



*"neighbors helping neighbors"*

# 2023 Annual Report

# A Message from Carolyn Lake, Executive Director

Dear Friends,

We are very pleased to present our 2023 Annual Report. We had a remarkable year – successfully completing our two-year post-COVID capacity-building projects while meeting an unprecedented demand for our services. We reached more people than ever, distributing 2.1 million pounds of food, equivalent to 1.9 million meals, during over 39,000 household visits to our pantries or through our network partners.

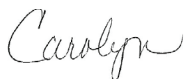
The grand opening of the new Margaret A. Darrin Healthy Choices Marketplace was the highlight of the year. To position our main resource center in Morris Plains to accommodate a rapid increase in the number of families we serve, along with an increase in the amount and types of food being distributed, we expanded our marketplace, increased the size of our welcome center, and finished our previously unused second floor to house our volunteer center, community conference center, and administrative offices.

The renovated spaces provide a warm and welcoming atmosphere, and we restored the dignity that comes with our guests having the ability to choose from a wide variety of quality food based on dietary needs and preferences. We resumed our in-person nutrition education and cooking demonstrations, teaching people about the correlation between healthy food choices and overall health and providing budget-friendly recipes in both English and Spanish. And we are once again welcoming in our community partners to provide additional services such as health screenings and referrals, financial assistance, education and employment opportunities and more.

Our wonderful volunteer “shopping assistants” were thrilled to reconnect with their neighbors and have all received new training to engage through a lens that is empathetic and trauma-informed. We also added new volunteers to work in our food recovery program (known as gleaning), which has doubled in the last year. On a daily basis, this program collects food from local supermarkets that can no longer be sold but is still safe to consume for a short period of time. Gleaning reduces food waste and greenhouse gases, and provides an “extra” that we offer our guests in addition to their regular food supply.

All of what you see on the following pages has been made possible thanks to your support. We hope you are as proud as we are of what we have been able to achieve together. Thank you for your friendship and trust, and for the positive impact you make in the lives of thousands.

With deepest gratitude,



Carolyn

## Our Vision

The ultimate goal of IFPN is to provide food security to all Morris County residents and to foster conditions for a healthy, thriving community.

# BY THE NUMBERS

**2,158,841**  
POUNDS OF FOOD  
DISTRIBUTED



=

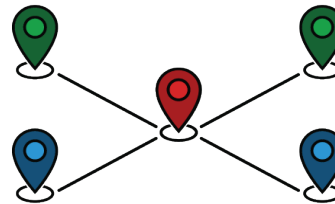
**1,962,583**  
MEALS  
PROVIDED



**856,494 lbs.**  
OF PRODUCE PROVIDED



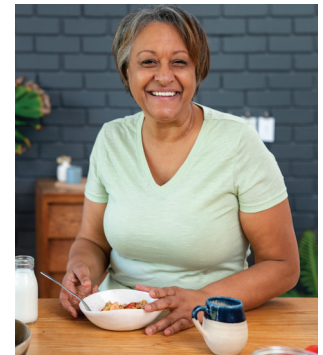
**39,202**  
HOUSEHOLD  
VISITS



**37**  
NETWORK  
PARTNERS

## From Hunger to Hope

Janelle had a good life. She was married, held a part-time job at a local grocery store while her husband worked for a local technology company, and had two daughters in high school. But a few years ago things changed. *"He started acting differently and staying away from home. He missed a lot of work. Eventually he was fired and shortly afterward he left. I felt like my whole world fell apart."* Facing a divorce, Janelle's employer agreed to move her to full-time, but even with the increased wages, she struggled to pay her mortgage and put food on the table. Janelle was awarded alimony and child support per her divorce agreement but her ex-husband, who was still unemployed, did not comply. During that period, she quickly went through her savings. Choking back tears she explained, *"I couldn't understand how all this had happened. It was traumatic for me and for the girls. I had no idea what to do or where to turn."*



Janelle turned to her house of worship, and while providing counsel the pastor told Janelle about the IFPN. She was hesitant at first since she wasn't used to asking for help, but finally gave in and called for an appointment. When she arrived for her first visit, she was pleasantly surprised. *"I was embarrassed but no one looks down on you. I just felt like a customer at a very friendly store. The staff and volunteers treated me with respect and value."* Since becoming a regular client, Janelle is rebuilding her confidence. Without needing to worry about where their next meal is coming from, she has been able to focus more on her family and improving her circumstances. She recently obtained a higher paying job, and her daughters have graduated high school and are pursuing higher education. *"If it wasn't for the IFPN I don't know what would have happened or how we would have survived. I was faced with a possible foreclosure on my home, going hungry, and having nowhere to turn. Now we are in a much better place, and I am so grateful. I hope to give back to the IFPN for all the support they gave me."*

# Glossary and Terms

## Hunger

The sensation or state of weakness caused by the body's need for food. Hunger can exist with or without food insecurity and is something we all experience at one time.

## Food Insecurity

The condition in which a person lacks consistent access to enough nutrition to keep themselves and their families healthy for any one of a variety of reasons. ***True food security exists when all people, at all times, have physical, social and economic access to safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life.***<sup>1</sup>

## Food Pantry

A distribution center where hungry families can receive food. The term was originally coined in an era when food was scarce, and the overarching goal was to obtain and distribute as much food as possible at the lowest cost (i.e. inexpensive canned and boxed goods).

## Marketplace/Healthy Choices Marketplace

The IFPN distribution centers in Morris Plains and Morristown which incorporate food found in a typical 'dry goods' food pantry PLUS a bountiful supply of fruits, vegetables, meats and other proteins, whole grains and low-fat dairy products.

## Guest Choice

IFPN guests can choose foods based on their dietary needs and preferences, rather than receiving pre-packed bags of food in prescribed amounts based on family size. This not only restores dignity to the process but also eliminates waste since people will only take what they need and desire.

## Mobile Pantry

The term used to describe our process of distributing marketplace items including dry goods and produce, dairy and eggs to our network partners.

## Guest/Neighbor

Previously referred to as "clients," these interchangeable terms are used to represent those who utilize IFPN services. "Guest" and "Neighbor" have been widely accepted as they are less stigmatic and preferred by the people accessing services.

<sup>1</sup><https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-u-s/>

# Our Core Programs



## Healthy Choices Marketplace

1,433,103 pounds of food was given during 17,211 visits to one of our two healthy choices marketplaces in Morristown and Morris Plains. IFPN re-opened to in-person shopping during the 4th quarter of 2023 following our two-year capacity building project, during which we had been accommodating people via curbside distribution. Welcoming our guests into a warm, understanding environment is conducive to having a trusting dialogue that helps us better understand their needs and connects them to programs and services that may help improve their circumstances.

## Home Delivery

105,592 pounds of healthy food, including meals prepared by the Notre Dame of Mt. Carmel Food Rescue Ministry, were delivered during 1,496 visits to homebound individuals. This program pairs each guest with a volunteer who will visit regularly, which establishes trust and continuity.



## Free Farmers Market

196,685 pounds of additional fresh produce, much of it sourced locally, was distributed during an additional 1,955 visits to our marketplaces to ensure our guests had access to enough produce to stay healthy all year.

## Our Mission

- To improve the health & well-being of Morris County residents in need by providing access to food, nutrition education & related resources;
- To provide hands-on opportunities for neighbors to help neighbors;
- To educate and engage the public about the issues of food insecurity in our area;
- To leverage strategic partnerships to innovatively address the root causes and impact of food insecurity.

# Mobile Pantry and Network Partners



## Emergency Food Program

Pre-packed bags of food containing enough groceries for about a week are given to walk-in guests at either of our locations. We also provide these bags to the Offices of Temporary Assistance, Zufall Clinic, MCOHA and JBWS to hold families over until additional benefits arrive as well as to Hope One and Navigating Hope for distribution to people staying in motels while awaiting permanent housing. 18,451 pounds of food was given to 653 families.

## Friendship Bag Program

These supplemental grocery bags are distributed to seniors and disabled individuals who receive meals from the Morris County Nutrition Program. 7,821 pounds of food was distributed during 711 household visits.

## Custom Food Programs

We provide food to agency partners to meet the custom needs of specific programs, including those run at Zufall clinic aimed at combating childhood obesity and diabetes, healthy snack programs for children and adults at Our Promise, and a new pantry at Milestone House, to assist adults in recovery. 56,196 pounds of food was distributed (no household count available).

## Pantry Partner Program

We supply 10 community-based food pantries with produce, milk and eggs. 145,187 pounds of food was given during 6,585 household visits.

## College Pantry Program

We work with County College of Morris and Drew University to meet the needs of their students and faculty. 22,298 pounds of food was given during 447 student visits to CCM alone.

## SUN Program

A supplemental program for seniors residing in low-income apartments. 105,189 pounds of food was distributed during 3,679 household visits.

# Wrap-Around Services



## Nutrition Education

We offer daily on-site nutrition education programs to teach guests about the correlation between diet and health outcomes. Cooking demonstrations, samples and recipes are given in both English and Spanish, as well as proper food handling and storage instructions to keep our guests well.

## Outbound Referrals

For individuals who have specific needs ranging from benefits navigation to legal assistance to health and childcare, our resource navigation team will help our guests access programs offered by other government and non-profit agencies.



## Inbound Wrap-Around Services

We also invite providers on-site during distribution sessions so our guests can access services while they are here. These include healthcare providers, benefits enrollment and navigation, financial assistance and educational programs.

## Thanksgiving Program

We provide turkeys and all the trimmings to our regular visitors as well as about 15 partner agencies for the holiday. We distributed over 2,200 turkeys in 2023.



## We've Got Your Back

We provide backpacks and school supplies to our families with school-age children to relieve the burden of back-to-school costs.

# Community Engagement and Sustainability



## Youth Education

We engage young people involved in schools, scout groups, and faith-based groups and provide experiential hands-on learning opportunities to help them understand the causes, effects and some solutions to food insecurity.



## Volunteer Program

"Neighbors Helping Neighbors" is at the core of all we do. On average, 222 "staff" volunteers work with us performing specific tasks on a regular basis such as food distribution, home delivery, food sorting, restock, etc. These individual volunteers are not only critical to ongoing operations, but they are our community ambassadors who contribute to our long-term organizational sustainability. They contributed 22,726 hours in 2023, or the work of almost 12 full-time employees.



## Corporate Social Responsibility

For local corporations that seek to enhance their ability to attract and retain talent, as well as boost their brand through community support, we offer meaningful ways to engage their employees through volunteerism, food drives, participation in fundraising events and team-building activities.



## Food Rescue (Gleaning)

Nearly 482,000 pounds of viable, quality food that would otherwise have been discarded was recovered from area supermarkets in 2023 and given to our guests, almost doubling the amount over the prior year. Additionally, we work with our farm partners to glean excess produce and unsold Community Supported Agriculture (CSA) shares.



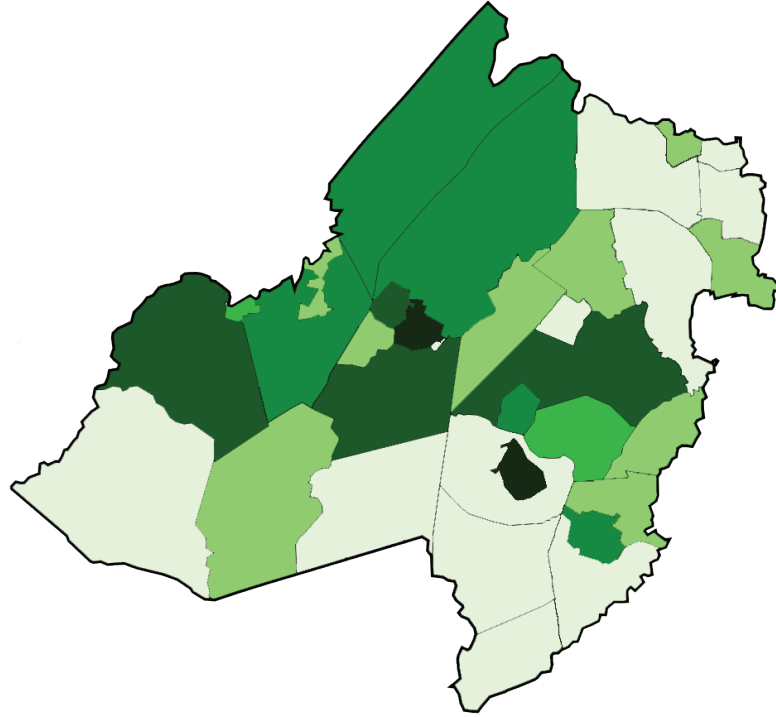
## Advocacy

The board and leadership of the IFPN actively engages policy makers, stakeholders, and colleagues at the local, state and federal level to advance causes that benefit and represent the concerns of the people we serve. We work closely with our sister organizations in the Food Equity and Security Taskforce and engage with the NJ Office of Food Security Advocate.



# Morris County Household Visits by Town

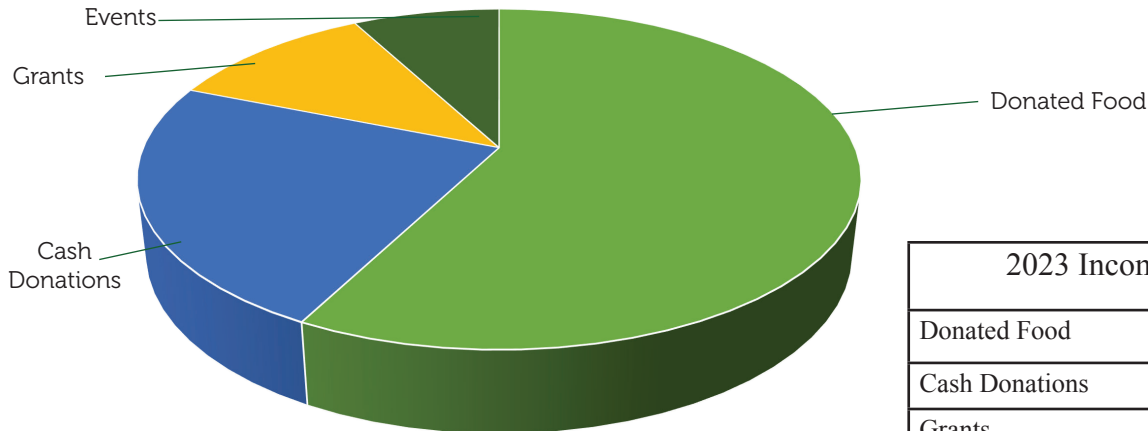
- 0-100
- 101-500
- 501-1,000
- 1,001-2,000
- 2,001-5,000
- 5,001+



# Mobile Outreach Partners



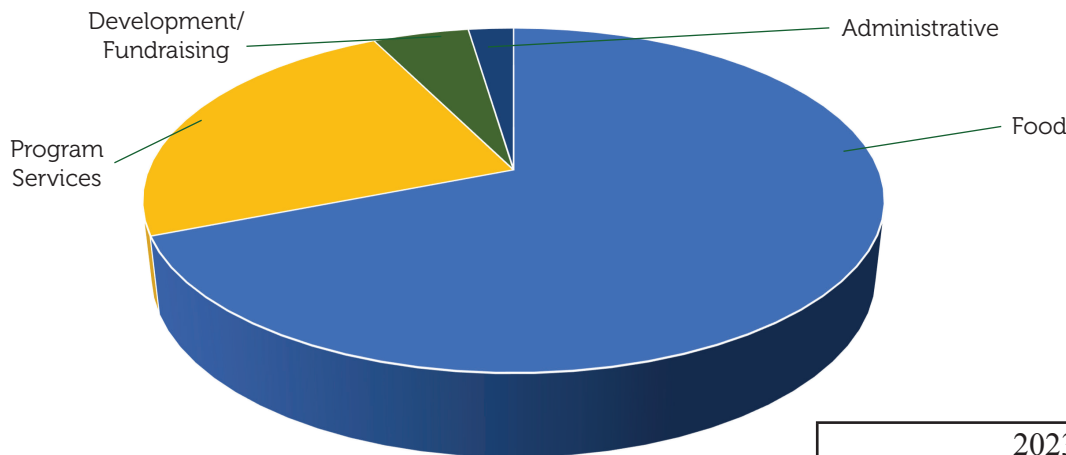
# 2023 Income by Source



2023 Income by Source		
Donated Food	\$4,160,861	58%
Cash Donations	\$1,690,465	23%
Grants	\$799,741	11%
Events	\$564,285	8%
<b>Total</b>	<b>\$7,215,352</b>	
*Does not include in-kind equipment or investment income		

Note: 2023 income includes unrestricted contributions and grants for food and operating expenses, as well as restricted funds for capital improvements. At the end of 2023, the IFPN Board of Trustees designated a portion of unrestricted income for specific strategic purposes such as program expansion, emergency food purchases, vehicle replacement and capital improvements. Our audited financial statements with detailed information as well as our IRS Form 990 are available to the public and may be obtained by contacting us at [interfaithfoodpantry@mcifp.org](mailto:interfaithfoodpantry@mcifp.org) or calling 973-538-8049.

# 2023 Expenses



2023 Expenses		
Food	\$4,679,760	69%
Program Services	\$1,611,691	24%
Development/Fundraising	\$337,464	5%
Administrative	\$158,349	2%
<b>Total</b>	<b>\$6,787,264</b>	

## With thanks to our donors....

### \$100,000+

County of Morris

### \$50,000 - \$99,999

Bayer Corporation  
Catherine George and Paul Cain  
Margaret A. Darrin Charitable Trust  
The Tepper Foundation

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Amy Toscano-Zukor

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Bev Hall  
The Hanover Rotary  
Ezra Ripple Harris and Glynnis Patterson  
Robert and Teresa Heitsenrether  
Hildale Park Presbyterian Church

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**\$1,000 - \$1,999**

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 Katie Palla  
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 Presbyterian Church of Morris Plains  
 Mr. and Mrs. Eric Prince  
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## Food Donors (in pounds)

### 100,000+

Wegmans-Hanover

### 25,000-99,999

Alstede Farms  
 Stop & Shop - Madison  
 Stop & Shop - Morris Plains  
 Trader Joe's  
 Uncle Giuseppe's Marketplace

### 10,000-24,999

ACME Market - Randolph  
 America's Grow-A-Row  
 Kings Food Markets - Morristown  
 Mondelez International  
 Notre Dame of Mt. Carmel Church  
 Pepperidge Farm Inc.

### 5,000-9,999

Atlantic Health System  
 Delbarton School  
 Lidl US  
 Morris County Council of Education  
 Association  
 Morristown Police Department

### 2,500-4,999

Boy Scout Troop 25  
 Church of Christ the King  
 Corwin Family Foundation  
 Costco  
 Friends of Donnie Farrell

### 2,500-4,999 (Cont'd)

J.M. Rodgers Company Inc.  
 Junior League of Morristown  
 Kings Food Markets - Florham Park  
 Mendham Commons Social  
 Committee  
 Morristown United Methodist Church  
 Mountain Lakes Post Office  
 Our Lady of Mercy R.C. Church  
 Parks Farms, LLC  
 The Peck School  
 Presbyterian Church of Morris Plains  
 Rockaway Valley School  
 Rockaway/Dover Annex Post Office  
 ShopRite of Chester  
 St. Virgil Parish  
 Torey J. Sabatini Elementary School  
 United Methodist Church at Mt. Tabor  
 Wagner Farm Arboretum - Giving  
 Garden

### 1,000-2,499

Academy Street Elementary School  
 Acme Markets  
 Army National Guard Fox Co.  
 Baltic Marketing, Inc.  
 Calais School  
 Community Garden @ValleVue  
 Preserve  
 ConnectiveRx  
 Cub Scout Pack 233  
 FM Global Insurance  
 Girl Scouts of Northern NJ  
 Greater Morristown YMCA

### 1,000-2,499 (Cont'd)

The Hanover Rotary  
 Hanover Township Board of Education  
 Hildale Park Presbyterian Church  
 Hilltop Presbyterian Church  
 Florham Park Post Office  
 Holy Trinity Orthodox Church  
 Hopatcong Post Office  
 Lamonica Fine Foods  
 Lidl Supermarket, Morristown  
 Montville Unico / Turkeys 4 U  
 Morris Habitat for Humanity  
 Morristown High School  
 Morristown Post Office  
 Pfizer - Parsippany  
 Picatinny Arsenal CYS  
 Presbyterian Church of Chatham  
 Township  
 Presbyterian Church of Madison  
 Presbyterian Church of Morristown  
 The Red Oaks School  
 Schindler Elevator Corporation  
 Sewa Diwali  
 St. Andrew Greek Orthodox Church  
 St. Hubert's Animal Welfare Center  
 St. Margaret's Church  
 St. Peter the Apostle Church  
 Temple B'Nai Or  
 Township of Morris  
 Trinity Lutheran Church  
 Troop 173  
 West Morris Area YMCA  
 Whippany Park High School  
 Women's Club of Morristown

Please note that every attempt has been made to recognize the generous support of our donors. We apologize for any errors. If you feel that your name should appear on this list or if it appears incorrectly, please contact us at 973-538-8049 or email [interfaithfoodpantry@mcifp.org](mailto:interfaithfoodpantry@mcifp.org) and we will make every effort to correct the error. We respect the privacy of our donors. Should you prefer to be anonymous please let us know. Our donor privacy policy can be found on our website at [www.mcifp.org](http://www.mcifp.org)

## Our Core Values

- We are compassionate, care for each other and the people we serve, and believe all individuals should be treated with respect.
- We place value on listening, learning and understanding each other and those we interact with in our community.
- We are open to new ideas and innovative solutions to meet the needs of our guests
- We strive for operational excellence and are constantly improving as individuals and as an organization.

**The Interfaith Food Pantry Network (IFPN)** is the largest and most relied upon resource for emergency and supplemental food among Morris County residents in need. IFPN employs innovative approaches to hunger and food insecurity that improve the health and well-being of individuals and families by providing access to nutritious food, education, and related resources. IFPN operates two marketplaces and also partners with other agencies across the county to foster a culture of volunteerism and educates the public about the issues surrounding food insecurity.

## 2023 Staff

Carolyn Lake, Executive Director  
Shana Baer, Director of Development  
Luckner Dor, Director of Operations  
Liliana Herrera, Director of Programs  
Wendy Potkay, Director of Finance  
Tony Aviles, Warehouse Supervisor  
David Bean, Facilities Superintendent  
Joanne Rinaldi Brashier, Grants Manager  
Diane Celleri, Nutrition Educator  
Brian Chinni, Warehouse Support  
Diana Garcia, Client Services Associate  
Zoe Garcia, Client Services Associate  
Fernando Gasparoto, Food Recovery Coordinator

Allison Geary, Nutrition Educator  
Liz Laverty, Office Assistant  
Meg Manbretti, Database/IT Manager  
Patrick Mitchell, Procurement Manager  
Julia Murtha, Development &  
Communications Associate  
German Ortiz, Client Resources Associate  
Angela Pino, Administrative Assistant  
Kiley Powell, Community Relations Associate  
Jessica Revolorio, Client Services Associate  
Jim Sillence, Off-Site Programs Assistant  
Steve Stockert, Warehouse Support  
Jayne Wenner, Volunteer Coordinator

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