

Notes From The Network

From the Executive Director

Dear Friends,

I hope this finds you well and that you and your loved ones enjoyed the holidays! It has been a busy start to the new year and as we reflect back, 2022 was certainly not without its challenges. By year's end we experienced a 23% increase in client visits to our pantries, and saw a 187% increase in the amount of emergency food we distributed through a number of community partners. New client enrollment is rivaling pandemic levels due to inflation, and like everyone, our food costs have gone up significantly. Looming on the horizon is an end to emergency allotments of SNAP benefits, which will result in a reduction of up to \$95/month for recipients. The good news is that thanks to you and the commitment of our hard-working staff and volunteers, we have been able to keep up with this increased demand. We will continue to provide a wide variety of healthy foods to all our families and mobile network partners, thanks to your support!

Some of you may already be aware that we have had some staffing changes since our last newsletter. Sadly, we



Allison Silience

mourned the loss of our dear friend and colleague **Allison Silience**, who lost her courageous battle with cancer last fall. We all want to thank everyone who surrounded us with condolences and support. We also bid a fond farewell to **Sandra Benedict** in July and **Katy Galton**, who retired in December. Fortunately, we have hired two dynamic and energetic

full-time professionals. Last September, **Shana Baer** joined our team as our **Director of Development**, and **Jayne Wenner** as our **Volunteer Coordinator**. We also hired **Steve Stockert**, who is assisting our warehouse crew on a part-time basis. We are thrilled to welcome them to the IFPN family!

Current Food Needs*

- ▶ Parmalat, Other Shelf Stable Milk, Dry Milk (1 qt. size)
- ▶ Soups (hearty, low sodium & condensed)
- ▶ Side Dishes (Rice, Rice-A-Roni, Hamburger Helper, etc.)
- ▶ Beans (dry & canned, pinto, red, white, black, pork & beans)
- ▶ Pasta & Spaghetti (1 lb size preferred; including whole wheat)
- ▶ Tomato Products (sauce, crushed, whole, diced, puree, paste)
- ▶ Tuna fish, salmon, & other canned fish
- ▶ Peanut Butter (15 - 18 oz. preferred)
- ▶ Cereal (low sugar preferred)
- ▶ Baby Food: Stage 1, Stage 2 and Stage 3
- ▶ Boost, Boost Glucose Control, Ensure, Glucerna

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

We are making great progress on our client choice marketplace renovations. As of this writing the mobile pantry and administrative spaces are nearing completion, and we are preparing to relocate pantry operations to the warehouse to avoid any disruption of food distribution. We are incredibly grateful to **Wegmans**, for donating the shelving, labor, and expertise to help us build out the marketplace and to **Benjamin Moore**, who contributed all the paint for this project. The clients, staff and volunteers could not be more excited for our re-opening this Spring! Stay tuned for more details.

In other facility news our cold storage project is proving to be a very wise investment. In addition to housing a record number of turkeys for Thanksgiving (more on this inside), we were able to rescue more than 250,000 pounds of frozen meats, dairy, produce and prepared foods last year that otherwise would have been discarded. Additionally, we have received donations of thousands of pounds of frozen meats, vegetables, soups and other items that in years past we would have had to turn away due to lack of storage. The space has been a game-changer.

We will certainly have some challenging months ahead. However, your support gives us the confidence that together we will continue to change the lives of all those we serve and make a positive impact in our community.

With gratitude,

Carolyn

UPCOMING EVENTS

- ▶ **Friday, April 21: Annual Spring Gala**
Birchwood Manor, Whippany. Details on page 3.
- ▶ **Saturday, May 13: Annual NALC Food Drive**—watch your mailboxes for more information.
- ▶ **Friday, June 2: Annual Volunteer BBQ**
- ▶ **Spring/Summer: Grand Re-Opening** of our Client Choice Marketplace (Date TBD).
- ▶ **Note: The Giving Tree Event** will be virtual this year due to the construction. Details to be announced at a later date!

Visit us at www.mcifp.org.



IFPN Happenings

Surveys Report: IFPN Clients Eating Healthier

The IFPN has been conducting surveys with clients across our various distribution points including home delivery, low-income senior housing sites, Pantry Partners, and our two Pantry facilities in Morris Plains and Morristown. Overall initial responses have been very favorable with over 90% responding they are eating healthier since receiving food from the IFPN. Clients cited that having more access to nutritious foods especially fresh produce and other items on a regular basis is helping them. Comments included *"I could never buy the fresh foods I needed to eat since I couldn't afford it, now even my doctor is happy with my overall health."* *"I am learning to replace processed foods with fresh homemade meals without added sugar, salts and glutens. Thank you for making me healthy again."* *"The nutrition information you provide with my groceries is helping me to make better choices and eat healthier."* Many report losing weight, having more energy, experiencing less stress and sleeping better, in addition to lowering blood pressure, cholesterol and glucose levels. Eighty-five percent are also reporting that their knowledge of how diet impacts overall health has grown significantly thanks to nutrition education materials and healthy recipes included with their monthly groceries. Eighty percent of clients are reading the information and 67% are making the recipes. Stay tuned for additional findings in upcoming newsletter issues!

Community Exchange BIG Success!

Last September, we partnered with the **Morris County Department of Human Services**, the **Morris County Continuum of Care** and **Family Promise** to host the first-ever **Community Resource Exchange Event** here at 2 Executive Drive. More than 30 non-profit service providers manned tables to help educate Mayors, Council Members and other representatives from each of the County's municipalities about the services available to their constituents. Sponsored by **Lowenstein-Sandler**, the event also served as an important exchange for the



service providers to meet and explore collaboration opportunities.

Picture L-R are **Kasey Errico**, Morris County Director of Human Services; **Allison Delcalzo-Berens**, Chair, Morris County Continuum of Care; **Carolyn Lake**, IFPN Executive Director; and **Rebecca Butz**, Director of Operations for Family Promise.

Food Drive Honor Roll

Thank you to the schools and scout groups who are making a huge difference for our neighbors in need. There were so many but we just couldn't list them all.

In pounds (1,000+) unless otherwise noted, Sept. - Dec. 2022

Mendham Middle School, Brookside, 2,936; **Peck School**, Morristown, \$2,600 & 961; **Cub Scout Pack 233**, Morris Plains, 1,791 & \$902; **Calais School**, Whippany, 1,720; **Madison High School**, Madison, 1,531; **Newark Academy**, Livingston, 1,245; **Central Avenue Elementary School**, Madison, 1,221; **Frank J. Smith School**, East Hanover, 1,194; **Whippany Park High School**, Whippany, 1,184; **Oratory Prep School**, Summit, 1,121; **Academy Street Elementary School**, Dover, 1,052; **Lightbridge Academy**, Whippany, 1,024.

Welcome New IFPN Staff Members

We are excited to welcome two new employees who joined our staff in late summer of 2022.

Shana Baer, Director of Development, comes to us after six years at South Orange Performing Arts Center where she gained a tremendous amount of experience in development which she hopes to share here at the IFPN. She looks forward to helping raise funds and awareness regarding food insecurity in Morris County and to making a positive impact on the lives of those in need. In her spare time, Shana enjoys tennis, hanging out with her two sons ages 17 and 21, and bingeing the latest new streaming series.



Jayne Wenner, Volunteer Coordinator, comes from a family of non-profit workers. Her grandmother worked for the VFW and her mother worked for the Red Cross for over 20 years... so service has always been a part of Jayne's life. She embraces the mission of the IFPN and gets inspired by the "neighbors helping neighbors" sentiment found among her volunteers. Jayne has traveled and lived around the world and considers herself to be "always flexible" in any given situation. She looks forward to using her varied background to make it easier for her volunteers to get involved and stay connected. She is married with two teenagers.



Shana and Jayne... Welcome to the IFPN family!

Celebrating The Pantry!

In October, the IFPN hosted its 24th annual volunteer recognition event, **Celebrate the Pantry**. We were delighted to invite everyone back in person after 2 years of virtual events! A huge thank you to **Notre Dame of Mt. Carmel Church** for allowing us to use their facilities where we honored 73 volunteers who achieved milestone hour awards.

Our **Golden Apple**, group award, went to **Wegmans Food Market**, a standout supporter since the store opened in 2017. We are grateful for their continued partnership. Anyone who has ever visited the pantry cannot miss the ubiquitous amounts of meat, produce, dairy and prepared foods that fill what we have nicknamed "The Wegmans Fridge". IFPN clients are always grateful for the high-quality food we can provide thanks to their generosity. The individual **Golden Apple** award was given to **Roy Morance**.



Roy Morance is surrounded by IFPN staff (from left) **Diana Garcia**, **Jessica Revolorio**, **Liliana Herrera** and **Zoe Garcia**.

Roy started volunteering at the Pantry in 2016 but really stepped up during the pandemic and was a dedicated distribution volunteer through 2020 and 2021. In 2022 Roy, alone, donated over 275 hours! Roy is highly dedicated and one of our most reliable volunteers, assisting whenever he can, and has also been a supporter of our fundraising efforts. We also recognized two outstanding community partners: **Denise Lanza** of the **Morris County Parks Commission**, for use of their Cooperative Garden to grow fresh food for our clients and to Morris County Sheriff's Officer **Chelsea Whiting** for her inspiring outreach work through **Hope One**.

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Pantry Events



SUSTAINING HOPE

BIRCHWOOD MANOR
WHIPPANY, NJ
APRIL 21, 2023

Come Celebrate At IFPN's Annual Spring Gala As We Honor:



For their partnership and support in the execution of our strategic efforts, both financially and with the support of their employees' time and talent.

Margaret A. Darrin Charitable Trust

For their transformational grants which are funding the renovation and expansion of the food pantry, waiting room and administrative offices.

Chris and Jim MacDonald

For their generosity and support of the IFPN over the last twenty years, including their countless hours spent as volunteers, and Chris as a Board Trustee.

To purchase Gala tickets, digital program journal ads, 50/50 raffle tickets (see insert as well), Gala sponsorships, make a donation, or to donate a prize for the silent or live auctions, please scan our QR code or visit

www.one.bidpal.net/ifpn23/welcome



We look forward to celebrating with you on Friday April 21st!

Birds of a Feather Run Together... The 2022 Read Feed

Run Annual Turkey Trot, a 5K, 1-mile Fun Run/Walk and Kids Trot, was held on Thanksgiving morning, with proceeds benefitting IFPN and Literacy Volunteers of Morris County (LVMC).

The weather was perfect for the 2,350 individuals who came to run, jog or walk the course by Ginty Field, burning calories before settling in for their Thanksgiving meals. **Matt** from the **Parisi Speed School** in Parsippany led a great warm-up prior to the start of the 5k. Approximately \$40,000 was raised for each IFPN and LVMC. Funds will be used to help combat both food insecurity and illiteracy throughout Morris County. A heartfelt thank you to **Atlantic Sports Health**, the official Health Care Sponsor of the Trot, as well as Gold Sponsor **Dixon Energy** for their continuing support of Read Feed Run. A special mention also goes out to **Deloitte., PBF Energy, Celebrity Motor Car Company** and **Wegmans**, for their generosity and a big shout out to all the wonderful volunteers who ensured the event ran smoothly!



Another Record Thanksgiving!

Thanks to the incredible outpouring of support from you and the community, we were able to distribute 2,160 turkeys and close to 2,000 holiday bags, plus a variety of healthy, fresh produce to families in need in our community. There were so many who made this possible through generous donations of food and funds, coordination of food and turkey drives and heroic volunteer efforts! This effort truly takes a village. Though we don't have the space to thank *everyone* here, we do want to mention a few who made a significant impact including our grocery partners **Wegmans** and **Albertsons**, the **Community Food Bank of NJ**, **Morris County Council of Educators Association**, **NJ Association for Justice**, **Delbarton School**, **Notre Dame of Mt. Carmel Food Rescue Ministry**, **St. Virgil Church**, **Morris Plains Presbyterian Church** and **Verilli's Bakery**.



NY Jets pose with IFPN's Warehouse staff and Volunteer Coordinator after distributing turkeys & holiday groceries to our clients.

Special shout-outs to our volunteer labor force including **Hanover** and **Roxbury Rotary Clubs**, **Willis Towers Watson**, **Ipsos Healthcare**, **McCann Managed Markets**, **Junior League of Morristown** and to **Solomon**

Thomas of the **New York Jets**, who made a generous donation, and brought along several of his teammates to help distribute turkeys!

We are so grateful...

Liliana Herrera (right), IFPN's Programs Director, displays some of the coats donated to the IFPN from the **Tepper Foundation** along with **Operation Warm** for families in need this winter. Over 600 new coats have been provided to the IFPN guaranteeing families will be kept warm this winter season.



Wine Raffle Success... On December 9th the IFPN held their **Wine of the Week Holiday Raffle** which was the most successful yet, raising \$17,000! All proceeds will provide healthy food and fresh produce to the ever-increasing number of clients. **Thank you** to all who took a chance to win the Grand Prize of 52 bottles of premium wines.

Board of Trustees

Meets 7:00pm on third Wednesday of the month

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Jim Sillence, mobile program/warehouse support
Steve Stockert, warehouse support
Jayne Wenner, volunteer coordinator
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

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

2022 Statistics

Volunteer hours donated	20,550
Total volunteers	270
Total lbs. food distributed	1,704,668
Total lbs. fresh produce	672,571
Total household visits	31,167
Mobile Pantry Partners	31

Ways to Give

Double Your Donation... Did you know many employers will match donations to non-profit organizations? Check with your employer to see if they have a matching gift program. A partial list can be found at <https://mcifp.org/donate/donate-funds/>.

Why Planned Giving? Planned giving helps to ensure that the IFPN will meet the needs of our community well into the future and leaves your lasting legacy of caring. Planned gifts take many forms: Bequests, Stock Transfers, IRA Rollover Contributions, Life Insurance, Charitable Remainder Trusts and Gift Annuities. For further info visit <http://mcifp.org/donate/>.
Special Note: When you opt to make a planned gift to the IFPN, we suggest that you seek the counsel of your personal financial advisor, attorney, accountant, banker or insurance professional prior to making the gift.

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

2 Executive Drive
Morris Plains, NJ 07950

