



Celebrating 20 Years of Neighbors Helping Neighbors

Notes From The Pantry

From the Executive Director

Dear Friends,

Well, it has been another incredible year! We celebrated our second anniversary in our new facility and finally feel at home. This year we are celebrating the 20th anniversary of the Interfaith Food Pantry which began operating in the fall of 1994. A lot has changed over the years. By the end of 1995 we had distributed 38,500 lbs. of food, providing approximately 50 families with about 15 lbs. of groceries a week.

Fast forward to now and, with your help, in 2013 we provided support to over 4,400 households ensuring that more than 10,500 of our neighbors had a sufficient supply of healthy food for their families. We currently are giving out about 1.7 tons a day or more than 17,000 lbs. of food a week. This is up 20% from last year and 30% from 2011.

While people from all walks of life come through the door every day, the most significant growth has come from those who have lost their jobs and are struggling to find work. Currently 47% of our client households are headed by those aged 50 and over, this has been a steady trend since 2008.

This year, we decided to call our Spring Gala "Sowing the Seeds of Hope" to highlight what IFP means to us. By the time most people looking for help get to us, they are usually pretty frustrated and their expectations are low. Many have been turned down everywhere they go. Their disability or unemployment insurance is just high enough to make them ineligible for food stamps, or any other aid, but not high enough to pay rent and utilities. They have applied for job after job and have either been turned down, or worse, received no response at all.

Many are handling multiple challenges in addition to little or no income - sick children, spouses or elderly parents, chronic illnesses of their own, family crisis, mental health issues plus so many are also facing loss of their shelter.

When they hit our doors there is a great deal of despair and our first job is to give them hope and to help them believe they are not alone and that people care. We cannot solve all their problems but we can ensure a steady supply of food, someone to listen to them, and help in locating other services that may provide needed aid.



New IFP clients are overwhelmed by the ease and speed with which they get help and how generous people are. The volunteers they meet here and the many individuals and groups who reach out to provide school supplies, Christmas presents, hats, scarves and so much more - show them they are valued and that people truly do see them. Knowing people understand, do not judge and really do care makes a huge difference.

While it is a challenge to keep the shelves stocked, the support from the community has been wonderful. Of the 893,000 lbs. of food given out last year, 72% of it was either directly donated or purchased through your generous gifts. It is important to note that 21%, or 189,548 lbs., come through the USDA and State food purchase program. Most of our meat, chicken, ground turkey and eggs come through these programs and we must all do what we can to ensure that funding of these programs continue. Together we provide a critical lifeline to so many and your support makes all this possible.

In closing, I just want to send a special thank you to all those we could not thank in this newsletter. There are literally thousands of individuals, families, civic groups, houses of worship, businesses and foundations who partner with us to make all of this possible. You each mean a great deal to us and we hope you know just how much we appreciate all that you do. Together we are accomplishing something amazing — providing a welcoming safety net for our neighbors in need. Thanks and blessings to you all!

Rosemary

Current Needs

- ▶ Shelf-stable milk (Parmalat)/Dry milk/Evaporated milk
- ▶ Soups (regular, hearty and low sodium)
- ▶ Cereal, oatmeal and breakfast items
- ▶ Canned fruit and peanut butter
- ▶ Mac 'n Cheese/Pasta/Tomato Sauce
- ▶ Canned beans (Pinto, Red, White, Black, etc.)
- ▶ Canned meats and meals and tuna fish
- ▶ Rice—white or brown (1 or 2 lb. size)
- ▶ Ensure and Glucerna
- ▶ Baby food - Stage 1, Stage 3 fruits & vegetables

Save the date!

2014 Spring Gala

Celebrate 20 years of neighbors helping neighbors with us at our annual Spring Gala, Friday, March 28 at the Birchwood Manor, Whippany, NJ. Please join us for:

- ▶ Cocktails and Dinner
- ▶ Dancing and Entertainment
- ▶ Live and Silent Auctions
- ▶ Tricky Tray and 50/50 Raffles

Details on page 3

Youth In Action

Hunger is No Game

Perri Easley chose to make a difference with her 13th birthday party, hosting a Hunger Games-themed gathering and collecting non-perishable food for donation to the IFP. Party decorations included posters reminding everyone that "Hunger is no game in Morris County." It was a party, after all, so her mom, **Cheryl**, treated Perri and her guests to the movie, *The Hunger Games - Catching Fire*.



Cheryl (l) and Perri Easley, with donations from Perri's Hunger Games themed party.

Peapod Program Visitors

Twenty-five 5th graders from **Ironia School** in Randolph visited the Pantry recently as part of a hands-on educational experience sponsored by **Stop & Shop's Peapod** program. The program focuses on making smart food choices from both a nutritional and financial perspective, and culminated in the students' purchase of 521 lbs of food (partially funded by Peapod) for donation to the IFP.

A Different Side of the Lens

When **Dave Kramer** brought his daughters **Jesse** (left) and **Eva** (right) to the Pantry, we got to be the ones with the camera. We are grateful to 8 year-old **Jesse** for the food donations she received in lieu of birthday gifts, and to her dad **Dave**, who is our go-anywhere, show up anytime photographer, generously donating his time and talent.



Scouts Honor

Perhaps because of our similar focus on serving the community, many Scouts choose to earn important advanced awards through projects that benefit IFP clients.

Kathleen Nagle organized a food drive competition among Morris County Schools which amassed 797 pounds of food, and helped her earn her Gold Award.

She arranged for a local band to perform at the winning school, and opened the event herself, observing, "Just think about how blessed you are...It is so easy to get involved and take action, and it's a lot of fun, too!"

Jane Hiscano earned her Silver Award by growing 'a pizza garden' where she planted, tended, harvested and donated to-matoes, peppers, onions and basil to the IFP - all perfect for making pizza! What an innovative idea!



Kathleen Nagle (r) shown with Nutrition Educator **Katy Galton** & her IFP certificate of appreciation.

Kids For a Cause

Thanks go to 9-year-old **Caitlin Chominsky**, who set up her own foundation, **CC's Kids for a Cause**, to raise funds to help others in her community. For her first project, **Banding Together for a Cause**, she & her friends made and sold rubber band bracelets, raising \$438 to donate to the IFP.



Caitlin with sister **Anna** and a 'big' check!

Food Drive Honor Roll

In addition to those mentioned elsewhere on this page, we are extremely grateful to all who conduct food drives for the IFP throughout the year. The following youth groups each gathered over 300 pounds of food from August - December, some with additional monetary donations, helping to keep the Pantry shelves stocked through the fall months. A big THANKS to all! *(Recorded in lbs.)*

The Peck School Total 2,350
 Girl Scout Troop 2264 & Troop 95083 Total 2,186
 Madison High School Total 1,921
 Gill St. Bernard's School Total 1,861
 Torey J. Sabatini Elementary School Total 1,464
 Boy Scout Troop 50 Total 1,404
 Academy Street Elementary School Total 1,397
 Pearl R. Miller Middle School Total 1,334
 Artistic Academy Total 1,099
 Salem Drive School Total 1,077
 KinderCare School Total 1,062
 Washington Avenue School Total 1,002

Boonton High School Total 941
 Girl Scout Troop 451 Total 803
 Cub Scout Pack 24 Total 771
 Morris Hills High School Total 716
 Girl Scout Troop 1898 Total 715
 Sussex Avenue School Total 663
 Valley View Elementary School Total 632
 Morristown High School Total 605
 Lenape Valley High School Total 597
 Normandy Park School Total 579
 Chatham High School Total 534
 Morris Knolls High School Total 500

Parsippany Hills High School Total 464
 Delbarton School Total 452 lbs + \$450
 Morris County School of Technology Total 438
 Mendham High School Total 428
 Frelinghuysen Middle School Total 384
 Calais School Total 359
 Fairleigh Dickinson University Total 341 lbs + \$500
 Mt. View School Mendham Total 322
 Memorial Junior School Total 311
 The Treehouse Pre-School Total 302

Our apologies for any errors or omissions!



Join us as we celebrate 20 years of neighbors helping neighbors

"Sowing the Seeds of Hope" - Our Spring Gala

Friday, March 28th, 2014 6:30 – 11:00 pm
The Birchwood Manor, 111 North Jefferson Road, Whippany, NJ

Honoring

IFP 2014 "Pantry Partner Award" Recipient IFP 2014 "Outstanding Service Award" Recipient



LAPP GROUP

Jersey Central
Power & Light
A FirstEnergy Company

& FirstEnergy
Foundation

Join us for a spectacular evening of cocktails, hors-d'oeuvres, dinner, great entertainment, silent and live auctions, raffles and more! Here's how you can be a part of it all...

Purchase tickets. Gala activities include open bar, hors-d'oeuvres, dinner & dancing, raffles, auctions and entertainment. Come alone or bring your friends, neighbors or colleagues and fill an eight to twelve person table.

Donate an item, product or service for our Silent Auction. Your generous, tax-deductible contribution will be publicized in the Auction Directory, on our website and in our newsletter, which reaches over 8,000 homes and businesses. You can drop off your contribution or we can pick it up. Receipts will be provided following the auction.

Place an ad in our Sponsor Ad Journal as a tribute to an honoree or to promote your business. Ads are printed digitally in full color.

Serve as an Event Sponsor. By helping to underwrite our costs you can help us feed more people while communicating your values to a broad audience.

Participate in our 50/50 Cash Raffle. Tickets are \$10 each or \$100 for a book of ten. Winner need not be present.

- ☐ I would like to **attend the event**. Enclosed is payment for ____ tickets at \$250 each.
- ☐ I am interested in **sponsoring the event**, please contact me.
- ☐ I have a valuable item or service I'd like to **contribute to the auction**, please contact me.
- ☐ Please send me ____ **50/50 ticket(s)** at \$10 each; or ____ books at \$100 per book.
- ☐ I would like to place an ad in tribute of an honoree, IFP or to advertise my business in the ad journal.*
- ☐ ¼ page \$100 ☐ ½ page \$250 ☐ full page \$500

Name _____ Company _____

Address _____

E-mail _____ Phone _____

☐ **Enclosed is my check payable to Interfaith Food Pantry**

☐ **Please charge my** ☐ **Visa or** ☐ **MasterCard No.** _____

Expiration Date: _____ Signature _____

Please Mail To: Interfaith Food Pantry, 2 Executive Drive, Morris Plains, NJ 07950

E-mail your four-color ad (.jpg, .tif, .eps, .pdf or .bmp file) to **Barbara Petrakis at barbarapetrakis@mcifp.org or mail your camera-ready artwork with this form to the Interfaith Food Pantry, 2 Executive Drive, Morris Plains, NJ 07950 by March 7th. Need assistance creating the ad or tribute? Email barbarapetrakis@mcifp.org.*

In the Spotlight

Thanksgiving Thanks!

In comparison to 2012's Thanksgiving season, which immediately followed Hurricane Sandy, and for which we provided Thanksgiving baskets to families usually served by other food pantries, it would be reasonable to expect that we had a quieter season in 2013. The reality, though, was that more families than ever before needed our help. We distributed a record 1,630 baskets, complete with turkey and all the trimmings - an increase of 29% over 2011. We even provided 2 tofu turkeys!

We are grateful to all our wonderful partners, corporations, houses of worship, families and other groups, who stepped up to meet the need and, in the true spirit of neighbors helping neighbors, ensured that all who sought food for the holiday received it.

Longtime supporters **Novartis** and **Bayer** purchased food for



Volunteers from **Avison Young** move the goods.

hundreds of complete baskets, and hosted offsite events where employees supplied the labor to pack them. Novartis' late September event prepared 300 baskets, and Bayer's mid-October packing party stuffed 500! **Kings Food Markets** helped with a donation of 250 "early birds", which kicked off the season and ensured that we had plenty of supplies ready to go when Thanksgiving distribution began November 1st.

We do not have space to name all our generous donors, but we are grateful to all who helped including **Whole Foods Market**, **Village Super Markets**, **Montville UNICO/Turkeys 4 U**, **Maersk, Britcher, Leone & Roth**, **St. Virgil's**, **Notre Dame of Mt. Carmel** and **Hilltop Presbyterian Churches**. Special thanks to **MetLife** who raised \$5,000 for turkeys and fresh produce by selling "rubber duckies" to employees and **St. Patrick's School** for their produce donation.

Thanks also to the many volunteers who packed bags, moved, sorted and triaged food, helped with distribution and set up St. Margaret's Church for our final distribution including **Avison Young**, **Madison United Methodist Church** and, of course, **Ken Kramer** who every year leads the team of volunteers for the turkey transport. Home delivery clients unable to prepare a



Mariano San Martin & Ken McDonald pack dinners for home delivery clients unable to cook for themselves.

Thanksgiving dinner were not forgotten. Volunteers **Mariano San Martin** and **Ken McDonald** cooked and packed 27 dinners into containers donated by **One Call Medical**. Home delivery volunteers delivered the turkey dinners including apple pie on Thanksgiving morning.

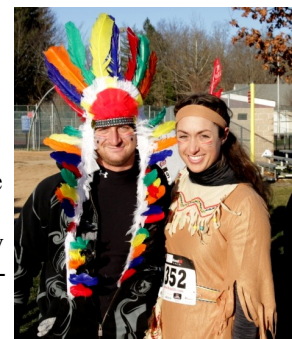
Thanks to all who helped make this a special day!

Are You Up For A Challenge?

The **Raymaker Family** of Madison has generously offered us a special gift! They will donate \$10,000 a year for three years to match any funds we raise to hire additional help in our Client Services and Volunteer Programs. Guy, Helen and their three children, who are new to Morris County, have worked with other non-profits in the past, and were very impressed with the level of community involvement here at IFP. Upon learning that we were registering about 55 new families a month, they recognized our need for additional help to interview new clients, provide current ones with referral information and train the additional volunteers needed for our new distribution sessions. Our challenge is to raise the matching funds without affecting what we normally bring in through our appeals for operating funds. If you are interested in donating to this special campaign, you can visit the "donate now" button on our website www.mcifp.org and select "Challenge Grant" or call Carolyn at 973-538-8049 for more info.

Run for the Giblets...

Over 2,200 dedicated runners and walkers braved freezing temperatures early Thanksgiving morning at Ginty Field to participate in our 7th Annual Morris Township Turkey Trot, a 5k USATF-certified race, one mile fun walk and Kids' Trot. A sense of humor was evident, as many participants came in costume to kick-off the holiday with some fun.



Sponsored by **Sweetie Pig Foundation**, the event raises funds for IFP and Literacy Volunteers of Morris County. Thanks to our sponsors, participants, volunteers and, of course, Sports Action Reaction (our managers) and the Township of Morris (our host), IFP received \$30,000 this year!

We Are Thankful!

During the 4th quarter of 2013, IFP received grants from the following foundations:

BJ's Foundation (Milk For Kids)
County of Morris (Home Delivery)
First Energy Foundation
Jones Fund (freezer expansion)
Willis and Nancy King Foundation (Client Choice)
F.M. Kirby Foundation
L.A.W. Foundation
MacMahon Family Foundation
McGuinn Family Foundation
OdysseyRe Foundation

If you know of family or corporate foundations we should contact, please let **Joanne Brashier**, our grant writer, know. She can be reached at 973-538-8049 x229 or joannebrashier@mcifp.org.

Here 'n There

Making Connections

Sometimes the connections we help clients make are as crucial as the food we provide. Brenda, a 65-year-old with Social Security as her only income, was finding it hard to make ends meet, particularly after her son passed away. His tragic death left her often responsible for the care of her 1 1/2 year old granddaughter, in addition to her own disabled daughter. The IFP has helped ensure that this family doesn't go hungry, and through one of our corporate donors, she received holiday gifts and a financial donation to help her catch up on rent.

Hot Doggin' It

Village Supermarkets donated rolls and tapped the generosity of its deli meat supplier, **Black Bear Meats** for hot dogs and hot dog carts. The **Tecza & Sullivan** families, IFP volunteers, sold the donated hot dogs in front of ShopRite



of Greater Morristown on November 30. We're grateful for the nearly \$900 this 'doggone good' opportunity raised!

Donor Recognition Date

Mark your calendar for Friday, April 11th, when we will unveil our 2013 "Giving Tree", which recognizes the families and organizations in our leadership giving circle (those who donated 1,000 pounds of food or \$2,000 or more) during the 2013 calendar year. A light lunch will be served.



Jay and Amy Oyer in front of the Interfaith Food Pantry Giving Tree made possible by their generous gift.

Links, Inc. Delivers

Assisted by Morristown Mayor **Tim Dougherty**, his wife **Mary**, and other sponsors, the **Morris County Chapter of Links, Inc.** conducted its second food drive to benefit the IFP. The group focused on collecting food for Thanksgiving and gathered nearly 3,250 pounds! Thank you for your ongoing support!

Whole Foods 5% Day

On Wednesday, January 8, **Whole Foods Markets of Madison & Millburn-Union** shared 5% of all sales with us and together raised over \$10,000 for the IFP. Our thanks to **Alyson Valpone** and **Kevin Gick**, of Madison and Millburn respectively for thinking of us and to all our volunteers who manned the stores that day talking to customers about our program.

Delbarton Steps Up

Congratulations to **Delbarton School** students for a very successful "Hunger Walk" that took place at Lewis Morris Park in October. The students organized the event and raised over \$7,000! We're so grateful to have them as partners.

Honeywell Holiday

Honeywell employees continue to generously participate in their annual holiday raffle. The raffle is conducted by the **Law Department** at their Morris Township headquarters. More than \$29,000 was raised this year, with the proceeds being shared equally between IFP and Family Intervention Services of West Orange.

Golf Outing Success

Thanks to all who participated in our 8th Annual Golf Outing, which took place Monday, September 23 at the **Mount Tabor Country Club**. Raising nearly \$11,000 for the pantry, the Outing was a great success! We are especially grateful to our sponsors: **AvisonYoung, Britcher, Leone & Roth, Chubb, Hot Rod's Barbecue** and **Verde Restaurant**. Special kudos to golf pro **Glen Holterman** for donating his time and the Club for donating the course for the day.

Vehicles Wanted

We have a number of clients who are in need of a reliable means of transportation. If you have a car you would like to donate, in good working order and not in need of major repairs, you can donate it to IFP and deduct the value from your taxes. Contact Wendy at 973-538-8049, ext. 220 for more information.



Above: Rosemary Gilmartin (l) accepts **Power Hawk Recue Systems'** donation of \$2,500 from **Ed Kulahli**, Production Manager and **William Hickerson**, CEO (r).

A Tasty Experience

Our grateful thanks for the continued support the IFP receives from **Gary's Wine & Marketplace**, and members of the **Tasters Guild**. The Pantry received \$5,000 from proceeds of this year's Grand Tasting Event, held Thursday, October 3 at the Park Avenue Club in Florham Park.

Double Your Donations...

Many employers will match your donation, doubling its value (sometimes even more!). A partial list of companies who match employee gifts can be found on our website. Check with your employer.

If your employer participates in the **United Way** giving program, you can specify **Interfaith Food Pantry, Morris Plains** on the enrollment form.

In Our Clients' Words "What IFP Means To Me..."

"It makes it a lot easier to know I can feed my kids."

"I eat healthier & they treat me nice."

"They help the needy & give us hope!"

"It's simple - I am not going hungry!"

Volunteer News

December Open House



December 13th was the date of our holiday open house, which provided an opportunity for our volunteers, friends, families and the community-at-large to come together at the Pantry to celebrate another great year. Over one hundred guests were in attendance making the event a huge success!

At left, IFP's Client Services Manager **Liliana Herrera** (l) visits with volunteers **Wendy Supron** and **Susan Groll**.

Recognizing Our Volunteers

Our volunteers' efforts are invaluable to us, and were recognized October 17 at our 15th annual Volunteer Recognition Dinner. Congratulations to **Anne Kneller**, who was awarded our 2013 Individual Golden Apple Award for her service in the areas of distribution and support of staff projects. **CIT** was our Corporate Golden Apple honoree, acknowledging their amazing support during the year. We also recognized volunteers who've reached amazing milestones in the hours they have donated, including:

- ▶ 1500 hours: **Elizabeth Crescentini, Margie McGrogan** and **Celeste Stracco**
- ▶ 1000 hours: **Lenora Caamano, Joel Ramich, Bruce Crawford, Sr. Mary Ellen Verdon** and **Jean Williams**
- ▶ 500 hours: **Cathy Douma, Nancy Haslam, Bob Hodge, Wilhelmina Juhlin, Valerie Miller** and **Jennifer Percival**

Thanks to **One Call Care Management** for underwriting the event and **Trinity Lutheran Church** for hosting.



Golden Apple Award winners: **Anne Kneller** (l) with **Kimberly Kruse** & **Sabriya Williams** of **CIT**.

It's A Black Belt Thing

Once his kids were grown, **Jim Dorsey** finally had time to pursue his longtime interest in karate, and gradually worked his way up the ranks. To achieve his goal of Black Belt, he chose the Interfaith Food Pantry to meet his community service requirement. With guidance from **Doug McMahon**, our volunteer coordinator, he developed and ran his first-ever food drive, and we're grateful to Jim for the 357 pounds of food he donated. Congratulations, Jim, on achieving the rank of Black Belt!



IFP volunteer **Fran Varga** arranged for the donation of 200 stuffed animals to the Pantry for holiday distribution, through **A Child's Page**, an organization she founded.

Beautification Project



John Stumpf, Liam Daley and **Ed Murphy** (left to right above) put in some back-breaking labor to beautify the area around our sign in the front of the Pantry.

Did You Know?

We continue to hear what further impact cuts to SNAP (Food Stamps) will have – some feel the results will be disastrous to the poor – others claim they will provide an impetus to work harder. Sadly, based on analysis of IFP client data, the “disastrous” scenario is far more likely. Over half of our clients pay 50% or more of their monthly income on housing – that's before food, transportation, child care and medical care, all normal expenses for a working family with children. Others live on fixed incomes such as Social Security, Disability, pensions, and, to a lesser extent, unemployment. The median income of IFP clients is less than \$20,000 annually and almost half participate in the SNAP Program. Cutting back on safety net programs such as SNAP will only make it that much harder to survive until economic conditions improve.

Welcome To Our New Volunteers!

Ahmad Family	Dan Gocelijak	Emily O'Dell
Michelle Alvarado	Terry & Russell Haas	Steve Owen
Benvenuto Family	Christina Hipp	Andrew & Mari Partyka
Sue Browse	Tom Ireland	George Patterson
Jocelyn Cornine	Tom Jones	Christine Rachalis
Marisol De Jesus	Sue Mazairski	Beverly Robbins
DeStefano Family	McGuinn Family	Diana Strickland
Mike Fichter	Kathy McHugh	Linda Sussman
Connie Gardner	Yugloo Nyhan	Kent Werry
David Gibson	Joe O'Brien	Cheryl Zebick

And Goodbye To Others...

Our thanks to these volunteers as they move on:

Eboney Cajiao	Jocelyn Klar
Darlene Donegan	Suzanne Lazarow
Anne Downs	Alan Levine
Matt Fenimore	Sue & Lauren Miller
Lisa Fornature	Joy Scott
Nancy Haslam	Alison Vilchinsky
Irwin Horowitz	

Volunteer News (Cont'd)

The Interfaith Food Pantry could not manage without the continued multi-level support of our corporate supporters. Thanks to all the companies and their employees who suit up and show up to volunteer on site, run drives and raise funds including **Chubb**, **Fiserv**, **Mondelez**, **Moretrench**, **PwC** and many others. Pictured here are just a few of our corporate volunteers.



The **BASF** crew take a break from its labors and shows off its "BASF Cares" message.



Valeant Pharmaceutical colleagues sorted through the barrage of food donations that came in over the holidays.



Some **New York Life** volunteers dug a trench for the garden while colleagues sorted food and packed Thanksgiving baskets.

Healthy Choices

Good Enough to Eat

Our nutritionist, Katy Galton, introduces a Healthy Choice topic each month and shares delicious sample recipes to make it all come alive! Since our last Newsletter, Katy's topics have included:

August: **Veggies from the Garden**
 September: **Healthy Heart**
 October: **Hypertension**
 November: **Food Safety**
 December: **Healthy Holiday Recipes.**

Food demonstrations conducted during distributions bring the topics to life and samples entice people to try new foods.



Fresh Bounty!

The IFP and all our clients are so very grateful for the delightful (and healthy) donations of fresh produce we received throughout the harvesting season. More than 34,300 pounds of fruits and vegetables came through the door because of the generosity of many individual gardeners, farmers and community gardens—an increase of more than 10,000 pounds over donated produce in 2012!

Community Garden Update

Keep IFP in Mind for Your 2014 Garden

In the chill of winter, Spring gardening may seem ages away, but perhaps you're already perusing seed catalogues and dreaming of digging in the dirt again. As you plan your next garden, please keep the Pantry in mind, and add a row or two to help fill the Pantry! IFP clients are grateful to receive whatever fresh produce comes in. Anything you donate will be welcome—variety is the spice of life! Consider multiple plantings of crops that you can grow, harvest and grow again over the course of the full growing season.

For more information contact Katy Galton, Nutrition Educator, at 973.538.8049 ext. 216.

Can You Help?

We are planning our garden and need your help. Do you have extra garden tools laying around your garage, basement or shed that you can spare?

We need the following:

Hand trowels, transplanters, watering cans, weeder/cultivator, pruning shears, knee pads, pitch forks, 12" or larger pots or containers. Home Depot, Lowes or other garden center gift cards are also appreciated. Items can be dropped off at the IFP Offices, 2 Executive Dr., Morris Plains.

In Our Clients' Words "What IFP Means To Me..."

"We have enough to eat now and it's healthy with the fruits and vegetables we get."



Board of Trustees

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

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Maureen Papili, office manager

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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 - Main Pantry/Warehouse

2 Executive Drive, Morris Plains

1st four Mon. of each month 1 pm - 3 pm

1st four Tues. of each month 2 pm - 4 pm

1st & 3rd Tues. of each month 6 pm - 8 pm

1st four Wed. of each month 6 pm - 8 pm

1st four Thur. of each month 1 pm - 3 pm

1st four Sat. of each month 10 am - 12 noon

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

March 28, 2014

15th Annual Spring Gala

April 11, 2014

**2013 Giving Tree Unveiling & Donor
Recognition Luncheon**

May 10, 2014

National Letter Carriers Food Drive

May 21, 2014

IFP Annual Meeting

2013 Statistics

Volunteer hrs. donated	24,364
Number of staff volunteers	345
Number of temp volunteers	2,012
Lbs. of food distributed	893,154
Number of visits	17,263
Households served:	4,426
People fed	10,532
Avg. # of families served/month:	1,246
Avg. lbs food distributed/month	74,430

Client Ethnicity

Hispanic/Latino	34%
Caucasian	48%
African-American	15%
Other	3%

Age

18 and under	36%
50 and over	25%
60 and over	13%

Please let us know if you prefer
electronic delivery of our
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our mailing list. Call 973-538-8049
or email
interfaithfoodpantry@mcifp.org

TOO MUCH MAIL?



Return Service Requested

Morris Plains, NJ 07950

2 Executive Drive

Interfaith Food Pantry