

Over 20 Years of Neighbors Helping Neighbors

Notes From The Pantry

Winter 2015

From the Executive Director

Dear Friends,

What a wonderful year we have had! Among other things we broke a new record and, with all your help, distributed over a million pounds of food - **1,010,117 lbs. to be exact!!** This is **13% more than in 2013 and 47% more than in 2011** when we moved into our new facility. WOW! Clearly this took many hands to accomplish and we all are so grateful for each and every one of you who partnered with us to make this possible.

In 2014 we started the **Food Rescue Program** headed up by Bill Zackoff, Food and Facilities Manager, and Erin Long, Garden Manager and part of the Healthy Choice Team. Every week trips are made to area supermarkets to pick up frozen meat, fresh vegetables, bakery products and much more, that, while still good, the supermarkets can no longer use and would ordinarily throw away. Erin sorts through all the donations selects all that would be useful for our clients and gets it ready for distribution. If there is more than we can use, she gives it to other local agencies. Since the program began last February they have recovered over **60,000 pounds of nutritious food**.

With the great response to the **Raymaker Challenge** we finally have raised enough funds to add another member to our Client Services Team. We currently have almost 5,000 families using the Pantry and only two counselors. Additional help has been sorely needed. After a thorough search we have added **Eileen Chapel** to the team. She is completing her Masters in Social Work this Spring and has significant experience working with families in crisis. Along with doing client intake and supervising some of the many distribution sessions, Eileen will serve as our Case Manager, working with clients to help them identify and secure other resources as needed.

Our newest project is our **Kitchen to Table Program** which will be run by Erin. One of the special things about our new facility is our fabulous Teaching Kitchen. As a commercial

kitchen it makes it possible for us to prepare foods in the kitchen and give them out to the clients. One of the needs we have identified is for microwavable healthy foods, especially for our Home Delivery Program clients most of whom are elderly or disabled and have special diet restrictions. Thanks to a small start up grant from the **MacDonald Family Foundation**, next month we are launching our Kitchen to Table Program as a pilot project. We will be starting using our nutrition volunteers who will help test and cook dishes that will be provided to Home Delivery volunteers as substitutes for things like canned chili or ravioli, to bring to clients when they make their regular food deliveries.

To continue this after the initial funding period ends, we will be looking for groups, corporate, civic, etc. who would like to come for a team building activity and would be willing to help underwrite the cost of the event. What a great way to work together, learn new and healthy recipes and do something special for those in need of assistance. If you are interested in discussing sponsorship of a day please contact Carolyn Lake, Dir. of Development, at carolynlake@mcifp.org for more information.

As if all this were not enough, 2014 also saw the **launch of our new IFP website**. Carolyn and Office Manager, Maureen Papili, with the help of the IFP Corporate Council, spent much of the year working on this project and we are thrilled with the results. Please check it out when you have a moment and feel free to send us your feedback.


As you can see it has been a really busy and exciting year. With all your support we have been able to provide assistance to more than 11,400 people and to offer them help and hope. Together we are making a difference and showing all that their community truly cares. Wishing everyone a wonderful 2015!

Rosemary

Current Needs*

- ▶ Dry milk (1 qt. pkg.) & Parmalat (shelf stable milk) 32 oz.
- ▶ Soups (regular, **heartly** and low sodium)
- ▶ Canned fruit or 100% juice (32 oz)
- ▶ Peanut butter and cereal
- ▶ Spaghetti and tomato sauce
- ▶ Canned beans (pork & beans, pinto, red, white, black)
- ▶ Canned meats and meals, hash, stew, tuna fish
- ▶ Rice - white or brown (1 or 2 lb. size)
- ▶ Rice-a-Roni, Instant Potatoes, Hamburger Helper, etc.
- ▶ Enfamil Infant Formula (not newborn)
- ▶ Baby food - Stage 1 fruits

* When shopping please consider low-salt and low-sugar items.



Hunger to Hope
“Boardwalk Bash”
Annual Spring Gala
Friday, April 24, 2015

- ▶ Fun & Games
- ▶ Hors d’oeuvres, libations & dinner
- ▶ Auctions, raffles & more!

Details on page 3



FRI
APR
24
2015

From Hunger to Hope
“BOARDWALK BASH” ~ Our Spring Gala
 Come celebrate with us! Have fun ~ play games
 ~ dinner ~ libations ~ auctions ~ raffles & more!

FROM
6:00
 PM
 ~
11:00
 PM



The Birchwood Manor
 Whippany, NJ 07981



Honoring

2015 Pantry Partner Award Recipient

2015 Outstanding Service Award Recipient



**New Jersey
 Natural Gas**



2015 Neighbors Helping Neighbors Award Recipients

Russ Hall and

The First Presbyterian Church of Mendham

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

Purchase tickets. For a great date night or special occasion. Or fill your own 8—12 person table by bringing your friends, neighbors or colleagues.

Donate an item, product or service for our Silent Auction. Your generous, tax-deductible contribution will be publicized in the Auction Directory, on our website and in our newsletter, which reaches over 9,000 homes and businesses. You can drop off your contribution or we can pick it up. Receipts will be provided following the auction.

Place an ad in our Sponsor Ad Journal. As a tribute to an honoree or to market your business to our guests and beyond. Ads are printed digitally in full color.

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

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

Name _____ Company _____

Address _____

E-mail _____ Phone _____

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

Please charge my Visa or MasterCard No. _____

Expiration Date: _____ Signature _____

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

E-mail your four-color ad (.jpg, .tif, .eps, .pdf or .bmp file) to **Dana Billia at danabillia@mcifp.org or mail your camera-ready artwork with this form to the Interfaith Food Pantry, 2 Executive Drive, Morris Plains, NJ 07950 by April 3rd.*

In The Spotlight

Thankful Indeed

With almost 1,600 families needing our help during the Thanksgiving season, the holidays kicked off with a bang around here. Distribution of Thanksgiving baskets began on November 1, so we were very grateful for the many donations and volunteer hands that helped our preparations throughout October and November. We don't have enough space to mention everyone who assisted us, but please know that you were all deeply appreciated, we couldn't have done it without you!

Special thanks to **Kings Food Markets**, which got us started with its donation of 250 turkeys; **Montville UNICO** donated another 250 through its **Turkeys4U** program; and houses of worship such as **Notre Dame of Mt. Carmel**, **St. Virgil's** and **First Presbyterian of Mendham**, who collectively donated 300 turkeys and literally *tons* of food. In addition, we are thankful to **St. Patrick's School** in Chatham, **Drew Britcher** and the **New Jersey Association for Justice**, and **Maersk**, for their Thanksgiving monetary donations which helped to fill supply gaps and purchase fresh produce.

We are so very thankful to our many volunteers for providing crucial help with inventory, sorting, packing, and transporting - all steps in the process of ensuring that our clients receive

Thanksgiving meals - especially **3M**, **Avison Young**, **D&B**, **GAF**, **Graham Curtin**, **Moretrench**, **New York Life**, **PwC**, and **RCI**.

The **Junior League of Morristown** stepped up to prepare and package 'home

cooked' Thanksgiving meals in the IFP's kitchen for Home Delivery clients, and volunteers delivered the meals, along with fresh fruit and pies, on Thanksgiving morning.



IFP volunteer **Don Macgowan** hands out turkeys.



Volunteer **Jared Scerbo** helps a grateful client carry her turkey and all the trimmings.

St. Margaret's Church once again hosted distribution for all our Speedwell Avenue clients. In a single 3-hour period, volunteers and staff distributed 250 turkeys and all the accompaniments! Special thanks to **Ken Kramer**, his family and his small army of volunteers who assisted with turkey transport!

The IFP is truly grateful to all our volunteers, donors, friends, staff and board members who pulled together to brighten our clients' Thanksgiving holiday!

A Hero Among Us

IFP's Executive Director, **Rosemary Gilmartin** received a special award this past November, presented at the 2 Executive Drive facility by no less than New Jersey First Lady, **Mary Pat Christie** with help from **Judy Spires**, President and CEO of **King's Super Markets**, underwriter of the grant that went with the award. In recognition of her tireless efforts to serve the needs of the hungry in Morris County for the past 20 years, Rosemary was awarded the **New Jersey Hero Award** for 2014. The Hero's program showcases people and organizations that find positive and unique ways to impact New Jersey and its communities.

Ms. Christie observed, "Over the years, first as a volunteer and now as executive director, Rosemary has worked tirelessly to address the issue of hunger in the community and has truly made a lasting impact in the lives of many local families."

During the visit, Mrs. Christie toured the facility with special interest in the Community Garden and Teaching Kitchen. She also met with a client and sorted food along with her daughter and staff.



NJ First Lady **Mary Pat Christie**, IFP Executive Director **Rosemary Gilmartin** and President and CEO **Judy Spires** from **Kings Super Markets** during the award ceremony.

Trotting Turkeys

Despite frigid temperatures and fresh snow on the ground, approximately 1,700 people showed up to run, walk, and cheer one another on early Thanksgiving morning at the 8th Annual

Morris Township Turkey Trot. Turkeys, pilgrims, and other whimsy abounded! Sponsored by the **Sweetie Pig Foundation**, the race raised over \$60,000 shared by the IFP and Literacy Volunteers of Morris County.

We are grateful to our Platinum Sponsor, **Dixon Energy**, Gold Sponsors **Don & Mel's Ironfit Training** and **Refined Sight**, and the volunteers and participants, who really make the day.



Here and There

Important 'Connections'

In addition to ensuring that our clients have access to nutritious food when they're struggling to feed themselves and their families, the Interfaith Food Pantry prides itself on its connections with other crucial services or programs that can truly improve our clients' situations. Recent examples include:

- ▶ Barb, an IFP client without health or vision insurance, was able to get her eyes examined and received new glasses without cost through the LensCrafters Gift of Sight program that she learned about through the Pantry.
- ▶ Chris was referred to us through the Health Pathways Program, which offers tuition-free certifications in health-related careers. HPP has come to the IFP during our distribution sessions to present its educational opportunities to our clients.

Upcoming Donor Recognition

Save The Date - March 13, 2015 at 11:00a.m. for the unveiling of our 2014 Giving Tree. If we had enough room, we would recognize every one of the thousands of you who keep our program going with food and financial contributions, but with the limited space, the tree will feature our leadership donors (1,000 pounds of food or \$2,000 or more in 2014). Keep an eye on your mailbox for an official invitation.

Here's A Creative Challenge!

Did you know we spend more than \$100,000 in cash each year on food to supplement the donations we receive?

Supporters of the Interfaith Food Pantry, individuals and organizations alike, have come up with truly ingenious ways to rally support from others and gather both food and money for the cause of fighting hunger and donating to the IFP. Here are just a few examples of some very creative fundraisers that some companies have done:

- A rubber ducky race in the company fountain
- A men's chili cook-off in the cafeteria during lunch
- Valentines Day Chocolate Sales
- Selling "passes" to wear jeans on Friday
- Hawaiian Shirt Day / Smoothie Sales
- And one local office even had a weight-loss competition.

Did your office do something creative? We'd like to hear about it! Post those pictures to our Facebook page and always feel free to email us those great ideas!

Successfully Teed Up

Our 9th Annual Golf Outing, which took place in September at the **Mount Tabor Country Club** was very successful, raising nearly \$15,000 to benefit the Pantry. Thanks to our sponsors: **Avison Young, Graham Curtin, Britcher, Leone & Roth, LLC, Bohler Engineering, BMT Engineering, D&B, Chrysalis Pharma Partners, Fairleigh Dickinson University, Verde Ristorante** (cocktail reception), **Hot Rod's BBQ** (lunch), **MTCC, & Audi of Mendham** (hole-in-one contest)!

Whole Foods 5% Day

Special thanks to **Whole Foods Market of Madison and Whole Foods Market of Millburn**, which shared 5% of their net sales from their January 13 event with us, translating into a \$10,770 donation for the IFP! We are so grateful and appreciate the efforts of each store and all their customers. IFP volunteers were also on-site to explain what the IFP does for those in need.

Tasty Treat

Gary's Wine & Marketplace and members of the **Tasters Guild** named the IFP as one of the organizations to benefit from their Grand Tasting Event held on October 2nd at the Park Avenue Club. We are so grateful to receive this generous gift of \$6,500.

3Mgives



Participating in the 3Mgives Global Volunteer Initiative are members of the Healthy Living Whippany Team taking a break from their efforts in the IFP holiday stockroom. Pictured above are **Petrona Zickgraf, Roxy Williams, Joanne Dougherty-Davies, Kamal Singh, Jennifer Panasiuk and Matthew Corbett.**

Not to be Taken for GRANTED

Special thanks go out to the following, who gave grants to the IFP during the fourth quarter of 2014:

- Bayer Health Care Foundation**
- BJ's Foundation**
- Catholic Human Services Foundation**
- County of Morris**
- F.M. Kirby Foundation**
- FirstEnergy Foundation**
- Garden Club of Morristown**
- L.A.W. Foundation**
- MacMahon Family Foundation**
- Marcello & Graziano Roviario Foundation**
- Margaret A. Darrin Foundation**
- McGuinn Family Foundation**
- PwC Foundation**
- 3M Foundation**
- Willis and Nancy King Foundation**

You Can Help! If you know of a family or corporate foundation that we should contact, please let Joanne Brashier know at 973-538-8049, ext. 229 or joannebrashier@mcifp.org.

Volunteer News

Sharing a Meal to Celebrate Volunteers

IFP staff gathered with volunteers on Oct. 16 at our annual Celebrate the Pantry Volunteer Recognition Dinner. This event celebrated the efforts of all our volunteers and also recognized those who have gone above and beyond in their contributions of time and energy.

Special congratulations go to the **Law Department at Honeywell**, which received the Group Golden Apple Award in acknowledgement of its long-standing commitment to raising funds for the Pantry through their annual raffle.

Over the years, this dedicated group has raised and donated nearly \$114,000!

Heartfelt thanks also go to **Don Macgowan**, Individual Golden Apple Award winner, for his many years and whopping 3,500 hours dedicated to helping our neighbors in need. Special thanks and congratulations go to the following volunteers who also achieved remarkable milestones:

- ▶ 2,500 hours: **Terry Scullin**
- ▶ 2,000 hours: **Barbara Murphy and Virginia Caamano**
- ▶ 1,500 hours: **Ann Cade**
- ▶ 1,000 hours: **Ed Antal, Ron Lacey, Dick Schlitzer and Lloyd Williams**

We are grateful to **OneCall Care Management** for underwriting the event, and to our host, **St. Virgil's Church**.



Don Macgowan, Golden Apple Award winner, receives a special gift from IFP Board Vice President **Chris MacDonald**.

Fabulous Foursome



The dedicated crew pictured above - (l to r) **Frank Slojkowski, Dick Schlitzer, Peter Cade and Harry Woods** - came together every Wednesday morning for many years to work together, laugh, share photos and support one another while sorting in the IFP warehouse. Frank "retired" a number of years ago, but we are sad to say that we lost both Dick and Peter in 2014 and they are deeply missed. We fondly remember their spirit of "neighbors helping neighbors" and are grateful that **Harry** continues their work joined by his partner and fellow IFP volunteer **Carolyn Walters**.

LINKing People Together



Above, **Tracey Barrett, Stephanie Wilson and Dr. Vina Isaac** of **The Links, Inc.** (with IFP's David Bean) deliver food gathered by **Lifeline Medical Associates**.

Annual Holiday Open House

Over one hundred IFP volunteers, family and friends gathered with the staff on December 12 to celebrate the Pantry, its people, and all we achieved throughout 2014. Thank you to all for another very successful year!

Welcome New Volunteers!

Lisa Adams
Mary Ann Barone
Melanie Bowers
Kim Castelluci
Jim Davidson
Kyle Davidson
Austin Doby
Don Eberhardt
Frank Echanique
Mike Girardi
Lori Goldman
Janet Gonnella

Angela Gorzyca
Peter Greene
Carole Howell
Roseanne Kinder
Niharika Mamillapallii
Frank & Terry Mangravite
Valerie Nixon
Marguerite Parente
Wendy Parrinello
Mary Poole
Diana Ritchie

Lisa Seneca
Eileen Soliman
Lynn Stevens
Kate Surmay
Marshall Sussman
Ray Tavanna
John Vogel
Deborah Wilson
Joanne Wurster
Vivian Yi
Suzanne Young



Transitions

Congratulations to **Mike and Trish Franco** on becoming parents to baby Brynne, **Jack and Beth Miller** on becoming grandparents to baby Emma Miller, **Piyush and Bharti Ghayal** on becoming grandparents to baby Om Sai Ghayal, **Jim and Margie McGrogan** on becoming grandparents to baby Emmett, and **Lynn Seymour** on becoming a grandmother to baby Adelyn. Also to volunteer **Abby Saul** on her acceptance into Swarthmore College.

Our Deepest Sympathies to the Schlitzer Family upon the loss of their father, grandfather, and husband, **Dick Schlitzer**, and to the family of **Walter Hagelgans** upon his passing.

Many Hands Make Light Work

The Pantry relies on hundreds of volunteers to ensure all the tasks that need to be accomplished get done. In addition to the many individuals, we are grateful to volunteer groups from area companies and churches who pitched in to help from September through the end of the year. These included **BASF, Chubb, Deloitte, DirectHR, Ernst & Young, FDU School of Pharmacy, JCP&L, the Junior League of Morristown, Leadership Morris Group, Metropolitan Life, Mondelez International, Morris County Youth Shelter, Morris Plains Presbyterian Church, OneCall Care Management, Short Hills Hilton, Towers Watson, Verizon Wireless** and all those who helped out with the **Action Against Hunger**. A special welcome to our new volunteer groups from **Alcoa Aluminum, Investors Bank & GAF!**

Healthy Choices

Show Me!

The IFP's tasty and healthy food demonstrations are now offered during most distribution sessions, and client interest continues to increase as well, with approximately 140 clients participating in an average month. One satisfied customer declared, "You know, what you do here is really good and I learn things for my family!" Recent topics highlighted:

- ▶ Heart Health, featuring whole grains, fruits & vegetables and low-fat dairy or healthy fats.
- ▶ Hypertension, emphasizing hidden sources of sodium.
- ▶ Cooking for the Holidays and Food Safety. Recipes included Brownies made with canned pumpkin.
- ▶ Healthy Holiday Choices.

WE NEED YOU! The food demonstration program could use the support of **a few additional volunteers** to add to our dedicated crew. If you're interested, please contact Katy Galton, IFP Nutrition Educator, at katygalton@mcifp.org.

More Fresh Food Choices

As prices for just about everything in the grocery store continues to rise, our supermarket partners, farms, community gardeners and families with CSA's have made a significant difference in the diet and health of our clients by making substantial contributions to our Healthy Choices program. In fact, we received 51,000 pounds of produce this year - which was a 50% increase over the last year! And, thanks to a \$5,000 grant from **BJ's**, we will be able to continue to purchase produce throughout the winter months.



We have also increased the amount of meat we are distributing. Thanks to our partners at **Stop & Shop in Morris Plains, Kings in Morristown, Shop Rite Parsippany** and the **Shop-Rite of Greater Morristown**, we have been "rescuing" surplus food from these stores that would otherwise be thrown away. This increases the amount and variety of nutritious food we can offer our clients and eliminates all that waste - a win-win for all!

News from the Garden

The IFP Community Garden continued to incorporate environmentally-friendly, productivity enhancing techniques and equipment as we moved to complete the infrastructure for our on-site garden. A gravity-driven rain barrel system was installed in October to capture rainfall and reduce the IFP garden's water consumption needs. We are grateful to **MEVO (Mahwah Environmental Volunteer Organization)** for its donation of the rain barrels and the system's installation.



Volunteer **Adam Volk** and **MEVO's Josh Roxenberg** installed the rain barrel system.

Plans are in the works to expand the number of garden-centered children's educational programs to two per week during the growing season. The children love the hands-on experience and, of course, the freshly harvested snacks. These popular events, which take place during evening distribution sessions, **will need some extra hands. If you'd like to volunteer to help out, please contact IFP garden manager Erin Long at erinlong@mcifp.org.**

Also back by popular demand, our plant giveaway program will be dramatically increased this year, with 800 seedlings (an assortment of herbs, eggplant and peppers) slated for distribution.

Seeds for cool weather crops will be planted as early as mid-February, and we're looking forward to an even more productive season than last year. Our target is 1,500 lbs of produce from our little plot of land - a 50% increase over last year!

We are grateful to all our wonderful volunteers, both individuals and groups, for their efforts to make the IFP garden so productive. The results truly benefit our clients!

2015 Needs: We could use some children's tools and gloves, and we welcome seed packets - even if opened or outdated!



The **Garden Club of Morristown** funded the construction of six hoop houses, which extend the produce growing season throughout the colder months. Even in the dead of winter, plants are growing under their protection. Thanks also to **Investors Bank** volunteers, who built the structures.

Above, **Gail Jacobus, Carolyn Simpson and Missy Partridge** of the **Garden Club of Morristown** check out the hoop houses with IFP's Garden Manager, **Erin Long**.

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
Dana Bilia, reception/development

Joanne Brashier, community relations/development associate

Lenora Caamano, reception/client services
Eileen Chapel, case manager-client services

Katy Galton, nutrition educator

Diana Garcia, client services associate

Liliana Herrera, client services manager

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

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.

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 9:30 a.m. - 12 noon

Wednesday 9:30 a.m. - 12 noon

Thursday 9:30 a.m. - 12 noon

Calendar

March 13

2014 Giving Tree Unveiling and Donor Recognition Luncheon

April 24

16th Annual Spring Gala

May 9

23rd Annual Letter Carriers Food Drive

May 20

Annual Board of Trustees Public Meeting

2014 Statistics

Volunteer hrs. donated	24,429
Number of staff volunteers	374
Number of temp volunteers	2,141
Lbs. of food distributed	1,010,117
Number of visits	18,503
Households served:	4,911
People fed	11,489
Avg. # of families served/month:	1,268
Avg. lbs food distributed/month	84,176

Client Ethnicity

Hispanic/Latino	33%
Caucasian	50%
African-American	14%
Asian	1%
Other	2%

Age

Children	35%
Seniors	14%

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