



STATE COLLEGE FOOD BANK

“One day, no one
will go hungry in
Centre County”

State College Area Food Bank • 1321 South Atherton Street, State College, PA 16801 • (814) 234-2310 • www.scfoodbank.org • Spring 2015

Thousands of Centre County Residents Face Tough Decision: Buy Food or Pay Bills?

Make Their Choice Easier by Supporting the State College Food Bank

If you had to choose between feeding your family and paying for housing, essential utilities, or life-saving medicine, what would you decide?

“Last year, nearly 50 million adults and children in the United States lived in food insecure households—meaning that one or more individuals lacked access to adequate nutritious food at some point during the year.”

This tough question is one that an astounding number of Americans face every day as they struggle with money and resources. Last year, nearly 50 million adults and children in the United States lived in food insecure households—meaning that one or more individuals lacked access to adequate nutritious food at some point during the year.

Food insecurity afflicts families in every community in the United States—including right here in central Pennsylvania. The State College Food

Bank exists to provide food security to residents in Centre County so they never have to face this tough choice.

How we help

Thanks to the generosity of local individual and business donors, community partners, and dedicated volunteers, the State College Food Bank helps clients fulfill the most basic human need—feeding themselves or their families. In 2014, community support enabled us to feed 2,011 individuals living in 784 households in our service area—providing a total of 3,820 monthly distributions of food.

Who we help

Poverty is a contributing factor to household food insecurity, but it's not the only one. The State College Food Bank also serves clients who are underemployed, unemployed, affected with physical or mental disabilities, or who simply fell on hard times and need help making ends meet.

State College Food Bank By the Numbers - 2014

319,700

Pounds of food donated to the Food Bank

3,820

Distributions allocated

2,011

Unique individuals assisted

784

Unique households served

Giving Clients a Choice

Because of a visit to the Food Bank, clients were able to:

34.6% - Pay rent

23.5% - Pay electric bill

22.3% - Buy gas to drive to work

15.8% - Purchase medicine

14.0% - Pay heating bill

10.8% - Pay water bill

6.3% - Other

4.6% - Pay mortgage

The Families We Feed

Respectfully Helping Community Members Who Need Us

John* and his daughter recently visited the Food Bank for the first time, and they were clearly embarrassed to be there.

“Just a few months ago I was contributing to the food drive at work, and now, here I am.”

He commented, “You know, just a few months ago I was contributing to the food drive at work, and now, here I am.” But what he said next was profound. “When

I get back on my feet, my daughter and I want to volunteer here.”

He was very careful to not take anything he wasn't sure his family would use, and several times he refused to take the last can of an item in order to leave it for someone who might need it more.

We don't know his whole story, and frankly, it's none of our business, but it is our business to help him while he needs it in a way that is respectful and sincere. John represents the population of real men and women in our community who rely on the State College Food Bank. With

your support, we can continue to help community members like John who need us during trying times while they get back on their feet.



Client-Choice Model Empowers Families to Make Healthier Selections

Thanks to Community Support, Food Bank Increases Supply of Fresh Food Offerings

As we approach the one-year anniversary at our new facility at 1321 S. Atherton St., we celebrate the shift we've made to a client-choice model. Our larger, more expansive building allows clients to partner with a volunteer grocery assistant to "shop" our aisles and make selections based on what best fits their families' needs, rather than picking up a pre-packaged distribution.

"As a shopping helper, I have heard over and over how much better it is to be able to 'choose the things that I will eat,'" says one of our volunteers. "In shopping with clients, we sometimes have the opportunity to share food combination hints and recipes. We try to make it a positive experience, and I think clients appreciate that."

In addition to giving clients a choice in their meal planning, the client-choice model empowers them to make healthier selections. With increased refrigerator and freezer space at our new facility, we are able to make bulk purchases of fresh, healthy options like meat, eggs, cheese, butter, fresh milk, and frozen vegetables.

We're able to offer more fresh options to more families thanks to your support. With financial contributions from members of our community, we can provide families with significantly more food than the minimum we're required to distribute by law. We are committed to providing healthy selections to the families we serve, and also to offering more choices for diabetic, vegetarian, and gluten-free clients.

The front basket in this photo represents the minimum amount of food we're required by law to provide a family of four as part of a monthly distribution—a 7-day supply of food (weighing 22 pounds). Can you imagine feeding your family for a week with only that?

The cart in the background shows what we were recently able to provide a local family of four as their monthly distribution—a cart full of groceries weighing 126 pounds. This distribution includes fresh selections of produce, dairy, and meat.

Your donations help us to put more food on the table for local households, and ensure they're provided with a realistic, balanced supply of shelf-stable and fresh, healthy food for their families.



Keeping Students Fed at Home this Summer

Kids Bag Program Provides Families with Nutritious, Easy-to-Prepare Meals and Snacks while School is Out

Last year's Kids Bag program was wildly successful, so we're bringing it back this summer—this time with a fresh fruit component as we strive to offer healthier options for our clients.

"The Kids Bag program was established to ensure that 37% of the clients we serve—children under the age of 18—have access to nutritious food during the summer months while school is not in session."

The Kids Bag program was established to ensure that 37% of the clients we serve—children under the age of 18—have access to nutritious food during the summer months while school is not in session. Many of our client families benefit from free or reduced-cost school lunch programs during the school year, but need a little extra boost while their kids are home during the summer. Last year 275 local children benefited from the program, and we anticipate that we'll serve even more this year.

Through the Kids Bag program, families with children are provided with an additional bag of food in June, July, and August. Each bag contains meals and snacks that the kids can easily prepare while their parents or caregivers are working: peanut butter and jelly, macaroni and cheese, fruit cups, baby carrots, and granola bars, for example. This year we plan to include apples with each distribution, giving our youngest clients a fresh and easy snack selection.

Each Kids Bag costs the Food Bank just over \$15. Consider making an addi-

tional \$15 contribution to help us provide a local student with healthy, easy-to-prepare meals and snacks this summer.



Food Bank Donates Holiday Meals to 670 Households in Our Community

Thanks to strong community support over the holidays, the State College Food Bank was able to provide Thanksgiving and Christmas meals to 670 households in our service area. The families received everything that makes a traditional holiday meal, including pie crust, pie filling, cookie mix, fresh potatoes, sweet potatoes, stuffing, gravy, vegetables, and a turkey (approximately 14 pounds)—an estimated value of \$60. Families with 5 or more received double distributions, except for turkey.

We are grateful to all donors who helped us to provide holiday meals to families who likely would have otherwise gone without.

The Importance of Being a Giver

Lady Lion Volunteers Learn Life Lessons through Food Bank Experience

The Penn State Lady Lions know how to dominate on the basketball court. They are also making a positive impact in our community, through their time spent volunteering at the State College Food Bank.

“There is a need in our community; people simply don’t have enough food for their families.”

As part of the team’s community outreach program, players take time from their busy schedules of games, practice, and classes to volunteer at the Food Bank and other local organizations. For the Lady Lion volunteers, making the decision to help feed local families was an easy choice.

“I don’t think we recognize how many people in our community are struggling

or have come upon hard times,” said Stephanie Zonars, Coordinator of Community Outreach for Penn State Women’s Basketball Team. “There is a need in our community; people simply don’t have enough food for their families.”

Volunteering at the Food Bank is an opportunity for the Lady Lions to be involved in the community in a way that’s meaningful to them, and helping people who are going through a tough time.

“We really enjoy helping out the community and giving back,” said freshman guard Lindsey Spann.

And the team gets something out of the partnership in return. The spirit of giving is something that Head Coach Coquese Washington wants to instill in her players.

“Coquese’s goal is to give student athletes the best experience they can

have,” said Zonars. “Part of that is to understand how important it is to be a giver. The hope is that they’ll continue giving back throughout their lives, even after they leave Penn State.”



(L to R): Lady Lion players Lindsey Spann and Tori Waldnor, along with athletic trainer Natalie Meckstroth, help sort donated items at the State College Food Bank.

Fulfilling Our Most Basic Responsibility: Making Sure No One in Our Community Goes Hungry

Volunteer Grocery Assistant Lynn Rogers Helps Clients Select Nutritious Food for Their Families

Though Lynn Rogers is fairly new to the State College area, she wasted no time immersing herself in her new community.

Lynn began volunteering at the State College Food Bank after relocating from Frederick, Md. two years ago to uphold a long-held personal belief: that one of the most basic responsibilities we have to our community is to make sure no one goes hungry.

“If each of us in State College who has enough to eat shared just a small part of what we have, there would be no hunger here,” she said. “The Food Bank allows us to do that in a very easy way.”

Lynn spends time at the Food Bank each Wednesday afternoon, volunteering as a grocery assistant. She doesn’t simply hand out distributions, but takes the time to meet clients and help them select their food.

“It is a great job,” she said. “I’m often able to make suggestions about selections and share some simple meal ideas based on those selections.”

In addition to connecting Lynn to her new community, her volunteer ex-



Lynn Rogers

perience has given her a first-hand look at the faces of hunger in central Pennsylvania.

“It has taught me that ‘hunger’ is

not a word,” she said. “It is people like you and me; people with families and hopes and dreams.”

Her interaction with clients allows her to see the true benefit from the Food Bank’s new client choice model, which allows clients to “shop” at the Food Bank for items they want and need instead of receiving a pre-packaged bag of food.

“It’s important for Food Bank clients to see us, and to see that the food they receive is not from a vague government program, but from real people from their community who care enough about them to share their food, time, and money.”

In her time as a volunteer, Lynn has learned of the critical, unique im-

portance that the Food Bank makes in the Centre region.

“The Food Bank is the link—the vital link—between those of us who want to feed the hungry with those who need to be fed,” she said.

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She is also impressed with the Food Bank’s operations, observing how staff and volunteers work hard to ensure as many households as possible are provided with healthy, nutritious food.

“Their ability to collect, organize, and distribute donations far exceeds anything we could do alone or even through our churches or other organizations,” she said. “They are also uniquely qualified to link with agencies that find and refer those who need help. They accomplish this with an absolute minimum of overhead, assuring that our donations are going to those who need it most.”



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1321 South Atherton Street
State College, PA 16801

Return Service Requested

Non-Profit Org.
**U.S. POSTAGE
PAID**
State College, Pa.
Permit No. 270

Thousands of Centre County Residents Face Tough Decision of Buying Food or Paying Essential Bills *You Can Make a Big Impact and Help Feed Local Families*

Join the Community in Support of State College Food Bank

There are many opportunities to support the Food Bank throughout the year, through these community drives and special events.

Centre Gives May 5-6, 2015

A 36-hour online giving event designed to recognize and support the positive work of local nonprofits in Centre County. From 6 a.m. Tuesday May 5, 2015 through 6 p.m. Wednesday, May 6, every gift made at CentreGives.org will go directly to

nonprofits and will be amplified by our stretch pool. The goal is to help nonprofits attract new donors and build online fundraising capabilities to support long-term success.

Letter Carriers' Stamp Out Hunger May 9, 2015

Leave your donation of non-perishable food by your mailbox, and your letter carrier will deliver it to the State College Food Bank or another local pantry or shelter.

State College Magazine "Chefs on Stage" benefitting the State College Food Bank October 5, 2015

Support a great cause and enjoy a fabulous meal from the area's finest chefs!

Boy Scouts' Scouting for Food TBA

Stay tuned to www.scfoodbank.org for dates and details.

A Small Donation Can Help Feed a Hungry Neighbor

Your Gift of \$75 Will Help Us Feed a Family of Two for a Week

A donation of \$75 allows us to provide a week's worth of groceries for a family of

"Even a small gift can make a big difference to a neighbor who may not know where his next meal will come from."

two, including fresh milk, eggs, and frozen meat. Thanks to strong support from our generous donors—including an incredible

collection during the holiday season—we were able to feed more than 2,000 individuals in our community last year and provide Thanksgiving and Christmas meals for 670 households.

Demand for food security in our area is growing, and we anticipate that we'll serve even more Centre County residents in 2015. We are counting on your support to continue putting food on the table for local families in need. Even a small gift can make a big difference to a neighbor who may not know where his next meal

will come from.

Donations of cash or food and personal care items are accepted and appreciated. Financial contributions allow us to purchase in-demand items needed to restock our shelves, take advantage of bulk and discount purchases we can make through our partner suppliers, and cover operating costs for the Food Bank. If you prefer to donate food items, please refer to our web site for a current list of our most-needed items.