



Back-To-School Checklist

The school year is quickly approaching, and many New Jersey kids are stocking up on notebooks and pencils. But for nearly 340,000 children, their families won't be able to afford a new backpack, let alone a meal.

Parents and teachers know how important it is for kids to have access to the tools they need to learn. Children know it too. That's why the Community FoodBank of New Jersey's list of back-to-school essentials includes paper and crayons, as well as healthy food.

While the summer months tend to be the toughest time of year for food insecure kids across the state, the school year isn't any easier. When class is back in session, they receive the breakfasts and lunches they rely on to get through the day. But after school is a vulnerable time; school lunch is the last meal for many.



Our Kids Cafes across the state provide nutritious food for children in after-school programs. Some of these kids shared how hunger affects their ability to learn and what healthy food means to them.

"I'm really hungry when I get out of school," 12-year-old Joudan told us. "It feels really good to have a meal after a long day of work."

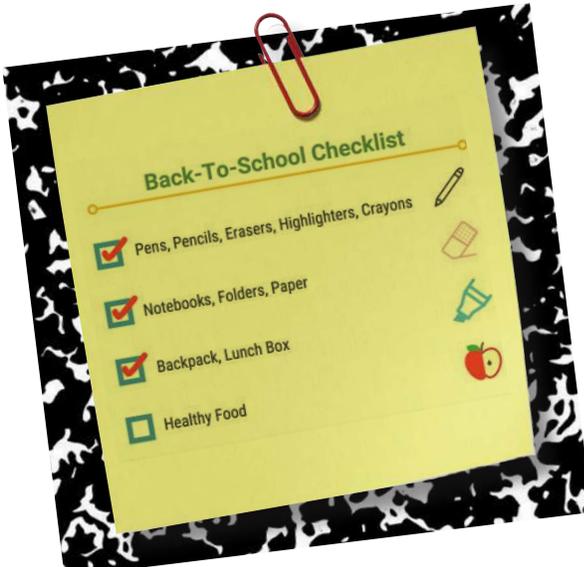
She isn't the only one who is grateful for the healthy after-school meal the FoodBank's Kids Cafes serve. The dishes include protein, grains, fruits, vegetables and dairy.

The kids also agree about how hunger affects them. Kenneth, 12, told us that when he's hungry he has trouble concentrating. "You're really not focused on anything and you've got this headache and you just want to sleep," he explained.

"I feel like I can't focus that much," 11-year-old Amy shared.

And 8-year-old Darielys said, "If we didn't have the food program, everybody would be hungry."

Kids Cafes are just one part of how the FoodBank — with your help — serves food to fuel a better future.



Back-To-School Checklist

- Pens, Pencils, Erasers, Highlighters, Crayons
- Notebooks, Folders, Paper
- Backpack, Lunch Box
- Healthy Food

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A Message From Debra



Dear FoodBank Friends,

Over the summer, distributing nutritious produce and serving New Jersey's children were top FoodBank priorities. Millions of pounds of fresh, local produce stream through our doors every year. Our incredible warehouse staff serves an essential role in sorting and delivering it to our more than 1,000 partner agencies that we entrust to get our Garden State bounty to those who need it most.

Kids cannot thrive on empty stomachs during the school year or summer break. The Community FoodBank of New Jersey provided nearly 180,000 meals to children across the state through the Summer Food Service Program. Your contributions to support this effort have made a tangible difference in these young people's lives. Thank you!

As you may know, September is Hunger Action Month™, when Feeding America™ and member food banks ask everyone to take action to fight hunger in their community. It's a great complement to many families' focus on "Back to School," and I encourage you to make

getting involved in Hunger Action Month™ a family affair. Check out our "30 Ways in 30 Days" calendar for fun ideas.

Giving back comes in all forms. For some, it's spending time volunteering at our warehouse or their local pantry. For others, it is organizing a virtual food drive or making a cash donation to support the FoodBank's work. Our purchasing power is highly leveraged, so every dollar you donate to us becomes \$10 worth of food.

We hope for the day when our services are no longer needed, but until that time, hunger in New Jersey is a year-round issue we tirelessly work to alleviate. With your help, we can and will do more. Please email me at dvizzi@cfbnj.org and let me know what you're doing to combat hunger in our state. Every action matters!

Best wishes for a wonderful fall,

Hunger Action Month™

Hunger Action Month™ is right around the corner, and there are many ways for you to join the fight against hunger. You can volunteer, donate, or advocate and raise awareness. To find out about what we have planned this Hunger Action Month™ and how you can get involved, please visit cfbnj.org/ham.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 IN 5 KIDS IN NJ IS HUNGRY SEPTEMBER 2016  cfbnj.org/ham						
Participate in September's special events. To learn more, visit cfbnj.org/ham .				1 Kick off the month with a Virtual Food Drive!	2 Follow us @CFBNJ on Twitter.	3 Support your local farmers market.
4 Do an Empty Bowls fundraiser. Contact ghuckey@cfbnj.org .	5 LABOR DAY Set a plate for Hunger Kite - II, post and share.	6 Submit your budget-friendly, healthy recipes on our nutrition page.	7 Sign up for our e-newsletter to get all the latest news.	8 HUNGER ACTION DAY! CFBNJ Kick-Off 2pm - TBD	9 Schedule a hunger presentation for your school. Contact leokano@cfbnj.org .	10 A.C. SEAFOOD FEST 9/10 & 9/11 - Bader Field, Atlantic City
11 GRANDPARENTS DAY Make a donation to CFBNJ in their honor.	12 Reflect upon what you have and consider those who don't have as much.	13 Read a book about hunger to your kids. We have some suggestions!	14 Speak out about hunger! Awareness is key in combatting food insecurity.	15 Find out about volunteering at the Wakefern Food Show.	16 Tell someone that nearly 1 in 5 kids in NJ is hungry.	17 Get your family and friends involved in the fight against hunger with a Virtual Fundraiser!
18 Can you live on \$4.19 a day for food? Take the SNAP Challenge this week.	19 Register for Students Change Hunger.	20 Sign up to volunteer at CFBNJ, or at a local pantry or soup kitchen.	21 Like us on Facebook!	22 View the stats about hunger in your community with Map The Meal Claps.	23 CHRIS JAMESIE DINNER 6pm - Westin Morris	24 Schedule a tour to see CFBNJ. Contact leokano@cfbnj.org .
25 Follow us @CFBNJ on Instagram.	26 Ask a local restaurant/business to designate a day to give a portion of the profits to CFBNJ.	27 Get the local Take time to learn more about hunger in NJ.	28 Take a stand Pledge your support to end child hunger.	29 Become a supporter and support CFBNJ monthly.	30 Look for Check Out Hunger at your local supermarket.	

CHECK US OUT ON SOCIAL MEDIA! 

Students Change Hunger

Students Change Hunger has been extended through December this year, which means there's even more time for schools to organize their food drives for the statewide competition. Since 2012, students have collected more than 641,000 pounds of food. Let's exceed that number this year. Check out studentschangehunger.org for more information.



Understanding Your Impact

There are a number of ways you can make a difference in the lives of our neighbors in need. To understand the impact of \$1 or two hours, we spoke with some of our FoodBank leaders.



Karen Leies,
Vice President of
Resource Development

When you donate...

You directly help feed a child, a family, a senior, a community. Every \$10 gift allows us to provide \$100 worth of fresh food for people in need due to our purchasing power.



Tim Vogel,
Director of Food
Sourcing

When you give food...

You are making a conscious decision to support the fight against hunger and poverty. You are actively making a decision on the type and amount of food needed to help a family. You are removing one basic, yet critical, decision a family has to make during their day.

When you volunteer...

You donate time and energy to support hungry New Jerseyans. Helping without the need for recognition is what our volunteers do every day! They are a driving force in the FoodBank's mission to provide food, help and hope.



Faye Kuhn,
Director of
Volunteer Services

Southern Branch Spotlight

A.C. Seafood Fest

The Atlantic City Seafood Festival returns to Bader Field on Saturday, September 10th, and Sunday, September 11th. The two days of family-friendly fun will once again support the Community FoodBank of New Jersey with the Chowder Cook-Off. You won't want to miss it!



AtlantiCare HealthPlex Partnership

Our Southern Branch partnered with AtlantiCare HealthPlex in May to provide people in Atlantic City with two essential needs – food and healthcare. The mobile pantry serves about 180 households every month, giving them nutritious food and health screenings.



Addressing Summer Hunger

Summer is the toughest season for the nearly one in five New Jersey children facing hunger. It's a time when they don't receive the school breakfasts and lunches they depend on. In its second year of the Summer Food Service Program, our Southern Branch served 112,000 meals!



4 Cooking Toward Her Dream

The Community FoodBank of New Jersey provides people across the state with food, help and hope. One way we do this is through our Food Service Training Academy (FSTA), which is 16 weeks of culinary and life lessons. All the students have different stories, but they come to the FoodBank for the same reason – their passion for cooking.

Rosa, 21, joined the Academy in June in the hopes of getting one step closer to her culinary dreams. She works at The Cheesecake Factory and attends class in our Community Kitchen five days a week. Although she trained at Job Corps, Rosa told us the FoodBank curriculum is more fast-paced and resembles a commercial kitchen.

“They say this is four months of the real world,” Rosa told us. “And this really is four months of the real world.”

She said working alongside professional chefs has enhanced her experience because they guide and challenge her and her classmates. The most difficult thing for Rosa has been the pace, but she pushes herself to get better every day.

“My mom’s like, ‘you come home beat up,’” she said. “I tell her it’s worth it.”

After graduating from the FSTA, Rosa wants to open a food truck with her mother. She even has a GoFundMe page and a business strategy; her mom will cook savory dishes and she will bake.

The program has taught her a lot about cooking and working with a team, and it has boosted her confidence. She told us how the Life Skills component has helped her gain motivation.

“This is my long term,” Rosa said, “and it’s what I’m sticking with.”

To learn more about our program and to hear from our students, please visit cfbnj.org/fsta.



Fact box: 100 percent of our most recent Food Service Training Academy graduates found jobs in the culinary field!

Items of Note

Thank You To Our Recent Donors

These corporations, foundations and organizations made recent financial donations to the Community FoodBank of New Jersey: AtlantiCare; AXA Equitable; Calvi Electric; CapeBank; CapeBank Charitable Foundation; Central United Methodist Church; Citi Community Development; Citrin Cooperman; Costco; Dunkin’ Brands; Egg Harbor Township High School Key Club; Guice Associates; Hyde & Watson Foundation; John and Margaret Post Foundation; Johnson & Johnson Law Department; Karma Foundation; MetLife; Morgan Stanley; Mushett Family Foundation; PEF Services; ShopRite LPGA; Turrell Fund; USGA; WalMart.

Planned Giving

Is the Community FoodBank of New Jersey in your estate plans? A planned gift enables charitable donations at a level that you might not have thought possible, while maximizing tax benefits to you and your loved ones. To learn more about planned giving, call Rachel Laibson at 908-355-3663, ext. 253, or go to cfbnj.org/plannedgiving.



We Passed Our AIB Audit!

The Community FoodBank of New Jersey passed the American Institute of Baking audit! We are proud that both our Hillside headquarters and Southern Branch earned above-average scores for food safety.