

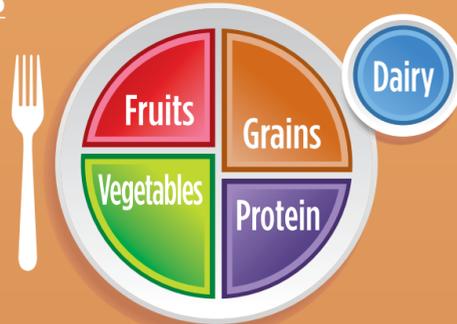


# SUPPORT HEALTHY AND HUNGER-FREE COMMUNITIES

Donations of non-perishable, staple food items are an important complement to fresh produce donated by farmers, community gardens, grocery retailers and others.

## FRUITS & VEGETABLES

- Low sodium canned vegetables
- Diced tomatoes
- Tomato sauce
- Canned fruit in juice, water or light syrup
- Unsweetened apple sauce
- Shelf-stable fruit cups in juice
- Raisins



## PROTEINS

- Dried or low-sodium canned beans
- Canned chicken
- Canned tuna in water
- Low sodium bean soups
- Canned salmon
- Peanut butter

## DAIRY

- Dry milk (low fat)
- Evaporated milk (2%)
- Shelf-stable milk (1%)

## GRAINS

- Whole wheat pasta
- Whole grain crackers
- Cereals: oatmeal, grits, raisin bran and other whole grain cereals
- Brown rice
- High fiber, low sugar granola bars

**THANK YOU For Your Support!**

[hungernwnc.org](http://hungernwnc.org)

#FeedingCommunity #FeedingHealth



**Second Harvest Food Bank of Northwest NC**  
 3655 Reed Street Winston-Salem, NC 27107  
 (336) 784-5770  
[hungernwnc.org](http://hungernwnc.org)

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**THANK YOU** for Helping to Make it a Hunger-free Summer **for Kids!**

**We and our partners are working hard to fill the summer meal gap for kids and their families, and it is all made possible through you.**



Second Harvest Food Bank-sponsored summer meal sites are in full swing at recreation centers, YMCAs, churches and other locations...and our work to stock the shelves of our local partner agencies with healthy food for families continues. **Your care and support means thousands of children are enjoying summer as it should be**—days filled with laughter, games, exploring and learning, with breaks to fuel up on nutritious meals and snacks.



FEEDING COMMUNITY | Summer 2017

**FULL PLATE**



A PUBLICATION OF SECOND HARVEST FOOD BANK OF NORTHWEST NC



**Partnering to Promote Health with Produce**  
 Growing partnerships with area farmers, community gardens, and a new Walmart distribution center are yielding record levels of fresh produce for our on-the-ground partners and the people and communities we serve together.

## JOIN US FOR WEEKEND & EVENING VOLUNTEER EVENTS

**Thursdays Evenings**  
**5:30 p.m.-8:30 p.m.**

Aug. 24 | Sept. 28 | Nov. 16

**Saturday Mornings**  
**9:00 a.m.-noon**

Aug. 5 | Sept. 9 | Oct. 7  
Oct. 28 | Dec. 2

To learn more and sign up, contact **Tammy DeCicco**, our Volunteer Coordinator, at [tdcicco@secondharvest.org](mailto:tdcicco@secondharvest.org).

## SAVOR SUMMER NIGHTS AT PROVIDENCE

Start the weekend off sharing a fabulous meal with friends! Join us Friday nights in July and August at **Second Harvest's Providence Restaurant**. We'll be featuring a special dinner menu each week, highlighting fresh, local ingredients. As always, all proceeds support our Triad Community Kitchen Culinary Training and Hospitality Residency Programs.

## TEE OFF AGAINST HUNGER

**Friday, August 18**  
**Tanglewood Park,**  
**Clemmons, N.C.**

Captain's Choice format;  
shotgun start at 9 a.m.

Summer is a busy and purposeful time at Second Harvest Food Bank, and it won't be long before Hunger Action Month (September) is here. Don't miss out on upcoming events and other opportunities to get involved! **Sign up for our Small Bites e-news and join us on Facebook and Twitter!** For more details and updates, visit [hungernwnc.org](http://hungernwnc.org).



## Not Hungry Today... BECAUSE OF YOU.

The squeak of rubber against the basketball court floor is rhythmic as dozens of children scurry and leap after balls in the large gymnasium at the Hayes-Taylor YMCA. The huge, sunlit building, completed just last year, has already become a bustling hub of activity for the East Side of Greensboro. Ebony Burnett, Director of Family Services at Hayes-Taylor, is interchangeably answering the phone, responding to her staff on a walkie-talkie, and greeting parents as they come to collect their children from camp. She knows every parent and every camper's name. It is 5:15 PM, and parents wearing hospital scrubs, mechanic's uniforms, and other various work clothes are coming in to sign their children out.

"This side of town is predominantly low-income neighborhoods," Ebony explains, "and our camps are an affordable afterschool and summer break option for working parents who need somewhere safe for their children to go." The Hayes-Taylor YMCA offers the most need-based scholarships of all the local Y's, making sure that all working parents have access to childcare so they can maintain their jobs. "We are also in a food desert," explains Ebony. "That's why serving healthy food and teaching kids about food is so important here."

Ebony and her team have partnered with Second Harvest Food Bank to make sure that neighborhood children have the nutritious food they need to fuel them through their days. A year-round Kids Cafe provides hot, nutritious, evening meals three times a week. Hayes-Taylor is also one of 27 Second Harvest-sponsored summer meals sites. At all day camps like theirs, the children are served breakfast and lunch, plus an afternoon snack.

A father comes in to pick up his nine-year old son and Ebony calls out to him "Does your son like the food here?" The father laughs: "Well, he must, because even after a full day of swimming and running around here, he comes home and still has energy." His son comes bounding down the hallway, dribbling an imaginary basketball and "dunking" it before high-fiving his dad. Energy? Check.

Ebony stresses that she and her team at Hayes-Taylor are there to help out parents who need childcare while they work, but also to help develop the minds and bodies of children. From homework help to enrichment activities to sports, Ebony wants these kids to be the best they can be. She knows that good nutrition is an essential part of that. So does Second Harvest!

## CONNECTING AT THE INTERSECTIONS OF HUNGER AND HEALTH

We believe that everyone deserves to be able to access healthy food, because no one among us can do their best without it. We also know that hunger is a public health issue. With your continued strong support, we are building new partnerships and making a positive impact on the health of individuals and the well-being of our communities.

### One Mission, Many Pathways

Our Director of Agency Relations, Nikki McCormick, sums up the focus of several of Second Harvest Food Bank's developing new partnerships this way: "Access to enough nutritious foods plays a considerable role in health status, disease prevention, and health outcomes. If we can provide nutritious food and nutrition education for people who are experiencing food insecurity and diet-related diseases, it is going to make an impact for individuals and our communities."

A new **healthcare-based pantry in Greensboro** means that patients who have struggled through food insecurity to manage their diabetes can obtain nutritional support during their medical visits and nutrition education at One Step Further, a partner in the program along with Cone Health's Community Health & Wellness Center. In a nearby neighborhood, low-income residents can now come to Second Harvest's weekly Community Cupboard to receive fresh produce and other grocery products. The East Market Street Seventh Day Adventist Church location is the **third Community Cupboard** Second Harvest Food Bank has

established to provide ready access to healthy food for people living in a food desert, and our work to establish additional host sites continues. This summer, our Nutrition Services team is partnering with the Forsyth County Health Department and other groups across our region to conduct

**Cooking Matters** sessions. Many of these six-week, summer sessions are targeting children and teens with the goal of giving them the chance to try new foods, learn fun facts about nutrition, and gain cooking skills. The Nutrition team is also partnering with Forsyth Community Gardening and the NC Cooperative Extension to host a series of **fresh food cooking demonstrations** at community gardens located in low-income neighborhoods. **We are deeply grateful to you for the gifts you give to make this important work possible, and also to the many grant makers who value and support our efforts, including the USDA SNAP Ed team and others acknowledged in our most recent Annual Report posted at [hungernwnc.org](http://hungernwnc.org). #feedingcommunity #feedinghealth**



### Feeding People, Not Landfills

Food banking began as an effort to feed people and prevent good food from going to waste. The majority of food donations to our organization still come from the grocery retail and food manufacturing industries. These donations are growing thanks to an initiative that matches local retailers directly with our on-the-ground partners across the 18 counties we serve. **In the last 12 months alone, Second Harvest's Retail Store Donation Match Program has prevented more than 8 million pounds of food from going to waste in community landfills**, including highly perishable and nutritious fresh produce, dairy items and meats. **158 partner agencies** are currently participating in the program, which moves good food to neighbors and neighborhoods quickly and efficiently. So far, **234 retail store locations** are participating in this community-based match program, which is administered and coordinated by our food bank with rigorous attention to food safety. Retail partners include Aldi, Big Lots, Bi-Lo, Bimbo Bakeries, CVS, Food Lion, Flowers Bakery, Just Save, Lowes Foods, Harris Teeter, Publix, Save-A-Lot, Target and Trader Joe's. The next time you are visiting one of these partner locations, please make a point of thanking them for feeding community with us!



## INSPIRATION STATION

### BE CREATIVE



It was last summer when Jay Callahan came home with his new ride: A used Volkswagen Routan. He strapped car seats into it and looked at it in his driveway. It wasn't very cool—after all, it was a mini van. "I'm a man with a can," he thought to himself. "I guess I might as well use it for good."

Jay's version of "good" is quirky and off-beat, but it works. The Head Soccer Coach at Salem College, blogger, husband, and father of two became an occasional Uber driver, and that's when he realized the power of The Man Van. Leveraging social media and his blog, Jay began to issue Uber Challenges to his riders and online followers to benefit local nonprofits. He builds his social media following by having local musicians play songs in the back of the van while he drives through his hometown of Winston-Salem and by having local restaurants donate gift certificates for drawings...and then he calls on his followers to learn about local causes and support them. This is how Jay and his children arrived at Second Harvest Food Bank with over 500 donated food items. Jay put out a special birthday call asking his followers to "fill the man van with cans."

Hudson and McKinley Callahan have embraced their father's altruistic enthusiasm, and are now making and selling bottle cap art to benefit Second Harvest.

**If your family is conducting a fundraiser for us, be sure to let us know! Now, more than ever, people are renewing their commitment to help others and making new connections that bring us closer together as families, as neighbors, and as communities. We would love to have you volunteer with us! Contact Tammy DeCicco at 336.784.5770 to learn more.**

### HONOR LEADERS

This month, a roster of accomplished individuals begins service to our organization as members of our 2017-2018 Board of Directors. We invite you to view the list on our website and to send a note of congratulations and gratitude to all whom you know. These talented and dedicated individuals will serve alongside our CEO Clyde Fitzgerald, who is being honored this month as one of *Triad Business Journal's* "Most Admired CEOs" of 2017. Clyde's vision and passion for ending hunger continues to ensure that your support is doing the most good for the people and communities of Northwest North Carolina. The next time you see him, please join us in congratulating Clyde on this well-deserved honor.

### INVOLVE KIDS!



Every \$1 donated to Second Harvest provides 7 meals for families in need, but our favorite dollars are the ones that come from children's fundraisers. Even a small child has the ability to spread kindness in the world. This summer four-year old Giovanna is doing just that. With a little help from mom and friends, Giovanna is hosting lemonade stands; reminding her customers why what she is doing is important for kids just like her: "I just want all kids to have the food they need like I do, because that's how it should be." We could not have said it better, sweet G!

### DID YOU KNOW?

One-third of working people in our state earn below a poverty wage. This is the 2nd worst ranking in the nation.\* Without sufficient resources to pay for their most basic needs, many people turn to programs like SNAP (more commonly known as food stamps) for help to put food on the table—people like the cashiers, telemarketers, nursing aides, housekeepers and others you interact with every day. In the days and months ahead, we'll be calling on our Members of Congress to protect vital nutrition programs. We hope you will stand with us, because **YOUR VOICE MATTERS!** Sign up for our **Action Alerts at [hungernwnc.org](http://hungernwnc.org)**.

\* Source: The Budget & Tax Center