



Celebrating 20 Years of Neighbors Helping Neighbors

Notes From The Pantry

Summer 2014

From the Executive Director

Dear Friends,

What a wonderful summer this has been! Weather has really cooperated and this has helped to make our IFP Community Garden something special! As mentioned in this newsletter we are having a fantastic season and the garden is being enjoyed by staff, volunteers and clients alike. Erin Long, our Garden Manager, has done a terrific job along with her truly special volunteers. We welcome you to come up and visit to see for yourself what is happening.

As always, things are very busy here. As of the end of July, we have distributed 263 tons of food and provided assistance to more than 6,700 people. This is 34% more food than given out during the same period in 2012! Activity has really ramped up as we expand hours and sessions to handle all the new clients and work to secure enough food to keep up with the need. Fortunately we have been blessed with a constant supply of volunteers to pick up the slack and the food and financial donations seem to be holding steady. With all the demands for donations out there we truly thank our lucky stars for all of you every day.

Speaking of volunteers, we just held our annual volunteer picnic at my house August 2 and had a record 115 attendees! Considering the weather report was a 70% chance of heavy rain and thunderstorms we all were holding our breath but everyone sent good wishes skyward and we wound up with perfect weather - not only no rain but temps in the 70's which was a miracle in itself for the first week of August. Someone up there must truly like us.

Special thanks to Volunteer Coordinator Doug McMahon for organizing the event and all the rest of the staff who pitched in and made it a wonderful party. Also, thank you to my wonderful husband Tom, who spent weeks getting the yard and pool in



perfect shape and then worked hard manning one of the grills.

We have lots of activities coming up at the end of the summer such as the Fall Festival, Action Against Hunger county wide food drive, the Volunteer Recognition Dinner and Turkey Trot to mention a few. As the weather begins to get colder we will once again be collecting new and gently used gloves, hats, snow boots and scarves. And finally, it's never too early to begin planning for Turkey time! Once again we will be providing turkeys and baskets for more than 1,500 of our neighbors and need your help. All the details can be found inside.

I thank you all for your kind and caring support, wish you a great end to your summer and look forward to continue working together.

Rosemary

Current Needs

- ▶ Shelf-stable milk (Parmalat)/Dry milk/Evaporated milk
- ▶ Soups (regular, hearty and low sodium)
- ▶ Canned fruit
- ▶ Peanut butter
- ▶ Mac 'n Cheese
- ▶ Spaghetti and tomato sauce
- ▶ Canned beans (pork & beans, pinto, red & white)
- ▶ Canned meats and meals and tuna fish
- ▶ Rice - white or brown (1 or 2 lb. size)
- ▶ Rice-a-Roni, Instant Potatoes, Hamburger Helper, etc.
- ▶ Diapers (5&6) and Pull-Ups (4T&5T)
- ▶ Baby food - Stage 3 vegetables
- ▶ 100% Juice (32 oz)

Save the Dates!

Mark your calendars for two special events!

Thursday Nov. 27th for our **8th Annual Thanksgiving Day Turkey Trot**. Come join the fun and help us meet the need. More info inside.

Friday, April 24, 2015 for our **16th Annual Spring Gala**, to be held at the Birchwood Manor in Whippany. For more info contact Carolyn at ext. 211 or carolynlake@mcifp.org.



Youth In Action



Above, youth volunteers from **Hilltop Church (First Presbyterian Church of Mendham)** helped to prepare our garden beds in April.

Gratitude Abounds

Jessica Ippolito of East Hanover Girl Scout Troop 12, shown below with her donation, collected 707 pounds of food for the Interfaith Food Pantry as part of her Bronze Award Project.

She would like to thank the students, staff and families of Frank J. Smith, Central and East Hanover Middle Schools; patrons of the East Hanover Public Library; members of the Greater Morris YMCA and her neighbors, friends, fellow scouts and family for their overwhelming generous support.



Dash Green of Chatham collected \$70.00 and 132 lbs. of food for his tenth birthday. This is Dash's second year of donating to the IFP in lieu of birthday gifts.

And then there's...

- ▶ **Erin Joel and Tommy Romano**, who celebrated eighth grade graduation by collecting school supplies for our clients.
- ▶ **Alexis Thorsen**, who donated \$100 and 139 pounds of food gathered in lieu of gifts for her 5th birthday.
- ▶ **Zachary Maqsudi's** donation of \$30 received for his birthday.

Rivals Take Down Hunger

Wrestling Rivals **Randolph High School** and **Roxbury High School** once again collected food for the IFP during their annual tournament held this year in Randolph. Attendees who donated food received a reduced admission fee to the match, and the Randolph school district contributed cash as well. A big Thank You to all who helped to gather 862 lbs. of food and \$220!

Pictured, Randolph High School wrestling team captains **AJ Vindici**, **Nick Kratochul** and **Matt Vozzo** with their coach **Mike Suk**.



Above, **Tanya McGinniss** and her children are hard at work harvesting some produce at the IFP Community Garden to be distributed to our clients and used in the client nutrition education classes held at the pantry. Tanya and her family are truly "neighbors helping neighbors".

2013 Annual Report

The 2013 Interfaith Food Pantry Annual Report is now available. The full version can be found on our website www.mcifp.org > About Us > Annual Reports

Check Us Out!

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 200 pounds of food or \$200 from April through June, all of which helped to keep the Pantry shelves stocked. A big THANKS to all! (*Donation in pounds unless otherwise marked.*)

Boy Scout Troop 112—Nat'l Guard, 1,923 + \$298
Morris School District Transportation Dept., 720
Washington Avenue School, 678
Bee Meadow School, 613
Fernbrook School, 593

College of St. Elizabeth, 549
Rockaway Valley School, 547
Whippany Park High School, 401
Sandshore School, 355
Chatham Middle School, 350

The Peck School, 340
Morris County Council of Education Assoc., 307
Boy Scout Troop 8, 282
Girl Scouts—Parsippany, 207
Gill St. Bernard's School, 203

In the Spotlight

190 Speedwell Avenue ... A Godsend to Many!

Most folks who pass it by don't even know it's there, but the Interfaith Food Pantry's distribution center at 190 Speedwell Avenue has been a Godsend for many of our clients since it opened its doors in December 2000.

The Interfaith Food Pantry was born in 1994 when a group of four local houses of worship decided to consolidate their own food assistance programs. Its first home was a small room in the basement of the First Baptist Church on Washington Street in Morristown. At the time, the majority of our clients were seniors and disabled folks living in rent subsidized Morristown Housing Authority apartments and low-income working families from the greater Morristown area; most had no transportation and walked to the Pantry.



IFP volunteer **Nancy Dupree** assists client Jeremiah with his groceries.

Then, in May of 2000, a devastating fire gutted the church, and the Pantry found itself "homeless". We resumed temporary distribution at 214 South Street, an old building slated for demolition that the Mayor of Morristown was allowing us to use for office space and food storage. An exhaustive search ensued for a permanent distribution site, leading to the little white house on Speedwell Ave. With amazing support from our friends in corporate philanthropy and other supporters, we were able to afford the lease and opened our new distribution center in December, six months after the fire.

Over the ensuing years, the Pantry and its client base have grown exponentially. Our new expanded pantry, warehouse and headquarters, located in the former Grey-stone complex near Morris Plains, provides food 6 days a week for all those who can get up there. The 190 Speedwell distribution center, now known as the satellite pantry, is a Godsend for those without transportation, and serves an average of 100 families, living within walking distance, every week. Current clients include senior citizens, disabled individuals, low-income wage earners, unemployed workers and families in crisis. To make it easier to carry while walking or taking the bus, clients served at 190 receive food every other week. And that's just fine with 80 year-old Jeremiah, a pantry client since 1999, who walks from his apartment on Early Street even in the dead of winter. By now he's probably on his third or fourth grocery cart.

Although many of our clients at 190 are elderly, we also help many young families who would truly struggle to get by without the food assistance the Pantry provides. Sandra, her husband Luis and their adorable one-year-old daughter Mailyn live a few blocks away. Luis is a day laborer and works hard, but his income can be sporadic. Mailyn rides like a princess in her stroller on the trek from home to 190; on the return trip, it's the bags of groceries that get the preferential seating.

Some ask why, with our new, larger facility we don't consolidate and close up shop at 190 Speedwell. The answer is simple. We made a commitment, as long as Jeremiah and Sandra and Mikhail and Tanesha and Maria and Reggie and Olga and Sydney and dozens of others right around the corner need our help, we will continue to renew our lease and be there for them. Your support of our Summer Rent Appeal makes this possible.

Written by 190 Speedwell volunteer Terry Scullin

Clients Help Clients, Too!

Sometimes help can come from surprising places. That was just what happened for Ellie, a 40-year-old whose family has periodically relied on the Pantry for food support after they suffered losses from Hurricane Sandy and then saw her work hours cut. During a recent distribution visit, she mentioned to **Liliana Herrera**, IFP Client Services Manager, that her family's financial situation was worsening and she really needed a steady job.

Another client, **Jessica Samoya**, whose story was spotlighted at our Spring Gala in March, volunteers at the IFP. When she heard of Ellie's situation, she shared that the company she recently began working for was looking for someone to fill a part-time position. Thanks to Jessica making the link and sharing the information, Ellie is now employed part time—with full time work a distinct possibility!



IFP volunteer **Rosemary Doherty** meets with client Sandra & her daughter Mailyn.

In Our Clients' Words

"What the IFP Means to Me..."

"This is a great program, especially for us seniors who are on a fixed income. Please don't ever stop this program—we would go hungry!"

■■■■

"The food is great and I get more fresh vegetables now. The money I save allows me to pay other bills like utilities and medicine. The pantry is a lifesaver!"

■■■■

In The Spotlight

Board Update

In May, the Pantry welcomed **Paul Zelenty** to the Board of Trustees. Paul has been actively involved with the IFP since our capital campaign, when he served as our legal counsel donating his work pro-bono. Since then he has organized food drives and group volunteer activities with his colleagues from Graham Curtin, where he is an attorney and shareholder. These experiences left him with a *"desire to do more with and for an excellent organization that is doing wonderful work."* Thus his commitment to the IFP Board! As a board member, Paul will serve on the IFP Development and Community Relations Committee. Paul lives in Bridgewater with his wife, Cheryl.



Our heartfelt thanks to the following departing Board members: **Rachel Cushing**, (2008 - 2014) who started her career with Graham Curtin and is now with **Chubb & Son**. Rachel also just became mom to daughter Clare.

Karen Jones-Williams (2006 - 2014) of the Morris School District. Their service to the Pantry has been invaluable.

Creative, Healthy Fundraising

Kudos to **Mondelez** of East Hanover for its creativity in developing this clever idea. Volunteers plant, care for and harvest a garden at the Mondelez complex and sell the produce to company employees. All funds raised are donated to the IFP!



We're grateful for their donations and are sure the employees are enjoying the fresh produce too!

Left, **Mondelez** employees **Pauline Chandler**, **Kristie Leigh**, **Melissa Jewell** and **Wendy Spelman** show off their early Spring garden.

The Beauty of Caring

As people look around our facility here at 2 Executive Drive, we often get asked about some of the beautiful handmade outdoor furnishings that can be found in the front of the building and in the garden. The credit for these items goes to **Susie Schub**, president of **Caring Capital**, her colleagues, and the companies who donate time, funds and talent to construct these items as part of their team-building events.

Employees of the **Fannie E. Rippel Foundation**, pictured below, recently built one of the benches that our clients can now sit on outside while waiting for their food, **Wyndham Worldwide** built many of the planters you will see in the garden, and **Novartis** employees built additional benches also located in the garden, just to name a few. We are so grateful to all of these organizations and to Susie for her continued partnership!

Special thanks to the **Page Hill Foundation** who worked with Caring Capital to bring an "arts & crafts" event to the IFP for children of our clients.



Employees of the **Fannie E. Rippel Foundation** relax after building a bench for our clients at the IFP. Pictured above (standing l to r): **Ellen Papazian**, **Jane Novak**, **Laura Landy** (CEO & President), **Chana Fitton** (CFO & VP). Seated (l to r): **Patricia MacBain**, **Amy Testa**, & **Kim Hart**.

Golf Outing Update

Foursomes for our 9th Annual Golf Outing, which will be held on Monday, September 29th at the Mount Tabor Country Club are nearly sold out! But you can still participate and showcase your support to our participants by taking advantage of one of our sponsor opportunities (which start at just \$250). See our website for details. With thanks to platinum sponsors **Avison Young** and **Graham Curtin**, to **Britcher, Leone & Roth, LLC**, and **Verde Ristorante** our cocktail reception sponsors, **Hot Rod's BBQ**, for sponsoring lunch and to **Audi of Mendham** for sponsoring the hole-in-one contest!



A Special Donation!

After providing an estimate for the work we needed done to ensure the IFP Community Garden would get the water it would need this summer, manager **Mike Tapia** and owner **Paul Giglio** of **Pipeworks Services, Inc.** of Chatham, NJ decided to donate all the materials and labor for the irrigation system.

Pictured are **Andrew Zackoff** and **Christopher Tapia**, technicians from Pipeworks Services taking a break after installing the plumbing and exterior faucets. What a fantastic gift!

Thanks to everyone at Pipeworks!

Here 'n' There

Letter Carriers Tackle Hunger

On Saturday May 10, 2014 Post Offices throughout Morris County participated in the **National Letter Carriers "Stamp Out Hunger"** food drive. The post offices located in **Mendham, Rockaway, Chatham, Morristown, Madison, Morris Plains, Florham Park and Mountain Lakes** together donated over 15,500 pounds of food to the Interfaith Food Pantry! We are so grateful for the food which helps to stock our shelves during the summer months when supplies run low but demand remains high. Heartfelt thanks to all the postal carriers and their route customers who participated in the food drive.

Plan for Planned Giving

"Maybe if the economy gets better we'll no longer have a need for a Food Pantry". We've heard people say this before and while we also wish there was no need for our services, the truth is, there will *always* be a need for a Food Pantry. While circumstances may change for some people, others—the sick, elderly or disabled—will always need our assistance.

You can help ensure that aid will always be available for those who need it well into the future with a planned gift. You can simply name the **Interfaith Food Pantry** in your will, with the amount you wish to be donated, or you can also designate IFP as a beneficiary in your life insurance policy.

We also accept **Gifts of Stock** and contributions directly from your **IRA**. A **Charitable Remainder Trust** or **Gift Annuity**, administered in partnership with the Community Foundation of New Jersey, can provide you with regular income while providing a predictable flow of funds for the IFP. *For more information visit us at www.mcifp.org/plannedgiving.htm.*

Lace Up Those Running Shoes!

Start your Thanksgiving Day with a bang—and make a difference in the lives of others by participating in the **Interfaith**



Food Pantry and Literacy Volunteers of Morris County's 8th Annual Morris Township Turkey Trot. Once again sponsored by **The Sweetie Pig Foundation**, the event continues to grow in popularity. More than 2,200 participants raised more than \$62,000 to provide hunger relief and literacy skills to our neighbors in need last year and the number keeps growing!

Bring the whole gang to Ginty Field on Nov. 27 for the USATF certified 5k race, 1-mile fun run/walk and Kids Trot. You can register, create fundraising pages, or get your name on the back of the t-shirt by sponsoring the race at the new website:

www.morristownshipturkeytrot.org.

Don't wait—register early to avoid the crush!



An Apple a Day - And Then Some!

Thanks to the hardworking and dedicated cashiers of **Kings Food Markets** located in Morris County and their very generous customers - the IFP received \$16,199 to help its clients.

The funds were raised during the stores' annual Pantry Apple Program, where \$1 and \$5 paper apples are sold to help raise awareness of hunger in our county. Stores located in Boonton, Chatham, Florham Park, Madison, Mendham, Morristown and Gillette (new this year) participated in the June/July program.



We are truly grateful for the continued support that Kings gives the IFP and thank all who participated!

CALLING ALL TURKEYS

Though we are still in the height of Summer, we're already looking toward (and planning for) Thanksgiving 2014!

Last year, we provided holiday baskets to more than 1,600 families served by not only the IFP, but many other Morris County agencies. Our clients' needs increase during the holidays, and many new people reach out for help.

We need your help! Perhaps you could organize a food drive in your school, place of worship, office or other group? We especially need turkeys and fresh produce! Tools to make it easy are available on the IFP website at **www.mcifp.org/fooddrive.htm**. You'll be amazed at how simple it is to help!

We will be collecting turkeys, canned hams, small chickens, stuffing, instant or fresh potatoes, gravy, fruit juice and more. Our needs are listed on our web-site. *Monetary donations and super-market gift cards are especially helpful, as we need to purchase turkeys and produce during this busy season.*

Holiday food distribution begins the **first**

week of November, so please plan now for September and October drives so your donations can come in early! Check out our website www.mcifp.org in September for the dates we'll be staying open late to receive donations.



Double Your Impact

You may be able to double the impact of your donation with just a little extra effort on your part. Many employers will match charitable donations, and in some cases, the match is even twice your own donation! You can check out our website at **www.mcifp.org** for a partial list of the companies we are aware of that will match contributions. We can't be sure that it is a complete list, so be sure to check with your Human Resources Department to see if your company matches.

Volunteer News

"We've Got Your Back"

Now in its third year, the IFP Corporate Advisory Council's "We've Got Your Back" backpack program is fully underway and, before school starts in September, we will have supplied 650 kids with backpacks, notebooks, pencils and all the gear needed for a successful school year!

Joined this year by **Towers Watson**, the employees of **MetLife**, **The Lapp Group**, **Solix**, and **One Call Care Management** led the way with company drives and vendor collusion (for deep discounts and donated supplies). Also helping were the **Spring Brook Country Club Foundation** (and individual club members) and many individuals and families who donated supplies. Volunteers from **JCP&L**, **Kings** and **NYLIM** will help distribute all the items during the month of August. We give them all a big hand, for having the kids' backs!



Volunteer **Chris Herbst** from **Solix** joins one of our young clients in a "thumbs up" after helping him select his school supplies during the 2013 "WGYB" program.



Pictured above is **Donna Rosenthal** (3rd from left), as she gathered one last time with many of the IFP staff, for a bagel and coffee sendoff after volunteering 2,800 hours over nearly 13 years. Best of luck in Tennessee!

Many Hands...

Helping our clients truly is a community effort. We could not serve as effectively as we do without the tireless support of volunteers from many area companies.

In addition to those mentioned elsewhere in this newsletter, we are grateful to our corporate partners. We welcomed back again **CIT**, **Drinker, Biddle & Reath**, **L'Oreal**, **Marsh**, **Short Hills Hilton**, **Solix**, and **Verizon Wireless**. New welcomes were extended to first-time visitors **Experian**, **Towers Watson** and **Transwestern**. These volunteer groups suited up, showed up, and worked hard at whatever needed to be done during these past few months. Special thanks to all of you!

~~~~~

Thanks also to **Macy's** of Livingston, whose employees gathered 255 pounds of food during the store's "Bagging Hunger" campaign.



Above, home delivery volunteer **Nathan Umbriac**, with his one year old son, **Joaquin**, picks up groceries for his homebound client.



Volunteers (from left) **Diana Mrugal**, **Stacy Gilbert**, **Edward Witkowski** and **Alex Serrano** from **Citrin Cooperman's** Livingston office helped out during their recent visit.

### Hello New Volunteers!

Anne Baier  
Judy Bellush  
Tom Bontempo  
Melanie Bowers  
Jack Bury  
Lorrie Chletsos  
Christina Ciccotti  
Gail Coulbourne  
Nancye Falzone  
Ana Ferriera  
Dori & Jerry Fitzsimmons  
Sarah Foulkes  
Ana Garcia

Melanie Gerace  
Jane Giancamillo  
Iris Goicochea  
Marie Grieco  
Rosalie Grow  
Walter Hagelgans  
Tom Kelly  
Allison Lowry  
Lorraine Mazzola  
Everett McGrath  
Wayne Merckling  
Patrick Monaghan  
Brandon Moore

Lauren Orella  
Kelly O'Shea  
Barbara Ricciardi  
Val Schuszler & Family  
Teresa Schwartz  
Chris Shim  
Rosemary Sica  
Wendy Silverstein  
Kay Steadman-Treanor  
Encarnacion Suarez  
Sanajana Umarale  
Daniel Wallburg  
Rick Winstead

**Congratulations** to new parents Rachel & Kevin Cushing; to grandparents Mark & Karen Jones-Williams, Bonnie & Raymond King, and Piyush & Bharti Gahyal.

**And Deepest Sympathies** to volunteers Ann Cade on the passing of her husband and IFP volunteer Peter; Liz Bitterman on the loss of her husband Steve; John Alderton on the loss of his wife Joan.; Marie Logan on the loss of her sister Katherine; Mark Burn on the loss of his mother June; and Medhi Shahpar on the loss of his father Seyed.

### Annual Volunteer Recognition Dinner Set

Each year we celebrate our wonderful cadre of dedicated volunteers, and all the work they do throughout the year with our "Celebrate the Pantry" pot-luck Volunteer Recognition Dinner. This year's dinner will be held at **St. Virgil Church** in Morris Plains on Thursday, October 16 at 6:00pm. We are so grateful to all our volunteers for their time and dedication. Where would we be without them?! **Save the date!**



## Healthy Choices

### Show and Taste!

A demonstration is more engaging when the program includes tasting, and IFP nutritionist, Katy Galton, and her enthusiastic volunteers really know how to engage clients! Many distribution sessions feature demos, sometimes of foods that may be new to clients - or of new ways to use old standbys - and then everyone gets to taste them! Recent topics highlighted:

- ▶ Diabetes Prevention, with whole grain pasta, kale and cannellini beans (May).
- ▶ Fresh herbs, during this herb-plentiful season (June).
- ▶ Using fresh squash (July).

Many clients echo the sentiment of one, who said, *"It's a fun, pleasant atmosphere - and I like the clear, step-by-step directions."*

### Produce Pouring In

With the growing season in full swing, our clients are truly benefiting from nature's bounty and IFP donors' generosity. All are incredibly grateful to have access to the wonderful fresh fruits and vegetables.

The produce is donated by individuals and families, community gardeners and local farms. Many have planted rows just for us and others are sending us their extras. Remember, if you have too much we can always use more!



Volunteers **Kim David** and her daughter **Gabriella** sort through more than 314 pounds of produce, received from **Alstedes Farm** in Chester.

## News from the Garden

Our on-site IFP Community Garden is in full swing, and is already producing an array of VERY fresh vegetables for our distribution sessions! When our Garden Manager, **Erin Long**, joined the Pantry in the Spring, there were four raised beds ready to be planted, and she made quick work of planting cool season crops such as lettuce, spinach and peas, as well as carrots and onions.

We're grateful to volunteer **Ian Erb**, IFP Board president **Greg Supron**, his son **Andrew**, IFP Board member **Russ Hall** and his daughter, **JoAnn Roman**, who built many more raised beds. Ian also built a picnic table with benches for our garden area.

Erin and IFP volunteers planted hundreds of seeds- a huge savings over the cost of seedlings. Special thanks go to volunteer **Ed Murphy**, the Horticulture Department at **County College of Morris**, that, under the guidance of department head **Brian Oleksak**, provided supplies and cared for the seedlings at CCM's greenhouse until ready for transfer to our garden.

With the help of many volunteers, warm season crops were planted, including tomatoes, squash, peppers, cucumbers, beans, eggplant and herbs.

Garden-centered children's educational programs have also been initiated during distribution sessions, and the kids of our clients have had a lot of fun with the scavenger hunt, plant identification, craft projects and planting seeds that they get to take home. Snack time, naturally, involves freshly harvested finger foods straight out of our own garden. One child's excitement bubbled over as she left with her mother, *"I just loved that!"*

Future plans include expanding the children's programs, as well as developing ways to involve IFP clients who've expressed an interest in helping out with the garden.



A happy participant in our children's garden program with a planter box made by the Marketing Department, **Wyndham Hotel Group**.



**BASF** volunteers in the IFP Community Garden.

We will be planting fall crops such as swiss chard, squashes and garlic in the recently added raised beds that now line the perimeter of the garden (thanks again, Greg, Andrew and Ian!) and adding an additional compost system. To extend the growing season, plans are in the works for cold frames and 'hoop houses' to shelter cool-weather plants from extreme cold.

All the work in the Garden could not be managed without our wonderful volunteers, both individuals and groups, and we're grateful for them and all their efforts as they plant, weed, trellis, and harvest. Special thanks to the **Morris County Youth Shelter** and **Hilltop Church** of Mendham, who have 'adopted' plots and regularly supply hands to help.

## Board of Trustees

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

**Greg Supron**, president  
**Chris MacDonald**, vice president  
**Tracey Polifka**, secretary  
**Stuart Wiet**, treasurer

**Russ Hall**  
**Marc Mackin**  
**Chris Richter**  
**Paul Zelenty**

**Rosemary Gilmartin**, executive director  
**Staff**

**Tony Aviles**, warehouse assistant

**David Bean**, warehouse assistant

**Joanne Brashier**, community relations/  
development associate

**Lenora Caamano**, reception/client services

**Katy Galton**, nutrition educator

**Diana Garcia**, client services associate

**Liliana Herrera**, client services manager

**Christina Hipp**, client services assistant

**Anne Kneller**, training coordinator

**Carolyn Lake**, director of community  
relations & development

**Erin Long**, garden manager/program assoc.

**Doug McMahon**, volunteer coordinator

**Maureen Papili**, office manager

**Barbara Petrakis**, reception/development

**Wendy Potkay**, business manager

**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.

Fridays by appointment

### Food Distribution - Main Pantry/Warehouse

*2 Executive Drive, Morris Plains*

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

Monday through Thursday 1pm - 3pm

Wednesday 1pm - 3pm & 6pm - 8pm

Saturday 10am - 12noon

1<sup>st</sup> & 3<sup>rd</sup> Tues. of each month 6pm - 8pm

### Food Distribution - Satellite Pantry

*190 Speedwell Ave., Morristown*

Tuesday 9:30 a.m. - 12 noon

Wednesday 9:30 a.m. - 12 noon

Thursday 9:30 a.m. - 12 noon

## Calendar

### September 29

Golf Outing - Mount Tabor Country Club

### Month of September

McMatch Morris County Food Drive

### October 5

Action Against Hunger Food Drive

### October 16

Volunteer Recognition Potluck Dinner

St. Virgil Church, Morris Plains

### November 27

8th Annual Thanksgiving Day Turkey Trot

Ginty Field, Morris Township

## Statistics

### January 1 - July 31, 2014

|                             |         |
|-----------------------------|---------|
| Lbs. of food distributed    | 525,334 |
| Households served           | 2,970   |
| People fed                  | 6,713   |
| Avg. # households per month | 1,211   |
| Avg. # people fed per month | 2,887   |
| Avg. lbs. food per month    | 75,048  |

## United Way

Sign up time is coming up and we are constantly asked if people can name us to get some of their donations. **The answer is YES!** While we're not an official member, if your company participates in the **United Way** program, you can designate the Interfaith Food Pantry to receive your donated funds by writing **Interfaith Food Pantry, Morris Plains**, on your enrollment form. Thank you all for the help!

Interfaith Food Pantry  
2 Executive Drive  
Morris Plains, NJ 07950  
Return Service Requested

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



## SUMMER RENT APPEAL

*The rent and utilities for our Speedwell Avenue, Morristown distribution site is \$2,700/month.*

**This site is essential for the many clients who walk or rely on public transportation to pick up their food. Can you help?**

Name: \_\_\_\_\_ Organization: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Gift Amount: \$ \_\_\_\_\_ **Checks should be made payable to Interfaith Food Pantry**

Donations may be made by check, cash or through our secure server at [www.mcifp.org](http://www.mcifp.org). In addition, you may donate through the following:

☐ Master Card or ☐ Visa Date of Donation: \_\_\_\_\_ Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Signature: \_\_\_\_\_

☐ **If you are making this donation as a tribute, please complete below and we will mail out a personalized card for you.**

Recipients name: \_\_\_\_\_

Recipients address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Date to send out: \_\_\_\_\_ Sign the card: \_\_\_\_\_

TYPE OF TRIBUTE: ☐ Happy Birthday, ☐ Anniversary, ☐ Teacher's/Coach's gift, ☐ Bar/Bat Mitzvah, ☐ Thank You,

☐ Sympathy or memorial, In memory of: \_\_\_\_\_, ☐ Other \_\_\_\_\_

☐ I am enclosing a matching gift form from my company. ☐ Please remove my name from this mailing list.