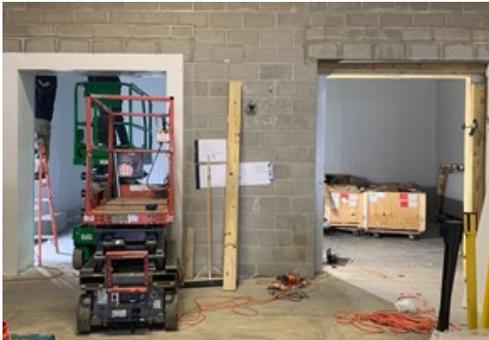


## Notes From The Network

### From the Executive Director

Dear Friends,

Happy Spring! It is a very busy time here at the IFPN. By the time this newsletter goes to print, the construction of our new cold storage units (pictured) will finally be completed and just in time! We have a number of donors that want to start sending us items such as dairy products, milk alternatives and frozen soups as soon as we are ready. We are so grateful to the those who funded this project including the **Bayer Fund, Investors Bank Foundation, Mushett Family Foundation and John and Margaret Post Foundation**. Now on to the next phase...



As I mentioned in an earlier newsletter, plans are underway to expand our main pantry here at 2 Executive Drive to accommodate more clients and a greater volume and variety of healthy, fresh foods. This next phase is being made possible in large part by a transformational grant we received from the **Margaret A. Darrin Charitable Trust**, which will cover most of the construction costs. **Wegmans** is assisting us with the shopping area design and the shelving, and we have received furniture donations from **Daiichi Sankyo**. The pantry will feature additional produce, meat and dairy merchandise units, paid for by guests who generously supported the fund-a-cause at our Annual Spring Gala (see details inside). Dubbed "Phase II" of our capacity building plans, the pantry ex-

pansion will allow us to return to true "Client Choice" shopping in a manner that feels safe for our clients and volunteers. We will be able to accommodate more people and enhance the amount and variety of healthy foods made available. Most importantly, the face-to-face interaction between clients, volunteers and staff will allow us to have the dialogue needed to better identify needs and connect clients with available resources. With our old friends from the **Walsh Company** managing the project, the ball is already rolling and we couldn't be more excited to start this Spring.

In our day-to-day operations the first quarter of 2022 has been very busy. The number of new families that enrolled in our Pantry last month was close to 2020 levels with referrals coming from a variety of sources including Atlantic Health, the Morris County Sheriff's Hope One team, MHA Morris/Sussex and many others. Most of these new families were making just enough to get by for quite some time but are now struggling with inflationary costs of food and fuel, and some are seeking help due to an expiration of COVID-era relief. Many of our Pantry Partners are experiencing similar spikes. The good news is that many of our regular food donors, such as schools, houses of worship and scout groups have now returned from their covid-fueled hiatus. As for our financial donations, while down from the past two years, are holding steady.

As always, we continue to move forward and with your help, will continue to reach out to families and seniors across the county who silently struggle with food insecurity. Thank you for your continued friendship and support, we couldn't do it without you!

Warm regards,

*Carolyn*

### Current Food Needs\*

- ▶ Parmalat, Other Shelf Stable Milk, Dry Milk (1 qt. size)
- ▶ Cereal (low sugar, high fiber)
- ▶ Soups (hearty, low sodium & condensed)
- ▶ Side Dishes (Rice-A-Roni, Hamburger Helper, etc.)
- ▶ Pasta & Spaghetti (1 lb size preferred; including whole wheat)
- ▶ Tomato Products (sauce, crushed, whole, diced, puree, paste)
- ▶ Canned Meats/Meals, Ravioli, Hash, Stew, Chili
- ▶ Boost, Boost Glucose Control, Ensure or Glucerna
- ▶ Baby Food: Stage 1, Stage 2 and Stage 3
- ▶ Healthy Snacks (Belvita Breakfast Biscuits, Granola Bars, Ritz Crackers, Wheat Thins, etc.)

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



save  
the  
date

### 2022 IFPN Golf Outing

## September 19

More information coming soon at  
[www.mcifp.org](http://www.mcifp.org)



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## IFPN Happenings

### IFPN Goes To College...

In recent years numerous studies have been conducted across the nation to assess food insecurity among college students. In 2019, a survey conducted among 167,000 students from 227 colleges and universities, revealed that 39% of those students suffered from food insecurity. While scholarships cover some tuition costs for low-income students, many have little money left for food. As a result, many struggled to stay focused and unfortunately, unable to complete their education. In December



of 2021, the IFPN met with **Dr. Bette Simmons, Vice President of Student Development at County College of Morris** (pictured with **Jessica Revolorio, IFPN Client Services Associate**) and her CCM hospitality team. While CCM currently offered grab and go snacks through their Titan's

Table program, we agreed we needed to take additional steps to fully address the nutritional needs of the students in low-income households. We developed a simple intake form that students could complete online, and gave them access to a "menu" to ensure they would receive items they could use including groceries, fresh produce, grains and dairy. We launched the program at the conclusion of spring break in 2022 and by the end of March, thirty-one students were enrolled, on a weekly or bi-weekly delivery option. The feedback has been overwhelmingly positive, and the program will be ongoing and available to all CCM students and faculty who need the assistance. If graduating students continue to need help, they are provided the opportunity to transfer to our regular pantry program and become clients of the IFPN.

**Emergency Help Is On the Way...** In addition to the households we serve on a regular basis with a full month's supply of groceries, we also distribute a week's worth of food on an emergency basis to anyone who needs them from our own Pantries. These bags are also available at the **County Office of Temporary Assistance, Navigating Hope**, operated by **Family Promise** and the **Morris County Department of Human Services, Zufall Clinic** in Dover, the Passaic County



**Hope One** pictured **Val Schuszler (IFPN), Officer Justin Sudol, Jon Schenk (IFPN), Officers Erica Rice and Chelsea Whiting and Tony Aviles (IFPN).**

Department of Human Services (for temporary residents in Parsippany) and most recently, the **Morris County Sheriff's Office Hope One Mobile Unit. Officers Chelsea Whiting and Erica Rice** who coordinate the Hope One program, connect people through a net-

work of 60+ agencies to all types of services including those for mental health, addiction and recovery. Since we joined their "Hub" last year, they have distributed more than 150 emergency bags and referred 80 people to the IFPN for regular help. We are so grateful for their partnership!

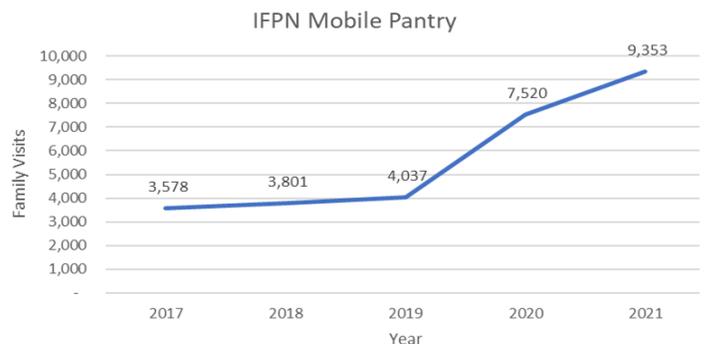
### Two New Partner Programs with Zufall Clinic

The health benefits of eating a variety of fruits and vegetables are well known for any age. The IFPN recently partnered with Zufall Clinic to support participants in two of their programs. The **Andale Program** at the Dover clinic focuses on pediatric overweight prevention. Once a month our nutrition educator **Katy Galton**, plans and purchases produce for the children to take home. The grocery bags include fresh produce, kid friendly healthy snack recipes, and ingredients to make them, along with information on the produce and ways to prepare them.

Another new program is the **Food Pharmacy Program** which provides accessibility to healthy foods for patients enrolled in a hypertension program at the Morristown Clinic. Participants are given vouchers to our free farmers markets where they can pick up a wide variety of fresh fruits and vegetables along with nutrition information. We are excited to be working with Zufall to increase access to fresh produce and better health for their participants.

### Mobile Pantry Update...

Our Healthy Choices Mobile Pantry program continues to grow as we add new partners, including the most recent program at the County College of Morris. In fact, by the end of last year, the number of families served by the Mobile Pantry has more than doubled since we started in 2017 (see table below). Our **Pantry Program** partners with 10 smaller community-based food pantries in Butler, Parsippany, Roxbury, Netcong, Mt. Olive and Oak Ridge and supplements their groceries with fresh produce and dairy. Our **Senior Umbrella Nutrition (SUN) Program** delivers nutrition to hundreds of seniors in 10 low-income housing units in Morristown, Morris Township, Randolph, Rockaway, Madison, Dover, Wharton, Mt. Olive, Jefferson and Butler. Our **Friendship Bag Program** offers supplemental groceries that are easily prepared by clients enrolled in the County of Morris' hot-meals program. Lastly, our newest partnership with the **County College of Morris**, provides groceries to 31 students. Watch for our Mobile Pantry on the move this summer when our Free Farmers Markets begin with our partners!



**FYI: Plastic Bag Ban...** The good news is that we have been on the reusable bag bandwagon for 15 years or so! We issue all new clients reusable bags and they are very much accustomed to bringing them when they come for their groceries. We also recently established a "swap" system for clients of our Mobile Pantry Programs. The last place plastic bags are being used is with food donations. There is some concern that food donors will be hesitant to part with their reusable bags. To address this, we have reusable bags available for groups and houses of worship conducting food drives. If you would like bags for your house of worship, business or food drive, let Val know at [valschuszler@mcifp.org](mailto:valschuszler@mcifp.org) or 973-538-8049 x215.

# Pantry Events

## In-Person Gala Is Heartwarming Event

Our **Building a Future of Hope** gala took place on April 22, at the Birchwood Manor in Whippany. After a 2-year hiatus due to the Covid-19 pandemic, over 200 people came out to celebrate the **Interfaith Food Pantry Network's (IFPN)** success in meeting the growing need for food and resources. It was a special evening of reflection and gratitude as we celebrated the way our community truly came together to ensure the IFPN could effectively respond to the ever-evolving food insecurity landscape here in Morris County. Not only did we acknowledge the extraordinary year that passed, but we looked towards IFPN's future. The evening showcased the Pantry's initiatives preparing us to better serve the needs of the community for years to come. Funds from the evening will be used for projects enabling us to acquire, store and distribute an even greater amount of healthy foods, while continuing to forge new partnerships via our Mobile Pantry.

**Langan**, a global engineering firm with their headquarters in Parsippany, was our group honoree and Outstanding Service award recipient. Volunteering with the IFPN since 2019, Langan was one of a few companies who continued their service to the community throughout the pandemic. In addition to donating their time and talents, they made a financial impact, donating over \$90,000 to IFPN through corporate donations, employee giving campaigns and matching gifts.



**Greg Supron**, Board of Trustee, (pictured left with **IFPN Executive Director Carolyn Lake** and **Development Director Sandra Benedict**) was also honored and presented with President Emeritus status. An IFPN Board member since 2010, he served as President from 2013 through May of 2020. Carolyn Lake, IFPN Executive Director noted the impact he's had on IFPN success. *"Your unwavering support of our mission provides the encouragement that inspires us to be creative and the confidence to embark on new initiatives. IFPN has truly flourished and become the organization is it today thanks to your vision and leadership over the years."*

We heard a very heartwarming story from our client Mario who has been with the IFPN since becoming disabled twenty years ago. He mentioned how important the Pantry became to him and his daughter over the years, how Katy, our nutrition educator, helped him to better read product labels, understand the importance of healthy eating, and how her classes became life changing for him. He also appreciated the diabetes clinic held at the IFPN in partnership with Atlantic Health/Morristown Medical Center, where he lost weight and started feeling much better. His closing remarks thanked the IFPN, not only for the food, but for *"making me a healthier person"*.

We are grateful to our generous attendees and supporters. Our thanks to **Jeff Terry**, V.P.

CSR and Sustainability at GAF, for conducting our Live Auction, and to our sponsors including: Premium Sponsors: **Langan** and **GAF**, Platinum Sponsors: **Wegmans** and **Barclays**, Gold Sponsors: **Mr. Matt Allegrucci**, **Railroad Construction Company**, **Refined Sight**, **MetLife**, **Walsh Company**, **PBF Energy**, and the **Corwin Family Foundation**, Silver Sponsors: **New Jersey Natural Gas**, **FirstEnergy Foundation**, **Columbia Bank**, **Mosteller Family**, **Gensler**, and our Community Sponsors: **BASF**, **UPS**, **Provident Bank**, **Turner Construction** and **Atlantic Health System**. Special Recognition was given to the **Margaret A. Darrin Charitable Trust**, for their transformational grant funding our Phase II Pantry expansion project.

### Giving Tree Unveiled

Once again IFPN's Giving Tree graces 3 walls of our lobby (main wall is shown left). Reaching past its traditional single wall coverage, many individuals, foundations, houses of worship, civic organizations and companies large and small, continued their generous support to help us meet the expanding number of food insecure families brought about by the Covid pandemic. This small forest stands as a symbol of gratitude for our community's deep-rooted commitment to supporting our neighbors in need. We were so pleased to once again be able to welcome the public to IFPN on March 18<sup>th</sup> for the 2021 Giving Tree reception. Tours of the facility enabled leadership donors to see firsthand how we are putting their gifts to good use.



**Richard Burrow**, Managing Principal, **Langan** accepts award from **Tim Lockwood**, IFPN Board President.



Guests enjoying our in-person gala again!

## Food Drive Honor Roll

Thank you to the students and administrators of the following schools and scout groups listed and to the many others who are making a huge difference for our neighbors in need with their first quarter 2022 food drives!

**Torey J. Sabatini School**, Madison, 4,471 pounds; **Mountview Road School**, Morris Plains, 4,252 pounds; **Boy Scout Troop 25**, Madison, 4,084 pounds; **Boy Scout Troop 41**, Madison, 2,014 pounds; **Assumption School**, Morristown, 1,575 pounds; **St. Vincent School**, Madison, 989 pounds; **Madison High School**, Madison, 957 pounds; **Rockaway Valley School**, Rockaway, 882 pounds; **Normandy Park School**, Morristown, 548 pounds; **Apple Montessori School**, Randolph, 473 pounds; **Randolph High School**, Randolph, 440 pounds; **Thomas Jefferson School**, Morristown, 413 pounds.

**Board of Trustees**

*Meets 7:00pm on third Wednesday of the month*

**Tim Lockwood**, president **Bruce Seidmon**, vice president  
**John Eade**, treasurer **Dana Spangher**, asst. treasurer  
**Nathan Umbriac**, secretary  
**Russ Hall**, president emeritus  
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**Helen Hallberg Chris MacDonald Tracey Polifka**  
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**Patrick Mitchell**, mobile program coordinator  
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**Wendy Potkay**, director of finance  
**Kiley Powell**, education coordinator  
**Jessica Revolorio**, client services associate  
**Jon Schenk**, director of operations  
**Val Schuszler**, mobile support/food drive coordinator  
**Allison Silence**, volunteer manager  
**Jim Silence**, mobile program/warehouse support  
**Bill Zackoff**, procurement 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

1st and 3rd Tuesday 6pm - 8pm

Saturday 10am - 12noon

**Food Distribution - Satellite Pantry**

*190 Speedwell Ave., Morristown*

Tuesday 9:30am - 12 noon

Wednesday 9:30am - 12 noon

Thursday 9:30am - 12 noon

2nd and 4th Thursday 5pm - 7pm

**Calendar**

**June**

**6/3** Annual Volunteer BBQ

**September**

**9/19** IFPN Annual Golf Outing

**October**

**10/20** IFPN Volunteer Recognition Dinner

*For details please visit [www.mcifp.org](http://www.mcifp.org)*

**2022 Statistics January to April**

Total Lbs. of food distributed	379,050
Total Lbs. food to Partners	65,029
Total Household Visits	6,304
Mobile Pantry Partners	31
Number New Clients Registered	266

**Produce Needed!** Attention home and community gardeners! As you plan and plant your garden consider planting a few extra seeds, a few extra plants or a few extra rows to grow for the IFPN. Also, if you find yourself with extra produce that you can't use, please donate it to our Pantry. We will be collecting produce on a regular basis throughout the growing season. Produce donation guidelines can be found on our website: [www.mcifp.org](http://www.mcifp.org). Weekly drop-off times for produce are Monday through Thursday from 9:30am to 4:30pm and Fridays by arrangement. For more information or questions contact Katy Galton at 973-538-8049 ext. 216 or [kgalton@mcifp.org](mailto:kgalton@mcifp.org).

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

**TOO MUCH MAIL?** 

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