

*Over 20 Years of Neighbors Helping Neighbors*

# Notes From The Pantry

## From the Executive Director

Dear Friends,

Happy Spring! As you read through this edition of *Notes from the Pantry* you'll notice that, as always, we are as busy as ever adapting to the ever-changing needs of our community. As you know we rolled out our Healthy Choices Mobile Pantry this year to strengthen the food security network and fill in gaps that were identified during our long-term strategic planning session – low-income working families moving to the far reaches of the county in search of affordable housing, and a rapidly growing senior population experiencing food insecurity. We are so thrilled with the early success of these programs and so happy to share the responses of the people who have benefited from these with you on page 3.



Hyatt employees volunteer to bag produce for Mobile Pantry clients.

At the same time we are outreaching to more people, expanding the breadth of our programs, we are also expanding the depth of services we offer by leveraging innovative programs that have become available to share with our clients. We are helping people become more self-sufficient through a new

partnership with Single Stop, providing on-site benefits screening. We're empowering people with diabetes or pre-diabetic conditions to take charge of their health through an expanded project with our friends at Morristown Medical Center. We have dramatically increased the amount of fresh produce and healthier food options we have available for clients through our partnership with the Community Food Bank. Finally, we continue to reach more young people through our Youth Education program, educating them on the issues surrounding hunger so that future generations will be inspired to make significant differences.

All of this is taking place against a backdrop of what seems to be uncertainty among many of our constituents. The political shift in Washington is leaving many people in a "wait and see" mode as we are all aware how quickly legislative decisions can impact programs meant to assist those who are struggling, such as SNAP (food stamps), utility assistance and others. We encourage you to stay involved and stay informed. We have many excellent resources available on our website so be sure to visit often to keep up with all the latest news.

Lastly, we care a great deal about our supporters and about what's important to you! Please feel free to share any questions, concerns or comments with us via email at [interfaithfoodpantry@mcifp.org](mailto:interfaithfoodpantry@mcifp.org), through the contact form on our website or through our Facebook, Instagram and Twitter pages (we enjoy interacting with all of you there!).

As always, thank you for all your support and for being part of the solution!

*Rosemary*

### Current Needs\*

- ▶ Dry milk (1 qt. pkg.), Parmalat, & Evaporated milk
- ▶ Calcium fortified milk alternatives (soy, rice, almond milk)
- ▶ Oatmeal, cereal (low sugar, high fiber); Peanut butter
- ▶ Soups (regular, hearty and low sodium); Pasta
- ▶ Canned fruit or 100% fruit juice (32 oz.) (no sugar added)
- ▶ Canned beans (pork & beans, pinto, red, white, black)
- ▶ Tuna fish, canned meats and meals, hash, stew
- ▶ 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.

### 2017 Golf Outing

Our 12th Annual Golf Outing will take place at the Mount Tabor Country Club September 18th.

Watch our website for registration and sponsor information.

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



## Education and Youth Engagement

### Education Updates

To advance hunger awareness, IFP Education Coordinator, **Erin Long**, has been busy visiting schools with age-appropriate lessons. Schools that recently welcomed her included **Long Valley High School**, **West Morris High School**, **Drew University**, **Oak Knoll School**, and **North Plainfield High School**.

Younger audiences learn about the causes of hunger, while high school and college students are presented with more complex content such as the public policy underpinnings of the hunger problem. Erin shares some specific steps individuals can take to help alleviate hunger in their communities.

Some groups were spurred on to run food drives in their schools, scout troops or other organizations, while older students, such as those from **West Morris High School**, are becoming even more involved, engaging policy makers by writing to their local congressman about the issue of hunger in their state.

Interested in learning more? Contact Erin at [erinlong@mcifp.org](mailto:erinlong@mcifp.org) or call 973-538-8049 x230.

### Tackling Allergies

When **Abe Kadushin** considered the question of what type of service project he would do in preparation for his Bar Mitzvah, the answer was quite simple and very close to home, especially since he and others in his family deal with food allergies on a regular basis. His research into the topic showed that there are 15 million Americans who have food allergies, so Abe reached out to the IFP to see if this was an issue among our clientele.

Learning that 110 of our clients or families have food-related allergies Abe decided to sponsor a food-allergy-friendly food drive. Working with the in-house dietitian at **ShopRite of Greater Morristown**, he created a flyer listing specific food-allergy-friendly foods, even detailing their location in the ShopRite store to make it easy for people to shop for the items needed! To raise awareness about the topic, Abe also included a section highlighting facts about allergies. He and his sisters, **Eliana** and **Isabella**, distributed the flyers to more than 200 neighbors, and collected 204 pounds of food-allergy-friendly foods for IFP clients. We are so grateful to Abe for the efforts to raise awareness and gather food for our clients who have special food needs!



Above, **Abe** stands proudly with his sisters **Isabella** and **Eliana** as they deliver allergy-friendly food to the IFP.



Pictured above, left, is **Liliana Herrera**, IFP Client Services Manager, with members from the **First Presbyterian Church of Mendham**, ("Hilltop Church") with their donation of 'bunny bags' filled with snacks and kid-friendly items created for children by children!

### Souper Bowl of Caring

Each year, the Souper Bowl of Caring initiative engages youth to help fight hunger and poverty in their own communities, coinciding with the Super Bowl football game. We are grateful to the youth groups from the following churches, who together raised \$8,085 for the IFP: **St Jude**, **St. Mark Lutheran**, **Christ the King**, **Samaritans at Resurrection**, **First Presbyterian Church of Mendham**, **Church of the Assumption**, **Presbyterian Church of Morris Plains**, **St. Virgil** and **Trinity Lutheran Church**.



### Your Time = Money for IFP

Did you know that some companies will award grants based on the volunteer time given by their employees and retirees? We are currently receiving such grants from **ExxonMobil**, **Colgate/Palmolive**, **Daiichi Sankyo**, **New York Life**, **Sanofi Aventis** and others. Check with your employer to see if your company has a similar program!

In addition, many companies **match employee charitable donations**, sometimes for even double the amount. A partial list of employers is available on our website at [www.mcifp.org](http://www.mcifp.org). If yours isn't listed, just ask!

## 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! (Donation in pounds unless otherwise marked.)

Boy Scout Troop 25, Madison, 3,934

Torey J. Sabatini Elementary School, Madison, 3,884

Rockaway Valley School, Boonton, 1,260

Randolph High School, 1,122

Mendham High School, 971

Boy Scout Troop 109, Mendham, 956

Roxbury High School, 806

Mendham Township Elementary School, 772

Assumption School, Morristown, 744

Washington Avenue School, Chatham, 482

Salem Drive School, Whippany, 470

Hanover Township Board of Education, 434

St. Elizabeth Nursery & Montessori School, Parsippany, 420

Randolph Township Girl Scouts, 388

Goddard School - Florham Park, 387

Parsippany Hills High School, 368

Morris Knolls High School, Rockaway, 295

Unity Charter School, Morristown, 272

Millburn High School, 270

St. Pius X School, Montville, 170



## Empowering People

### Healthy Choices Mobile Pantry Program Takes Off

The IFP's new Healthy Choices Mobile Pantry is off to a great start and we are now providing services supporting two focus areas: families in need in far-reaching communities where it may be difficult to get to either IFP location and low-income seniors in public housing. The program, partially funded for two years by a \$100,000 grant we received from **Impact 100 Garden State** (among others), is aimed at serving those in need of healthy food in towns identified as having large numbers of residents experiencing food insecurity.

#### Pantry Partners Network

With the goal of being able to provide healthy food to people in need no matter where they live in the county, the IFP has begun partnering with smaller pantries in areas where there is significant need and limited access to our sites. Since January we have been making monthly deliveries of fresh produce to partner pantries in Butler and Netcong. Since these facilities primarily offer only non-perishable food, this is a welcome addition. More than 60% of the clients surveyed indicated they do not have fresh produce on a regular basis because they can't afford it. Some comments include *"I have some health issues, and eating better with the items you give will help me deal with my diabetes."* and *"I run out of money before I can buy fresh food!"* The IFP is working to expand these services to even more pantries.



IFP warehouse assistant **Patrick Mitchell** with the **IFP Healthy Choices Mobile Pantry**.

From January through March, the Mobile Pantry has already provided healthier foods to 173 households, serving 258 adults and 57 children. In the first quarter alone, 2,318 pounds of fresh fruit and vegetables, and another 6,798 pounds of bread, shelf stable milk and other foods were brought out into the community to meet the needs of a whole new group of clients.

#### Senior Food Box Program

In addition to our visits to remote food pantries, the mobile pantry also enables the IFP to reach another at-risk population. Each month the IFP supplements 100 USDA senior food boxes we receive from the Community Food Bank with fresh produce, bread and other items. The Mobile Pantry delivers these boxes plus the extras to low-income senior public housing units that have been identified with help from the County Department of Aging. An on-site coordinator (usually a social worker) handles distribution to the residents who have already been screened and registered for the program. Participants even enjoy helping each other out when transporting the boxes to their apartments. Senior facilities in Butler, Madison, Mt. Olive/Flanders and Oak Ridge are already on board, and we're working to expand to other senior housing sites in Morris County. Comments about the program are very heartwarming such as *"This is wonderful. I can't believe that you are willing to come all this way to do this for us, people you don't even know!"*

### Education and Diabetes Prevention

Each month during distribution sessions, **Katy Galton**, IFP nutrition educator, and a cadre of dedicated volunteers, present healthy eating topics highlighted by cooking demonstrations and free samples. Recent programs included cancer and diabetes prevention.

Based on the success of a program we ran last year in partnership with the Community Health Team at **Morristown Medical Center**, we are once again offering a 9 month Diabetes Education and Prevention Program for clients diagnosed with diabetes, pre-diabetes or have a family history of the disease.

### Garden News

#### Plant for the Pantry!

Please keep the IFP in mind as you begin planting your garden. You can make a real difference in the lives of our clients by planting more than you need for your own use. Suggest the same to your family, friends, house of worship, community garden or other organizations that might be willing to plant extra as well. Last year we received nearly 70,000 pounds of donated fresh produce from community and home gardens and farms. Let's see if we can beat that number this year, and keep lots of healthy fresh options available at the IFP for our clients!



#### Volunteers Needed

We are looking for a few **"Veggie Volunteers"** to help out during food distribution by providing information and recipes to go along with whatever produce we have on hand to give out. Please contact **Katy Galton**, IFP nutrition educator, at 973-538-8049 x216 or [katygalton@mcifp.org](mailto:katygalton@mcifp.org) if interested.

#### Gardens - Onsite and To Go!

Our 2017 Community Garden is well under way, and IFP Garden Manager **Erin Long** is grateful for the full roster of committed volunteers ready to help out in this vital area!

For the 4th year running, **County College of Morris** donated the labor and materials to raise plants for the IFP, and 800 seedlings are now being readied for distribution to our clients. We are grateful also to **Root Pouch**, for their donation of gallon size air-and-water-permeable containers made from recycled plastic, to hold the repotted seedlings. During upcoming distribution sessions, our clients will be able to choose among basil and other herbs, tomato, eggplant, cucumber, and pepper plants to grow at home.



Our **Sprouts Program** will kick off for the season in mid-May. With our own IFP garden as the classroom, these sessions engage clients' children in hands-on learning while their parents do their shopping in the Pantry. Children also get a chance to help prepare healthy snacks, many right from our own garden, and enjoy eating them!

# We are Grateful to our Gala Supporters!

A heartfelt "Thank-you!"  
to everyone who supported our

*From Hunger to Hope*  
18th Annual Spring Gala

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Sheer Unisex  
Six Flags Great Adventure  
Slamwich Scratch Kitchen  
Smartworld Coffee  
Somerset Patriots  
SOPAC  
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Square Luggage

Sushi Lounge  
The Supron Family  
Suzi's Salon and Spa  
Takuma  
Thirty-One  
Tito's Vodka  
Turkey Hill  
Umbra  
Uptown Art  
The Urban Muse  
Verona Restaurant  
Walpole Woodworking  
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Willis Towers Watson  
Willow Street Boutique  
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Harry Woods & Carolyn Walters  
Wyndham Hamilton Park Hotel  
Sharon Zuckerman



## Gala Moves IFP Clients "From Hunger to Hope"

With the success of its 18th Annual Spring Gala, "From Hunger to Hope", the Interfaith Food Pantry took great strides in helping clients receive much needed support and security through the Pantry's many diverse programs and will continue throughout the upcoming year. Funds raised from the Gala will ensure the Pantry's shelves are always stocked and that clients will continue to receive a steady supply of nutritious food and access to resources that support self-sufficiency, and will enable the Pantry to continue to educate and engage our community in meaningful ways.

Approximately 260 people joined us for the evening on Friday, April 7 at the Birchwood Manor in Whippany. The 2017 Gala, was a tremendous success, raising over \$181,000 through sponsorships, ticket sales, auction proceeds and monetary donations.

Being honored at this year's event was **2017 Pantry Partner Award Recipient Pfizer**. The company and its employees share IFP values and have a long history and ongoing partnership to help end hunger and improve the lives of neighbors in need. Since the late 1990's, Pfizer has donated more than 10,000 pounds of food, and the company and its employees regularly contribute time and funds to support the Pantry's mission. Pfizer has also donated products and sponsored fund-raising events for the IFP.



**Rich Rezek**, of **Pfizer** accepted the **Pantry Partner Award** from IFP Board of Trustees President, **Greg Supron**.



IFP Trustee **Guy Raymaker** presented the **Outstanding Service Award** to **Willis Towers Watson's Dana Spangler**.

Also honored at the Gala was **Willis Towers Watson**, who received the **2017 Outstanding Service Award**, recognizing its efforts to alleviate hunger and make a significant difference in the lives of neighbors in need. The company has been involved with the IFP since 2012, sponsoring food drives as well as our Spring Galas which are crucial to supporting our programs. The company's employees in Parsippany and Short Hills have donated food, funds and many volunteer hours. Recently, Willis Towers Watson funded a group of employees to take part in our Kitchen to Table program.

The IFP **Neighbors Helping Neighbors Award**, which recognizes a group or individual that truly epitomizes what volunteerism and community action represent, was presented to the **Junior League of Morristown (JLM)**. The JLM has partnered with the Pantry since 2008, when they recognized the potential of pairing

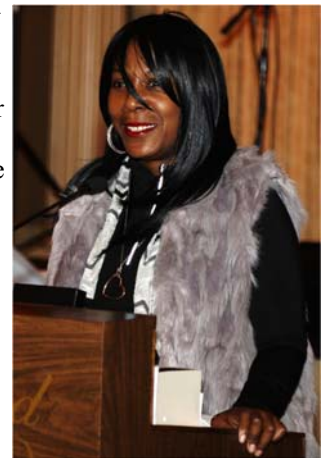
their own Children Making Healthy Choices Program with the IFP Healthy Choices Program, with emphasis on children and families. Starting in a small space when the Pantry was located on Hanover Avenue, the JLM family cooking program has expanded and is now able to accommodate more people in the kitchen at our new facility. Plus members are now utilizing the kitchen to prepare Thanksgiving meals for our Home Delivery clients.



Above, **Katy Galton**, IFP nutrition educator, and IFP Trustee and VP, **Chris MacDonald** present the **Neighbor Helping Neighbors Award** to **Jennifer Harper** and **Heather Bochner** of the **Junior League of Morristown**.

Gala attendees had a great time dancing to music by the amazing **Matt Friedman and Uptown Sounds** and outbidding each other on a fabulous selection of auction items. There were also a number of exciting raffles including the 50/50 drawing (with prizes totaling more than \$5,000!), a tricky-tray style basket raffle, and popular "Don't Cook for a Month" Raffle which features more than \$600 worth of gift certificates to local restaurants.

But the highlight of the evening was hearing from IFP client **Rhonda**, who shared an incredible story of determination. She had suffered a precipitous decline in her health following the birth of her youngest child. Neurological problems developed leaving her in a coma for 3 weeks. Upon awakening, she was paralyzed, unable to walk or even feed herself. It took 5 years, but buoyed by a determined spirit and her strong faith, she learned to walk again and eventually was able to move to a group home for the disabled. Throughout all this time, Rhonda was unable to have her daughter live with her. But things started to change when she found the Interfaith Food Pantry. She began eating healthier, and regained her strength. By saving money on food, she was eventually able to become self-sufficient and moved into her own apartment. Most importantly, she was able to bring her daughter home to live with her!



IFP client, **Rhonda**, sharing her story.

Rhonda and her daughter love cooking together and experimenting with the food and recipes she receives from the IFP. While she doesn't always need the Pantry she is extremely grateful to know that the Pantry is there for her when she does need it. Her inspiring testimony led many Gala attendees to contribute generously during the impromptu fundraising that followed!

Special thanks to a hardworking Gala Committee, led by Chairs **Helen** and **Guy Raymaker**. And please know, it's your efforts that make a big difference in the lives of thousands of people!

## Engaging Our Community

### Wegmans Runs Kitchen to Table

When **Wegmans**, announced its store opening in Hanover, their leadership team, made up of employees from various Wegmans locations, visited the IFP to see how they could help fulfill the needs of our community. When they found out about our Kitchen to Table Program, which provides healthy, microwaveable meals to homebound clients, they sprung into action. Since they already had food, packaging and healthy recipes, they decided to bring their own supplies and provide their talent to cook meals at our site on a monthly basis. Since they began they have already prepared 200 meals for our clients! In addition, they have agreed to continue to provide an additional 50 meals per month when the new store opens.



The Kitchen to Table program goal is to host two groups per month to ensure a steady supply of meals for our home delivery clients. **Bressler, Amery & Ross P.C.**, among others have also participated in this team-building program. For more information, contact Doug McMahon at [dougmcMahon@mcifp.org](mailto:dougmcMahon@mcifp.org).

### Grant Update

We are very grateful to the following foundations which provided generous grants to the IFP from January through March 2017: **Affinity Federal Credit Union, Ferring Pharmaceuticals, First Energy, Investors, L.P. Schenck, Novartis Partnership, and TJ Maxx.**

**Do you know** any corporate or family foundations we should contact? If so, please contact Joanne Rinaldi Brashier at 973-538-8049 x.229 or [joannebrashier@mcifp.org](mailto:joannebrashier@mcifp.org).

### Hunger Doesn't Take Summer Vacation

As many of us make our plans to enjoy the warm weather, the IFP begins to experience a donation drought. Summertime means that many of our regular food drive organizers such as scouts, schools, houses of worship and corporations - take a break from gathering food. Yet when school's out, many children who receive subsidized or free breakfast or lunch programs must be fed at home, creating an extra strain on their families. This combination of forces creates a perfect storm of need - and a food decline here at the Pantry.



Please remember that a large percentage of the food we distribute comes from donations - and **we need your help** to keep our pantry shelves stocked.

If you will be involved with a sports or swim team, summer camp, tennis center or other group that might be willing to help us keep the shelves stocked this summer, **consider running a food drive or fundraiser!** Resources that make it easy can be found on our website at <http://www.mcifp.org/fooddrive.htm>.

### 2016 Giving Tree Unveiled



Nearly 100 donors gathered March 17 for the unveiling of our **2016 Giving Tree**. Above, **GAF** employees point out their leaf. Our thanks to **Corsair Productions** for the tree design, and to **Refined Sight** for the tree production.

### "We've Got Your Back"

Our **"We've Got Your Back"** backpack and school supply drive helps families who might otherwise struggle with this expense. The IFP Corporate Advisory Council will once again sponsor this project to ensure our clients' children have what they need to succeed. Last year, we distributed more than 600 backpacks, and expect to need at least that many in 2017. We especially need donations of neutral colored backpacks, and will also gratefully accept school supplies such as binders, folders, markers, colored pencils, etc. A detailed list of needs will be provided on our website in June.



### Realogy Builds Connection

For the second year in a row our friends at **Realogy** of Madison got together at the Madison Hotel for a team-building activity. The team groups squared off in a competition to build structures out of canned and boxed goods which were later donated to the IFP. In total they collected and donated about 1,440 items! Thank you all for your help!!





## Client and Volunteer News

### IFP Partners with Single Stop

Often, the needs of those we serve go beyond needing access to food. Helping people and families achieve stability is at the core of the IFP mission. To facilitate this, thanks to a grant from the **Tepper Foundation**, the IFP has partnered with **Single Stop**, a national organization that assists families in need by providing on-site screening tools and benefits counseling to quickly and easily identify and apply for resources such as SNAP, low-cost healthcare, utility assistance, social security and disability and other programs for which clients may be eligible.

As part of this program and in conjunction with the **United Way of Northern New Jersey**, the Pantry opened its doors during tax-season to host a team of certified tax preparers who were at the Pantry during food distribution to assist qualified individuals in filing their income tax returns. Approximately 120 families took advantage of the service, which helped them realize an estimated \$150,000 in refunds!

### Thanks to Our Helping Hands

We rely on so many hands to keep the Pantry running - and a lot of those hands belong to volunteers, both individuals and groups. We are very grateful to the many organizations that sent volunteer groups so far this year, including **Assumption Church**, **Assumption College**, **Bayer Corp.**, **Janssen Pharmaceuticals**, **Wegmans**, **Arthur J. Gallagher & Co.**, **Global Aerospace Inc.**, **Parsippany Sherraton**, **Morristown Hyatt**, **Avis Group**, and **Willis Towers Watson**.



Above, Members of **Bayer Corp.** visited in honor of Martin Luther King Jr. Day.



At left, students from **Assumption College**, under the guidance of **Sister Joseph Spring** and IFP's **Joanne Brashier** (3rd and 4th from left) enjoyed their visit while packaging food.

### Hello to New Volunteers!

Rebecka Andrick	Heather Gerding
Tim Buckley	Carolyn Jensen
Kim Bustamante	Kathleen
Rachel Cushing	McNamara
Susan Ford	Laili Naematulla

### Volunteer News

Congratulations to volunteer **Andrea Silverstein** and her husband **Ken** upon the birth of their granddaughter Lily, and to volunteer **Pearl Kramer** and her husband **Mark** upon the birth of their granddaughter Zoe.

Our sympathy to volunteer **Danni Fernandez** upon the death of her father.

Our thanks to **Novartis** for its donation of 15 table and chair sets for our littlest clients. Novartis employees worked with **Susie Schub** and her **Caring Capital** team to build and decorate these adorable gifts. Below is one happy client claiming his table.



### IFP Was There When Circumstances Changed

**Nancy**, a mother of two grown children, was filled with dread the day she realized she needed financial help and food assistance that went beyond what she was receiving from her monthly disability checks. She worked hard all her life, supporting her family, and for years even donated food to the Interfaith Food Pantry through her church. *"I thought I was financially comfortable at one point so never did I think I would need the support and assistance they offered!"*

Several years ago, Nancy was diagnosed with fibromyalgia and lupus, making it harder and harder to work on a regular basis. She never knew whether she would be able to get out of bed because the pain and fatigue in her joints and muscles would be so bad, often leaving her in tears. Despite many trips to doctors and specialists, she eventually was unable to work, and had to leave her job and go on permanent disability.

With little income coming in, Nancy went through what savings she had. Her monthly disability check just wasn't enough to pay her bills and rent and also put food on the table. Friends tried to help, but she knew she couldn't depend on them for the long term. Finally, she turned to the IFP. *"I haven't regretted it. Everyone has been so nice to me, and very helpful."* In addition to receiving much-needed food support, Nancy also met with **Single Stop**, a new IFP partner. As a result, she became aware of other services for which she would qualify. Though her health continues to be a problem, Nancy is grateful for the Pantry and having food on a regular basis. *"I am grateful for the healthy food I receive, the compassion shown to me and the wonderful recipes I get from the cooking classes at the Interfaith Food Pantry. I don't feel so ashamed anymore."*

#### Board of Trustees

Meets 7:00pm on third Wednesday of the month

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**Joanne 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**, director of community relations & development

**Erin Long**, education & garden coordinator

**Doug McMahon**, volunteer coordinator

**Patrick Mitchell**, warehouse assistant

**Julia Murtha**, special events assistant

**Meg Manbretti**, office manager

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

**Wendy Potkay**, business manager

**Jessica Revoloria**, client outreach coordinator

**Val Schuslzer**, warehouse assistant

**Bill Zackoff**, food and facilities manager

## Our Mission

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

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

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

## Hours

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

2 Executive Drive, Morris Plains

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

Special arrangements by request

### Food Distribution - Main Pantry/Warehouse

2 Executive Drive, Morris Plains

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

Monday through Thursday 1pm - 3pm

Wednesday 6pm - 8pm

Saturday 10am - 12noon

1st & 3rd Tuesday 6pm - 8pm

### Food Distribution - Satellite Pantry

190 Speedwell Ave., Morristown

Tuesday 9:30am - 12 noon

Wednesday 9:30am - 12 noon

Thursday 9:30am - 12 noon

2nd & 4th Thursday 5pm - 7pm

## Calendar

### June/July

**6/16-7/7** Kings Pantry Apple program

### August

**8/17-8/24** School Supplies Give Out

### September

**9/18** IFP Golf Outing Mount Tabor

Country Club

**9/24** Fall Festival - Morristown

### October

**10/19** Volunteer Recognition Dinner

### November

**11/23** 11th Annual Turkey Trot

## Statistics

### January 1 - March 31, 2017

Lbs. of food distributed	247,905
# Different households served	2,061
# Different people fed	4,359
Avg. # households per month	1,204
Avg. # people fed per month	2,635

## Double Your Gifts!

Many companies offer employees a **matching gift program** for donations made to non-profit organizations - doubling your donation's value! Check with your HR department to see if your company does. Also, check out our website at [www.mcifp.org](http://www.mcifp.org) to learn more about donating and workplace giving.

TOO MUCH MAIL? 

Return Service Requested

Morris Plains, NJ 07950

2 Executive Drive

Interfaith Food Pantry

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)