



## *Over 20 Years of Neighbors Helping Neighbors*

# Notes From The Pantry

## From the Executive Director

Dear Friends,

Spring is finally here and we have so many wonderful things happening at the Pantry. First, I want to thank everyone who helped make this years Gala such a huge success and so much fun!! 250 people attended along with dozens of volunteers who worked the event. Between the boardwalk games, palm readers, caricature artists, photo booth, music, great food and lots of IFP friends it was really a special evening and ...drum roll please...raised over \$175,000 to help support our various programs. Amazing!

Speaking of programs, the new Food Rescue Program is going extremely well. In addition to all the sources we already were using, we now are picking up food from four additional super-markets, A&P in Randolph, Kings Food Markets in Morristown, Stop & Shop of Morris Plains and the Shop Rite of Greater Morristown, every week collecting items that, while past date, are still good and safe to use. So far this year this project has brought in an additional 29,000 pounds of food of which almost 10,000 pounds were frozen meat!

Our new Case Manager, Eileen Chapel, is hard at work helping clients with the many issues they are dealing with in addition to needing food and assisting with the increased distribution sessions. The extra set of hands in Client Services were much needed and greatly appreciated by all!

The IFP Community Garden is already growing, and harvests of spinach and lettuce have begun. We are so excited about our children's programming and the kids "Sprouts" groups really enjoy working with Erin, our Garden Manager, and Katy, our Nutrition Educator, on activities while their parents are shopping or getting assistance. Last month they made their own blueberry smoothies and enjoyed kale chips and veggies and home made healthy dips. Now that the weather is better

they will be helping out in the garden, learning about where their food comes from and having fun! More adult help will be needed here so if you are interested, please check out page 7 for more details.

Also mentioned on page 7, the "Kitchen to Table Program" is a big hit as well – both with the volunteer groups and with the home delivery clients. The feedback from those receiving the food is really heartwarming. They are so happy to get some homemade food and the ease with which they can prepare it is so important.

Our home delivery volunteers are also very glad to have these meals as options. A few weeks ago one volunteer was shopping for her elderly client and when I mentioned all the frozen meat we had available for her to take she said, "unfortunately she is 90 years old and has very few teeth. She is severely limited in what she can prepare and chew". Thankfully, because of the Kitchen to Table Program, we had some frozen meals of meat loaf and stuffed shells that were perfect for this client, she was able to include these along with her usual groceries.

In the first four months of the year we have already distributed over 320,000 lbs. of food, an increase of 11% over last year. This is partially due to the increase in numbers but also because we now have more meat and other items to distribute. All these exciting new activities and the increased number of people we can serve are made possible because of the generous support of friends like you and the efforts of our fabulous volunteers who by the end of April have already donated more than 9,000 hours of service!

We are so grateful to you all for always being there and for helping us to answer the call. Thank you all and I hope you have a truly relaxing and enjoyable summer!

*Rosemary*

### Current Needs\* (Note: **Bold** indicates critical need)

- ▶ **Shelf-stable milk (Parmalat)/Dry milk/Evaporated milk**
- ▶ Soups (regular, hearty and low sodium)
- ▶ **Canned fruit and 100% juice (32 oz.)**
- ▶ **Cereal and peanut butter**
- ▶ Mac 'n Cheese, canned vegetables, tea bags (100 ct. boxes)
- ▶ **Pasta and Spaghetti or 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.
- ▶ Ensure or Boost, and Glucerna or Boost Glucose Control
- ▶ Baby food - Stage 1 fruits & vegetables

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

### 2015 Golf Outing

Save the date for our 10th Annual Golf Outing, **September 21 at the Mount Tabor Country Club**. Registration and sponsor information will be available on our website.

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



## Youth In Action

### Can Can Drive



Many thanks to **Delbarton School** for its donation of 2940 lbs of food gathered through their "Canned Goods" food drive.

### Giving With "Heart"



Above, students from **Ironia Elementary School** demonstrate the "Ironia School Has Heart" theme driving its community event that included a food and dental supply drive. Thanks for the 346 lbs. of food!



Above, students from **Brooklawn Middle School** deliver the 611 pounds of food they gathered during a recent food drive. At right is teacher **Lou Miller**, who oversaw the project.

### Boxes and Cans!

Underscoring the concept of Neighbors Helping Neighbors, **Summit Middle School** organized a food drive to gather cereal and soup for the IFP. The friendly competition between three 6th grade teams led to a donation of 674 lbs. of food! We are grateful for the efforts of the students and their support of our clients!



### And Then There's ...

- **Eli Kaufman**, who donated \$200 from his birthday and Hanukah gifts.
- **Kirsten Thomas**, who donated 274 lbs. of food received in lieu of gifts for her 8th birthday.



Thanks to **Morris Plains Co-Operative Play School** for their donation of 267 lbs of food. The food was gathered in conjunction with the students learning about the importance of being thankful and helping others in need.

### Hunger Goes to the Mat

Pairing their annual wrestling tournament with a food drive in an event entitled "Rivals for Hunger," long-time rivals **Roxbury High School** and **Randolph High School** gathered 783 pounds of food for donation to the Pantry. Thanks to all who organized and donated!

### Immersion for Learning

Led by volunteers **Celeste Stracco** and **Lynn Seymour** (center below), students from **Oak Knoll School** received hands-on Pantry experience. Following a classroom session and garden tour, they experienced pantry shopping and bagged fresh produce for distribution to clients.



### In Our Clients' Words "What the IFP Means to Me..."

*"I love the fact that I get to pick my own food. Everything I pick is good and I'm going to use it."*

*"They have opened up doors for me I didn't know were there."*

*"The IFP helps to keep money in our pockets for other important things like a roof over our heads!"*

## Food Drive Honor Roll

In addition to those mentioned elsewhere on this page, we are extremely grateful to all who conduct food drives for the IFP throughout the year. The following youth groups each gathered over 200 pounds of food from January - April. They all helped to keep the Pantry shelves stocked during this long, cold winter. A big THANKS to all! (*Donations are in pounds of food.*)

Boy Scout Troop 25, Madison, 2,451  
Gill St. Bernard's School, Gladstone, 1,856  
Washington Avenue School, Chatham, 1,150  
Rockaway Valley School, Boonton, 909  
Parsippany Hills High School, 826  
Roxbury High School, 783  
Randolph High School, 668

Girl Scout Northern NJ Troop 4983, Madison, 587  
Hanover Park High School, East Hanover, 584  
Boy Scout Troop 8, Chatham, 515  
Morris Knolls High School, Rockaway, 404  
Salem Drive School, Whippany, 357  
Assumption School, Morristown, 325  
Cub Scout Pack 53, Randolph, 290

Girl Scout Troop 4923, Morris Township, 288  
Girl Scout Troop 270, Denville, 225  
Stanley Congre. Nursery School, Chatham, 225  
Sandshore School, Budd Lake, 222  
Chatham Middle School, 218  
Mendham Township Elementary School, 214  
St. Elizabeth's Nursery & Montessori School, 207



## In the Spotlight

### Expressions Of Gratitude

The following letter was recently received in our office and we wanted to share it with everyone. It so beautifully expresses the spirit of the Pantry and what we seek to achieve.

Dear Ms. Gilmartin,

*We think the Interfaith Food Pantry is doing a great job. Thank you for thinking of the needs of others especially when it comes to providing food for those who don't have any.*

*We are also very impressed with the garden. We hope it continues to flourish and becomes a mainstay of your operation. People can learn so much from what a garden produces, the way it produces, the needs, the way people eat and what they eat. It can be a good leaning tool.*

*I have an extra gift card that was given to my wife and I...it isn't much but I hope you can use it for the garden.*

*Thank you and please know that what you do is appreciated - we know, having been clients at one time. Your organization helped us out when no one else would or could. You took the time to listen to us and to get to know us and our needs. We are back on our feet and are now in a position to help others. Please know it was through your generosity, kindness and compassion that led us to where we are today and helped us overcome the many bumps in the road that we faced. You are the hope and handout we needed at the time.*

*You will forever be in our hearts and prayers!*

### SouperBowl Serves Up Donations

We are grateful to the organizations that raised more than \$4,113 and 72lbs. of food through drives and fundraisers around the theme of this year's SuperBowl, including:

**Church of St. Lawrence the Martyr, First Presbyterian Church of Mendham, Gloria Dei Lutheran Church, Holy Trinity Orthodox Church, Mendham United Methodist Church, Met-Life Morristown, Presbyterian Church of Morris Plains, Resurrection Parish, St. Jude Church, and St. Mark Lutheran Church.**



### Refined Sight Sees to IFP Needs

When **Rob Baumeister** accompanied a corporate volunteer group to photograph its work at the Interfaith Food Pantry ten years ago, neither he nor we could have predicted the ongoing commitment that would ensue. What Rob saw inspired him to learn more about the Pantry and its work. Since then he has been making very special contributions.

As owner of **Refined Sight**, a New York based company that provides printing, art direction and consultation services, Rob has provided - pro bono - a huge array of design and print services in support of many of IFP's events. These have included materials for the annual Gala, the Golf Outing, Pantry Apple program, production and installation of our Giving Tree, and the very special lenticular (high-tech picture) that graces our lobby.

We are so grateful to Rob for his ongoing support, and the beauty of all the materials he provides. If you have printing needs for any organization with which you're involved, please consider Refined Sight as a vendor. [www.RefinedSight.com](http://www.RefinedSight.com)

### CIT Does Battle with Hunger

As part of its annual campaign against hunger, **CIT Group** of Livingston raised over \$30,000 for the IFP, which was used to purchase more than 40,000 pounds of food. An additional 10,162 pounds of fresh produce was also donated.

We are so grateful for CIT's continued support of the IFP and for making a difference in the lives of our clients. Special thanks to all who contributed.



That's a lot of onions - but it's just some of the more than 10,000 lbs. of produce CIT donated.

## Looking Ahead - Special Needs

### Summertime—And Donations Go Way Down!

Summer break from school means that many children who receive subsidized or free breakfast or lunch programs are now being fed at home, creating an extra strain on their families. At the same time, **Summer months pose added challenges** for the IFP, when so many of our regular donation sources such as scouts, schools and civic groups also take a hiatus, and we risk our pantry shelves running low.



**You Can Help!** Perhaps you will be involved with a sports team, summer camp, tennis center or other group that might be willing to help us keep the shelves stocked this summer.

**Consider organizing a food drive or fundraiser!** It's easy and fun. Resources can be found on our website at <http://www.mcifp.org/fooddrive.htm>.

### School Supply Drive

Our "We've Got Your Back" backpack and school supply drive returns once again this summer, with the help of our Corporate Advisory Council. Last year we were able to provide supplies to 600 children! Distributions will begin on Aug. 1, so if possible, **please have your donations in by July 31.**

We will gratefully accept supplies such as backpacks, binders, folders, markers, colored pencils, calculators, etc. to help families who might otherwise struggle with this expense. A detailed list of needs will be provided on our website in June. If you would like to organize a drive, give us a call at 973-538-8049.

# Thank You to Our Gala Supporters!

## Premier Event Sponsor



# FROM HUNGER TO HOPE

# "BOARDWALK BASH"

## Leadership Sponsors



**The DeNoon  
Family**

## Gold Sponsors



## Silver Sponsors

Church of The Assumption  
Avison Young

JCP&L/FirstEnergy Foundation  
Morristown Medical Center

The Mosteller Family  
Towers Watson

## Community Sponsors

IMS Health  
Investors Bank

Kings Food Markets  
Normandy Real Estate

St. Clare's Health System  
Smolin Lupin & Co., P.A.

## Advertisers

A&M Paving and Excavating LLC  
Air Treatment System, LLC  
All County Rental  
Bailey Funeral Home  
Caristia, Kulsar & Wade LLC  
CHN PPO, Consolidated Services Group  
Church of Christ the King  
Columbia Bank  
Connect One Bank  
County College of Morris  
Encon Mechanical Corp  
First Baptist Church

Fraternal Order of Eagles  
Graham Curtin  
Haven Savings Bank  
Housing Authority County of Morris  
Housley Financial Services  
IFP Board of Trustees  
Intac Actuarial Services, Inc.  
Kaye Cooper Kay & Rosenberg LLP  
Keller Williams Towne Square Realty  
KRA Insurance  
Lakeland Bank  
Laser + Skin Institute

Metro Dental Associates  
Moretrench  
Morris Habitat for Humanity/Housing Alliance MC  
NJ Pest Control  
Notre Dame of Mt. Carmel Church  
Peapack-Gladstone Bank  
Peoples United Bank  
Pequanock Valley Rotary  
PNC Bank  
Presbyterian Church of Morristown  
Randolph Dental Associates  
Randolph Kiwanis

Sacred Heart of Jesus Church  
Schechner Lifson Corp.  
St. Cecilia Church  
St. Joseph Catholic Church  
St. Lawrence the Martyr Church  
St. Mark Lutheran Church  
St. Peter the Apostle Church  
Supreme Security Systems, Inc.  
TD Bank, N.A.  
Weichert Realtors  
Wells Fargo Advisors-Carchia Financial Mgt  
Welsh Chester Galiney Matone Inc.

## Auction Donors

23 South  
AAA New Jersey Insurance Agency  
Aires Jewelers  
Anthony's Pizza & Pasta  
Arthur's Tavern  
Basking Ridge Country Club  
Bistro Seven.Three.  
Michele Blanchard  
Bradford Renaissance Portraits Corp.  
Brightest Star School of Performing Arts  
Brookside Diner  
Burrini's Olde World Market  
Café India  
Cappia Café  
Caring Capital  
Cecil Diaz Hair  
Chester Meat Market  
Chubb Group of Insurance Companies  
Collins Pub  
Cosi  
Cosy Cupboard  
Cottage II  
Crystal Springs Resort  
Adele Danielsen  
David Todd's City Tavern

Janet Davis  
DePasquale, The Spa  
Edible Arrangements  
Elements of Morris Plains  
Fabricland & Metropolitan Window Fashions  
Fairleigh Dickinson University  
Friends of Fosterfields  
George & Martha's American Grill  
Gilmartin Family  
Gourmet Café  
The Grand Café  
Grassroots Market  
Greater Morristown YMCA  
Grilled Cheese Factory  
Susan Groll  
H2Ocean Restaurant & Raw Bar  
Hanover Marriott  
Harvest Restaurants  
Hilton Short Hills  
Houlihan's  
Hunan Chinese Room  
Hyatt Morristown  
I do...I do...  
Imagine That!  
John Herold Jewelers

Kramer Portraits  
La Campagna Restaurant  
Lakeland Hills Family YMCA  
Sandy Langford  
Lemongrass Viet-Thai Restaurant  
Long's Travel  
Lotus Mind & Body  
Lovey's Pizza & Grill  
James MacDonald  
Donald P. Macgowan  
Maersk Line  
Magnolia Activewear  
Make Time Fitness  
Judith Mason  
The Mayo Performing Arts Center  
Medieval Times  
Mendham Garden Center  
Mendham Jewelers  
Katherine Mitros  
Abby Moller  
Morris Animal Inn  
Morris Museum  
Morris Tap & Grill  
Morristown Beard School  
Morristown Deli  
The New York Jets

New York Red Bulls  
NJ Jackals  
NJ Pest Control  
NJNG  
Notre Dame of Mount Carmel Church  
NY Skyride  
Panera Bread  
The Park Avenue Club  
Petrakis Family  
Pfizer  
Tracey Polifka  
Dawn Richardson  
Chris Richter  
Joanne Rinaldi Brashier  
Rod's Steak & Seafood Grille  
Rosie's Trattoria  
Rutgers University  
Salon K  
Sandra John Interiors  
Marybeth Savas  
Schultz Fur Salon  
Sea Glass Fine Art  
Shakespeare Theatre of New Jersey  
Skin Deep Salon and Spa  
Smolin Lupin & Co.  
Susan Solomon

Somerset Patriots  
Spless Photography Studio  
Strawberry Fields  
Supron Family  
Taste of Mendham  
Tiffany's  
Janine Udof  
The Urban Muse  
USGA  
Verde Ristorante  
Verona Restaurant  
Walmart  
Wash N'Wiggle  
Wednesday Night Distribution Crew  
Karl Werner  
Wendy Whiting  
Doris Williams  
Windswept Boutique  
Eileen Witkowski  
Wyndham Exchange & Rentals  
Wyndham Hamilton Park Hotel & Conference Center  
Sharon Zuckerman



## Gala Celebrates “From Hunger to Hope” Boardwalk Bash

The Interfaith Food Pantry’s annual Spring Gala is an important event for the Pantry, raising crucial funds to ensure we can supplement donations whenever supplies run low and to support our programs. The event also gives us an opportunity to recognize some of our special supporters and to have a lot of fun!!

250 people joined us on Friday, April 24 at the Birchwood Manor in Whippany for the 2015 Gala “*From Hunger to Hope – Boardwalk Bash*” - a theme that set the stage for attendees to enjoy boardwalk games, caricature artists, palm readers, a photo booth and other fun activities. We are delighted to report that more than \$175,000 was raised through sponsorships, ticket sales, monetary donations and auction proceeds!

This year, we recognized **New Jersey Natural Gas (NJNG)** with our **Pantry Partner Award** for its long-time partnership with the IFP to end hunger and improve the lives of neighbors in need. NJNG’s culture emphasizes corporate citizenship and community involvement, and its employees have supported the Pantry in many ways over the years. NJNG was an early supporter of our Capital Campaign to build a new facility, and has provided significant financial and event support, even donating carbon monoxide detectors for our clients, in keeping with its commitment to enhancing New Jersey residents’ quality of life.



Pictured above are representatives of **NJNG**, this year’s IFP **Pantry Partner**. **Tom Hayes**, Director of Customer and Community Relations, third from right, front row, accepted the award.

**Solix, Inc.** received our **Outstanding Service Award** in recognition of its efforts to alleviate hunger and make a significant difference in the lives of neighbors in need. The company and its employees find numerous ways to help our clients, including raising awareness about the IFP as a “Charity of the Month,”



Representatives of **Solix**, **Outstanding Service Award** recipient, included **Gene King** (center front), Corporate Communications and Public Relations Director, who accepted the award, and **Tracey Polifka**, (2nd from left, back row) IFP Trustee.

school and backpack collections and annual holiday food drive. We are grateful for Solix’s many years of support and its impact on our community and clients.

In addition to these two awards, each year, the IFP recognizes a person and/or group who truly represent the spirit of compassion and caring through their out-

reach and volunteer efforts. This year, our **Neighbors Helping Neighbors Group Award** was presented to the **First Presbyterian Church of Mendham (Hilltop Church)** for the Church’s many years of support through food and financial contributions, volunteerism, youth programs, Thanksgiving support and large Garden grant.

Receiving our **Neighbors Helping Neighbors Individual Award** was **Russ Hall**, long-time Pantry volunteer and supporter.

Having fought hunger in Morris County as far back as 1980, he joined the IFP as a volunteer in 2001 and has served on the Board since 2002.

This has included a stint as Board President from 2003-2010, and chairing most every Board committee. He also spends many hours advocating for affordable housing for all. We are so grateful to Russ for his help!

A poignant element to the evening arose when

**Wendy Supron**, Gala Co-chair and Home Delivery volunteer, intro-

duced **Silvey**, her HD client since 2007. Silvey’s moving testimony includes widowhood, raising her children, foster children and grandchildren, and her struggle with heart disease, ensuing open heart surgeries and ongoing disability - all of which eventually led her to turn to the IFP to help feed the family. Ultimately, though, her inspiring story is one of caring and perseverance, and encouraged many in attendance to donate generously at the Gala, with on-the-spot fundraising amounting to \$30,000!

Heartfelt thanks to all those who helped organize this important event, including our generous donors, an incredibly committed Board of Trustees, and many wonderful volunteers! We are grateful to **Kings**, who donated beautiful centerpieces, to **Rob Baumeister** and his firm **Refined Sight** for printing and donating all our invitations, programs and event signage, and to **Joan Sturm**, who graciously conducted a terrific live auction.



We are especially grateful to our fabulous Spring Gala Planning committee, led by Gala Co-Chairs **Wendy and Greg Supron** (pictured on left), whose work securing sponsors, advertisers and gifts was invaluable in making this event such a success!



**Hilltop Church Associate Pastor Rev. Alison Paden** (front, 2nd from right), accepted the **Neighbors Helping Neighbors Group Award**.



**Russ Hall**, receiving his award from IFP Executive Director **Rosemary Gilmartin**.



## Here 'n' There

### Recognizing Our Supporters

A variety of individuals, families and organizations who made leadership donations to the IFP in 2014 gathered on March 13 for our annual unveiling of the IFP's **Giving Tree** and the following celebration.

Colorful leaves and apples on the Giving Tree recognize those who made cumulative donations of 1,000 or more pounds of food or monetary donations of \$2,000 or more.



(l to r) **Marc Mackin**, IFP Trustee; **Rosemary Gilmartin**, IFP's Executive Director; **Paul Boudreau**, **Morristown Chamber of Commerce** President, and **Carolyn Lake**, IFP Director of Community Relations and Development.



A fundraiser sponsored by the **Whippany Rotary Club** engaged professional chef **Brian Bernat** (center) to prepare a tantalizing 5-course meal in the IFP kitchen. 28 hungry participants enjoyed a delicious dinner that included frittatas, enormous artichokes, filet mignon, and many other delicacies. Yum!

### Lending a Hand for Days of Service

Many area companies sponsor Community Service Days, and we are grateful to those firms and their employees who suit up, show up and serve others. Below are recent visitors.



**Novartis** employees (left) **Anne Frederick**, **Lakshmi Yeleswarapu**, **Nicole Kundamal**, **Daniel Carreon**, **Christie Low** and **Rose Fernandez** take a breather while packing food.

**Duff & Phelps** is a welcome addition to our corporate volunteer groups. At right, volunteers **Yudy Loaiza**, **Sue Rubino**, **Jen Jacobson** and **Bernice Rampartap** packaged food for distribution.



## Volunteer News

### Welcome Volunteers!

Steven Bernstein	Jean Henry	Joan Seery
Kristen Burdzy	Richard Herzog	Andrea Silverstein
Ann Corwin	Tom King	Elizabeth Sprandel
Gregory Drew	Cathy Marx	Robert Steiger
Danni Fernandez	Christie Pollack	Carl Winter
William Fullman	Solitha Rau	
Sarah Glick	Leslie Reed	

### Transitions

**Congratulations** to **Wayne** and **Sue Merckling** on the birth of their new grandniece, Addison.

**Our Deepest Sympathies** to the family of **John Alderton**, father, grandfather, husband and long time IFP volunteer; **Joanne Rinaldi Brashier** and family upon the loss of her father, Amadeo Rinaldi; **Catherine Pellerin** and family upon the loss of her Mom, Catherine Elsie; **Gail Gentile** and her family upon the loss of her sister, Marcia; **Joe O'Brien** and family upon the loss of his brother Thomas; and **Janet Reckenbiel** on the loss of her brother Donald.

## Clients Get Some Extra Help

For many years, in addition to providing food, the Interfaith Food Pantry has served as a resource for information about other services our clients may need. Unfortunately, as funding for these programs is becoming more limited, it can take a lot more time to find available services, and often clients become confused or overwhelmed by the process of accessing them.

With the addition of our newest employee, **Eileen Chapel**, to our Client Service Team that's beginning to change. A social worker, Eileen, serving as the IFP Case Manager, works with clients on an individual basis to help identify their needs, get them the appropriate information and, where needed, help them complete the necessary applications. In addition to serving our regular participants she's identifying the special needs of Home Delivery clients and compiling a list of resources which can address their particular circumstances. When not busy with this Eileen is helping to manage some of our distribution sessions, doing new client intake interviews, and will be taking an active role in our advocacy efforts. Please take a moment to drop in and say hello to her when you get a chance!

### Farewell to Lynn Seymour

Volunteer **Lynn Seymour's** years as a public school teacher made her a perfect fit for guiding our school and scout groups around the pantry to explain what we do for the community. Over the years, she helped us develop our education curriculum and helped out in so many areas - wherever needed.

Alas, grandmotherhood calls, and Lynn is leaving our volunteer ranks. We will miss her!



## We Are Grateful

Our thanks to **Advanced Auto Parts**, whose corporate headquarters in Virginia donated \$1,000 to the Interfaith Food Pantry in celebration of the grand opening of the Advanced Auto Parts store in Parsippany. Congratulations!

### In Our Clients' Words "What the IFP Means to Me..."

*"It's a big help - it really is a blessing!"*

## Community Garden

Spring has sprung in the IFP Garden, and a huge variety of seeds and more than 1000 seedlings are happily growing in the beds on-site and in pots in the **County College of Morris** greenhouse.

Clients' children are once again enjoying hands-on activities in both our classroom & garden and delicious snacks that they help prepare during the **Sprouts Program**. The sessions, which engage the kids during evening distribution sessions, have started up for the season.

**We need HELP & could use more adult volunteers.** If you can help out with the Sprouts Program, please contact Erin Long, our Garden Manager, at [erinlong@mcifp.org](mailto:erinlong@mcifp.org).

**Current Needs:** While we have plenty of tools for our adult volunteers, we could still use some **kid-sized hand tools and gloves**. Also, Erin welcomes donations of any seeds - even if the packages are open or expired. If you're interested in donating, please email Erin.

## Sow Another Row!!

Are you beginning to plant your home or community garden? Please remember the IFP and **plant an extra row of some of your favorites for donation to the Pantry.**

Last year's produce donations were record-setting - as were the numbers of clients we served. We are grateful for all the fresh food received, and the creative way some organizations gathered food for donation. **Alstede Farms**, already a food donor, offered its CSA (Community Supported Agriculture) customers the option to donate any of their shares to the Pantry especially during periods when they might be away and couldn't use the food. The resulting donations amounted to more than 12,000 pounds of fresh produce!

Our clients enjoy having fresh produce options, and are very grateful to our fresh fruit and vegetable donors too. So please keep us in mind as you plant—and as you harvest!



## Healthy Choices

### Kitchen to Table Program Launches

In March, **BASF** supplied both hardworking volunteers and financial support to help the Pantry launch a brand new initiative and **Moretrench** volunteers undertook the project in April to keep up the momentum. Entitled **Kitchen to Table**, the program is designed to provide healthy meal options for homebound elderly and disabled clients, and 50 meals are prepared by the volunteers during each session.



**BASF** employees work together to help prepare meals for delivery to homebound clients as part of the IFP's new program. Others in the BASF group helped repackage food from mega-packages to family-sized portions.

Many of our Home Delivery clients have nutrition-related health issues such as diabetes and hypertension. To address these, our nutrition staff developed recipes that can be prepared in our kitchen and portioned for individuals in freezer- and microwave-safe containers. The tasty meals, which included such treats as chicken burritos and lemon barley, are convenient and easy for a person living alone to prepare.

We are so excited about this program and look forward to partnering with other groups to continue the program.

### Cooking Together...

IFP client families gathered at the Pantry on several Saturday mornings from September through April to participate in family cooking programs that encouraged parents and children to have fun cooking together. More than 30 families participated in the program, which was sponsored and run by the **Junior League of Morristown**. Special thanks go to the members of the Junior League, whose enthusiasm and hard work made the events fun as well as informative. Recipes included such favorites as Turkey Sloppy Joes, Smoothies and Fun Fajitas, and presentations included topics such as helpful hints for using fresh vegetables and having "Breakfast Anytime."

Participants enjoyed the process - and the consumption - of the treats prepared, observing "I learned that I liked [a food] that I thought I wouldn't," and "The recipes were easy, tasty and low cost, and I learned step-by-step how to prepare them!"



Time to eat! **Junior League** members begin serving the meal prepared alongside client families.

### Screening for Health

Good nutrition and wholesome food are certainly part of an overall effort to improve one's health. But good health doesn't stop there, and through the cooperation of **Morristown Medical Center's Community Health Department**, IFP clients periodically have access to important screenings. Recently, nurses were on hand to perform cholesterol tests, and to present information and materials about cancer prevention and detection. We are so grateful for this partnership!

### Board of Trustees

*Meets 7pm on third Wednesday of month*

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

**Ron Francioli**  
**Marc Mackin**  
**Guy Raymaker**  
**Russ Hall**  
**Patrick McGuinn**  
**Paul Zelenty**  
**Rosemary Gilmartin**, executive director

### Staff

**Tony Aviles**, warehouse assistant  
**David Bean**, warehouse assistant  
**Dana Billia**, reception/development  
**Joanne Brashier**, community relations/  
development associate  
**Lenora Caamano**, reception/client services  
**Eileen Chapel**, case manager-client svcs.  
**Katy Galton**, nutrition educator  
**Diana Garcia**, client services associate  
**Liliana Herrera**, client services manager  
**Bob Johnson**, warehouse assistant  
**Anne Kneller**, training coordinator  
**Carolyn Lake**, director of community  
relations & development  
**Erin Long**, garden mgr./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 raise awareness and understanding about the issue of hunger right here in our community.

## 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*

1<sup>st</sup> four Mon. of each month 1 pm - 3 pm

1<sup>st</sup> four Tues. of each month 2 pm - 4 pm

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

1<sup>st</sup> four Wed. of each month 6 pm - 8 pm

1<sup>st</sup> four Thur. of each month 1 pm - 3 pm

1<sup>st</sup> four Sat. of each month 10 am - 12 noon

### 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

**June/July**

**6/13-7/5** Kings Pantry Apple Program

**September**

**9/21** IFP Golf Outing (rain date 9/28)

Mount Tabor Country Club

**October**

**10/4** Action Against Hunger Food Drive

**10/18** Taste of Mendham

## Statistics

**January 1 - April 30, 2015**

Lbs. of food distributed 321,549

# different households served 2,101

# different people fed 4,735

Avg. # people fed per month 2,850

Avg. lbs. food per month 77,864

### Know how to double your gift?

Many businesses have programs to match gifts employees make to non-profit groups. You can help by checking this out. Some companies we are getting gifts from include: ADP, Amgen, BD, BNY Mellon, Bristol Myers Squibb, Chubb, Colgate Palmolive, Deutsche Bank, D&B, Exxon Mobil, First Energy, FM Global, Geico, GlaxoSmithKline, Honeywell, Horizon, HP, J&J, JP Morgan Chase, Macy's, Markel, Merck, Microsoft, Mondelez, Moodys, Novartis, Pfizer, Prudential, PSE&G, Reckitt Benckiser, Solix, TE Connectivity, Temp-Time, Tiffany, UBS and US Fire Ins. Go to "**Learn More About Donating**" section of our website for more info.

## SPRING APPEAL

*Hunger doesn't take a vacation! Can you help us stock our shelves this summer?*

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

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

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

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

If you prefer, you can make a one-time or recurring donation through our secure server at [www.mcifp.org](http://www.mcifp.org) and click "Donate Now"

We also accept ☐ Master Card or ☐ Visa

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 your mailing list.