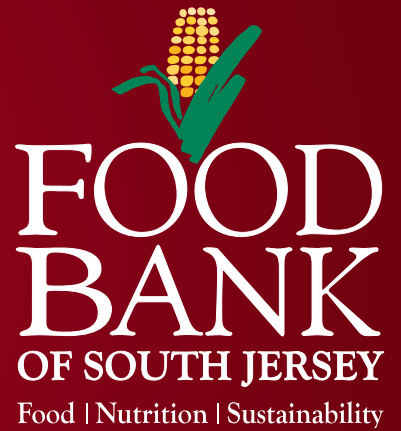




# A Taste of Compassion

A publication of the Food Bank of South Jersey



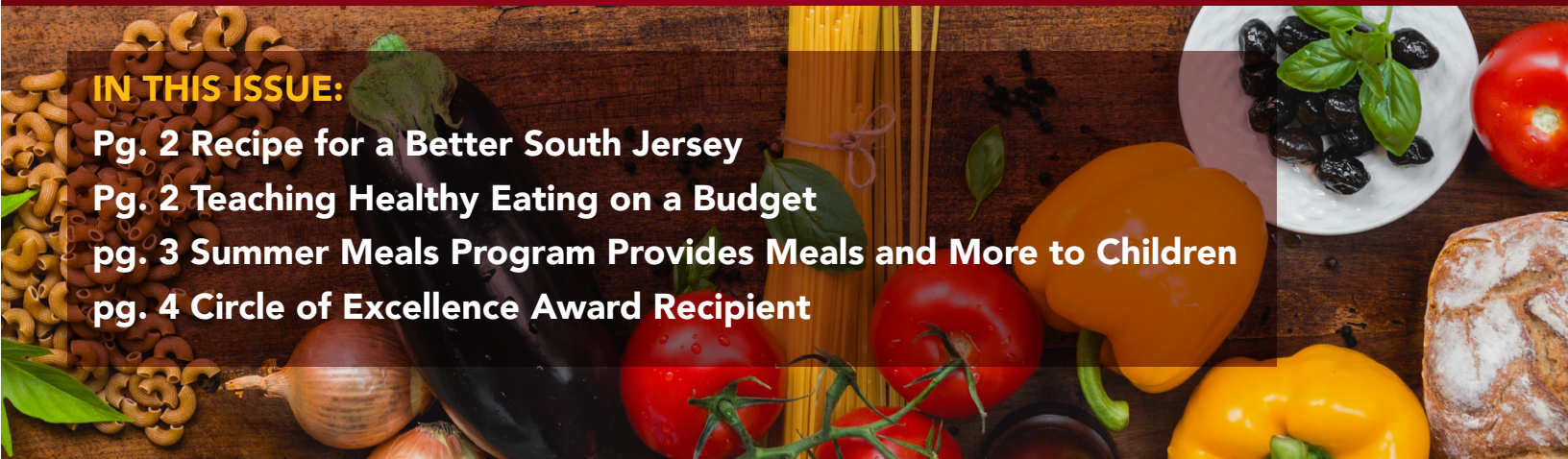
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## RECIPE FOR A BETTER SOUTH JERSEY

**SERVES APPROXIMATELY**  
200,000 South Jersey residents in need.



**The main ingredient:**  
Donors that care and take action.

**Directions:**  
Donate money, time and talent to help improve the lives of food-insecure South Jersey residents.



### The inspiring reasons why our donors give!

"I donated because I'm fortunate enough that I can. My heart goes out to all who are suffering through these confusing times."

"We all need help now and then. So wish I could do more."

"There are needy people in our community, and I feel an obligation to help."

"My wonderful father grew up in the 1920s where many days he knew hunger. Being the great provider and Dad that he was, he made sure that we, his children, would never know hunger. We always had plenty to eat as my Mom always prepared well balanced meals. I believe also that no child should know hunger! I have held food drives at my place of employment & I personally donate. Praying that this helps!"



SNAP education training conducted by FBSJ's Health & Wellness department

## TEACHING HEALTHY EATING ON A BUDGET

Healthy eating is possible, even when resources are tight. With a little education and guidance on food selection and preparation, local low-income families are learning how to lead healthier lives.

The Food Bank of South Jersey (FBSJ) recently partnered with the Family Health Initiatives, a division of the NJ Department of Health, to provide a Cooking Matters® "Train the Trainer" workshop for the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) grant recipients including: Rutgers University, Community Food Bank of New Jersey and Zufall Health.

SNAP-Ed, a federally-funded program that falls under the Farm Bill, encourages individuals and families utilizing SNAP to make healthy food choices and lead a physically active lifestyle. The SNAP-Ed grant recipients will use Cooking Matters® training they receive from FBSJ to help SNAP-eligible populations in New Jersey make healthy choices. The Food Bank is the only organization in New Jersey that teaches the full Cooking Matters® curriculum.

### Empowering Families

Cooking Matters® was started by Share Our Strength, a national organization working to end hunger in the United States, in order to empower and teach low-income families how to stretch their budget to cook healthy meals. The program includes a variety of courses and tours designed to help participants learn to shop smarter and use nutrition information to make affordable healthy meals.

"We're excited to collaborate with these amazing grant recipients to help ensure that families in New Jersey understand the importance of nutrition and that it's possible to make healthy meals affordable," said Kimberly Hill, Director, Health and Wellness.

During Cooking Matters® training sessions, grant recipients learn about grocery shopping on a budget and participate in a hands-on cooking class to gain experience cooking affordable and nutritious meals. Sessions cover: Cooking Matters® for Kids which aims to help kids develop an interest in cooking and the skills to make healthy food choices; Cooking Matters® at the Store for Adults, which utilizes a guided grocery store tour to teach low-income adults how to eat healthy on a budget; and Cooking Matters® at the Store for WIC Parents, which offers a hands-on learning experience for parents using the Special Supplemental Nutrition Program for Women, Infants and Children (WIC).

# SUMMER MEALS PROGRAM PROVIDES MEALS AND MORE TO CHILDREN

When the bell sounds to dismiss school every year, it also signifies the end of school meals programs.

As a result, thousands of children in the South Jersey area are left food insecure, meaning they will not have access to regular meals during the summer.

## Filling the Nutritional Gap

Enter the Food Bank of South Jersey's Summer Meals program. Now in its seventh year, the program delivers freshly prepared and nutritious breakfasts, lunches, dinners and snacks to children at site locations daily for 10 weeks in the summer. This year's program provided over 250,000 meals to 6,400 children across 118 Summer Meals sites in Burlington, Camden, Salem and Gloucester Counties.



Summer Meals kick-off 2018 at the Camden Waterfront



With the addition of the "Bus Stop Café" – a renovated and air conditioned school bus featuring a new interior design with a built-in dining room – children gather together to enjoy meals and socialize. The program offers peace of mind to parents – as it takes some of the burden of replacing school provided meals once summer begins.

**"The Summer Meals Program has turned into a community activity. Most children don't have the opportunity to attend summer camp, so getting together with their neighborhood friends and having a nice meal in a safe venue gives them something to look forward to every day."**

**- Jennifer McClay, Director of Special Programs**

## Growing Need

With approximately 57,000 children in South Jersey who face food insecurity, the Food Bank is working hard to expand the Summer Meals program and provide more meals to more children. The Summer Meals program is possible thanks to the ongoing support from corporate sponsors and volunteers who provide significant resources and time.

The Food Bank has received recognition for its work in the Summer Meals Program including a Champion of Feeding Certificate from the State of New Jersey Department of Agriculture.

## Summer Meals Sponsors

## Summer Meals Donors



# CIRCLE OF EXCELLENCE AWARD RECIPIENT

The Circle of Excellence Award is given annually to a partner agency whose impact through the programs and services they offer stand apart in the fight against hunger. This year's award goes to Beacon of Hope.

Beacon of Hope exemplifies the Food Bank of South Jersey's core values of urgency, service and respect. Beacon of Hope is a multi-service center that has demonstrated the importance and benefit of helping people in need get back on their feet. Its staff is made up of those who have experienced homelessness, hunger and abuse.



Pastor Darlene Trappier of Beacon of Hope accepts the highly coveted "Circle of Excellence" award from Rick Cureton, FBSJ board chair, and Joe Ford, FBSJ board vice chair.

## HOLIDAY GIVING

Looking to get involved and make a difference in people's lives? Here are ways you can participate in helping food-insecure families:



### Viva South Jersey Gala – Thursday, November 15

Signature fundraiser that generates funds to sustain our operations

- Purchase tickets
- Sponsor the event or place an ad in the program book
- Donate an auction item or join the auction committee

Call our events department at (856) 662-4884 ext. 119 or send an email to [fbsjevents@foodbanksj.org](mailto:fbsjevents@foodbanksj.org).

### Annual Turkey Drop – Saturday, November 17

- Donate Thanksgiving turkeys and bring joy to a family in need!
- Collection Goal: 13,000 turkeys
- Corporate challenge: Donate 50 turkeys or pay a \$1,000 turkey fine. Gobble, gobble!

### Donate canned goods

Host a Can Drive; collect 1,000 CANS OF FOOD and provide over 800 meals to food-insecure families.

### Donate funds

A donation to the Food Bank of South Jersey in honor of a friend, neighbor, or relative is a great gift idea during the holiday season. Your loved one will receive a card from us with notification of the gift. Visit our website or call 856-662-4884 for more information.



## OUR MISSION:

The Food Bank of South Jersey provides food to people in need, delivers health and wellness programs, and designs sustainable solutions to help people improve their lives.



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