



# Interfaith Food Pantry and Resource Center

25 years of "neighbors helping neighbors"

Spring 2019

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## 25th Silver Anniversary Edition Notes From The Pantry

### From the Executive Director

Dear Friends,

It is quite an exciting time in the history of the Interfaith Food Pantry. We are almost half-way through our 25<sup>th</sup> year of "neighbors helping neighbors" and to mark the occasion, we are happy to share with you this very special Silver Anniversary edition of our "Notes From The Pantry". Inside, you'll find a wonderful story about how a small group of concerned citizens changed the landscape of hunger in our communities and built up this organization from its humble beginnings at the First Baptist Church in Morristown to the premier Morris County non-



**Carolyn Lake**, above right, **IFP Executive Director** presents special award to **Rosemary Gilmartin**, retired **Executive Director** at Silver Anniversary Gala.

profit that exists today. You will also get a peek at the incredible success of our Silver Anniversary Gala, "*Honoring our Past, Celebrating our Present and Embracing Our Future*" at which we honored our former Executive Director and dear friend, **Rosemary Gilmartin**. An incredible team, led by our Director of Development **Sandra Benedict**, did an outstanding job! Thanks to all our friends, existing and new, who gave so generously... over \$230,000 in crucial operating funds was raised!

As we look toward the second half of 2019, we see many new opportunities to assist those who still struggle with hunger and food insecurity. One particular area of focus is on our rapidly growing senior population. In partnership with the **County of Morris, Division of Aging, Disabilities and Community Programming**, we have expanded our "*Helping Hands Meals-On-*

*Wheels*" program by adding an additional 30 households to receive senior-friendly, supplemental food that requires very little or no preparation. We are also working with **Professor Pat McGuinn, Ph.D.**, of the Political Science Department and **Professor Lisa Jordan**, both of **Drew University**. Their students have been working hard conducting senior hunger surveys at the 15 Lunchtime Friendship Centers across the County and will then evaluate and map the data. The results of this study will provide us with an indication of where the need is greatest among seniors in our communities and will help guide our Healthy Choices Mobile Pantry efforts.

We are also looking forward to a busy growing season this summer, and to all the farm-fresh and home grown produce we receive during this time. Last year we distributed 276,000 pounds of produce, a 38% increase over the prior year! We did this through our 10 weekly food distribution sessions, our four monthly farmers markets, our home delivery program and 11 different sites now served by our Healthy Choices Mobile Pantry. The families we serve are so grateful to have these fresh, healthy options which they otherwise struggle to afford. We owe a great deal of thanks to all the growers who donate, the many volunteers who pickup, sort, and bag the produce, and the corporate groups who help us distribute it. Special thanks to the Community Food Bank of NJ who also help us obtain produce and who recently donated the refrigerated container we use for storage—which is now at capacity!

Of course none of this would be possible without your continued support. Because you care, together we can continue to meet the changing needs of our community and ensure that everyone, young and old and in-between, all have the basic dignity of having enough nutritious food to eat.

Warm Regards,

*Carolyn*

#### Current Needs\*

- ▶ Dry milk (1 qt. pkg.) & Evaporated milk
- ▶ Calcium fortified milk alternatives (soy, rice, almond milk)
- ▶ Cereal (low sugar, high fiber)
- ▶ Peanut butter (18 oz size preferred)
- ▶ Soups (regular, hearty, low sodium & condensed)
- ▶ Pasta (regular & whole wheat) & Pasta Sauce
- ▶ Canned fruit
- ▶ Canned beans (pork & beans, pinto, red, white, black)
- ▶ Tuna fish
- ▶ Canned meats and meals, ravioli, hash, stew, chili
- ▶ Rice (white & brown) (1 or 2 lb. size)
- ▶ Boost, Boost Glucose Control, Ensure or Glucerna
- ▶ Enfamil Infant Formula (yellow & purple label)
- ▶ Baby food: Stage 1 & 3 fruits, vegetables, meats & meals
- ▶ Baby food: Stage 2 meats & meals only
- ▶ Baby wipes

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

#### 2019 IFP Golf Outing

Our 14th Annual Golf Outing will take place at the Mount Tabor Country Club on September 16

Watch our website for registration and sponsor information.

Visit us at [www.mcifp.org](http://www.mcifp.org).



## Our Twenty-Five Year History

*The following captures our 25 year history of “neighbors helping neighbors” and tells the dramatic story of how the IFP came to be what it is today. A video produced by **Around Town Marketing**, which was a highlight of our recent Silver Anniversary Gala, has been made available on our website at [www.mcifp.org](http://www.mcifp.org). Please enjoy!*

The Interfaith Food Pantry started when four local churches came together to answer the call to feed the hungry. **Marilyn DiPrimo**, a parishioner of **Notre Dame of Mount Carmel Church** in Cedar Knolls, along with **Liz Soranno** and **Jill Andoloro**, were collecting food for the **Interfaith Council for Homeless Families**



**Marilyn DiPrimo**, right, presents an award to **Mary Ann Verdon** of Kings Food Markets for their support.

which was housed at the **First Baptist Church in Morristown**. At the same time, **St. Margaret’s Church** and **Church of the Assumption**, also in Morristown, were running their own food closets. Representatives from each congregation realized they could meet the increasing need more efficiently by consolidating their efforts. The basement of the First Baptist Church was chosen as the location since it was within walking distance of senior housing on Ann Street and Early Street. First Baptist Pastor, Ron Quay, and members Paul Freeland and Donna Ehle, joined forces with Marilyn, Jill, Liz and Claudia Nardi of Assumption Church and the Interfaith Food Pantry was born.

Prompted by her son Dan, a Cub Scout involved in the Scouting for Food program, **Rosemary Gilmartin** started volunteering at the IFP with Dan by her side. Her social work background and life-long commitment to addressing needs of the underserved inspired Rosemary to join the pantry founders and grow the IFP to meet the increasing demand.

In 1997, Rosemary was hired as the first Executive Director, and in 1998, together with the founding team, incorporated the Interfaith Food Pantry as a 501(c)(3) organization. As more people sought assistance, more storage and office space was needed than what was available at the church’s distribution site. Rosemary was able to secure a temporary site on South Street, across from Kings Food Markets.

Then in 2000, the unimaginable happened, the First Baptist Church burned down. After an extensive search, the perfect new distribution spot for the IFP was found at 190 Speedwell Avenue, but funds were needed for the lease, so Rosemary sent an urgent plea to supporters. Thanks to the support of the greater community, the IFP still operates a site at 190 Speedwell Avenue, which remains a vital food source for those in town or who rely on public transportation.



The temporary site owned by the town on South Street was eventually sold and demolished, but by that time the IFP’s needs had grown dramatically, so Rosemary reached out to **Cissy Laureys**, a Morris County Freeholder for help. Together, they launched a valuable public-private partnership with the County of Morris, and in January 2000 the IFP moved into space at 540a West Hanover Avenue. This new location made it possible to expand operating hours to include Saturday and evening distribution sessions

and the **“Working Families Access Program”** began. Later that year the IFP took over the County Food Closets, and to this day, continues to supply emergency groceries to the Office of Temporary Assistance located in both Dover and Morristown.



IFP Ribbon Cutting Ceremony, 540a West Hanover Avenue, Morristown

Over the next few years many more new programs were initiated to meet the changing needs of the community. In 2001, when the **County Department of Aging and Disabilities** expressed concern about the number of seniors and disabled people who could not get to either of our distribution sites, the **IFP Home Delivery Program** was established. To eliminate waste and accommodate dietary restrictions, IFP switched from pre-packed bags to its **“Client Choice”** model which also added dignity to the process of receiving much needed food. The **“Healthy Choices”** program was established to increase access to healthier foods and nutrition education. As the IFP programs grew, so did the number of volunteers. More and more companies and houses of worship became engaged and the number of clients expanded dramatically. Between 2000 and 2007, the number of families served by IFP increased by 111%, and the amount of food distributed increased by 195%.

Outgrowing the space on West Hanover Avenue, in 2008, the IFP worked with **Freeholder John Murphy** to secure a site for its new facility at 2 Executive Drive, and began a 2.7 million dollar capital campaign for its construction. It was a



2 Executive Drive Ground Breaking Ceremony.

challenging economic time, but thanks to Rosemary’s leadership, a dedicated Board and Capital Campaign Committee, and allies such as the **Walsh Company**, **Graham Curtin**, and others too numerous to mention, a new warehouse, pantry and resource center was opened in 2011. This new facility enabled the IFP to greatly expand its reach and improve the quality of services to the community. Expanded refrigeration capacity has also increased clients’ access to fresh dairy, produce and meats through our **“Free Farmers Market”** and **“Food Rescue”** programs.

More recently, after realizing that lack of transportation to our sites significantly limited access to healthy food for people in need throughout the County, IFP secured a \$100,000 grant from **Impact 100 Garden State** to fund the **“Healthy Choices Mobile Pantry”**. Now, the IFP delivers fresh produce and other perishable healthy food options to smaller food pantries and low-income senior housing units as well as offering senior friendly foods through our **“Helping Hands Meals-On-Wheels”** program.

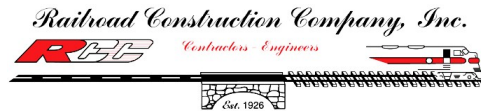
Today volunteers, staff, and board members at the IFP continue to work to identify the areas of greatest need and are exploring new strategies to continue the fight against hunger in our neighborhoods. With the support of a community that contributes food, funds and volunteer time, we are poised to continue our work toward the goal of ending hunger in Morris County!

# Thank you to all of our Spring Gala Supporters!

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The Bernards Inn  
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Tuscan Table  
Umbriac Family  
Up Thai Restaurant  
Uptown Art  
Verde Ristorante  
Verizon Wireless Zone  
Voltaire Cycles  
Wallace Ventri  
Walmart  
Walpole Outdoors  
Wednesday Night Volunteers  
Wegmans  
Whiting Family  
Willis Towers Watson  
Willow Street Boutique  
Windswept Boutique  
Wish  
Write on Gifts  
Wyndham Destinations  
Wyndham Hamilton Park Hotel  
Yama Sushi



## Silver Anniversary Gala - A Sterling Success



Over 300 guests, including past Board Members and families of IFP founders, joined us to **Honor our Past, Embrace our Future and Celebrate Twenty-Five Years** of fighting hunger in Morris County at this year's Silver Anniversary Gala. **Rosemary Gilmartin, retired Executive Director**, was the guest of honor as we collectively acknowledged her 24 years of service.

The evening opened with a musical number, *Feeling Good*, by off Broadway performer, **Michael Lewis**



**Mejia** (left) which created a wonderful atmosphere in the ballroom from the very beginning. He also honored Rosemary with a rendition of 'You Raise Me Up'. Several poignant presentations, including a professionally prepared video documenting IFP's history, ensured the warmth and good feeling lasted throughout the night. A roaming artist sketched digital portraits of our guests for them to share via social media channels, and the new Silver Spoon raffle gave participants the opportunity to win a Live Auction prize, which added to the excitement of the evening.

A highlight of the night was when **Carolyn Lake**, new IFP **Executive Director**, took the stage to honor Rosemary with a "**Lifetime Achievement Award**". *"On behalf of the board, staff, volunteers and the thousands of families across Morris County that you've touched, thank you. Your vision, hard work, compassion and relentless desire for justice for those less fortunate built this organization from the ground up."* Carolyn said.

Closing the evening on an emotional note was client speaker and IFP volunteer, **Margaret (Mack) Boehm**. She talked about a low point in her life, when medical bills were overwhelming, bankruptcy loomed, and her husband unexpectedly passed away. She shared that in

many moments during those trying days, the relief the Pantry provided was much more than food. *"My experience coming to the Pantry was very different than what I was use to, I felt welcomed here. It's the way they treated me, with respect, and I never once felt like they were giving me a hand out, instead they were giving me a hand up. It is also one of the reasons why I volunteer here as well, I want to pay it forward and try and help someone else in need too!"*

Mack's story served as a reminder that the economic challenges that happened to her can happen to anyone. You can read her story on page 5.



**Mack**, center, is flanked by **Kevin Cushing** winner of our 50/50 drawn by Mack, and **Sandra Benedict**, IFP **Director of Development**.



**Shannon Gausepohl** of **Picatinny Federal Credit Union** and IFP's **Young Professional Council** offers a generous gift during the Fund-A-Cause portion of the evening.

With a record number of guests, the largest silent auction in IFP history, an exciting live auction, and the addition of the Silver Spoon raffle, the Silver Anniversary Gala yielded over \$230,000 for the Pantry. In addition to a truly successful evening, guests can feel good knowing their donations raised a record amount of Gala income and will be put to good use furthering IFP's mission moving forward.

Thank you to the **Silver Anniversary Gala Committee** for their assistance in planning beforehand and executing the night of the gala. A special thanks goes out to our **Honorary Gala Chairs**, **Ann Corwin, Russ Hall, Maryann Verdon, Tim Lockwood, Greg Supron and Edward Walsh** for providing insight into the Pantry's past, guidance on initiatives currently underway, and thoughts on preparing the Pantry for the next 25 years and beyond. The collective effort of both these teams saw to it that IFP appropriately honored our past, embraced our future and celebrated 25 years of neighbors helping neighbors in Morris County.



**IFP Staff and Board members** gather around **Rosemary Gilmartin, retired Executive Director**, to present her with IFP's first ever **Lifetime Achievement Award**.



## Silver Anniversary Gala Continues...



At Left: Retired IFP Executive Director, **Rosemary Gilmartin**, celebrates 24 years of service at the Silver Anniversary Gala, with her husband **Tom Gilmartin** (left) and son, **Daniel Gilmartin**.

At Right: IFP Board President **Greg Supron**, Congresswoman **Mikie Sherrill**, **Rosemary Gilmartin**, **Carolyn Lake** and Assemblyman **Anthony Bucco, Jr.**



At Right: Departing IFP Treasurer **Stuart Wiet** was recognized for 10 years of service on the IFP Board of Trustees. **Carolyn Lake** presented her award and stated that *"Stuart's willingness to go above and beyond what you would expect from any volunteer board member has been a truly invaluable gift to the IFP."*

Far Right: IFP staff and volunteers created a warm welcoming committee for the 300+ guests who joined us for the event.



## The IFP Was There For Me...



Margaret "Mack" Boehm speaks about her experiences that led her to the IFP.

**Margaret Boehm, Mack**, as she likes to be called, was married, owned a home and had a son. She was working in Human Resources at a local company when she went in for what she thought was a routine surgical procedure. Unfortunately, Mack developed a pulmonary embolism during surgery rendering her unable to breathe on her own and making it necessary to put her into a drug-induced coma for five weeks. At this point, her whole world changed. *"When you come out of a coma, you don't just jump out of bed like you see in the movies. As I tried to move, I realized my legs didn't work, no matter how hard I tried. I had to re-learn to walk, talk, and even brush my teeth again. It took months and the resulting health complications took years to work out."*

Mack was fortunate that she had a huge support system including her entire family, but, her son, AJ, who was 22 at the time was her rock. He drove to the hospital or rehab facility every day after working 8-hours to visit, and this continued for over 2 years. He was devoted to his mom, putting his life on hold to be her caregiver.

The emotional and physical toll was enormous, but the financial cost proved to be a tremendous burden for her. The medical expenses, alone, were over \$800,000 and her insurance only covered a very small portion. She started trying to pay her bills, draining whatever funds she and her husband had saved up, going through her 401K and scrimping and saving at home. She reached out for whatever assistance and answers she could get – insurance companies, doctors and hospitals. *"I tried going back to work but ultimately, I had too many complications and had to leave."* With no income and nowhere else to turn, Mack filed for bankruptcy. Then, shortly thereafter, her husband who had been suffering with his own health issues unexpectedly passed away. She was now alone, unemployed and physically weak. She reached out to government agencies but wasn't eligible to receive assistance since she was receiving disability and a small pension from a job she had years ago. And

then, *"one day I came across the IFP's Farmers Market online while searching for services for seniors. Thinking it was a program that encouraged seniors to eat healthier by providing low-cost produce I arrived, prepared to hand them what little money I had for groceries. Imagine my surprise when they asked for my IFP ID?! In that moment, everything changed. I met with IFP staff member **Diana Garcia** who explained that I was at a food pantry and that no one in need was ever turned away. Someone was offering me much-needed assistance after I tried so hard to qualify at other places and was rejected time after time! This was too good to be true, and it was the beginning of my love affair with the IFP."*

*"When you're at a low point in life, it's easy to question your self-worth. It's such a gift to find a place that makes you feel like you have value, simply because you are a fellow human being. You see it's more than the food assistance that draws me to the Pantry. It's the kindness, community and the sense of belonging they provide their clients. Food is a necessity but being accepted and warmly welcomed means everything. Now things have stabilized in my life. The assistance I received allowed me to get back on my feet and I no longer have to put off paying my bills to buy food. I am a regular client at the Pantry, but what is more rewarding is that I am also a Pantry volunteer. I work with **Julia Murtha** in the warehouse preparing produce for distribution, in the kitchen assisting with **Katy Galton's** cooking classes and the **Kitchen 2 Table** program. It's so fulfilling to be able to pay-forward the warmth and support the Pantry gave me when I needed it most."* The IFP is very grateful to have Mack with us as well - kudos to you too!

## Education and Youth Engagement

### Students Learn An Important Lesson



**Third grade Brownie Troop 6585, from St. Vincent Martyr School in Madison,** toured the Interfaith Food Pantry and completed a service project on Valentine's Day.

The troop brought 350 pounds of food to the Pantry that was collected from the SVMS community through a week-long food drive during Catholic Schools Week. The Brownies also sponsored a **Hunger Awareness Tag Day** at school where students paid \$1 to wear their own clothes instead of their uniform, which earned \$446 in donations for the Pantry. Through these initiatives, the Troop learned that they have the power and responsibility to help their neighbors in need.

### Special Thanks Go To...

**Eli Kaufman**, who donated \$350.00 to the IFP in lieu of birthday gifts. This is Eli's fourth year in donating to the IFP.

**Hannah Reinhardt**, who donated money to the IFP from her Tzedakan "Charity" Box.

**Skyler Hayden Bouché**, who collected over 130 pounds of food for the IFP from friends, in lieu of birthday gifts, at a recent party held in her honor. This is Skyler's fourth year in helping to make a difference.

### Hunger Doesn't Take A Summer Vacation



As you plan to enjoy the warm weather, the IFP begins to experience a donation drought. Summertime means that regular food donors such as schools, scouts, houses of worship and companies all take a break at the same time.

Yet when school is out, many children who usually receive subsidized or free breakfast or lunch programs during the school year, now must eat at home which puts an extra strain on their families. This then puts an additional strain on the IFP. Please remember that we rely on your food donations to help us through and to keep our shelves stocked. If you are involved with any type of sports teams or clubs during the summer ask them to get involved with a food drive. Resources can be found on our website at [www.mcifp.org/fooddrive.htm](http://www.mcifp.org/fooddrive.htm)

## Empowering People

### Junior League Empowers Kids & Families



Snow on Super Bowl weekend led to the postponement of the **Junior League of Morristown's Family Cooking program** here at the IFP. However, that didn't deter the IFP families from rescheduling to the March session where they learned to prepare and eat Super Bowl Snacks. They had fun eating and devouring BBQ Turkey Sliders, Loaded Fruit Nachos, Cauliflower Buffalo Wings, and Sweet Potato Skins. The program concluded in April with the final session featuring a Spring Brunch including Apple-sauce Carrot Muffins, Green Pancakes, Turkey and Veggie Quiche, and Fruit "Spring Rolls". What a fun, fabulous way for families to prepare and eat delicious, kid appealing healthy meals and learn about cooking and nutrition along the way!

### The Joy of Fresh Produce!



With the arrival of Spring comes the anticipation and joy of fresh herbs and vegetables from the garden. If you are a

home or community gardener please keep the Pantry in mind when planning your garden or community plot this year. Consider planting more than you will need and bring the extra to the Pantry! Spread the word to your family, friends, house of worship, school, community garden or other organizations that might like to share their abundance with our Pantry clients. Last year we distributed more than 276,000 pounds of produce, much of it donated from local growers and farms, which Food Pantry participants enjoyed throughout the growing season. For more information about donating fresh produce contact Katy at [katygalton@mcifp.org](mailto:katygalton@mcifp.org) or 973 538 8049 ext. 216.

### Learning to Eat Healthy!



Seniors in the **Jefferson Chase Senior Housing** that participate in the Senior Food Box Program, part of the Food Pantry's Healthy Choices Mobile Pantry, enjoyed an informative and tasty program provided by **IFP Intern Heather Gerding**, a graduate

nutrition student from the **College of St. Elizabeth**. While learning about the importance of including vitamin A rich foods in their diet, they each assembled their own sweet potato taco. Yum! They agreed they were delicious and nutritious!!

## 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 from January to March, to help keep the Pantry shelves stocked. A big THANKS to all! (Donations are in pounds unless otherwise noted.)

Torey J. Sabatini Elementary School, Madison, 5,635

Boy Scout Troop 25, Madison, 4,079

Rockaway Valley School, Boonton, 2,697

Oratory Prep School, Summit, 1,136/\$1,000

Washington Avenue School, Chatham, 646

Parsippany Hills High School, Morris Plains, 538

Salem Elementary School, Whippany, 530

Mountview Road School, Hanover, 472

Randolph High School, Randolph, 466

Assumption School, Morristown, 448

Morris Knolls High School, Rockaway, 407

Mendham Elementary School, Brookside, 366

Bee Meadow School, Whippany, 292

Girl Scout Troop 96261, Morris Plains, 198

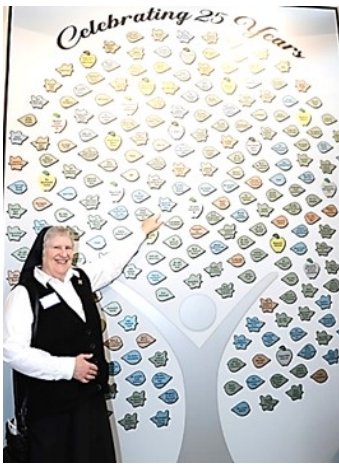
Normandy Park School, Morristown, 168

Goddard School, Florham Park, 157

Gill St. Bernard School, Gladstone, 155



## Volunteer News



### Giving Tree Unveiled!

The Interfaith Food Pantry's **25th Silver Anniversary Giving Tree** was unveiled at a reception in March. The tree acknowledges many of the generous individuals, companies, organizations and houses of worship that support the Pantry.

Left, **Sister Mary Joseph Schultz, SCC, Pastoral Associate at Christ the King Church in New Vernon**, points out their metallic blue oak leaf.

### New Volunteers—Welcome

Beth Adams  
Julia Castro  
Nancy Collins  
Beverly & John Guarino  
Cindy Johnson  
Cristina Jorge  
Anne Koenig  
Lorraine Krulik  
Carolyn Milan

Geoffrey Millington  
Alexis Minniti  
Adrienne Novak  
Ivone Parra  
Margaret Scorune  
Tom Scorune  
Masab Siddiqui  
Vicki Walsh  
Marilyn Willett

**Transitions:** Our condolences to: Lloyd Williams on the passing of his wife and IFP volunteer Jean Williams; volunteer Denise Greenberg on the passing of her mother Carol Weyand; and to the family of past IFP volunteer Patricia Cox. Our deepest sympathies are with you all.

### Volunteer Opportunities at the IFP

**IFP Farmers Market** at 190 Speedwell Ave., Morristown: Several able bodied individuals are needed to unload IFP vans, unpack produce boxes and setup for farmers market every other Thursday from 3:30 to 4:30pm. Must be able to lift between 40 to 50 pound boxes.

**Kitchen2Table Lead Instructor** at 2 Executive Dr., Morris Plains: Culinary/commercial food preparation knowledge or experience plus supervisory and organizational skills. Serve-Safe certification a plus, but will train. Lead groups in food prep, cooking and packaging. Commitment: 1 Friday per month from 11:00am to 4:00pm plus time to prep food/prepare kitchen & menus.

**Kitchen2Table Assistant** at 2 Executive Dr., Morris Plains: Culinary/commercial food preparation knowledge/experience with good knife skills. Assists instructor in supervising groups of 10 to 12 people in food prep, cooking and packaging of food for Home Delivery clients. Commitment: 1 Friday per month from 11:00am to 4:00pm.

**Produce Handlers/Packaging** at 2 Executive Dr.: Volunteers with flexible schedules "on call" when needed to sort and bag fresh produce. Usually afternoons, position requires standing.

**Distribution** at 2 Executive Dr.: Assist clients selecting food from Pantry shelves during distribution on Wednesday evenings from 6:00pm to 8:00pm, once or twice per month. Training provided.



If interested in any of the above positions please contact Doug McMahon, IFP Volunteer Coordinator at 973-538-8049, ext. 218 or [dmcmahon@mcifp.org](mailto:dmcmahon@mcifp.org).

### Why Planned Giving?



Planned giving ensures that the Interfaith Food Pantry will meet the needs of our community well into the future and leaves your lasting legacy of caring. Planned gifts may take many forms:

**Bequests**—One of the easiest ways to help us continue to provide food and support to local families in need, well into the future, is to remember us in your will.

**Stock Transfers**—IFP accepts gifts of stock. Our policy is to cash out stock transfers as quickly as possible so the value of the tax benefit will be as close to the value of the donated stock as possible.

**IRA Rollover Contributions**—Many of our donors age 70-1/2 and older are choosing to make Qualified Charitable Distributions (QCDs) directly from their IRAs to satisfy their Required Minimum Distribution without counting as taxable income. It's an excellent way to make the most of your charitable giving.

#### **Charitable Remainder Trusts and Gift Annuities**

Can provide you with regular income to meet your specific financial needs. Trusts and Annuities are administered for the IFP in partnership with the Community Foundation of New Jersey.

#### **Life Insurance**

You can also designate the Interfaith Food Pantry as a beneficiary in your life insurance policy.

**Please Note:** When you opt to make a planned gift to the IFP, we suggest that you seek the counsel of your personal financial advisor, attorney, accountant, banker or insurance professional prior to making the gift.

For more information on QCDs and many other giving options, visit <http://mcifp.org/donate/>.

### Remembering Martin Luther King, Jr.— Day of Service



From left, **Sydney, Michele & Russell Webb** with **Willis Towers Watson** volunteers **Tom Rogers** and **Christian Oliveras**.

On January 21, 2019, **Martin Luther King, Jr. Day**, several employees from **Bayer** and **Willis Towers Watson** volunteered their time at the IFP. Joining them was the **Webb Family**, **Michele** and her two children **Russell** and **Sydney**. Russell had a school assignment which required him to volunteer on MLK Day. In a note he wrote to the IFP regarding his experience unpacking boxes and sorting food he commented "I did a lot of work and had the chance to meet some really nice people. We had interesting conversations which made the time go by a lot faster, by the time we were done talking everything was finished. No one noticed we worked for almost two hours. While I was volunteering, it made me feel good to help others and to carry on Martin Luther King, Jr.'s legacy through the National Day of Service." Russell enjoyed his day of volunteering and the Pantry was grateful for everyone's help!

#### Board of Trustees

Meets 7:00pm on third Wednesday of the month

**Greg Supron**, president

**Tim Lockwood**, vice president

**Tracey Polifka**, secretary

**Stuart Wiet**, treasurer **John Eade**, assistant treasurer

**Russ Hall** **Patrick McGuinn** **Guy Raymaker**

**Chris MacDonald** **Bruce Seidmon** **Ann Corwin**

**Carolyn Lake**, executive director

#### Staff

**\*Phil Alcock**, warehouse assistant

**Tony Aviles**, assistant warehouse manager

**David Bean**, assistant food & facilities manager

**Sandra Benedict**, director of development

**Joanne Rinaldi Brashier**, grants manager/community relations & development associate

**\*Tess Clarken**, community garden coordinator

**\*Katy Galton**, nutrition educator

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

**Liliana Herrera**, client services manager

**Denise Hurtado-Valdez**, client services associate

**\*Bob Johnson**, warehouse assistant

**\*Liz Laverty**, office assistant

**Doug McMahon**, volunteer coordinator

**Meg Manbretti**, office manager

**Patrick Mitchell**, mobile pantry & warehouse assistant

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

**German Ortiz**, client services assistant & office coordinator

**\*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

### June/July

**6/1-6/22** Kings Pantry Apple program

### August

**8/6** National Night Out (Mennen Arena)

### September

**9/16** IFP Golf Outing Mount Tabor Country Club

**9/29** Fall Festival - Morristown

### October

**10/17** Volunteer Recognition Dinner

### November

**11/28** 13th Annual Turkey Trot

## Statistics

### January 1 - March 31, 2019

Lbs. of food distributed	262,828
# Households served	3,626
# Visits to & from IFP sites	5,023
Avg. # households per month	1,209
Avg. # people served per month	2,512
Avg. lbs. food per month	87,609

### Your Time = Money for IFP

Did you know that some companies award grants to the IFP based on the volunteer time given by their employees & their retirees? Check with your employer to see if your company has a similar program. Also, many companies match employee charitable donations. See if your company is one...a partial list of employers is located on our website at [www.mcifp.org](http://www.mcifp.org)

Return Service Requested

Interfaith Food Pantry  
2 Executive Drive  
Morris Plains, NJ 07950

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](mailto:interfaithfoodpantry@mcifp.org)