

A MESSAGE FROM OUR PRESIDENT & CEO: Celebrating 35 Years of Feeding South Jersey!



As the Food Bank of South Jersey turns 35, we are seeking innovative opportunities to grow while addressing future challenges.

As we journey together into this new decade, I can share with absolute resolve and enthusiasm that the Food Bank of South Jersey is in every way a stronger than ever organization, with a galvanized vision of deepening, strengthening and expanding our role as South Jersey's leading hunger relief organization.

In 2020, we commit to build capacity to reduce the hunger gap in the four counties we devotedly serve, optimize and modernize our current resources, further deepen and expand our relationships with outstanding stakeholders, donors and community partners, and seek innovative opportunities to grow, and identify future challenges.

Make no mistake, the Food Bank of South Jersey is actively building upon our core competencies while paving the way for innovation and sustainability. We hold the utmost respect and gratitude to those who keep us inspired and motivated in the fight against hunger right here in South Jersey, and we wish to reaffirm our deep commitment to

serving South Jersey in 2020 and beyond. While I wish I could share with you that no person – no child – will experience hunger in Burlington, Camden, Gloucester and Salem counties during 2020, I cannot. There is much work to do to eradicate food insecurity in our community, but with the support, wisdom, care and generosity of people like you, we can work to build more and better pathways to a South Jersey community that is truly and wholly nourished.

I am humbled, grateful and hopeful you will, once again, help us improve and nourish the lives of South Jersey's food-insecure communities as we take our greatest steps ever into our 35th year of providing food, nutrition and sustainability to individuals, children, families and seniors throughout South Jersey who greatly rely upon our services, resources and programs.

Yours in service,

Fred C. Wasiak
President & CEO

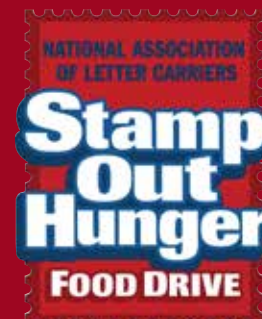
UPCOMING EVENTS



APRIL 30, 2020

Think your team has what it takes?
South Jersey's most important
cooking competition is back!

Visit foodbanksj.org/hungergames
for more information



MAY 9, 2020

Join the largest one-day food
drive in the nation!

Visit foodbanksj.org/stampout
for more information

OUR MISSION:

The Food Bank of South Jersey exists to provide an immediate solution to the urgent problem of food insecurity by providing food to people in need, teaching them to eat nutritiously, and helping them to find sustainable ways to improve their lives.



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A Taste of Compassion

Celebrating **35 years** of feeding South Jersey

DISCOVER OUR HISTORY





GROWING IN HEALTH & WELLNESS: Ediel Velazquez Journey from Participant to Assistant Nutritionist

When Ediel Velazquez first participated in the Food Bank of South Jersey's Health & Wellness programs, he was just starting middle school at Cooper B. Hatch Family School in Camden. The program Ediel experienced was Cooking Matters for Kids, a component of the program Cooking Matters, which empowers families with the tools and strategies to stretch their budget in order to cook healthy meals.

For Ediel, Cooking Matters for Kids introduced a love of cooking, as well as the skills and understanding to make healthy food choices. It also introduced Ediel to a whole new Food Bank family that would watch him grow into a youth leader in his community, as well as an aspiring nutritionist and Health & Wellness youth leader.

Today, at 17, with a focus on supporting and demonstrating a message of healthy food understanding, nutritious food preparation and youth hunger awareness, Ediel serves as a Nutrition Assistant at the Food Bank. A senior at Camden's Big Picture Learning Academy, as well as a leading participant in the Camden Youth Advisory Council (CYAC), which regularly holds meetings at the Food Bank of South Jersey, Ediel has grown from a shy middle schooler into a powerful youth leader – with a passion for sharing the importance of healthy eating.

"When we first met Ediel, he was quiet, but really eager to learn," shares Tricia Yeo, Senior Manager, Health & Wellness at the Food Bank of South Jersey. "When asking the students question about the class, he wasn't the first to raise his hand,

but he always knew the answer. He was willing to try everything that we cooked – he was interested, respectful and appreciative and those qualities have not changed."

Over his years of involvement – from childhood program participant to experienced assistant nutritionist – Ediel understands not only the basics of nutrition, but the science behind healthy choices. His journey with the Health & Wellness team at the Food Bank has taken him from earnest learner to engaged teacher – a journey the Food Bank's Yeo is incredibly grateful to have witnessed.

"When he is assisting in our children's programming, he knows just the right things to say to get young students to try new foods. When he is working in our adult classes, he always impresses participants with his knowledge and expertise," Yeo says proudly. "He is an amazingly pleasant, thoughtful, smart and dedicated young leader, with the creativity, intellect and work ethic to inspire all who meet him."

As for Ediel, his humility exudes from his warm, brilliant smile: "Nutrition is very important. Growing up as part of the Food Bank has been such a big part of my life – I am glad I have had the opportunity to learn and grown with the Food Bank, and to be able to now share my knowledge with the community."

To learn more about the Food Bank of South Jersey's Health & Wellness programs for children and young people, like Ediel, visit foodbanksj.org/health-and-wellness.

FEEDING OUR SENIORS: Celebrating 10 Years of Twilight Harvest

The Food Bank of South Jersey (FBSJ) is celebrating 10 years of distributing Twilight Harvest supplemental senior food boxes to monthly to more than 1,460 food-insecure senior citizens throughout Burlington, Camden, Gloucester and Salem counties.

FBSJ's Twilight Harvest service is the Commodity Supplemental Food Program (CSFP), which works to improve the health of low-income seniors at least 60 years of age by supplementing their diets with nutritious commodity foods provided by the United States Department of Agriculture (USDA). Food packages include a variety of foods: cheese; milk; fruit juice; farina or cold dry cereal or rolled oats; rice or pasta or grits or dehydrated potato flakes; peanut butter or dry beans or dry peas; canned meat or poultry or fish; and canned fruits, and canned vegetables. Commodities are pre-packed and distributed to eligible seniors monthly.

Since 2010, the start of FBSJ's CSFP senior service the program has grown from servicing 420 seniors per month to providing Twilight Harvest senior food boxes to 1,490 per month – with projections at 1,500 per month for 2020. The growth of FBSJ's participation in CSFP in its first 10 years demonstrates a 347 percent growth, with more than 1,000 seniors now serviced through FBSJ's initiatives. Making this service possible are the many dedicated community partners working with FBSJ as CSFP distribution sites.

In 2019, FBSJ served 250 seniors from Burlington County, 995 Camden County seniors, 93 residing in Gloucester County and 113 food-insecure seniors living in Salem County.

347%
increase in
10 years

1,040
additional
seniors served

12,480
additional senior
meals served
since 2010



CSFP Site Coordinator Appreciation

Recognizing FBSJ's 10 years of CSFP service, an awards presentation ceremony at FBSJ highlighted FBSJ's CSFP Site Coordinator Appreciation & Training Day, hosted at FBSJ in January.

"Many of our CSFP site coordinators are also recipients themselves," explains Robyn Lockett, Senior Manager of Direct Service Programs at FBSJ.

"We are so grateful to our CSFP site coordinators," Lockett states, noting the CSFP senior feeding program is a popular feeding program for seniors because it helps them stretch their monthly food budgets. The program allows them to receive foods they may not be able to receive without the program's assistance.

"Many times senior households face spending compromises and, in most cases, seniors have to choose between food and household utilities, medical expenses, housing rental costs and even transportation - many times seniors will opt to pay other bills, and forgo purchasing food."

FBSJ's Lockett reports that, at each CSFP site location, we have partnered with other organizational staff, community and senior volunteers who serve as CSFP site coordinators to distribute the food packages," FBSJ's Lockett shares. "We would not be able to distribute this program without the dedicated assistance of the volunteer site coordinators at the various CSFP locations – their efforts make a tremendous impact."

FBSJ honored the following CSFP site coordinators and locations celebrating 10 years of participation in the Food Bank's growing Twilight Harvest program:

BURLINGTON COUNTY
Abundant Life
Dorthea Campbell

CAMDEN COUNTY
Kennedy Towers
Lindenwold Towers Apts.
Mickle Towers
North Gate II
Westfield Towers

GLOUCESTER COUNTY
Colonial Park
Pfeiffer Community Center

DISCOVER OUR HISTORY



1985

FBSJ was born in Camden, NJ

1994

80 agencies partner with FBSJ

2001

FBSJ moves to Pennsauken, NJ

2007

FBSJ launches new child feeding programs

2010

10 new senior feeding sites are established

2013

FBSJ expands its operation to 65,000sq. ft.

2017

Healthy Living Initiative transitions to a Health and Wellness department