



Interfaith Food Pantry and Resource Center

25 years of "neighbors helping neighbors"

Summer 2019

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25 Years of "Neighbors Helping Neighbors" Notes From The Pantry

From the Executive Director

Dear Friends,

It's hard to believe it is August already as we wrap up our final printed newsletter of 2019! There is much to tell you about and you'll see as you flip through the following pages, we have been very busy! But I'd like to begin by acknowledging two very special people. **Stuart Wiet**, our Board Treasurer, left our Board of Trustees after her term expired in May. She has been an incredibly dedicated volunteer for more than 10 years and has been an excellent steward of the organization's finances. We are all so grateful for her contributions to the IFP! Taking over for Stuart is **John Eade**. John is the President and CEO of **Argus Research** and brings with him a tremendous deal of expertise. We're very fortunate that he will be carrying the torch.

Doug McMahon, our Volunteer Coordinator, will be retiring at the end of 2019. I have known Doug for 17 years, and together we have learned, adapted and grown with the IFP. He's been a pillar of the organization since becoming volunteer coordinator nearly 10 years ago, and for those of you who know him like I do, you know his compassion and unwavering dedication for helping others is incomparable. He's been a wonderful colleague and friend and he will be missed, but he's assured me he'll be volunteering in some capacity.

The staff has also been working on a number of development and training initiatives aimed at ensuring we are providing top-quality services to our clients in a caring, safe and healthy environment. Our achievements this year include the completion of CPR/AED/First Aid training, safety and security training, food safety, workplace conduct and verbal de-escalation techniques—all at little or no cost, and with minimal disruption to our normal operation. Our thanks to **Phil Forbes** from the **County of Morris OEM**, **Det. Lt. Mark Chiarlono** of the **Morris County Sheriff's Department**,

and **The ProBono Partnership**, who assisted us with these training programs.

We have also been very busy moving outward in the community, and as you read on in this newsletter, you'll find articles peppered throughout detailing the many new programs and initiatives made possible with your help and support. In partnering with the **Township of Parsippany-Troy Hills**, we successfully launched our first **Mobile Free Farmers Market** at **St. Peter the Apostle Church** in Parsippany. We also expanded our **SUN (Senior Umbrella Nutrition)** Programs which included the addition of new households to our Home Delivery Program and our Helping Hands Meals-on-Wheels Program. Also, in partnership with the **Morris County Housing Authority** we began a new program with **Morris Mews Senior Housing Facility** that expands the residents access to our Morristown Pantry and Free Farmers Markets.

Our response to senior hunger comes on the heels of research conducted by the students of **Professor Patrick McGuinn, Ph.D.** and **Professor Lisa Jordan at Drew University** that examined the issue. Of the seniors surveyed by the students, they found 22% to be food insecure and skipping meals in order to save money. Additionally, 16% said they were concerned about running out of food or had run out of food before they received money to purchase more. The full report is available on our website at www.mcifp.org.

We know we are making great strides in our fight against hunger, but there is still work to be done! We hope we can count on your support. Together, we can truly make an impact!

Carolyn

Current Needs*

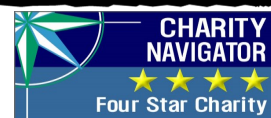
- ▶ Dry milk (1 qt. pkg.) & Evaporated milk
- ▶ Calcium fortified milk alternatives (soy, rice, almond milk)
- ▶ Cereal (low sugar, high fiber)
- ▶ Peanut butter (18 oz size preferred)
- ▶ Soups (regular, hearty, low sodium & condensed)
- ▶ Pasta (regular & whole wheat) & Pasta Sauce
- ▶ Canned fruit
- ▶ 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; cereal (rice)
- ▶ Baby wipes

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

Save These
DATES

(see back page for full list)

- ▶ **Monday September 16**—Our 14th Annual Golf Outing, Mount Tabor Country Club. Details on page 7.
- ▶ **Thursday, November 28**—Our 13th Annual Thanksgiving Day Turkey Trot. Details on p. 7.
- ▶ **Friday, April 17, 2020**—Our 21st Annual Spring Gala,



What's New At The Pantry?

Welcome New IFP Board of Trustees



"I think of the IFP as my extended family. It is exhilarating to me to be able to donate my time, talent and treasure. The people I interact with all have a passion to help others in need."

With over twenty-five years of sales and sales leadership experience, Tom is Vice President of Sales in the Global Business Intelligence (GBI) Division of J.D. Power. He received his MBA in Marketing at Fairleigh Dickinson University. Tom enjoys spending time with his wife Kathy, two daughters, Amanda and Samantha, and the family dog Teddy. He also enjoys family time spent on Long Beach Island. Tom has been volunteering at the IFP since 2014 through numerous events and joined the Corporate Advisory Council in 2015. *"I always had a keen interest in giving back to those in need and have always taken active roles in community service events within my companies. I wanted to continue to expand my contributions and feel honored to be a part of the IFP Board of Trustees."*

"Being around the passionate and committed team of leaders and volunteers at the Interfaith Food Pantry is a deeply rewarding and quite joyful experience!"

Raised on Long Island, Brian now resides in New Jersey. He is currently the Vice Chairman of APX, Inc. He is married to his wife MaryAnn and they have three grown children Taylor, Sarah and Megan. When not at work, he enjoys boating, golfing, tennis and spending time on Cape Cod. Brian often volunteers at the IFP making food pick ups and deliveries. When asked to join the IFP Board of Trustees, he was both surprised and honored to be considered. He looks forward to working closely with our other passionate trustees to help guide the IFP through new challenges and opportunities. *"I am continually struck by the irony of living in a country and indeed a state of such significant prosperity, yet there are so many left behind and in need of assistance to get through the day and provide for their families. I am humbled to be a small part of the efforts here at the IFP."*



Brian Storms



The IFP means being a part of a great organization that puts the needs of others first. They make sure everyone who comes to the Pantry has access to fresh and healthy food and is educated about the importance of proper nutrition."

An alumni of Pennsylvania State University, Dana is an actuary and works as a pension consultant at Willis Towers Watson.

When not working or volunteering at the Pantry, she enjoys spending time with her husband Len and son AJ, relaxing on the beach, baking and working on craft projects. Dana has been volunteering at the IFP since 2013 in a number of different areas including running food drives and the "We've Got Your Back" school supply program, packing holiday food, taking part in our Kitchen 2 Table events and participating on our Corporate Advisory Council. *"I am extremely impressed by how well the IFP is run and the direction it is going. So when I was asked to join the IFP Board of Trustees, I was happy to do so."*

Dana Spangher

"I love the feeling I get when I am volunteering with the Pantry, and truly making an impact on people's lives. I am passionate about all the people I meet!"

A Pennsylvania native, Nathan attended Seton Hall University, South Orange, NJ on a swimming scholarship, where he met his wife Jessica. He received his MBA in International Business Management and resides in Morris County. Nathan has been volunteering at the IFP for more than ten years in various capacities. Currently he has two home delivery clients and is the Chair of the Young Professional's Committee (YPC). By day, Nathan is Director of Operational Excellence, within the drug safety division of Sanofi. When he is not working or volunteering at the IFP, Nathan enjoys spending time with his wife and four children, Sierra, Joaquin, Francesco, and new addition Stefania. *"I've always had a passion for people, and love giving back to my community. Earlier this year I was asked about joining the IFP Board of Trustees and I am very excited to collaborate with the Board and work on new initiatives."*



Nathan Umbriac

IFP Free Farmers Market Goes Mobile

In June we launched our first Healthy Choices Mobile Free Farmers Market at **St. Peter the Apostle Church in Parsippany**. We supplied vouchers to both the Church and the Town of Parsippany -Troy Hills to distribute to the families who visit their smaller pantries. With produce supplied by the Community Food Bank, we set up shop in the Church Hall and distributed fresh produce to



A volunteer from **M&T Bank** assists a client at our new Parsippany Free Farmers Market.

about 60 families served by those pantries who were thrilled to have the healthier options. We

will be distributing fresh produce from this site on a monthly basis, and expect that we will be able to reach up to 100 new households! Along with our regular volunteers, **M&T Bank** will be sending employees each month to assist.

Harnessing the Power of Technology

IFP has adopted a new giving platform that allows donors to engage with us via their cell phones. **Harness** gives donors the options to easily contribute by rounding-up purchases and making monthly donations. It also includes a text-to-give feature. The Mobile technology will enable us to go greener and empowers donors to choose their communication preferences and makes the donation process a seamless, gratifying experience. **To check out the new Harness platform, text Hunger to 435-08.**

[H A R N E S S]

What's New At The Pantry?

FYI... Staff Changes



Thanks to a very generous donor who wishes to remain anonymous, we have received funding to hire a part-time Education Coordinator to run our newly renamed **"Rosemary Gilmartin Legacy Education Program"**. We are so fortunate to welcome **Kiley Powell** (left) to the IFP family. Kiley will be coordinating our on and off-site youth education activities and volunteers. She will be working with many of the local schools conducting outreach. She will also be developing materials and age-appropriate curriculum to teach students (and their parents) about the social issues affecting hunger in our communities and ways even young people can make a difference. Welcome aboard Kiley!



Doug McMahon, IFP Volunteer Coordinator has announced his retirement at the end of 2019. As many of you know Doug has been with the Pantry for over 16 years, initially managing the warehouse when we were located on Hanover Avenue and later taking over the enormous responsibility of coordinating 250+ "staff" volunteers as well as group visits. Doug will be transitioning to a four day work week in August, and we have hired a part-time person who will take over coordinating Group Volunteer Activities. Please join us in wishing Doug all the very best in his retirement. **Volunteers, please mark your calendars for the annual Celebrate the Pantry Pot-Luck Dinner, Thursday October 17th. Details to follow!**



Doug at our old Pantry site on Hanover Avenue in Morris Township.

New Program Provides Services to Residents at Morris Mews

On June 6th the IFP began a new program at the **Morris Mews Senior Housing Development** on Ketch Road in Morristown. There were a number of seniors located at the site that wanted access to the Pantry but lacked transportation to either of our locations. Now, thanks to the **Morris County Housing Authority (MCHA)**, these seniors are receiving transportation to and from our 190 Speedwell Avenue location which enables them to "shop" for regular food and continue to live as independently as possible. We are also bringing extra produce from our Free Farmers Market to the Ketch Road complex twice per month. The feedback from the residents has been extremely positive. Special thanks are extended to **Cristina Cortez**, **MCHA Program Services Manager**, who helped make this new program possible.

Bags of Summertime Goodness



Above are healthy snacks that go into **Brown Bag Buddies**

For many IFP clients, summertime means their children lose access to the free or reduced breakfast and lunches they receive at school. Replacing these meals at home puts an additional strain on the family budget. **Brown Bag Buddies** are portable packages of wholesome foods from which kids can make up to 6 meals. This summer the IFP provided 400 of these "Buddies" to kids at a local summer camp sponsored by **St. John's Episcopal Church** in Dover. The kids so looked forward to receiving these bags of goodies as did their parents. We are grateful to **Pfizer** who purchased the food and packed the 400 "Brown Bag Buddies". These bags were also available to client children during regular IFP distribution sessions and again during our recent **"We've Got Your Back"** school supply program when the kids picked up their backpacks.



Employees from **Pfizer Corporation** assemble **"Brown Bag Buddies"** for distribution to children during the summer months.

We've Expanded Our Fleet!

Thanks to the generosity of **Maryann and Brian Storms** and a grant we received from the **Hyde & Watson Foundation**, we have added a new van to our fleet, bringing our total to three! The new van will help us expand our Mobile Outreach programs, delivering healthier foods to smaller pantries and agencies whose clients cannot get to IFP sites. The van also ensures we can maintain and grow programs such as our **Helping Hands Meals-On-Wheels** program which delivers easy-to-prepare food to **Midday Friendship Centers** operated by the **County of Morris**, and expand the amount of non-refrigerated produce received from farm gleaning. Look for our new van coming soon!

Empowering People

Happy Summer at the IFP Garden... Our garden is full of vegetables, herbs and blooming flowers. Currently, the tomatoes are taking over, and the squash and cucumbers are following close behind. We had lots of success with a variety of leafy greens this spring—arugula, kale, spinach, and lettuce. Our weight for produce harvested so far totals almost 300 pounds and includes radishes, peppers, snap peas, broccoli and all the greens. On the horizon, there are beets, onions, carrots, cucumbers, and more tomatoes. In addition, we have many zinnias, amaranth, sunflowers and herbs that fill out the garden. Of course, there are also the ever-present weeds!

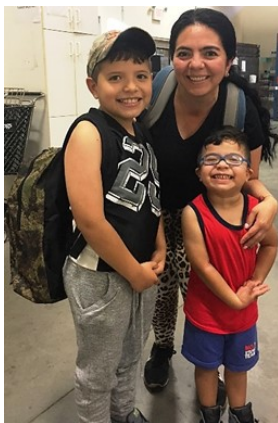


Employees of **Avis** help prepare our “Gardens to Go” for IFP clients.

Our Gardens to Go is a favorite among clients providing them with plants to take home. Hundreds of plants have been given out including tomato, onion, basil and parsley through our regular distribution sessions.

Please stop by our garden to see the variety of plants we grow, sample a fresh carrot, and learn about our sustainable process. **There are volunteer opportunities for the rest of the summer into early fall—a half hour of your time is greatly appreciated!** We are so excited to be able to provide fresh produce grown in our own IFP backyard to our clients. **To learn more, please contact our Garden Coordinator, Tess at ElizabethClarkin@mcifp.org. To volunteer, contact Doug, our Volunteer Coordinator, at DougMcMahon@mcifp.org.**

“We’ve Got Your Back” Success!



Happy backpackers! These companies and JCP&L, were on hand to help distribute the supplies.

Once again our “We’ve Got Your Back” school supply program was a huge success distributing approximately 600 backpacks to IFP children. In August we hosted three sessions in the evening for kids and their parents to come and select the backpacks they wanted and all the supplies they needed to start the school year off right! The program is sponsored by the **IFP Corporate Advisory Council** with very special thanks to **Daiichi Sanko, GAF, JD Power, MetLife, MPT Industries, Pfizer, Solix and Willis Towers Watson**. Volunteers from each of

these companies and JCP&L, were on hand to help distribute the supplies.



Keep That Produce Coming...

We are now receiving beautiful fresh local produce daily at the IFP. Thanks to individual and community gardeners, Community Supported Agriculture (CSA) groups, and local farms that generously grow and donate to the Pantry, our clients are selecting from a variety of fresh vegetables, fruit, and herbs during their shopping visits to the Pantry. Spread the word – if you or your friends have an overflow of garden produce, or participate in a community garden, we welcome fresh produce in good condition. **Our drop off hours are Monday – Thursday between 9:30am and 4:30pm and Friday by arrangement.** If you would like more information about donating produce please contact Katy Galton at kgalton@mcifp.org or 973-538-8049, ext. 216.

“Wegmans: Helping Create Healthier, Better Neighborhoods!”



Front end store employees at **Wegmans** in Hanover Township help harvest an array of IFP Garden vegetables.

The Interfaith Food Pantry has reaped plenty of good will from the **Hanover Township Wegmans** since they arrived in the Morris County area over two years ago. In addition to financial support, fundraising efforts, gleaning of food and preparing healthy, nutritious single serve meals for our clients, their philosophy and multifaceted approach to community involvement has never ceased to amaze us. Recently, front end employees from the Hanover store volunteered at our Morris Plains Food Pantry and Resource Center doing warehouse and garden work. The words on their banner never rang truer...

“Helping create healthier, better neighborhoods - Wegmans”.

Helping Hands Program Proves a Success!

Last year we launched our newest program of providing easy-to-prepare food to low income Meals-On-Wheels recipients in the Rockaway area through the **County of Morris Senior Nutrition Center**. Due to the success of the program and the huge impact it has had on our seniors, we were able to expand the program in March to the Jefferson Senior Nutrition Site. At present, we are providing about 70 households with extra groceries and are planning to expand to the Mount Olive Senior Nutrition site. One client from the Jefferson site recently commented: *“It is a blessing to receive this extra bag of food, having limited income makes it almost impossible to go to the stores and they are too far away”.* For more info on the program please contact Denise at 973-598-8049, ext. 233.

Corporate Accounts Give Back

Going above and beyond the call of duty this summer, we want to thank **MetLife, Pfizer, GAF and PBF Energy** for purchasing supplies and preparing **Brown Bag Buddies** to help kids have nourishing foods over the weekends. We also want to thank **Sompo International** and **Dun & Bradstreet** for participating in our **Kitchen 2 Table** program, and **Wegmans, Picatinny Federal Credit Union, Hewlett Packard, Benjamin Moore and Avis** who were all onsite this summer to help with our Free Farmers Market. Finally, thanks to **M&T Bank** for staffing our Parsippany Free Farmers Market and for joining our Corporate Advisory Council!

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## Engaging Our Community

### Nurses Give Back!



In honor of Nurse's Week which was May 6<sup>th</sup> to the 10<sup>th</sup>, the nurses at **Morristown Medical Center** opted to donate funds in lieu of gifts to several local charities. The IFP was one of the recipients. Accepting the generous check on behalf of the Interfaith Food Pantry is **Katy Galton, IFP**

**Nutrition Educator** pictured above with **Gwen Rippey** (left), Manager of Community Health at Atlantic Health Morristown Medical Center and **Carol Jones** (right), MSN, RN, NE-BC, Chief Nursing Officer also at Atlantic Health Morristown Medical Center.

### Clients Reap Tax Refunds!



The Interfaith Food Pantry was fortunate again this year to offer our clients access to free income tax preparation and filing.

The **United Way of Northern New Jersey** sponsored the event, trained IFP volunteers in the process, and conducted sessions at both our Pantry sites. Ninety-five clients took advantage of this resource with almost \$175,000 realized in tax refunds. Pictured above are (left to right) **Lynn Weckworth, United Way**; **Jim Davidson, IFP volunteer**; **Kyle Colonnese, United Way volunteer**; **Tony Amitrano, IFP volunteer**; and **Dori Fitzsimmons, IFP volunteer**.

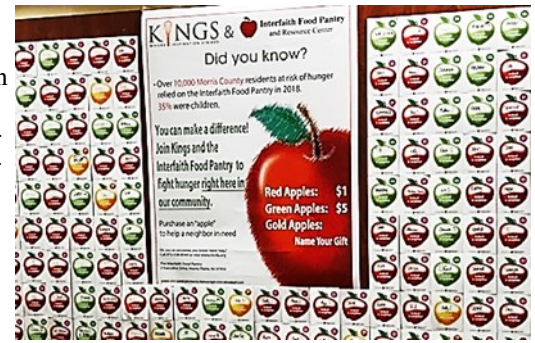


Our **Senior Food Box Program** now serves approximately 90 seniors in 6 low-income senior housing sites through the IFP SUN (Senior Umbrella Nutrition) Program. We supplement boxes of food provided by the USDA through the **Community Food Bank** with fresh produce, grains and healthy snacks then deliver them via our Healthy Choices Mobile Pantry to grateful seniors in Wharton, Madison, Jefferson, Mt. Olive, Morristown and Butler.

### Huge Success for Kings Pantry Apple Program!

Six **Kings Food Markets** located in Morris County did an awesome job raising over \$20,250 during their **Pantry Apple Program**.

Paper apples were sold by cashiers in \$1, \$5 and 'name your own amount' during the first three weeks in June. Special thanks go out to the participating stores located in **Boonton, Chatham, Florham Park, Gillette, Mendham and Morristown**, their amazing cashiers, Store and Customer Service Managers and all their very generous customers. These funds will help stock our shelves during the upcoming months.



One of the many displays seen at **Kings** during their **Pantry Apple Program**.

### Post Office Food Drive Success!



On May 11, 2019 the **National Association of Letter Carriers** conducted their 27<sup>th</sup> annual, country-wide "**Stamp Out Hunger Food Drive**" of which the IFP was the recipient of 12,360 pounds of food donated by customers of the **Chatham, Florham Park, Madison, Mendham, Morris Plains, Morristown, Parsippany and Rockaway Post Offices**. We are so grateful to all the postal carriers

who participated, the Postmasters and all their generous customers. Food collected during this one day food drive helps the IFP stock our shelves during the summer months when food supplies run low but demand runs high. Special thanks to all our volunteers who helped to collect the food and visited the post offices prior to the drive.

### Novartis Community Partnership Day



On Tuesday, May 7<sup>th</sup>—18 highly motivated **Novartis** volunteers came out to the Pantry for a "**Day of Caring**". They worked on our newsletter mailing, bagged produce, performed miscellaneous warehouse tasks and exhibited a "can do" spirit throughout the day in all they set out to accomplish.



## Education and Youth Engagement

### Students Learn An Important Lesson



**Oak Knoll students** participate in a "shopping on a budget" exercise at the IFP during a recent visit.

The sixth graders at **Oak Knoll School of the Holy Child in Summit**, visited the IFP when they were in fifth grade. The lessons they learned about food insecurity and the importance of

neighbors helping neighbors stayed with them. As sixth graders, they decided to raise funds for the Pantry, hoping that items most needed and requested by the clients could be purchased by the Pantry's staff.

Because the students usually come to school wearing a uniform, they gained permission to have a "dress down day." They suggested a donation of \$2 per person, which covered a fee for being "out of uniform," as well as entrance to volleyball games in the school's gym on the first Friday of April. The sixth graders challenged the teachers to two games, and the kids won both games! The funds raised amounted to \$386... Awesome!

### Teens In The Act Of Giving Back...



Special thanks to teens **Margaux Scott (left)** and **Gulia Beverini (right)** for their help weeding, gardening and packing produce this summer. The Morris County teens are serious about giving back to the community and have been hard at work at the Pantry for several days throughout July and August. Thanks ladies!

## Food Drive Honor Roll

We are grateful to all who conduct food drives for the IFP throughout the year. The following youth groups donated more than 150 pounds of food from April to June, to help keep the Pantry shelves stocked. A big THANKS to all! (*Donations are in pounds unless otherwise noted.*)

**Rockaway Valley School**, Boonton, 1,300

**Peck School**, Morristown, 764

**Randolph Middle School**, Randolph, 753

**Whippany Park High School**, Whippany, 685

**Patriots Path Council Boy Scouts**, Cedar Knolls, 609

**Washington Avenue School**, Chatham, 452

**St. Elizabeth Nursery & Montessori**, Parsippany, 429

**Ironia Elementary School**, Randolph 195

**Morristown Beard School**, Morristown, 175, \$395

## Volunteer News

### A Fond Farewell to Volunteer Lloyd Williams...



**Lloyd Williams** receiving his crystal apple award from IFP Trustee **Chris MacDonald** in 2014 for 1,000 volunteers hours.

It is said of postal office employees that elements of the weather never keep them from their appointed rounds. The Interfaith Food Pantry had such a volunteer in **Lloyd Williams**, a Pantry volunteer since July of 2002 to this past December. In the 1,500 hours of volunteer time that Lloyd donated to the Pantry, his pick up truck was our first official Pantry van incognito. Whether it was trips to the **Community Food Bank** in Hillside, picking up items for

our gala, food donations at local schools and businesses, bread donations from **Pepperidge Farm**, and just about anything else in between, he was always willing. His relocation will be an enormous loss to our volunteer ranks. We, the Pantry staff, would like to acknowledge and thank Lloyd for his tireless support of our agency. Before Uber, Amazon and Lyft there was Lloyd, a force of one.

### Welcome New Volunteers to the IFP

Santiago Arbelaez  
Juliana Barnhill  
Patricia Dioguardi  
Josephine Farkas  
Dawn Feeley  
Paula Geleailen  
Jean Istok  
James Meenan  
Charles Raphael

Debbi Riccardello  
Marianne Sebelles  
Tina Sevener  
Ken & Maddy Simon  
Edie Solimine  
Judy Spinola  
Suzanne Thoeni  
David Winkelreid

### Volunteers Mark Your Calendars for Two Upcoming Events!

#### Volunteer BBQ New Date and New Location!!!

A great way to meet other volunteers, relax and enjoy good food and friendship. **Friday, September 13, 2019 from 5:30p.m. to 7:30p.m. at Central Park of Morris County (where the blue and white tent is). This event is BYOB!**

**Volunteer Recognition Dinner** Come celebrate our amazing volunteers, at our annual "Celebrate the Pantry" potluck **Volunteer Recognition Dinner on Thursday, October 17 at 7:00pm.** The event will be held at the **Hanover Township Community Center in Whippany.** Bring your favorite dish, and join us as we say farewell to one of our own! (*Sorry, no alcohol is permitted*)

### Volunteers Needed!

- **Fall Festival on the Green, September 29**, (set-up, face painting, flyer distribution and clean-up) **contact jbrashier@mcifp.org** to help;
- **Turkey Trot, November 28**, various needs, for info go to **www.morristownshipturkeytrot.org**
- Numerous other volunteer opportunities are available including **Kitchen 2 Table** (nutrition/culinary), **produce sorters/packers**, and **food pickup volunteers** are needed. Visit the **Help Wanted Section of our IFP Website** for more information: <http://mcifp.org/volunteer-information/help-wanted/>

## Fall Events and Opportunities

***Register Now for the IFP/LVMC's 13th Annual***

# Turkey Trot

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



Family bonding at its best! Bring everyone out on Thanksgiving morning to enjoy this long-standing Morris County tradition. All athletic levels welcome – run/walk the 5k, join us for the 1-mile fun run/walk, and get the kids moving by participating in the 50 yard Kids Trot. With all proceeds benefitting the **IFP and Literacy Volunteers of Morris County**, the Trot is a terrific opportunity to not only run for fun, but to support your community. Silly hats not required.

Register in advance to avoid the lines on the event morning. [www.morristownshipturkeytrot.org](http://www.morristownshipturkeytrot.org).

Share your fundraising page via social media channels and encourage family and friends to support the cause by supporting your run.

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

### Thanksgiving Is Coming...Time To Plan Ahead



This is the time to start planning for Thanksgiving here at the IFP. This year we will provide turkeys and all the trimmings to approximately 1,600 families, so we are checking our inventory and

gathering up donations. **Please consider organizing a food drive in your school, place of worship, place of business or other group.** All the tools you need to run your own food drive are on our website at [www.mcifp.org](http://www.mcifp.org).

Our Thanksgiving Basket distribution begins November 2nd, so start planning ahead for a food drive in the Fall. Please call **Meg** at 973-538-8049 ext. 217 when you know you will be holding a drive for the IFP. It's helpful for us to be able to schedule drop-offs during this busy time.

Since distribution begins early in the month, we'll need plenty of turkeys **before the first week in November.** Monetary donations and supermarket gift cards are especially helpful. Your generosity puts the 'Thanks' in Thanksgiving!



**Sharing their talents.** Employees from **Dun & Bradstreet (left)** recently participated in the IFP's **Kitchen 2 Table** program where they helped sponsor the day making healthy, homecooked meals for our Home Delivery clients. Sixty of these delicious meals were prepared, packaged and frozen for future deliveries. If your

company or organization is interested in sponsoring a day, please contact **Doug** for available dates at [dmcMahon@mcifp.org](mailto:dmcMahon@mcifp.org). This is also a wonderful team building event.

### At IFP, Where There's Golf, There's Wine!!!

Once again the *Wine of the Week* raffle winner will be chosen at the conclusion of IFP's **Golf Outing on September 16.** Enter for your chance to win the Grand Prize of 52 bottles of premium wine. That's right, one a week! 2<sup>nd</sup> Place is 12 bottles of premium wine & two tickets to **Gary's Grand Tasting Event** and five 3<sup>rd</sup> place winners will receive 12 bottles of premium wine. You need not be present to win, although you must be 21 or older to participate. **See the enclosed insert to purchase your tickets.**

For more information about Gary's Grand Tasting Event, visit [www.garyswine.com](http://www.garyswine.com).



### Come Join the Fun at Our 14<sup>th</sup> Annual Golf Outing

This year's golf outing will be held on **September 16th at Mount Tabor Country Club.** Sponsorship opportunities are available and start at just \$250. They are a terrific way to show the community your support of the Pantry. Foursomes are available as well. Join us for this chill day of golf and camaraderie. Contact Sandra Benedict at [sbenedict@mcifp.org](mailto:sbenedict@mcifp.org).



### Did You Know?

Current federal law allows those 70 ½ or older to donate a gift of up to \$100,000 to the IFP from your required IRA distribution without reporting the withdrawal as taxable income. This is particularly useful if you must make a minimum distribution but do not need the income, have exceeded your ability to claim an income tax-deduction, do not itemize your deductions or may have more of your Social Security income taxed by receiving additional income. **For more information on giving options, visit our website at [www.mcifp.org/donate](http://www.mcifp.org/donate).**

#### Board of Trustees

Meets 7:00pm on third Wednesday of the month

**Greg Supron**, president   **Tim Lockwood**, vice president  
**Guy Raymaker**, secretary   **John Eade**, treasurer  
**Tom Bontempo**   **Ann Corwin**   **Russ Hall**   **Patrick McGuinn**  
**Chris MacDonald**   **Tracey Polifka**   **Bruce Seidmon**  
**Dana Spangher**   **Brian Storms**   **Nathan Umbric**  
**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 Clarkin**, 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  
**\*Kiley Powell**, education coordinator  
**Jessica Revolorio**, client outreach coordinator  
**\*Val Schuszler**, warehouse assistant  
**Bill Zackoff**, food and facilities manager  
\* part time

## Our Mission

- To improve the health and well being of Morris County residents in need by providing access to food, nutrition education and related resources.
- To provide hands on opportunities for neighbors to help neighbors.
- To educate the public about the issues of hunger in our area.

## Hours

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

2 Executive Drive, Morris Plains

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

Special arrangements by request

### Food Distribution - Main Pantry/Warehouse

2 Executive Drive, Morris Plains

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

Monday through Thursday 1pm - 3pm

Wednesday 6pm - 8pm

Saturday 10am - 12noon

1st & 3rd Tuesday 6pm - 8pm

### Food Distribution - Satellite Pantry

190 Speedwell Ave., Morristown

Tuesday 9:30am - 12 noon

Wednesday 9:30am - 12 noon

Thursday 9:30am - 12 noon

2nd & 4th Thursday 5pm - 7pm

## Calendar

### September

**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

April 1 - June 30, 2019

|                                 |         |
|---------------------------------|---------|
| Lbs. of food distributed        | 568,870 |
| # Households served*            | 6,711   |
| # Visits to & from IFP sites    | 10,817  |
| Avg. # households per month*    | 1,452   |
| Avg. # people served per month* | 3,047   |
| Avg. lbs. food per month        | 94,812  |

\*includes duplicate visits

### 2018 Annual Report Available

The Interfaith Food Pantry's Annual Report for 2018 is now available with exciting news about new programs, year-end results and so much more.

The full version can be found on our website at [www.mcifp.org/about-us/annual-report](http://www.mcifp.org/about-us/annual-report). Or you can pick up a copy at our IFP office in Morris Plains. **Check it out!**

Please let us know if you prefer electronic delivery of our newsletter, or to be removed from our mailing list. Call 973-538-8049 or email [interfaithfoodpantry@mcifp.org](mailto:interfaithfoodpantry@mcifp.org)

**TOO MUCH MAIL?** 

Return Service Requested

Interfaith Food Pantry  
2 Executive Drive  
Morris Plains, NJ 07950