

the TELLER



 SPRING 2016

Beulah and Her Boys Get a Chance

Beulah never imagined herself as a single mom with three growing, hungry teenage boys – 13, 14, and 15 years old. Yet, here she is. Her monthly disability check is barely enough to keep clothes on their backs, pay the utility bills and rent, and maintain a vehicle to provide transportation for the family trying to live a normal, busy life. More often than not, the cupboards are bare, and the refrigerator is empty. The few dollars she has to buy food are usually spent on the less expensive, less nutritious items that, if nothing else, will ease the pangs of hunger for her kids.

Today, Beulah is getting a little boost to help get them through the month at the Healthy Mobile Pantry provided by the Foodbank. For families who are food

insecure, healthful foods are too often out of reach for two main reasons: lack of funds, or because they live in a food desert, usually found in impoverished areas. Food deserts are defined as parts of the country with very limited access to fresh fruit, vegetables, and other healthful whole foods. This is largely due to a lack of grocery stores, farmers' markets and healthy food providers. The majority of those we serve live in these areas – inner city neighborhoods, or extremely rural areas.

For individuals struggling with or at risk of diet-related conditions, this dilemma can have disastrous personal health and public health consequences. Your support of the Foodbank enables us to address this gap in access

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the Eastern Shore

the effort to eliminate hunger
in our community

Foodbankonline.org
• 877-486-4379



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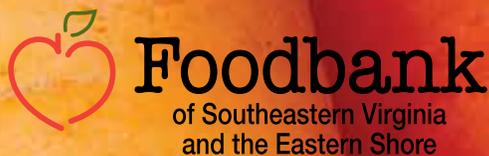
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Mission

Leading the effort to eliminate hunger in our community.

Vision

A hunger-free community.

Dear Foodbank Friend



We hope that you all enjoyed the holidays that seem so long ago, and have been successful with all of your New Year's resolutions! It's been only a few months since we embarked on this new year together, and the time is moving so fast – it will be summer before we know it!

Did you know March was National Nutrition Month? Good health starts with good food. Where there is good health, there is the ability to learn, work, provide and give back. Without nutritious food, the cycle of food insecurity is perpetuated. Eating a balanced meal can be a challenge for all of us, especially for those in our communities who struggle with food insecurity and don't have access to the quality or variety of products necessary.

Here at the Foodbank, we provide access to a variety of food that will improve the lives of people facing hunger. In addition to giving access to nutritious food, like fresh produce and lean proteins, we also provide nutrition education, recipes, budgeting guides and resources to help our clients eat better and make their money go further.

A healthy home is a happy home. That's why we give families in need wholesome food to fill them up and provide them with educational tools that help them make more nutritious meals in the future. It's just part of the work we are doing to solve hunger, which is highlighted in our newsletter. In this issue, you'll read more about some of our nutrition outreach efforts at our Healthy Mobile Pantry, as well as our Collaborating for Clients initiative that will include cooking classes to show our partners and clients a road to healthy eating.

As we head into the summer season, it's important to remember that June through August is typically very hard times for the Foodbank and our neighbors who depend on our services. We'll remind you that we need your help again in June, but by that time the situation may have already begun to become bleak – donations tend to go down, shelves may become bare, and we

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Beulah and Her Boys Get a Chance

by providing healthful food where and when people need it most. At the same time, we are addressing client gaps in knowledge and confidence by providing simple, product-aligned healthy recipes as well as offering on-site four quarterly point-of-service healthy food tastings, nutrition education and food literacy activities.

At our Healthy Mobile Pantry, Beulah will not only get the fresh fruits, vegetables and lean protein her family needs to be strong and nourished, but will be made aware of and offered additional services to give them the opportunity to have a brighter future. At today's distribution, Beulah is also getting information about free dental care to qualifying clients, a library card to promote literacy and a hot serving of the healthy chicken pot pie that is being distributed – along with a recipe to make it at home (all of the ingredients necessary were included among the food that was distributed).

Information about other programs and services include health screenings (blood pressure, cholesterol, and glucose), and even information about low-income access to wireless phone plans, just to name a few. Occasionally services are provided on-site as well.

Through the Healthy Mobile Pantry program, we aim to increase consumption of healthful food by clients and increase awareness of good nutrition. Implementing Feeding America's Foods to Encourage framework, the quality and variety of foods we will continue to provide are recommended both for general health and for fighting obesity, hypertension, and diabetes prevention or management. Fresh fruits and vegetables (including one new fruit or vegetable each month), whole grains, low-fat dairy and lean proteins will be provided.

At a crucial stage in their life, programs like these and the nutrition available through the Healthy Mobile Pantry may be the difference between healthy habits, preventative care, or whether Beulah's three boys have a chance for a bright future. Because of your continued support for the programs we offer, together we make sure that this family has an opportunity to reach their full potential.

Through the Healthy Mobile Pantry program, we aim to increase consumption of healthful food by clients, and increase awareness of good nutrition.



Chef Damon

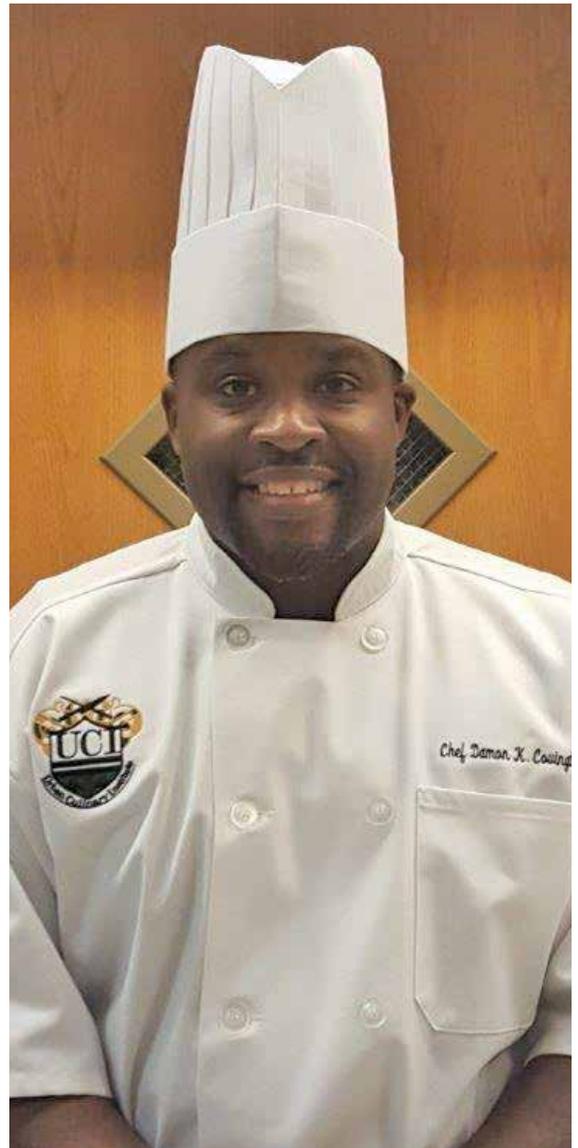
Collaborating for Clients Cooking Series

March was National Nutrition Month, and we celebrated it by launching another Collaborating for Clients opportunity, an initiative by the Foodbank to create partnerships across the community to help meet the needs of our clients. You are helping us lead an effort to improve food security and harvest stability through a series of educational seminars. As you may well know, food insecurity does not exist in isolation. Together we must address the many needs of our clients, from jobs to proper nutrition.

Our clients need to have the opportunity to learn about making better nutrition choices that will affect their long-term health. Many face health issues such as diabetes, high blood pressure and heart disease. The Foodbank decided a series of educational classes taught by local chefs would benefit our clients on how to eat healthy while maintaining a budget. Through a conversation with a representative from Tidewater Community College, while promoting their training programs, we decided to ask if she knew of any chefs from the TCC culinary arts program who might be interested in volunteering. Chef Damon K. Covington, owner/founder of the Urban Culinary Institute, has graciously offered to not only develop and teach several classes for us but create recipes that can be made on a budget. He also knows what it's like to be food insecure, and is himself an inspiration.

Chef Damon grew up in Muskegon Heights, Michigan and was raised by his single mom and extended family. As a young man, he saw more family tragedy within a 3-year window than most of us see in a lifetime. It was a horrific trail of events: the violent death of his sister Talfrieda who was stabbed to death at 28; the loss of his uncle in a tragic car accident in which he was struck on the side of the road while sitting in his truck; his 25 year old brother—a strong swimmer—who was in a shocking drowning accident; his father passed unexpectedly in 2000 at the age of 54; and his older brother was incarcerated for drug trafficking and possession of firearms. Scarred, Damon needed a light at the end of his tunnel.

Life was hard, and times were tough in Michigan. As industries dried up, money became scarce. His single mom did the best she could to keep healthy food in the house with assistance from the Women, Infants & Children (WIC) food and nutrition program. Damon also accompanied his grandmother, Ruby, to the local food pantry and



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It was his grandmother who taught him the importance of basic cooking skills, and how to make a meal that stretched but still provided the coziness and flavor of old-fashioned soul food.

Through our Collaborating for Clients cooking series, Chef Damon is 'paying it forward' by sharing his wealth of knowledge, experience and passion with our clients.



remembers standing in line, waiting to see what they'd come home with, and then what comfort food Ruby would make from it. It was his grandmother who taught him the importance of basic cooking skills, and how to make a meal that stretched but still provided the coziness and flavor of old-fashioned soul food.

With life's hardships working against him, Damon managed to keep his head on straight. Just the same, he found himself struggling through middle school. Day to day survival took precedence over academics, and he was on the verge of flunking out of school. That was until Coach Thomas Depung saw something on the football field that showed potential, and thought Damon deserved a shot at creating success, hopefully keeping him from falling through the cracks.

Coach Tommy paid for Damon to attend the local Catholic Private School, Muskegon Catholic Central, where Damon's life turned around. He went from failing grades to above average marks and performed equally as well on the athletic fields. Upon graduation, he served four years in the United State Navy as a Mess Management Specialist.

Upon honorable discharge, his excellent performance in school allowed him to gain admission into Chicago's prestigious Kendall College Culinary Arts program, and ultimately Baker College in Muskegon, where he received his Associates of Business Administration degree in Culinary Arts and his Bachelor Degree in Food & Beverage Management. Since 1994, Chef Damon's career has taken him from his initial experience as a Mess Management Specialist in the United States Navy, to his current position as a Chef Instructor at Tidewater Community College in Norfolk, VA. In the Tidewater area, he has earned a stellar reputation as Executive Chef at the Greenhouse in Newport News, a Chef instructor at Stratford University and Tidewater Community College, as well as the former executive chef of The Chamberlin Hotel in Hampton, VA. Last spring he opened a food cart, Grace 55, to share his passion with the Hampton Roads area.

Through our Collaborating for Clients cooking series, Chef Damon is "paying it forward" by sharing his wealth of knowledge, experience and passion with our clients. It's his hope that the community will benefit from such direction while at the same time allow him to share his passion for local produce and cooking from his heart. Collectively we all have something to share and give back to our community, and we are grateful for your continued support of such rewarding programs.



Eastern Shore Branch Expansion

The Eastern Shore branch of the Foodbank is growing! After years of evaluating the conditions of the economy and community, and listening to what clients are asking for, focus is being redirected to the organization's core mission of "leading the effort to eliminate hunger in our community," and our vision for a "hunger-free community." While not an easy one, the decision has been made that, in order to meet the growing needs of the Foodbank and the community, the area that housed the thrift store will be redirected back into space that will support the day to day food distribution operation. The programs supported by the Foodbank have simply outgrown the current space.

Additional room to grow food distribution, while maintaining efficiency and food safety, has become a major priority given the increase in food distributed each year over the past three years.

Additional room to grow food distribution, while maintaining efficiency and food safety, has become a major priority given the increase in food distributed each year over the past three years. Last year, the Eastern Shore Branch distributed over 1.2 million pounds of food to individuals in need. In order to best serve the Eastern Shore community, it was determined that focusing more significantly on food distribution is the best course of action. Input from task force members and various committees weighed in on this difficult decision.

As we look toward the future, our top priority is to implement a viable strategy to reduce and eliminate hunger across our service area. Over the next several months, we will look at how to best position the branch office and our organization as a whole to best meet the needs of our clients. We will gather feedback from Eastern Shore community members to help inform additional decisions.

Over the past 13 years, the Foodbank Eastern Shore Branch has grown from 16 partner agencies and programs to 27, including 7 Backpack,

3 Mobile Pantry and 1 Kids Cafe sites. Many of these programs, as they continue to grow, need volunteers to help prepare them. The current space is just too small and unsafe for any large group of volunteers.

With food at the forefront of the decision, critical capital improvements will be made to the space previously utilized for the Thrift Store. Top priorities for repair or replacement include expanding food storage areas, making them more efficient and safe; replacing the inefficient and aging heating, ventilation and air conditioning system; increasing volunteer production space, and resurfacing the warehouse floor. Food safety and handling, efficiency, personnel and client safety are at the heart of the renovations that recently broke ground.

Food safety is paramount when it comes to storing and distributing the quantity of food that passes through our doors daily. These necessary repairs will allow us to provide an increased amount of higher quality, nutritious food to residents of the Eastern Shore and allow greater opportunities for volunteers to help with production and food distribution.

With this transition, we will be able to better serve the community by focusing on getting more food out to those in need. The staff at the Eastern Shore branch is excited about the renovations as they will allow for members of the community to be engaged with more hands-on volunteer opportunities such as packing Backpack bags and USDA food boxes. The branch will continue to provide referral information for families and the general public.



Eastern Shore AIB Audit

Food safety is a priority for the Foodbank, and as a commitment to keeping the organization to the highest standards, the Eastern Shore branch of the Foodbank of Southeastern Virginia recently had a food safety audit performed by the American Institute of Baking (AIB) in January.

The Foodbank received a rating score of 'superior'.

AIB International is an organization committed to protecting the safety of the food supply chain and delivering high-value technical and educational programs. The members of the Feeding America™ network of food banks are required to pass this global 'gold standard' food safety rating.

The audit provides the Foodbank with a food industry standard containing industry best-practices and legal requirements, which will establish an effective framework for safe food handling. Implementing such a standard has "raised the bar" on food safety, and helps reduce food safety risks to clients and the business of food distribution.

Scoring for the audit is based on adherence of policies concerning five areas of Good Manufacturing Processes: Operational Methods and Personnel Practices, Maintenance for Food Safety, Cleaning Practices, Integrated Pest Management, Adequacy of Prerequisite and Food Safety Programs.

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Dear Foodbank Friend



may begin to feel the pinch of a trend we want to turn around. We know that we can count on you to keep the momentum and support going – whether through a sustaining gift of a recurring monthly donation that you set up on our website, or starting to plan and registering for a food and fund drive to take place this summer.

As we continue to grow and evolve, we look forward to sharing our ideas and goals with you, our donors. Your input is important to us in this process, and we encourage your involvement. Please take advantage of our social media sites as well as our email address: info@foodbankonline.org. We hope that the stories we are sharing here are keeping you inspired, interested and engaged in the work that allows all of us to play an important role. Together, we can solve hunger™.

Sincerely,

A handwritten signature in black ink that reads "Ruth Jones Nichols".

Ruth Jones Nichols, PhD
Chief Executive Officer

A handwritten signature in black ink that reads "Paul G. Finch".

Paul G. Finch
President, Board of Directors

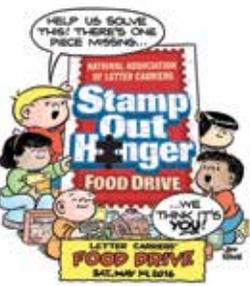


Upcoming Events

Give Local 757! May 3, 2016



Follow us on Facebook to help us win match gifts during specific times of the day. Sign up on www.givelocal757.org for save the date reminders and announcements, and direct your donations to The Foodbank of Southeastern Virginia and the Eastern Shore.



National Association of Letter Carriers' "Stamp Out Hunger" Food Drive May 14, 2016

On Saturday, May 14, 2016, the National

Association of Letter Carriers' "Stamp Out Hunger" Food Drive celebrates its 24th year helping the hungry.

Letter carriers all across America will collect non-perishable food donations placed near residents' mailboxes as they deliver mail along their postal routes. It is the nation's largest single-day food drive.

The ABC's of a Good Will

Everyone agrees that having a will is important. But just having a will isn't enough, it needs to be good – legally binding, up-to-date, easily amended, and a true reflection of your wishes in order to provide you with peace of mind.

So what does it take to be a "good will?"

A good will is accurate. It will follow all legal requirements of your state, it is prepared and signed according to those requirements, and it outlines how your estate should be distributed. A good will also provides for the guardianship of your children or pets, the transfer of business interests, it states any other final declarations you want or need to make, and it covers any other important matters that your situation may require. When you have accomplished all of this, and safely stored the original and a copy, you will take comfort in knowing it was done correctly.

A good will is benevolent. A good will does good. It addresses

the needs of your spouse, your children and other dependents. It provides for the needs of anyone who is in your circle of responsibility. It may also provide for charitable organizations that reflect your values and address causes you support.

A good will is current. This cannot be stressed enough, your will should be updated as needed to reflect changing circumstances. Changes constantly occur in the tax laws, in your family situation and in your financial situation. For example, your young children may now be adults and not need a guardian to be named in your will. You may have grandchildren. Someone close to you may have died or become dependent on your support. Many professionals recommend reviewing your will annually to ensure that it is up-to-date.

If you choose to involve the Foodbank in your estate plans, please contact Marianne Smith Vargas, Chief Philanthropy Officer at 757-314-4548, or e-mail her at msmith@foodbankonline.org.

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Eastern Shore Branch

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If you would like to receive our e-newsletters and event notices, please visit foodbankonline.org to sign up.

The Foodbank of Southeastern Virginia and the Eastern Shore is a proud member of:



In accordance with Federal law and internal policy, the Foodbank is prohibited to discriminate in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or a part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotope, etc.) should contact the Foodbank's Chief Financial Officer at 757-314-4547.

The Foodbank is an equal opportunity provider and employer.

To give, text FEED to 757-550-3535.

The Foodbank of Southeastern Virginia earned a 4-star rating from Charity Navigator. This distinction means the Foodbank, a 501 (c)3 charitable organization, outperformed most charities in America in areas of efficiency, fiscal integrity, and effectiveness. A copy of our financial statements is available upon request from the Virginia Department of Agriculture and Consumer Services, Virginia State Division of Consumer Affairs, P.O. Box 1163, Richmond, Virginia 23218.