor page! Just go to [www.firstgiving.com/17269](http://www.firstgiving.com/17269).

*We hope to see you there!*

## Check This Out

### Bridging the Gap

For some time now, Jenny has been a caseworker for an agency regularly bringing their clients to the Pantry. Young and energetic, she has been instrumental in getting help for a number of people who were having trouble making ends meet.

Jenny already had a 3 year-old son when she had her second child, and was delighted when the baby joined her little family. Unfortunately, her hours were recently cut back, putting a strain on the family finances. Faced with the need to add diapers and formula to their already tight budget, they decided to apply for assistance to help them get through this difficult period.

Unfortunately, they soon discovered a conundrum that's familiar to many of our clients. With both of them working, their family income was \$40 a year too high for them to qualify for food stamps or any other aid.

Fortunately, having experience with bringing those from her agency to IFP, she

was familiar with our program. Now, Jenny found it necessary to ask for help for herself and her family. Our ability to ensure a steady supply of food and also provide some of the very expensive formula and diapers she requires is helping to make it possible for them to meet their other financial obligations.

As with many of our clients, the situation Jenny's family is facing is temporary. The expectation is that when the baby-related expenses diminish, they will be able to make it on their own. But the bridge we provide is crucial to ensuring that all four members of the family have access to healthy, sufficient food in the interim.

As for Jenny and her family, the fact that we are able to offer a few important items in addition to food makes all the difference.



### What Clients Are Saying

Throughout this issue of the IFP Newsletter, and in coming issues, you will see a sprinkling of comments about the impact the Interfaith Food Pantry has had on its clients. Taken from the most recent client surveys, they offer a glimpse into what a difference we are making together.

Here are just a few of the responses we received to the query **"What does the IFP mean to me?"** Look for others elsewhere in the newsletter.

*"It's made a huge difference, when there's not enough food to go around it's comforting to know it's here."*

*"Everything is right about the pantry especially getting the baby supplies like diapers and baby wipes. Thank you."*

### More than Just Food

When Lila came into the IFP in June 2012, she was struggling not only financially, but emotionally as well. The food stamps she and her husband had relied on, because of his low paying job, had been cut and the mother of two was struggling to feed her children. What she received here was so much more than simply food - she received a window into hope, and a pathway to get there.

While going through the intake process, something that would change her life caught her eye. Because the Interfaith Food Pantry actively seeks opportunities to improve clients lives, we make available information and referrals on various free or low cost programs. Lila spotted a flyer from Neighborhood House publicizing Pathways to Work, which offered a free educational program that could lead to becoming a Nurse's Assistant.

She signed up immediately, and a year later, she is working at completing her internship, the final step toward her dream of being a Nurse's Assistant. She recently came to tell us how IFP had changed her life.

We refer clients to other programs based on their specific needs, and the partner organizations know that we have already screened for eligibility, which makes things easier for everyone. Other referral programs include Gift of Sight, which connects clients to Lenscrafters for an eye exam and free glasses, Steps to Home Ownership workshops through Housing Partnership, and financial literacy classes through NORWESCAP.

### Food Forensics

As you may know, the Interfaith Food Pantry receives food donations from all sorts of sources—food drives at schools and from scouting groups, houses of worship, companies and many other organizations. What you may not realize is that every item is checked by trained volunteers to ensure the food we distribute to clients is safe for consumption. Most canned and packaged goods come with clearly identified dates of expiration - either "use by" or "sell by" dates. But some are not so clearly marked.

Enter **Adele Danielson** - a volunteer who came to us earlier this year looking for a way to help. She stepped up to fulfill the very important role of researching certain foods to determine the expiration date, quality and safety of the item when it can't be determined by ordinary conventional methods. Adele does internet research and makes phone calls to manufacturers and suppliers to ensure our clients are receiving safe and nutritious foods.



**Adele Danielson** hard at work determining the safety and suitability of food donations.

## Volunteer News

### Board Update

Our Board of Trustees has recently gone through some changes. **Greg Supron**, who previously served as VP of the Board and Chair of the Building Committee for our new facility, has been elected the new President. He is joined by **Chris MacDonald** as VP, and **Rachel Cushing** and **Stuart Wiet** who will continue on as Secretary and Treasurer, respectively. They are supported by a wonderful board and are looking forward to a great year.

Rotating off are **Ann Marie Manahan**, who served as President for the past two years, during which time she shepherded us through the successful completion of our Capital Campaign, and members **Bruce Galton** and **Rob Baumeister**. We thank them all and are happy to still have them as volunteers and supporters.

For information about board membership, please contact Rosemary.

### What Clients Are Saying...

*"I can eat everyday now and it's healthy with all the fruits and vegetables they give me."*

Pictured at right, families from **Assumption Parish**, Morristown visited and took part in a variety of important warehouse tasks, helping to prepare food & other goods for distribution.

### Home Delivery Is a Family Affair!

Usually our home delivery volunteers work solo, or maybe in pairs, but one special volunteer has made it her business to involve her children—all five of them! **Jen Ahrens**, mother of kids ranging from age 2 to 13, sought out the IFP when she wanted to find a way for her children to learn to help others. In her own words, "I've learned that when I try to focus on others and not myself or my own life's difficulties, life is just better, happier and more fulfilling. I wanted my children to have a way to learn this lesson." Jen found that many volunteer opportunities were not child-friendly, but reached out to Doug McMahon, IFP Volunteer Coordinator, and they got the shopping cart rolling. The kids help Jen shop, load the groceries and carry the groceries to the door of our client. What a great way to spend family time and help others!



**Jen Ahrens** wraps up shopping with her five children for her Home Delivery client.



### Annual Volunteer Recognition Dinner Set

Each year we celebrate the tremendous efforts of our fabulous cadre of dedicated volunteers with our "Celebrate the Pantry" pot-luck Volunteer Recognition Dinner. This year's dinner will be held at **Trinity Lutheran Church** in Morris Plains on Thursday, October 17. We are so grateful to all our volunteers for their time and dedication. Where would we be without them?! **Save the date!**

### Company Volunteers Make a Difference

Representatives from several companies arrived at IFP in 'dress-down' attire over the past several months, ready to help out with whatever job needed doing. We're grateful for the work done by all and welcome to IFP our newest crews from **Bausch & Lomb**, **Genesis Healthcare**, **Marsh & McLennan**, and **Morgan Stanley**.



**Genesis Healthcare** gathers in the sunshine by the IFP 'photo studio' sign after helping out in the pantry.



The **Morgan Stanley** crew is all smiles after helping out with food packaging in the IFP warehouse.

### Welcome New Volunteers

|                    |                 |
|--------------------|-----------------|
| Michael Bonner     | Judith Rogers   |
| David Family       | Romano Family   |
| Katie Flachsenaar  | Krishna Sen     |
| Kim Flinn          | Simonson Family |
| Marissa Lerit      | Linda Sussman   |
| Carolyn Kahn       | Erin Thornton   |
| Alan Levine        | Allen Tyson     |
| Minard Family      | Roxanne Whitous |
| Catherine Pellerin | Kelly Wilson    |
| Roy Peppard        | Emily Wood      |
| Sheryl Raport      |                 |

### And Farewell

We're sad to say goodbye to the following, but we send them off with our grateful best wishes:

|                    |                |
|--------------------|----------------|
| Mike Budrick       | Laurie Leahey  |
| Craig Frederickson | Eric Pearlman  |
| Kopecky Family     | Segarra Family |

## Healthy Choices

### Fresh Veggies Coming

After all the hard work on the part of many supporters, local gardens are beginning to produce and we're starting to receive wonderful, fresh donations! Due to the generosity of many donors, our clients are able to select from among locally grown fresh fruits and vegetables when they come to the Pantry.

We are grateful to **Alstede Farms** in Chester, **Ort Farm** and **Serenity Farm**, both of Long Valley, and **Starbrite Farm** in Andover, from whom we receive donations throughout the growing season.

In addition, our heartfelt thanks to the **Community Gardens of Morris County**, **Morris Plains** and **Madison**, and the **Interfaith Church Community Garden** of Mendham for their donations, as well as **Girl Scout Troop 1083** of Montville, **Saint Mark Lutheran Church** of Morristown and **Calvary Presbyterian Church** of Florham Park for their fresh produce support.

### An 'Awarding' Project

Seventeen-year-old **Ashley Janssen**, of Morris Plains reached out to the IFP with an exciting idea to involve children. She introduced fun ways to learn about making nutritious choices, as part of her work toward her Girl Scout Gold Award. Entitled the "Healthy Start Program," it includes a clever nutrition activity booklet designed for 6 -10 year old children to use at home. Given to clients' kids when they visit, the booklet leads them through several exercises, and they can earn a "My Plate Award Certificate" and nutrition-related goodie bag for successful completion.



**Katy Galton**, IFP Nutrition Educator, with **Ashley Janssen**, creator of our child-focused Healthy Start program.

### Show Me, Please

It is often said that a picture's worth a thousand words. So a demonstration must be even better! With this in mind the we've been increasing our "Healthy Choices" food demonstrations, and now each Tuesday and Thursday distribution session is accompanied by a food demo for clients as they await their turn to shop. Wednesday demos are coming soon.

We even had a guest chef, **Eric Schneider**, head chef for **Sodexo Food Service**, who treated clients to a special event and delicious food.

The demonstrations utilize recipes that focus on our monthly topic, and include explanations of cooking techniques and food safety tips.

Topics (and recipes) for the past three months included:

- May - *Whole Grains* (Raisin Bran Muffins and Homemade Granola)
- June - *Diabetes Prevention* (Mexican Salad Bowl)
- July - *Veggies!* and *Handling Fresh Produce* (Vegetable Fried Rice and Brown Rice Tabbouleh)

A favorite aspect of these demos, of course, is the tasty samples that are created by our volunteers. Clients get to try out the new foods, and some make different selections because of their new found knowledge.

### Vegetable Fried Rice

*You can choose your favorite vegetables as you like. The secret to making fried rice is using leftover rice!*

- |                                   |  |
|-----------------------------------|--|
| 2 Tbsp. vegetable oil, divided    | 2 teaspoons dark sesame oil (optional)                           |
| 3 cups chilled, cooked brown rice | 1 cup sliced green onions  |
| 1 cup chopped carrots             |  |
| 2 large eggs, beaten              |  |
| 1 cup chopped celery or bok choy  | *1 teaspoon. grated fresh ginger or 1 tsp. dry ginger (optional) |
| 2 tablespoons lite soy sauce      |  |
| 1 cup chopped broccoli            |  |



1. Heat 1 tablespoon oil in large nonstick skillet or wok over medium high heat. Cook carrots, celery, broccoli, green onions, and ginger, stirring frequently, 3 to 4 minutes or until tender-crisp.
2. Add 1 tablespoon oil and the rice; cook, stirring frequently, until rice is heated through
3. Push rice mixture toward edge of skillet, pour egg in center and stir gently to cook; gradually stir in rice.
4. Drizzle with soy sauce and sesame oil, if desired. Toss well. Makes 6 servings.



## Interfaith Food Pantry

Serving Morris County

2 Executive Drive  
Morris Plains, NJ 07950

### RETURN SERVICE REQUESTED



#### TOO MUCH MAIL?

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

### Board of Trustees

*Meets 7 p.m. on third Wednesday of the month*

**Greg Supron**, president  
**Chris MacDonald**, vice president  
**Rachel Cushing**, secretary  
**Stuart Wiet**, treasurer

**Russ Hall**  
**Karen Jones-Williams**

**Marc Mackin**  
**Tracey Polifka**  
**Chris Richter**

**Rosemary Gilmartin**, executive director

### Staff

**Tony Aviles**, warehouse assistant  
**Joanne Brashier**, community relations/  
development associate  
**Lenora Caamano**, reception/client services  
**Dana Connelly**, office manager  
**Katy Galton**, nutrition educator  
**Diana Garcia**, distribution manager  
**Liliana Herrera**, client services manager  
**Carolyn Lake**, director of community  
relations & development  
**Doug McMahon**, volunteer coordinator  
**Patrick Mitchell**, warehouse assistant  
**Barbara Petrakis**, reception/development  
**Wendy Potkay**, business manager  
**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 raise awareness and understanding about the issue of hunger right here in our community.

### Hours

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

*2 Executive Drive, Morris Plains*

Monday - Thursday 9:30 a.m. - 4:30 p.m.  
Fridays by appointment

#### Food Distribution - 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

#### Food Distribution - Warehouse

*2 Executive Drive, Morris Plains*

1<sup>st</sup> four Tues. of each month 2 pm - 4 pm  
1<sup>st</sup> & 3<sup>rd</sup> Tues. of each month 6 pm - 8 pm  
1<sup>st</sup> four Wed. of each month 6 pm - 8 pm  
1<sup>st</sup> four Thur. of each month 1 pm - 3 pm  
1<sup>st</sup> four Sat. of each month 10 am - 12 noon

### Calendar

#### September 23

Golf Outing  
Mount Tabor Country Club

#### October 3

Taster's Guild Grand Tasting Event

#### October 6

Action Against Hunger Food Drive

#### October 17

Volunteer Recognition Dinner  
Trinity Lutheran Church, Morris Plains

#### November 28

Morris Township Turkey Trot  
Ginty Field, Morris Township

### Statistics

#### January 1 - July 31, 2013

|                             |         |
|-----------------------------|---------|
| Lbs. of food distributed    | 485,702 |
| Households served           | 2,516   |
| People fed                  | 5,823   |
| Avg. # households per month | 1,097   |
| Avg. # people fed per month | 2,633   |
| Avg. lbs. food per month    | 69,386  |

#### Client Ethnicity

|                  |     |
|------------------|-----|
| Caucasian        | 48% |
| Hispanic/Latino  | 36% |
| African American | 14% |
| Other            | 2%  |

#### Age

|              |     |
|--------------|-----|
| 18 and under | 34% |
| 60 and over  | 15% |