



Over 20 Years of Neighbors Helping Neighbors

Notes From The Pantry

Summer 2015

From the Executive Director

Dear Friends,

I hope you are all having a wonderful summer! It's hard to believe how quickly it is going by. The produce crops are rolling in, the fall holiday calendars are going up, and we've already begun distributing school supplies to the more than 600 children signed up for our "We've Got Your Back" program.

As you all know, summer is our hardest season - with schools closed and client families struggling to provide three meals a day now that their children do not have access to the in-school breakfast and lunch programs. Unfortunately, this is also when all the schools and most of the civic groups who regularly run food drives for us shut down until the fall so it is a struggle to keep the shelves full.

The good news is, a number of our friends really helped us get off to a good start, with the wonderful kids from Delbarton School collecting almost 9,000 pounds of food and Boy Scout Troops 112 of Madison and 8 of Chatham each bringing in more than 1,000 pounds of food. And then there are the amazing people from Notre Dame of Mt. Carmel who since June have donated more than 3,100 pounds!!! We're also grateful to the many companies, civic groups and individuals who recognizing that hunger doesn't take a summer vacation launched drives and fund-raising campaigns to help get us through.

With your help we have been able to provide an ample supply of healthy and nutritious food to more than 2,700 people a month this summer!

We've been really successful at stretching all your donated dollars and getting a great bang for the buck on quality foods for our clients, working with a variety of distributors who are giving us a great deal on healthy items like fresh produce, eggs and milk. Our families are so grateful to receive this help. Thanks to our new Food Rescue Program, we are getting lots of great "rescued" meat from local supermarkets and the clients are thrilled!

We are now preparing for the fall and as you can see from the articles inside there is a lot coming up including the Golf Outing, the Turkey Trot and, hard as it is to believe, Thanksgiving. Please remember, if you plan on doing a food drive for the holidays, let us know as soon as you can so we will know **help is on the way**. Our first holiday food baskets will be given out the first week of November, so we welcome your contributions as early as possible! Last year we provided more than 1,600 turkeys and baskets so it would be great if you could start planning your "Bring Your Bird to Work/Church/Temple" days now! Posters, etc. are on the website.

As always, I hope you all know how very much we appreciate all that you do. We thank you for your friendship and for caring. Together we are making a big difference in the lives of many of our neighbors. If you have not been up to visit - please do so and feel free to ask for a tour. Hoping you enjoy the rest of your summer!

Fondly,

Rosemary

Current Needs*

- ▶ **Dry milk** (1 qt. pkg.) & **Parmalat** (shelf stable milk) 32 oz.
- ▶ **Soups** (regular, hearty and low sodium)
- ▶ Canned fruit or 100% juice (32 oz) (no sugar added)
- ▶ 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 & Stage 3 Vegetables and Meats

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

Mark Your Calendars

for these special events :

- ▶ Thursday Nov. 26th—Our **9th Annual Thanksgiving Day Turkey Trot**. Details on p.5. Come join the fun!
- ▶ Friday April 8, 2016—Our **17th Annual Spring Gala**, at the Birchwood Manor in Whippany.

See the back page for a full listing of all upcoming events.



Youth In Action

Out of the Classroom, Tackling Real World Hunger

Hanover Park High School's AP Government and Politics class visited the food pantry, bringing with them food and monetary donations as well as a desire to help their fellow neighbors. Led by classmate and IFP volunteer Abby Saul (4th from left, 2nd row), the students learned about the role of the food pantry in the community and even gave a helping hand -- sorting food and preparing the newsletter for mailing.



Girl Scout Troop 4248 of Madison earned their Bronze Award collecting 402 lbs. of food at their public school, area supermarkets and through neighborhood canvassing.

We are grateful to the students from **Mountview Road, Bee Meadow and Salem Drive Elementary Schools** in Hanover Township (below), who gathered 308 pounds of school supplies for our clients, kicking off the drive with a "Good Character Walk"!



Thanks to **Girl Scout Troop 4244** of Hanover Township for organizing a food drive (gathering 240 lbs of food!) and using cookie sale profits to create Brown Bag Buddies for the Interfaith Food Pantry.

Congratulations on completing your Bronze Award!



And then there's...

- **Alexander Golio**, who donated 147 pounds of canned goods gathered in a food drive his family hosted for his 6th birthday.
- **Kristen Thomas**, who's 8th birthday led to a donation of 247 lbs. of food!
- **Alexis Thorsen**, who collected 200 lbs. of food for her 6th birthday!
- Congratulations to **Jack Garzon** on his 1st Communion, and thanks for the 255 lbs. of food he donated!

Students from the **Children's Institute High School** of Livingston visited for the first time and were amazed by the Pantry's entire facility, especially our garden! We are grateful for the food donations each child brought.

Food Drive Honor Roll

We are very grateful to all who conduct food drives for the IFP throughout the year. In addition to those mentioned elsewhere on this page, the following youth groups donated more than 150 pounds of food or \$200 from May through July, to help keep the Pantry shelves stocked. A big THANKS to all! (*Donation in pounds unless otherwise marked.*)

Delbarton School, Morristown, 8,717 and \$2,500
 Boy Scout Troop 112, Madison, 1,042 and \$600
 Boy Scout Troop 8, Chatham, 1,005
 The Peck School, Morristown, 690
 Whippany Park High School, 458
 Washington Avenue School, Chatham, 306

St. Virgil's School, Morris Plains, 303
 Northvail School, Parsippany, 246
 Lakeland Youth Symphony, Denville, 224
 Normandy Park School, Morristown, 169
 Morris Plains Borough Schools, 159
 Cub Scout Pack 40, Whippany, 156

Did You Know?

Many employers will match your donation to non-profit organizations, doubling its value or even more. A partial list of companies matching employee gifts can be found on our website at www.mcifp.org/donate/workplace-giving. Click on **matching contributions**. Also check with your employer to see if they participate in a matching gifts program.

Are You Shopping For Someone Hard To Buy For?

An **IFP Tribute Card** is the perfect solution! Honor someone with a donation to the Pantry in their name. Details at www.mcifp.org. Talk about easy!!!

Do You Shop Online?

Be sure to visit the following site www.smile.amazon.com to have a portion of your purchase price donated to the IFP!

In The Spotlight



IFP/Drew Research Collaboration to Help Drive Strategic Initiative



To ensure that the IFP continues to enhance its effectiveness in meeting the needs of the hungry in Morris County, our Board of Trustees and staff are in the process of developing a Strategic Plan. We are fortunate to have an important asset in this process: **Prof. Patrick McGuinn, Chair of Drew University's Political Science Department** and new IFP Board Member (see p. 4). A long-time IFP donor and volunteer, McGuinn and IFP Executive Director Rosemary Gilmartin met to explore the possibility of having Drew University students partner on a project with the Pantry.

During the past spring semester at Drew, students in McGuinn's *Social Policy and Inequality in America* class (pictured at right) conducted research focused on the issue of hunger in Morris County, and how it is viewed and addressed in public and private sectors. The class collaborated with the **Interfaith Food Pantry**, the **Community Soup Kitchen of Morristown** and the **United Way of Northern New Jersey** in designing a survey to assess food availability and gaps in access to food among needy communities in Morris County.

Administering the survey to more than 100 food pantries, social service organizations and municipal governments across the county students sought updated, comprehensive information about the kinds of food assistance programs currently available and to identify where, how and why gaps in access to food exist.

Their key findings included the following:

- Some political leaders in Morris County are unaware that hunger affects local populations.
- Agencies do not always connect with those in need.
- Transportation, language barriers and limited hours of operation frequently impede access to available services.

One student who participated in administering the survey stated, "We found that, often, hunger is ignored and is not seen as a dramatic problem in society, especially in wealthy communities. Unfortunately, inequality in food access exists ... even in states with higher average incomes like New Jersey."

Some of the issues identified by the project may be relatively easy to solve. For example, lack of refrigeration capability at some food pantries currently limits both donation capacity and clients' access to fresh foods. Other barriers may be more difficult—though not impossible—to solve. Building partnerships between social service organizations could help those in need receive assistance more quickly and enhance the visibility of services. "There are organizations out there that people don't know about," observed another student.

The students' reports summarizing their findings on each of the surveyed areas will be shared with the partner organizations to help guide their planning efforts, and presentations will also be made to participating groups. "The organizations have told us that this information will help guide their strategic planning, advocacy and outreach efforts and ultimately help reduce hunger in the county. It was a really powerful learning experience for the students," concluded McGuinn.

It was noted that the IFP is unique among food assistance providers in the county in terms of the food and services we provide,



our extended hours of operation, and the size and scope of our operation. However, there is much more for us to do. The Drew University/IFP collaborative efforts will provide extremely useful information to help guide our strategic planning process and to assist us in setting priorities for the future.

The survey results will also help direct the **IFP Advocacy and Government Affairs Committee** in its efforts to address the low awareness levels regarding the issue of hunger in the county and the high misconceptions that exist about what the underlying or root causes that lead to hunger actually are."

The 17 students involved in this Community-Based Learning class represented a wide range of majors and included some of Drew's Civic Scholars and Baldwin Honor Students. As for the future, plans may include other partnerships between Drew University students and the IFP.

Opportunity Knocks: A Client Story

We recently heard from Kelly S., a client since the Fall of last year, that she won't be needing our help any longer. Expressing her thanks for the assistance she received, she said, "My experience at the IFP was great—it didn't feel like charity."

When 32-year-old Kelly first came to the Pantry, she was going through a very difficult time. A single mother of two children, 9 and 4 years old, she struggled to make ends meet despite the child support she received, and wondered how she was going to make a better life for herself and her children.

Having been referred to us by an IFP donor, Kelly received not only the food she needed, but also school supplies for her kids through our "We've Got Your Back" program. Equally important, though, was the crucial information she received here that helped her to improve her circumstances.

Through the Pantry, she learned about the County College of Morris Women's Center, where she'll be taking computer classes to improve her job prospects. Kelly is preparing to complete her degree in business, and says, "I'm not one to get stuck, and I'm able now to pursue my dreams of an education and career. Hopefully in the future, I'll be one who will be helping others!"

Board News

Three new members recently joined the IFP Board of Trustees, each of whom have been involved with the Pantry for several years.

Ron Francoli, Mayor and Director of Administration for Hanover Township (right), has been active in IFP community outreach efforts, facilitating new relationships and donor alliances. While on the Board, he will be a member of the Community Relations and Development Committee.



Patrick McGuinn (left) is Associate Professor of Political Science and Education at Drew University and Chair of Drew's Department of Political Science and Co-Chair of the Drew Center for Civic Engagement. He and his family are Home Delivery Volunteers, and have supported the IFP since 2008. Pat is a member of the Board's Advocacy and Government Relations Committee.

Guy Raymaker (right) is a Partner with PriceWaterhouseCoopers. His family was responsible for initiating a challenge grant which enabled us to expand our Client Services staff and in addition, he helped us secure a capacity building grant from the PwC Foundation. Guy is a member of the Board's Strategic Planning Committee.



As we welcome these new members, we also want to recognize and thank exiting member, **Chris Richter** for his years of service on the Board (2012-2015).

Our Gratitude to...

Spring Brook Country Club, for hosting its 4th annual food drive in conjunction with the 4th of July fireworks display hosted on its grounds—and to club members and others who donated.

Pfizer, for using Take Your Child to Work Day as an opportunity to host a nutritional workshop and food drive, gathering 931 lbs. of food for donation!

Golf Outing Update

Our foursomes are sold out for our 10th Annual Golf Outing, which will be held on Monday, September 21st at the Mount Tabor Country Club. **However, we still need sponsorships**, which start at just \$250. This is a great way to showcase your support of the IFP and its mission. See our website for details. Special thanks to our title sponsors **Britcher Leone & Roth, Avison Young and Graham Curtin**.

Here 'n' There

Plan for Planned Giving

Though an improving economy is being widely touted in news reports, it's important to realize that circumstances don't necessarily change for everyone. The sick, elderly or disabled—and those who are working but still struggle to make ends meet—will continue to 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 on 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/donate/plannedgiving.htm.*

Postal Carriers Deliver

We are grateful for the combined efforts of the postal workers at the post offices located in **Chatham, Florham Park, Madison, Mendham, Millburn, Morris Plains, Morristown, Mountain Lakes and Rockaway/Dover Annex**, who participated in the Annual **National Letter Carriers "Stamp Out Hunger"** food drive conducted May 9. They collected 17,634 pounds of food at a crucial time. During the summer months, supplies start to run low as demand for food remains high but donations tend to decline. Heartfelt thanks to all the postal carriers and their route customers who participated!

Grant Update

Special thanks go out to the following who gave generous grants to the IFP so far in 2015:

3M Foundation; Affinity Federal Credit Union Foundation; John Bickford Foundation; Children's Home Foundation; Darden Restaurants (Long Horn); Robert & Joan Dircks Foundation; Investors Foundation; Madison Rotary; Marcello & Graziano Roviario Foundation; Mushett Family Foundation; NJ Heroes Foundation; Notre Dame of Mt. Carmel (TTT); Novartis; William E. Simon 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.

Special thanks to those who donated through their **United Way** programs at work. Including our friends from **BASE, BOA, Chubb, Colgate-Palmolive, Deloitte, FedEx, First Energy, J&J, KOA, Novartis and Reckitt Benckiser**. We really appreciate your support.

Register now for the 9th Annual Morris Township Thanksgiving Day

Turkey Trot

Benefiting the Interfaith Food Pantry and Literacy Volunteers of Morris County

5K & 1 Mile Fun Walk/Run

to fight hunger and promote literacy



Registration is now open for the **9th Annual Morris Township Thanksgiving Day Turkey Trot**, taking place at Ginty Field, Morris Township at 8:30am sharp on Thursday, November 26th. Lace up your shoes, grab the kids, and get out of the house early to get a little exercise before your big meal, while remembering what the holiday is all about—giving thanks and giving back!



The Trot is a key fundraiser for the IFP and our partner in the event, the Literacy Volunteers of Morris County, raising enough money for us to supply 50 families of four with food for a year and provide 200 literacy

students with a year of instruction. This event continues to grow in popularity and, even with the snow, we had 2,455 people register (including our hard-core USATF point-seekers), to participate in the 1 Mile Fun Walk/Run or the 50 yard Kids' Trot.

We are predicting ideal weather for turkey trot 2015, so we suggest you register early at www.morristownshipturkeytrot.org so you don't get stuck in long lines. The website is also where

you can set up your own fundraising page on Facebook (it's SO easy) or email so you can get your friends involved, too!

 ★ **WANT TO BE ON THOSE FAMOUS TURKEY TROT**
 ★ **TEE-SHIRTS?** All types of sponsorships are available to fit
 ★ your budget—and are also needed to help ensure the success of
 ★ this race. By serving as a sponsor you get incredible exposure
 ★ to thousands of people while making a huge difference in our
 ★ community. Check the website to get all the details at
 ★ www.morristownshipturkeytrot.org.
 ★ *****

And While We're Talking Turkey...

Last year we provided holiday baskets to 1,600 families—not only our clients, but those of other agencies too. Please join us in planning ahead for this year's Thanksgiving needs.

Consider organizing a food drive in your school, place of worship or other group. All the tools you need are on our website at www.mcifp.org. Distribution begins in early **November**, so start planning now and **be sure to let us know!**

We especially need turkeys and fresh produce! Monetary donations and supermarket gift cards are also especially helpful, as we will need to purchase items that are in short supply.

"We've Got Your Back"

In early August, we began distributing backpacks and a range of school supplies to our client's children in the IFP Corporate Advisory Council's fourth annual "We've Got your Back" School Supply program. By September, we anticipate that we will have distributed school supplies to more than 600 children just in time to start the school year off right.



Pictured are **Tom Bontempo** from **Dun and Bradstreet**, **Carolyn Lake**, IFP Director of Community Relations & Development and **Greg Supron**, IFP Board President, with 291 lbs of brand new assorted school supplies from D&B's Parsippany office.

Special thanks to **D&B, Daiichi Sankyo, The Lapp Group, One Call Management, MetLife, Pfizer, Solix, Spring Brook Country Club, and Towers Watson**, whose monetary and school supply donations helped ensure that we had enough school supplies on hand.



Happy faces abounded as clients received backpacks and school supplies to launch a successful school year!

The Apple of Our Eye...

Special thanks to **Kings Food Markets** of Morris County, their employees and their generous customers, who donated \$15,703 to the IFP through this year's Pantry Apple Program. Selling \$1 and \$5 paper apples to raise awareness about hunger in our community, Kings associates gathered the funds in a friendly competition—and the winner is...the IFP! Stores located in Boonton, Chatham, Florham Park, Gillette, Mendham and Morristown participated in the program, which took place in June and July.

Volunteer News

Kitchen To Table Program a Big Hit!

We are so very grateful to **Breeze Eastern**, and **OneCall Care Management**, who sent not only volunteers, but also provided the funds to underwrite the food, packaging, staff and other costs of our **Kitchen to Table Program** during the months of May and July. Employee groups prepare, cook and package individual meals in the IFP teaching kitchen that are healthy (low sodium and low sugar) and easy for our elderly Home Delivery clients to prepare.

If you are interested in learning more about our Kitchen to Table Program or sponsoring a group, please contact Doug at 973-538-8049 ext. 218.



Volunteers from corporate partner **Breeze Eastern** of Whippany (above) and **OneCall Care Management** in Parsippany (below) prepared 50 Home Delivery meals each for the **Kitchen to Table Program**.



Volunteer Recognition Dinner Set

Save the date! Our annual "Celebrate the Pantry" pot-luck Volunteer Recognition Dinner will take place on Thursday, October 15 at 6:00pm at **St. Virgil Church** in Morris Plains. Each year during this event we celebrate our amazing volunteers and all the work they do throughout the year. We would be lost without them!

We are so grateful for their time and dedication and look forward to celebrating their efforts.

Volunteers Gather for some R&R



On Sunday, July 19, about 90 of our wonderful volunteers and IFP staff came together at our annual Volunteer Picnic and pool party hosted by IFP Executive Director, **Rosemary Gilmartin** & her husband **Tom**. What a great opportunity for everyone to get to know one another and share some good food, fun and conversation.

Volunteers Needed!!!

Upcoming events offer special opportunities to get involved with the IFP and have a good time! Please consider helping at:

- **Fall Festival on the Green (9/27):** set-up, 50/50 ticket sales and face painting. Contact Joanne at joannebrashier@mcifp.org
- **Turkey Trot (11/26):** registration, course marshals, snack and water distribution. For more information or to sign up, go to www.morristownshipturkeytrot.org. or contact Mel @ mfink11@optimum.net.

Welcome New Volunteers!

Janet Brey	Lydia Marcantonio	Jennifer Smith
Lynn Crowley	Renata Moraes	Elisabeth Tavana
Carole Francioli	Maria Navarro	Daniel Van Deventer
Sarah Glick	Linda Pacchiano	Carolyn White
Esther Greenberg	Danielle Schussel	Claire Zou

Transitions

A special farewell to Margie McGrogan, who donated over 1,700 hrs volunteering at the IFP since 1999. We will miss you!

Congratulations to Volunteer **Melissa** and **Andy Matejek** on the birth of their baby, Thomas James.

Our condolences to volunteer **Ed Antal** and family upon the loss of his wife, **Ellen**. And **our sympathy** to volunteer **Lillian Troth** and her family upon the loss of her husband and fellow IFP volunteer, **Dennis**.

Moving On...

At right, Home Delivery volunteers **Harrison**, **Julie** and **Maggie Green** visit with IFP Client Services Manager **Liliana Hererra** during their last time at the Pantry before moving to Singapore!



Healthy Choices

“Gold”en Opportunity

Thanks to 18-yr-old **Emily Roper** of Morristown, the IFP can now offer a cookbook featuring healthy recipes that use ingredients available at the Pantry. A member of **Girl Scout Troop 2243**, she took on the project to complete her Girl Scout Gold Award, and then decided that making the cookbook bilingual (Spanish and English) would make it that much more helpful!

Emily’s desire was “to help families make meals that are not only healthy but that the entire family will love,” and she certainly achieved that goal. Congratulations, Emily, on your Gold Award!



 ★ Want to know what’s happening at the
 ★ Pantry or in the garden? **Follow us on**
 ★ **Instagram, Facebook, Twitter** or our
 ★ company page on **LinkedIn** for the latest
 ★ on events, classes, hunger-related issues
 ★ and breaking news!
 ★
 ★
 ★*****



Fresh Produce — Keep It Coming!

We’ve already begun to receive some of the bountiful fresh produce that’s being harvested in home gardens, local farms and community gardens, and our clients truly appreciate it!

Perhaps you’ve planted extra rows for the Pantry’s benefit. Perhaps you’re simply getting more than you can use. Either way, please keep us in mind and send all that extra fresh nutritious food our way!



Food Demos Link to Screening Programs

IFP nutrition educator, **Katy Galton**, and her cadre of volunteers continue to offer ‘show and taste’ food demonstrations each month, which focus on a specific topic or health issue.

“In June, the many sources of calcium were discussed and we were able to coordinate the topic with osteoporosis screening through the cooperation of the **Morristown Medical Center’s Community Health Department**, commented Katy.”

May’s presentation which covered diabetes prevention, explained the importance of whole grains in the diet, and concluded with a whole wheat veggie tortilla pizza! One satisfied client observed that it was “Very delicious—and easy to make!” Yum!

In August, glucose and blood pressure screenings will be offered with appropriate food pairings.

News from the Garden

The infrastructure for the IFP Community Garden is fairly complete, and while planting will continue throughout the growing season, we’ve already begun to harvest an array of fresh vegetables. New to our lineup this year are corn, cantaloupe, broccoli and sweet potatoes, but of course we continue to raise old favorites from last year—including the 10 hottest pepper varieties in the world!

Produce is typically harvested the morning of a distribution session, and the fresh goods just fly off the shelves. Sometimes more veggies are brought in from the garden in the middle of distribution. It doesn’t get any fresher than that!

Our water conservation capabilities has increased thanks to **MEVO (Mahwah Environmental Volunteer Organization)**, which donated another rain barrel to supplement the gravity-driven system they installed last year.

The IFP’s **Sprouts Program**—a series of garden-centered children’s educational programs—has been quite well attended, with about 100 children participating thus far this season. The kids have enjoyed such hands-on activities as scavenger hunts, science experiments, and have learned about pollination, honey production and germina-

tion. Sprouts sessions take place during Tuesday or Wednesday distribution sessions through October, and **could use some extra adult help. If you’d like to volunteer to help out, please contact IFP garden manager Erin Long at erinlong@mcifp.org.**



A Sprouts Program participant enjoys a snack just harvested from the IFP Garden.

Our Garden-to-Go plant giveaway program was very successful as well, with 724 plants (herbs, tomatoes, eggplant and peppers) distributed to clients in late Spring. We are grateful to **Ed Murphy** and **Wendy Whiting** for their help planting the seeds and to **CCM’s Horticulture Department**, which provided space in its greenhouse, planting materials and ongoing care for the seedlings!

Efficient use of resources is ever present in our minds, and our garden manager is utilizing companion gardening techniques, saving space and nourishing the soil at the same time. Currently, bean plants are beginning to grow using our corn plants as bean-poles, and we even have a pumpkin patch!

Needs: The Sprouts program could use some children’s tools and gloves, as well as kid-friendly cooking utensils and aprons.

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

Ron Francioli

Russ Hall

Marc Mackin

Patrick McGuinn

Guy Raymaker

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

Andres Garcia, garden assistant

Liliana Herrera, client services manager

Bob Johnson, warehouse 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

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

September

September 21 Golf Outing

September 27 Fall Festival on the Green

October

October 4 Action Against Hunger

October 15 Volunteer Recognition Dinner

October 18 A Taste of Mendham

October 24-26 Gary's Grand Wine
Experience

November

November 26 9th Annual Turkey Trot

For event details please visit

www.mcifp.org

2015 Statistics

January 1 - July 31, 2015

Lbs. of Food Distributed 538,575

Different Households Served 2,592

Different People Fed 5,716

Avg. # Households Per Month 1,219

Avg. # People Fed Per Month 2,854

Avg. lbs. of Food Per Month 76,939

2014 Annual Report

The Interfaith Food Pantry's Annual Report for 2014 is now available. You can find the full version on our website www.mcifp.org/about-us/annual-report

Check it out!

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

TOO MUCH MAIL? 

Return Service Requested

Morris Plains, NJ 07950

2 Executive Drive

Interfaith Food Pantry