



# Interfaith Food Pantry and Resource Center

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*Over 20 Years of Neighbors Helping Neighbors*

## Notes From The Pantry

Dear Interfaith Food Pantry Community,

As many of you may have heard, Rosemary Gilmartin, our Executive Director for the past 24 years will retire on December 31, 2018. For more than two decades she has been a force at the forefront of the fight to end hunger in our community, and an inspiration to volunteers, donors, and community leaders. Rosemary has established the IFP and herself as role models for other non-profits and non-profit leaders.

The Board of Trustees and Rosemary have been working over the past two years to prepare for this moment, executing a defined leadership transition plan. As part of this process the Board confirmed the IFP's strategy and assessed critical aspects of the organization to identify specific needs. Actions taken over the past 12-18 months, such as creating the Associate Director position and hiring a new Director of Development, were undertaken in anticipation of this transition.

We are pleased to announce that Carolyn Lake will assume the role of Executive Director effective January 1, 2019. Carolyn first joined the IFP staff in September 2005 after previously serving as a volunteer. During her almost 13 years she has held many positions including Event Manager, Home Delivery Coordinator, Volunteer Manager, Assistant Director, Director of Development and Community Relations and, most recently, Associate Director and Director of Operations. Carolyn possesses a great understanding of and commitment to our mission,

and vast experience in all areas of the operation. We are thrilled to know Carolyn will be the person leading the IFP into the future.

Rosemary and Carolyn are already working closely on the transition of responsibilities, and will fully complete the effort over the next six months. At Carolyn's request, and with the Board's approval, Rosemary has agreed to remain active with the IFP as a part-time consultant in 2019.

We will be celebrating Rosemary's legacy at our Annual Spring Gala which will be held in her honor on April 5, 2019. More information will follow in the February newsletter.

Please join us in thanking Rosemary for her tireless commitment to ending hunger in Morris County, and for so firmly establishing the IFP at the center of the region's food safety network. Please also join us in congratulating Carolyn and in wishing her well in her new role. We are excited about the future direction of the IFP.

Warm Regards,

The Board of Trustees

Gregory J. Supron, President  
Tim Lockwood, Vice President  
Stuart Wiet, Treasurer  
Tracey Polifka, Secretary  
John Eade, Assistant Treasurer

Ann Corwin  
Russ Hall  
Christine MacDonald  
Patrick McGuinn  
Guy Raymaker  
Bruce Seidmon

### Current Needs\* (items most needed are in **bold**)

- ▶ **Dry milk** (1 qt. pkg.), **Parmalat**, **evaporated milk**
- ▶ **Calcium fortified milk alternatives** (soy, rice, almond milk)
- ▶ **Soups** (regular, hearty, condensed and low sodium)
- ▶ **Canned fruit** or **100% fruit juice** (32 oz.) (no sugar added)
- ▶ **Cereal (low sugar; high fiber)**
- ▶ Canned vegetables
- ▶ **Rice (white, brown); Spaghetti/Pasta Sauce**
- ▶ **Tuna fish, canned meats and meals**, hash, stew
- ▶ **Peanut Butter (18 oz. preferred)**
- ▶ Rice-a-Roni, Mac 'n Cheese, Hamburger & Tuna Helper
- ▶ **Boost, Boost Glucose Control, Ensure or Glucerna**
- ▶ Enfamil Infant Formula
- ▶ Baby food - **Stage 1, 2 & 3 fruits, vegetables, meats & meals**
- ▶ **Baby Wipes**

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

## SAVE THE DATE

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

- ▶ **Monday September 17**—Our **13th Annual Golf Outing**, Mount Tabor Country Club.
- ▶ **Thursday, November 22**—Our **12th Annual Thanksgiving Day Turkey Trot**. Details on p. 6.
- ▶ **Friday, April 5, 2019**—Our **20th Annual Spring Gala**, at the Birchwood Manor in Whippany.



## Youth Engagement and Education



As part of their "Take Action" project, **Kiara Quigley** and **Madeline Huang** (left to right), Senior Girl Scouts of Northern New Jersey troop 4536, created and installed bilingual signs and numbers to help clients and volunteers easily locate and identify the many varieties of fresh produce in the IFP Community Garden. Brightly colored signage added a happy, child-friendly feel to the garden.

### Fifth Graders Learn About Hunger

In May, the IFP hosted a group of 5<sup>th</sup> Grade Students from **Oak Knoll Elementary School** in Summit as part of a Service Learning Experience coordinated closely with teacher **Michele Dahl** and IFP Volunteer Education Coordinator **Kiley Powell**. The students learned about the issues surrounding hunger, what it means to be food insecure, the IFP's role in the community and ways that they as students can get involved to help make a difference. During the visit the students were divided into three groups which focused on family budgeting, shopping for food, and food sorting with appropriate educational activities associated with each. Students learned what it was like to shop on a limited budget and how challenging it is to eat healthy with limited income.



Pictured above is IFP Hunger Ambassador **Noreen Drucker** as she addresses a group of 5<sup>th</sup> grade students.

**Attention Educators and Youth Leaders:** Are you interested in helping your students learn about the issues of hunger, nutrition and income disparities? We offer a full range of age-appropriate educational tools on our website that you can use in your school, scout meeting or youth group. Visit [mcifp.org/learn-about-hunger](http://mcifp.org/learn-about-hunger) for more information.

We also have a team of **IFP Hunger Ambassadors** that can visit your group to teach kids about the issues surrounding hunger and ways to get involved. Contact Kiley at [kileypowell@gmail.com](mailto:kileypowell@gmail.com) for more information. Interested in becoming a Hunger Ambassador? Contact Doug at [dougmcMahon@mcifp.org](mailto:dougmcMahon@mcifp.org).



Pictured above (l to r) Ryan Evanko, Patty Evanko, Lisa Trifun, from Trinity Lutheran and Nick Evansky, NBC 4 New York's vice president of technology and operations.

### Joining Up For A Good Cause

On Saturday, April 28<sup>th</sup> **NBC 4 New York, Telemundo 47, and Stop & Shop Supermarkets** teamed up to host and promote "**Feeding Our Families**" a food drive held at Stop & Shops across the tri-state area to fight hunger. The Morris Plains Stop & Shop participated and thanks to youth and adult volunteers from **Trinity Lutheran Church**, who manned the store for the day, a whopping 3,159 pounds of food and \$282 was collected for us. Twenty-five cases of canned products were donated courtesy of Stop & Shop. Special thanks to **Ryan**

& **Patty Evanko** from the Church, long time supporters of the Pantry who helped coordinate the effort and **Ankur Patel**, store manager of Stop & Shop.



12 year old **Jessica Sundel** collected 193 pounds of food for her bat mitzvah project at **White Meadow Temple** in Rockaway. She wanted to make an impact on people in need and selected the IFP to be the recipient of the food she collected. Above are her parents **Alissa & Greg Sundel** with her food donation.

## 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 funds from April to June, to help keep the Pantry shelves stocked. A big THANKS to all! (Donation in pounds unless otherwise marked.)

Rockaway Valley School, Boonton, 1,516  
Cub Scout Pack 125, Morristown, 879  
Randolph Middle School, 814  
Whippany Park High School, 672  
Sigma Kappa-UMass, Morristown group, 601  
Newark Academy, Livingston, \$500

Washington Avenue School, Chatham, 498  
Peck School, Morristown, 438  
Unity Charter School, Morristown, 271  
St. Elizabeth Nursery & Montessori School, Parsippany, 253  
ECLC School, Chatham, 235

Oak Knoll School, Summit, 230  
County College of Morris-Radiography Dept., Chester, 215  
Fairleigh Dickinson University, Madison, 200  
Girl Scout Troop 96222, Madison 168  
Calais School, Whippany, 150



## Volunteer News

### New Trustee Joins IFP Board

The IFP Board of Trustees welcomed new Board member: **Ann Corwin** to the Board during its June 2018 meeting.



**Ann** has resided in Morris County for over 30 years and was an accountant in the banking industry before settling down to raise a family. She has been an active volunteer at the Interfaith Food Pantry over the past several years helping in areas of distribution, restocking and recently co-chaired our Spring Gala along with her husband Art. Ann is thrilled to be a part of the IFP and a Board member *"In 2008, my husband and I started the Corwin Family Foundation for the purpose of helping others. There is such a tremendous amount of need at the IFP and it feels great knowing that you are helping others in your own community. We are all about 'neighbors helping neighbors.'* I look forward to working on the Board and making a difference!"

Other changes to our Board Executive Committee include the election of **Tim Lockwood** to Vice President replacing **Chris MacDonald** who has served the Board in this capacity for the past five years. Chris will remain active on the Board on several committees. Tim joined the IFP Board in 2017 and is the Store Manager at **Wegmans** in Hanover Township. **John Eade**, who has served on the Board since 2017, was elected to a new Board position, **Assistant Treasurer**. John is the Chairman of **Argus Research Group**, an investment management and research company. Congratulations to all!

### Golf Outing News



Our **13th Annual Golf Outing** takes place on Monday, September 17<sup>th</sup> at Mount Tabor Country Club. **Sponsorships are available** starting at just \$250. This is a great way to showcase your support of the IFP and its mission while increasing exposure for your business. Contact Sandra at [sbenedict@mcifp.org](mailto:sbenedict@mcifp.org) for more info.

### Grant Update

We are grateful to the following who gave generous grants to the IFP from April through June 2018: **Christ the King/We Care-We Share Fund, Investors Foundation, Edmond and Virginia Moriarty Foundation, Mushett Family Foundation, Notre Dame of Mt. Carmel (TTT), John & Margaret Post Foundation, William E. Simon Foundation, S. Rubenstein Family Foundation, The Willis Foundation** and a foundation who wished to remain anonymous. If you know of corporate or family foundations we should contact, please let Joanne Brashier know at 973-538-8049 x 229 or [joannebrashier@mcifp.org](mailto:joannebrashier@mcifp.org).

### Virtual Birthday Presents Yield Real Results

In lieu of gifts for his June birthday, **Nathan Umbriac**, IFP volunteer, asked his Facebook Friends to donate to the Interfaith Food Pantry. This trend-setting Chair of the IFP's new



Young Professionals Council used **Facebook Funding** to effortlessly set up the campaign and spread the word.

His virtual endeavor resulted in over \$1,300 real dollars! You too can use this exciting new medium to encourage your friends and family to easily and graciously acknowledge your birthday

with a donation to the IFP. For more information about **Facebook Funding**, please contact Sandra at [sbenedict@mcifp.org](mailto:sbenedict@mcifp.org).

### Welcome New Volunteers!

Sheila Barboza  
Margaret Boehm  
Rich Cohen  
York Cook  
Cheryl Lynn Gale Multz  
Eric Helweil

Anthony Pacchiano  
Carole Padilla  
Bernadette Robinson  
Paula Romanaski  
Karen Sandelands  
Pat Sasona

### Volunteer Recognition Dinner Set

**SAVE THE DATE!** Come celebrate our amazing volunteers, at our annual "Celebrate the Pantry" pot-luck **Volunteer Recognition Dinner** on **Thursday, October 18 at 7:00pm**. The event will be held at **the Hanover Township Community Center** in Whippany. We so appreciate all that our volunteers do for the Pantry and those in need!

### Words of Thanks From Our Clients...

*"My husband and I would just like to thank all the staff and wonderful volunteers for their kindness when we came to the Pantry for help. Everyone was so compassionate and helpful to us. I pray my husband finds a job soon so we can give back to you."*

*"I just want to extend my thanks to all of the amazing people who work and volunteer at the IFP. You have touched my heart and became friends with me... I am a former home delivery client who is now moving on to the next journey in her life at an assisted living facility... please know I will never forget your kindnesses to me and my family."*

## Empowering People



### Eating Right and Getting Fit Proves A Successful Partnership

This Spring, we partnered with the **Morristown Neighborhood House** for the “Eat Right and Get Fit” program. Thanks to a grant from the **North Jersey Health Collaborative**, we were able to supply bags of fresh fruits and vegetables to participants in this program, where they learned about healthier eating and getting fit during a free 12-week Zumba class. Along with the fresh produce, the bags also included

handouts with recipes and suggestions for different ways to prepare the items. Nutrition tips focusing on the benefits of eating more fruits and vegetables and ways to use them in meals and as snacks also accompanied the bags. The participants enjoyed receiving the groceries and hated to see the program come to an end. Several comments from attendees included: “Sending us home with fresh produce was a great way to help us eat better and learn the importance of healthier eating.” “I started eating better due to your bags of produce. I even tried vegetables I never had before and I liked them.” “It was a wonderful program helping me to get in shape and eat better. I hope you come back again.” “Because of your fresh produce and nutrition information, I started eating fruit as a snack and enjoyed it. I also liked the idea of adding spinach or kale to my meals.” For those who missed out, a new Fall Session will start on Tuesday September 4 at Morristown Neighborhood House.



Attendees receive bags of fresh produce from the IFP.

### Backpack Program Kicks Off

Over 625 children and teens have already signed up for our seventh annual “We’ve Got Your Back” school supply program. Our program kicks off in August, just in time for the approaching school year, and is sponsored by the IFP Corporate Advisory Council. Kids love to come and select their very own supplies and the backpack to put them all in. Very special thanks are extended to the employees of **MetLife**, who continue to support this annual event by donating high school level backpacks fully loaded with the necessary items, in addition to providing the IFP with funds to purchase what we still need. We are also grateful to volunteers from **Benjamin Moore**, **Daichi Sankyo**, **GAF**, **Givaudan Flavors**, **Goryeb Children’s Hospital**, **JD Power**, **PBF Energy**, **Solix**, **Willis Towers Watson** and other organizations, houses of worship and individuals who also donate funds and/or supplies to make sure we have enough for all the children. We will continue to accept donations even after the school year starts to provide for any new clients with children who may need help.



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**Towers Watson** and other organizations, houses of worship and individuals who also donate funds and/or supplies to make sure we have enough for all the children. We will continue to accept donations even after the school year starts to provide for any new clients with children who may need help.

### Program Offers Insight On Living with Diabetes

The IFP is co-sponsoring a free seven-month educational program with **Morristown Medical Center** on the prevention and management of pre-diabetes and diabetes. Fourteen pantry clients are currently participating in the program which began in April. Coordinated by the Morristown Medical Center community nurses, this great program offers the participants the opportunity to learn about many aspects of coping with diabetes in an informal small group setting. Free A1C, glucose, blood pressure and cholesterol screenings are included. Lunch prepared by IFP **Healthy Choice** volunteers follow the presentation and the participants leave with an extra bag of “diabetes friendly” groceries prepared just for them.

### IFP Garden Flourishes

The IFP garden continues to flourish with everyone’s favorite summer vegetables! We have multiple varieties of tomatoes, zucchini, lettuce, cucumbers, peppers, broccoli, peas, cauliflower, beets, onions, garlic, carrots, and herbs. Throughout the month of June we distributed free vegetable and herb plants to our clients as a part of our **Gardens to Go** program. The seeds and soil were purchased through a generous donation from the **Hanover Rotary Club** and we were fortunate to receive over 1,000 growing bags from **Root Pouch**. In total we gave out over 1,100 vegetable and herb plants for our clients to grow their own fresh produce at home. The **County College of Morris** donated the use of their greenhouse and growing supplies for us to start all our seedlings over the winter and early spring. **Alstede’s Farm** also donated space in their greenhouses to care for seedlings and contributed hundreds of vegetable and herb plants to our **Gardens to Go** program. Our thanks to IFP garden crew volunteers **Cheryl and Dave Bahn**, **Pat Nevrican**, **June and Jim Davidson**, **Cindy Dour**, and **Heather Molnar** who help keep it weeded, watered and flourishing.



CIT volunteer helps distribute our **Gardens to Go**.



**A Gift that gives back!** Not sure of what to get that special person in your life who seems to have everything? Give the Gift of Caring by making a donation in their honor, and we will send them a customized tribute card on your behalf.

Cards are available for birthdays, weddings, holidays, memorials or any special occasion. Give a truly meaningful gift that helps provide food for people in need! Use the enclosed return slip or order online through our website [www.mcifp.org](http://www.mcifp.org).



## Empowering People

### Keep that Produce Coming...

We all know we should eat more fruits and vegetables, but that can be hard on a limited budget. Our clients are so grateful to have fresh, beautiful, locally grown produce donated to the Pantry throughout the growing season so they can enjoy adding



Volunteers sort through donated produce.

more fruits and vegetables to their diet. Thank you to the individual gardeners, community gardeners, Community Supported Agriculture (CSA) groups, and local farms that generously grow and give to the Pantry.

Since May we have received over 4,000 pounds – and the season is still young! If you would like more information about donating produce please contact Katy Galton at [kgalton@mcifp.org](mailto:kgalton@mcifp.org) or 973-538-8049, ext. 216.

### A Tale of Two Farm Bills By Russ Hall

The **Farm Bill**, which is renewed every five years, has an important impact on the IFP's work, both directly and indirectly. The Bill establishes farm subsidies and support programs for farmers; and secondly, for the poor or disadvantaged, providing a direct safety net, e.g. SNAP (food stamps) and indirect assistance – The Emergency Food Assistance Program (TEFAP) that provides fresh foods to emergency and supplemental food providers such as IFP (about 15% of our food comes from TEFAP). In the past, legislators would craft legislation that provided fairly for both constituencies. Unfortunately that is not the case today. A great difference exists between the **Senate's** and the **House's** proposed terms and conditions for this year's renewal of the **Farm Bill**.

The House's version would expand work requirements without providing sufficient resources for job training programs, would cut back utility payment support (Heat & Eat) and would eliminate the ability of individual high cost of living states such as New Jersey to expand basic SNAP eligibility from a cap of 130% of the Federal Poverty Level (about \$24,000 per year for a family of four irrespective of location) to 185% of the FPL. The Senate version would basically keep SNAP almost as it is now. While neither version would reduce TEFAP, the House version would likely have a seriously adverse impact on poor families living in high cost of living or high unemployment areas. This would, in turn, create major pressure on emergency and supplemental food providers who would then need to replace lost family nutrition benefits. Both our local House members voted against the House version. Both our Senators voted in favor of the Senate version. **It is important for our clients and low income families across the nation that individuals concerned with hunger and food insecurity speak out in favor of the Senate version of the Farm Bill.**

*For more information please visit our website at [www.mcifp.org/learn-about-hunger/](http://www.mcifp.org/learn-about-hunger/).*

### Update: Healthy Choices Mobile Pantry

In the first 6 months of 2018, we have been able to distribute almost 30,000 pounds of food through our **Healthy Choices Mobile Pantry**, serving six different low income senior housing sites, three smaller food pantries and several other sites. This allows us to reach out to seniors and families who previously had no access to the same food and services we provide to those who visit our Pantry sites. The feedback from the participants in this program, which was made possible in part by a \$100,000 grant from **Impact 100 Garden State**, has been incredible. One client, a regular visitor to St. Anthony's Church in Butler commented, *"This program has been such a big help for me since trying to buy fresh produce is so expensive that I used to have to do without, now I don't have to. Your program helps me save money and be healthy."* We are very happy to be able to accommodate them all, and want to thank Impact for the difference they have made by funding this program over the last two years. Now that the grant is ending, our hope is that as we seek new sources of funding, we can continue to grow the program to meet the needs across Morris County.

### Meals-On-Wheels Meets the IFP

The Meals-On-Wheels (MOW) program, which is run by the **Morris County Department of Human Services, Division on Aging**, provides a



comforting smile and nutritious, hot meal to many Morris County seniors who have difficulty cooking for themselves. But, for most enrolled, the program only provides one meal per



IFP's Denise Hurtado-Valdez (left) with two MOW drivers.

day, five days a week and for the many low-income seniors aging in place, it is simply not enough. In recognition of this need we are once again leveraging the public-private partnership we enjoy with the County of Morris to establish a pilot program to provide supplemental food to Meals-On-Wheels recipients who have been identified as at risk of

going hungry. In July, we made our first delivery of easy to prepare foods such as peanut butter, cereal, soups, tuna, crackers and canned vegetables and fruit to 31 households served by the **Rockaway Senior Nutrition Center**. We are hoping to secure funding for and expand this program after a six-month trial period to address the growing problem of senior hunger. For more info, call Denise at 973-538-8049, x233.

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through the front page of our website [www.mcifp.org](http://www.mcifp.org). It's your usual shopping on **Amazon** but with the bonus of knowing a small percentage of your purchase will be donated to help **Interfaith Food Pantry** clients in need!

## Fall Events & Opportunities

***Register Now for the IFP/LVMC's 12th Annual***

# Turkey Trot

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



Gather the family at the start line before you gather round the table! A Thanksgiving tradition for Morris County families for 11 years running, the **12<sup>th</sup> Annual Morris Township Turkey Trot** takes place at Ginty Field at 8:30am on Thanksgiving morning, November 22nd.



With all proceeds benefitting IFP and Literacy Volunteers of Morris County, this is a terrific opportunity to not only run for fun, but to be a fund-racer! Share your fundraising page via social media channels and encourage family and friends to support the cause by supporting your run.

Raise funds to help others, run your race and work off that pumpkin pie before you eat it with an exhilarating family activity. All athletic levels welcome – run/walk the 5k or join us for the 1 mile fun run/walk. Get the littlest members of your family involved with the 50 yard Kids Trot on the lawn. Register in advance to avoid the lines on the event morning. [www.morristownshipturkeytrot.org](http://www.morristownshipturkeytrot.org).

Sponsorship opportunities are also available. **The Trot provides an invaluable opportunity to get your organization noticed by thousands of people from the local community.** Emblazon your logo on the Turkey Tee, event day signage, Turkey Trot website, in email blasts and more. Contact [sbenedict@mcifp.org](mailto:sbenedict@mcifp.org) for information.

### Now Is the Time To Plan Ahead for Thanksgiving

Can you believe it? We are already planning for Turkey Day! The IFP will provide Thanksgiving turkeys and all the trimmings to approximately 1,600 families this year, so we are checking our inventory and gathering up donations. **Please consider organizing a food drive** in your school, place of worship, place of business or other group. All the tools you need to run your own food drive are on our website at [www.mcifp.org](http://www.mcifp.org).

Our Thanksgiving Basket distribution begins November 1<sup>st</sup>, so start planning ahead for a drive in the Fall. Please call **Meg** at 973-538-8049 ext.217 when you know you will be holding a drive for the IFP. It's helpful for us to be able to schedule drop-offs during this busy time. Since distribution begins early in the month, we'll need plenty of turkeys **before the first week in November**. Monetary donations and supermarket gift cards are especially helpful. Your generosity puts the 'Thanks' in Thanksgiving!

### Wine of the Week Raffle

Back by popular demand, is our 3rd Annual **"Wine of the Week"** raffle. The Grand Prize is 52 bottles of premium wine, one for every week of the year, selected with the help of **Gary Fisch of Gary's Wine & Marketplace**. The second place prize is 12 bottles of wine, plus two tickets and car service to **Gary's Grand Tasting Event**, which will be held Monday, October 29th at the Park Avenue Club in Florham Park. We will also draw five (5) third place prize winners who will each receive 12 bottles of wine. **Winners are drawn at IFP's Annual Golf Outing on September 17th**. You need not be present to win, although you must be 21 or older to participate. **See the enclosed insert to purchase your tickets.** For more information about Gary's Grand Tasting Event, visit [www.garyswine.com](http://www.garyswine.com).



### Helping Hands Needed!

Here are some volunteer opportunities to get involved with the IFP and have a good time! Please consider helping us out at the:

- **Fall Festival on the Green - Morristown (9/30):** set-up, face painting, flyer distribution, and clean-up. If you can help please contact Joanne at [joannebrashier@mcifp.org](mailto:joannebrashier@mcifp.org).
- **Turkey Trot (11/22):** Want to give back? What better time than on Thanksgiving Morning! We need dozens of volunteers to help with registration, course marshals, snack and water distribution and much more at our annual Turkey Trot 5k. For information go to [www.morristownshipturkeytrot.org](http://www.morristownshipturkeytrot.org).

### Community Outreach—Speakers Available

The IFP professional staff and volunteers are ready and willing to answer the call for speaking engagements from organizations, corporations, houses of worship, schools, civic groups, etc. We look forward to enlightening our community about the issue of hunger affecting so many people right here in Morris County. If you are interested in having someone speak to your group about our programs, who we serve and how we operate, contact Doug at 973-538-8049 x218 or email [dougmcMahon@mcifp.org](mailto:dougmcMahon@mcifp.org).



## Engaging Our Community

### Free Farmers Market A BIG Hit For the IFP!

Our year-round **Free Farmers Market** is a huge success with over 34,400 pounds of produce given out so far this year. Clients come two additional times each month at both our Morris Plains and Morristown sites. People are loving it and receive an abundance of produce and sometimes dairy items as well as hummus, yogurts and juices. Above, volunteers from **Willis Towers Watson** help at one of our Farmers Markets.



### A Huge Success for Kings Pantry Apple Program



Special thanks to **Kings Food Markets** for raising an amazing \$25,730 during their recent **Pantry Apple Program** which ran from June 1 through June 22.

Kings store managers and cashiers celebrate the pantry!

All funds raised go directly to the Pantry

to help provide food for those who go hungry on a daily basis in Morris County. Six Kings stores participated in the selling of paper apples which ranged in cost from one dollar to five dollars. New this year was a gold apple where Kings customers could select their own gift amount which alone brought in over \$4,200. The Kings stores who participated in this event are located in **Boonton, Chatham, Florham Park, Gillette, Mendham and Morristown**. Store managers, customer service managers and top selling cashiers will be recognized at a reception in their honor to take place in September at the Interfaith Food Pantry. We congratulate all Kings cashiers and very special thanks go out to Kings' very generous customers!

### Party In Our Kitchen...

A special thank you to the **Waller Family** for turning their **Kitchen to Table (K2T)** event into a real party! After a visit to the Pantry with **Hilltop Church**, Chris Waller decided he wanted to spend his 50th birthday giving back. He gathered 12 of his close friends and together they cooked meals for IFP homebound clients in celebration and in gratitude!



Chris is cooking above!

We also extend a heartfelt thank you to our corporate partners who sponsored a day to cook meals for homebound clients through our **Kitchen to Table** program. This IFP team building activity was recently enjoyed by folks from **Citi, ADP, Pfizer, Somp and BASF**. Please contact [dmcmahon@mcifp.org](mailto:dmcmahon@mcifp.org) if you would like to sponsor a K2T event or celebration!

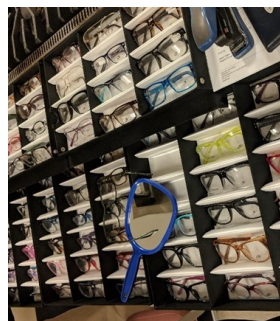
### Postal Workers Come Through for the IFP

Nine post offices (**Chatham, Florham Park, Lake Hiawatha, Madison, Mendham, Morris Plains, Morristown, Mountain Lakes and Rockaway/Dover Annex**) assisted the Interfaith Food Pantry with donations of collected food during the **National Association of Letter Carriers Annual "Stamp Out Hunger" Food Drive** on Saturday May 12. Despite the rain, a total of 12,240 pounds of food was donated to the IFP. We are grateful to all the letter carriers, post masters and extremely generous residents for their time and support!

### IFP's Future: Our Young Professionals Council

With an eye on sustainability and long-term growth, the **IFP Development Team** has assembled a group of community minded Millennials to help take the Pantry into its next 25 years. The mission of the **Young Professional Council (YPC)** is to educate their peers about hunger in our community, offer insight about effective ways IFP can engage them, and plan exciting fundraising activities. Members are employed by some of the most prominent organizations, including the EPA, Picatinny Federal Credit Union, Zitter Health, and YPC **Chair, Nathan Umbriac**, from Sanofi-Aventis. If you'd like to consider joining the Council, please contact Sandra at [sbene-dict@mcifp.org](mailto:sbene-dict@mcifp.org).

### Eye Glasses for Clients!



On May 15, the IFP hosted **Helen Keller International** at the Pantry, where the organization provided free vision screenings, prescription eyeglasses and ophthalmic referrals for our clients. Thirty two clients received new glasses. Helen Keller International, founded in 1915, is dedicated to saving and improving the sight and lives of the world's vulnerable by combating the causes and consequences of blindness. They also reach tens of thousands of under-served youth in the United States each year through **ChildSight®**. This unique program provides free vision screenings and prescription eyeglasses to students living in poverty in California, Connecticut, New Jersey, New York and Ohio. **Special thanks to the Community Foundation of NJ for underwriting this event!!**

### Join IFP's Social Scene



Are you following our **Facebook, Instagram, Twitter and LinkedIn** pages yet? If you're a loyal user of any of these platforms you'll want to check us out. Thanks to one of our loyal contributors who felt strongly about us having a robust online presence, we have been able to expand the hours of **Julia Murtha**, who assists us with events and in other areas of our operation, to help us establish some of the best places to hang out online! **Go like and follow our pages to stay up to date with the latest and greatest news, happenings, and contests.**

#### Board of Trustees

Meets 7:00pm on third Wednesday of the month

**Greg Supron**, president

**Tim Lockwood**, vice president

**Tracey Polifka**, secretary

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#### Staff

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**Tony Aviles**, asst. warehouse manager

**David Bean**, asst. food & facilities manager

**Sandra Benedict**, director of development

**Joanne Rinaldi Brashier**, community relations & development associate

**\*Katy Galton**, nutrition educator

**\*Diana Garcia**, client services associate

**Liliana Herrera**, client services manager

**Denise Hurtado-Valdez**, client serv. associate

**\*Bob Johnson**, warehouse assistant

**Carolyn Lake**, associate director

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**\*Erin Long**, garden coordinator

**Doug McMahon**, volunteer coordinator

**Patrick Mitchell**, mobile pantry & warehouse asst.

**\*Julia Murtha**, special events assistant

**Meg Manbretti**, office manager

**German Ortiz**, client services asst./reception

**\*Wendy Potkay**, business manager

**Jessica Revolorio**, client outreach coordinator

**\*Val Schuszler**, warehouse assistant

**Bill Zackoff**, food and facilities manager

\* part time

## 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 9:30am - 12 noon

Wednesday 9:30am - 12 noon

Thursday 9:30am - 12 noon

2nd & 4th Thursday 5pm - 7pm

## Calendar

### September

**09/17** IFP Golf Outing Mount Tabor CC

**09/30** Fall Festival - Morristown

**09/30** Action Against Hunger

### October

**10/18** Volunteer Recognition Dinner

**10/29** Gary's Grand Tasting Event

### November

**11/22** 12th Annual Turkey Trot

## Statistics

### January 1 - June 30, 2018

Lbs. of food distributed 532,326

# Different households served 3,276

# Visits to & from IFP sites 10,020

Avg. lbs. food per month 88,721

Avg. # households per month 1,242

Avg. # IFP visits per month 1,670

## 2017 Annual Report

The Interfaith Food Pantry's Annual Report for 2017 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