

HOW TO GET INVOLVED WITH FBSJ: GROUP VOLUNTEERING

Stronger teams, stronger communities

Looking for a meaningful way to bring your team together? Volunteering at the Food Bank of South Jersey is more than just giving back - it's a hands-on experience that strengthens teamwork, fosters connection, and makes a real impact. Whether you're packing food, sorting donations, or assisting at a distribution, your group will see firsthand how collective action fights hunger in our community.

Corporate social responsibility starts with action. Join us and turn your time into something truly powerful. Learn more and sign up at foodbanksj.org/donate-time.



40 YEARS, 40 STORIES

As we highlight 40 years of serving South Jersey, we want to hear from you. Whether you've volunteered with us, donated, or are part of the dedicated individuals who serve our neighbors, your story matters to us.

Have you witnessed or experienced a moment with the Food Bank that stands out? Your stories will help us honor the connections we've built and the future we're continuing to shape. We'd love to hear how we've made an impact together.

If you have a memory or experience to share, please send it to us at stories@foodbanksj.org.

Thank you for being part of our journey – we look forward to hearing from you!



A Taste of Compassion

A Publication of the Food Bank of South Jersey

40 FOOD BANK
OF SOUTH JERSEY
Food | Nutrition | Sustainability
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40 Years & Forward

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OUR MISSION: The Food Bank of South Jersey exists to provide an immediate solution to the urgent problem of hunger 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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HONORING OUR PAST, BUILDING OUR FUTURE

As we step into 2025, I'm excited to reflect on the incredible journey we've had together over the past 40 years. This year marks a significant milestone for the Food Bank of South Jersey, and we're gearing up to honor this anniversary with a focus on innovation, growth, and community impact – and we want to celebrate the South Jersey community that has been behind us throughout it all.

2024 was a year of transformation for us. We pushed boundaries to meet the growing needs of our neighbors, while also finding new and better ways to serve South Jersey. From expanding our senior feeding program to reimagining how we tackle summer hunger to expanded partnerships with New Jersey farmers, we were determined to make a lasting difference.

The numbers tell part of the story – 23 million pounds of food distributed, our highest in our 40-year history; more than 240,000 Summer Meals served to South Jersey students; 21,000 individuals took part in health and nutrition classes – but it's the stories of our neighbors that inspire us to keep pushing forward.



This anniversary isn't just about looking back. It's about looking ahead and continuing to build on the strong foundation we've set. It's about finding new ways to change hunger in South Jersey. With the support of our volunteers, partners, and the entire South Jersey community, we're ready to take the next steps in our mission to end hunger and create a healthier future for all.

Thank you for being a part of our story. Here's to the next 40 years of working together to nourish our neighbors and strengthen the communities we serve.

Fred C. Wasiak
President & CEO
Food Bank of
South Jersey



WRAPPING UP A YEAR OF IMPACT

In 2024, we set new records, expanded programs, and strengthened partnerships – all to better serve South Jersey. From distributing more than 23 million pounds of food to providing fresh, local produce and essential nutrition education, these numbers reflect the dedication and collaboration that make our work possible. Check out these highlights of how we worked together to fight hunger and nourish our community.

2024

**23+ MILLION LBS.
DISTRIBUTED**

**4,000+
VOLUNTEERS**

**860 HEALTH &
WELLNESS TRAININGS**

**185,000 INDIVIDUALS
SERVED EACH MONTH**

**240,000+
SUMMER MEALS**

**21,000+
INDIVIDUALS
TAUGHT**



**1.4 MILLION POUNDS
OF NJ PRODUCE**

FEEL GOOD WITH FOOD: A RECIPE FOR HEALTHIER COMMUNITIES

For 40 years, the Food Bank of South Jersey has been committed to providing not just meals, but meaningful solutions to hunger. One of those solutions is Feel Good with Food, a program designed to empower individuals with the knowledge and access needed to make healthier choices.

Feel Good With Food provides customized outreach to adults who may experience a combination of being homebound, having limited financial resources, or could benefit from nutritional support in managing different health issues. The results of this program speak for themselves. Over the past year, participants have reported remarkable changes:

- 73% have tried new recipes using the food provided
- 72% are eating more fruits and vegetables
- 88% say the program has helped them maintain good health and reduce the risk of chronic disease



Beyond the numbers, the personal stories are even more powerful. One participant shared, "I feel better, I think better, and I have more energy – all because of my diet. Without this program, I wouldn't be able to afford fresh produce regularly." Another parent told us, "Me and my kids are eating healthier, and I stress less about access to fresh fruits and veggies."

This is what community impact looks like. By connecting people with nutritious food and the skills to prepare it, Feel Good with Food is helping build a healthier South Jersey, one meal at a time.

FULL, THRIVING FUTURES IN CAMDEN

The Food Bank is proud to partner with Campbell's through Full Futures to strengthen school nutrition in Camden. For four years, this collaboration has been making a lasting impact, ensuring students have the nourishment and knowledge they need to thrive.

As Campbell's outlined in its latest impact report, students played a bigger role in shaping school meals in 2023-2024 through the new School Nutrition Student Ambassador program and the Camden Youth Advisory Council; hands-on culinary training; and "TryDay Friday" tastings, where they sampled new, nutritious recipes before they hit the menu.

"It is remarkable to witness how Campbell's significantly contributes to a city's wellness, especially within schools," said Tricia L. Yeo, NDTR, Senior Manager, Health and Wellness at the Food Bank. "Additionally, I am particularly impressed that student voices are being heard. Our Youth Council has effectively learned to articulate their insights and share their knowledge with their peers. These students are equipped with information that I wish I had known at their age."



Families also gained practical tools through Cooking Matters classes, which covered meal preparation, budgeting, and smart grocery shopping. New recipes were also developed and introduced into school meals, giving students more diverse, wholesome options every day.

Plus, monthly Community Farmers' Markets at district schools provided 37,000 pounds of fresh, local produce!

We're grateful for this continued partnership and excited to keep building on this work for Camden's students and families.