Hunger and Obesity: America’s Two-Part Crisis

With 46 million Americans facing food insecurity, we all know that hunger is a major problem in the country. But it is hard for many of us to realize that obesity is often the face of hunger.

The fact is that hunger and obesity co-exist in communities, and within families, as people in poverty lack resources and often turn to cheaper, high calorie foods that are more filling. Our 2014 Hunger Study shows that 75 percent of those we served have said they purchased inexpensive, unhealthy food as a way to cope.

The poor diets that people in poverty turn to often lead to obesity and related diseases including diabetes, stroke and chronic heart disease. In New Jersey, the problem is acute and the FoodBank is taking an approach that treats hunger as a health issue. (See page 5.)

The FoodBank has made it a key part of our mission to provide more nutritious foods. For example, our Fresh Produce Initiative and the Retail Gleaning Program has helped us to provide more fresh produce, proteins and dairy for those who are hungry. The FoodBank’s Healthy Cities Initiative provides nutritious food, health screenings and opportunities for exercise to children from low-income families in Newark; our Pediatric Pantry Program provides outpatients of major medical centers with groceries as well as health screenings; and our Kids Cafe Program provides nutrition education and nutritious meals to children from low-income families.

The FoodBank is proud to bring the integration of health and nutrition to our feeding programs as preventive healthcare for those who rely on us.
Dear FoodBank Friends,

The coldest season of the year is upon us—winter. It is the season with the shortest days, and the lowest temperatures. As the forecast of colder temperatures and snow spans across our television set, we trudge through inclement weather to endure the season. The dark time from the winter solstice to the spring brings anticipation of sunshine-filled days. As I pen this letter to you and reflect, I am drawn to the plight of the hungry senior citizens throughout the state of New Jersey during the winter season. A significant percentage of those we serve are adults who are 60 and older.

Many of our seniors must make hard choices; heat their homes sufficiently or reduce their budgets for food. Senior citizens are particularly vulnerable during this season to illness, falls, and environmental concerns. Their ability to get to our partner charities for a warm meal or a box of food may be hampered by frigid temperatures or perhaps by being snow-bound. The weather can make it a challenge for our Mobile Pantries and food deliveries and pick-ups to move around as quickly as we’d like.

But we know that about three-quarters of the clients we serve have had to choose between paying for food or utilities and food or medicine. So despite our challenges, we remain focused on their hardships, and we continue to serve. Our seniors are hungry for us to do more, and they are counting on us.

Hunger doesn’t have a season. It is a 365-day-a-year problem. The Community FoodBank of New Jersey is privileged to be the ambassador on behalf of our seniors who need our food, help and hope. I hope that as you keep warm this winter season, you warm your heart to the many senior citizens who need you. How can you help? Check in on your neighbors. Start food drives for your local senior centers. Stock shelves for seniors in your family. Remember the Community FoodBank by using the envelope in this newsletter, and we will pay it forward. On behalf of all of us at the Community FoodBank and the seniors we serve—

Warmly,
Thank You to Our Recent Donors

These corporations, foundations and organizations made recent financial donations to the Community FoodBank of New Jersey:


Students Change Hunger

Congratulations to all 234 schools that took part in Students Change Hunger 2015, which collected more than 174,000 pounds of food and more than $41,000 to help those in need across New Jersey.

Turkey and Food Drive

Great job by all who made our annual Holiday Turkey and Food Drive such a success. We collected almost 3,200 turkeys, 23,000 pounds of food, and much-needed cash contributions. Thanks to all!

Hockey Fights Hunger

Thanks to Hockey Fights Hunger for supporting CFBNJ year after year, and helping raise money and awareness.
Tools 4 Schools Enhances Learning in NJ Classrooms

Picture a classroom without supplies. Students do not have pens, pencils, paper or notebooks.

Unfortunately, this situation is a reality for the nearly 16 million children in the United States living in poverty. Many of these kids enter classrooms without the items they need, which affects their ability to learn and lowers their self-esteem. For their families, it might be the choice between putting dinner on the table and purchasing a notebook.

"Not everyone is ready," said Louisa O’Shea, a teacher at Rosa Parks Community School in Orange. "Students often come to school without the things they need because maybe their parents are waiting on that next paycheck to buy supplies."

Now, picture a place where teachers can pick up supplies—at no cost to them—for their students. Thanks to the Kids in Need Foundation’s resource centers, including the Community FoodBank of New Jersey’s Tools 4 Schools, this is also a reality.

Tools 4 Schools is a “shopping” area within CFBNJ’s Kids Division that allows teachers to stock up on supplies that make a difference in their classrooms two times a school-year (once each semester).

Ruth Todd, director of the Kids Division, said Tools 4 Schools originated with the thought that purchasing school supplies might be “out of reach” for struggling families, many of whom are food insecure.

"The feedback that we get most from the teachers is that without this program students wouldn’t have the tools they need or the teachers would need to purchase these items," Todd added.

The FoodBank’s resource center serves teachers at schools where at least 70 percent of the students are enrolled in the National School Lunch Program. CFBNJ supplies classrooms at more than 200 schools in the state with the tools they need.

First-timer Wendi Howe, a literacy support teacher at PS 14 in Jersey City, compared Tools 4 Schools to “shopping at Costco.” She came with a group of teachers from her school, all of whom had never visited the resource center at the FoodBank.

As for Howe’s students, “a lot of them don’t have supplies,” which makes it challenging for them to learn. "So, for us to give it to them—and we’re getting it for free because we usually buy this stuff—it’s really great."

According to a national survey administered by the Kids in Need Foundation, the majority of teachers questioned found that access to supplies, including the necessary writing tools and incentives, enhances the learning experience. For instance, 78 percent of those surveyed noticed an increased interest in learning.

The Kids in Need Foundation also conducted a CFBNJ-specific survey, which revealed the significance of Tools 4 Schools in our neighborhood classrooms; 64 percent of those questioned said it is “critically important.”

Overall, 88 percent of teachers surveyed reported that Tools 4 Schools has allowed them to increase the variety and scope of their projects.

"It [Tools 4 Schools] really helps to provide notebooks and binders when I know it's an extra expense they [students] would have to incur that they don't necessarily have at home, so it's nice to give away those supplies: pencils, pens, markers," said Monika Hammernik, a teacher at University High School in Newark.

Amanda Kartanowicz, a French teacher at Washington Middle School in Harrison, said Tools 4 Schools is "hugely important for me and my students"—especially when it comes to motivating them to learn.

"It just helps the class run more smoothly," Kartanowicz said. "The children being prepared is huge; it’s one of the biggest things. They can walk in the door and they have everything they need and we can begin right at the start of class."

Tools 4 Schools is up-and-running for this semester through June 4. Your donation today will contribute to the success of students throughout New Jersey. For information about how to support Tools 4 Schools, go to cfbnj.org/hope/kids-programs/tools-4-schools/ or contact the Kids Division at (908) 355-0431.
Bridging the Gap Between Hunger and Health

Health influences every part of one’s life, which is why good nutrition is vital.

Making the right food choices is especially important during childhood, when kids need nutrients for growth, brain development and healthy bones. This is often a challenge for the 400,000 food insecure kids in New Jersey.

It is hard enough for hungry people to find food, let alone give their families healthy meals. Families might be forced to choose cheaper, less nutritious food over healthier choices. That is the case for 75 percent of Community Food Bank of New Jersey clients.

According to the American Academy of Pediatrics, food insecure children are more vulnerable to sickness, vitamin deficiencies, weak bones, malnutrition and behavioral issues. And, food is their fuel to concentrate in school; it is difficult to focus on an empty stomach.

“Health begins where children live, learn, and play,” the AAP says. “When families can’t afford the basics in life, it negatively affects their health.”

That is where CFBNJ and our partners come in. We work to provide those in need with healthy options, including a variety of fruits and vegetables. The Food Bank increased its collection of produce—fresh, frozen and canned—by nearly 15 percent from 2014 to 2015, totaling more than 11 million pounds of produce this past year.

For information and recipes to help lead a healthy life, here are several resources:

- cfbnj.org/food/nutrition/
- healthyfoodbankhub.feedingamerica.org/
- choosemyplate.gov/
- eatright.org/
- healthlibrary.barnabashealth.org/Library/
- mayoclinic.org/healthy-lifestyle
Test your luck at our annual Chance Auction on Sunday, April 10, from 1 to 6 pm. It is sure to be an afternoon full of great prizes and delicious food. The event will benefit the Food Bank, which makes it all the better! With only 300 seats at our venue—The Carriage House in Galloway Township—it is time to reserve your spot. The $20 admission includes an all-you-can-eat brunch, and gift tickets will be available for purchase at the auction. Expect bicycles, jewelry, household goods and designer bags among the items up for raffle. For more information, please visit cfbnj.org/chanceauction or call 609-383-8843 ext. 108.

More News and Events from Our Southern Branch ...

**The AtlanticCare Foundation** is helping our Fresh Produce Initiative with the generous gift of a new produce display cooler! Thank you for helping us distribute more fresh, healthy food.

**The National Association of Letter Carriers** annual Stamp-Out Hunger Food Drive will be May 14th. We’re looking for volunteers to help with food sorting.

**The ShopRite LPGA** returns to the Stockton Seaview Golf Resort in Galloway Township May 30th - June 5th. We have opportunities for volunteers to help at the food concession stands.
OUR TEAM

Debra Vizzi
President & Chief Executive Officer

Bob Barry
Chief Financial Officer

Cathy McCann
Chief Operating Officer

Phyllis Dunlop
Vice President of Resource Development and Marketing

Lisa Knothe
Vice President of Human Resources and Job Training

Richard Unicke
Vice President of Southern Branch

Kamili Williams
Vice President of Programs and Services

Kimberly Arroyo
Director of Agency Relations and Programs, Southern Branch

Julienne Cherry
Director of Agency Relations

Theresa Forseman
Director of Foundation and Corporate Relations

Michael Jordan
Director of Operations

Paul Kapner
Executive Chef and Director of Community Kitchen

Julia Kathan
Director of Public Relations and Communications

Faye Kuhn
Director of Volunteer Services

Doug Liebau
Director of Entrepreneurial Ventures

Diane Riley
Director of Advocacy

Ruth Todd
Director of Kids Division

Tim Vogel
Director of Food Sourcing

BOARD OF DIRECTORS

Josh Weinreich, Chairman

Alan C. Levitan, Vice Chairman

Joseph F. Dempsey, Jr., Secretary
Senior Regional Credit Officer
Capital One

Michael Rimland, Treasurer
Managing Director
Goldman, Sachs & Co.

Michele D. Ansbacher

Richard Brody
CEO
IIS Group, LLC

Thomas F. Coyne
Chief Executive Officer
Coyne Public Relations

Alma DeMetropolis
Managing Director
JPMorgan Private Bank

Robert H. Doherty
President
Bank of America New Jersey

Ronald V. Ehrhardt
VP of Operational Safety
Compass Group, NAD

Antony J. Feroli
Chief Executive Officer
ESM Feroli

Ronald B. Giles
Director, Quality Assurance
Goya Foods, Inc.

Brian W. Kronick, Esq.
Managing Partner
Ginova Burns

Wendy M. Lazarus
Director, Government Relations and Public Affairs
Pfizer, Inc.

Karon Meleta
VP, Consumer and Corporate Communications
Wekeferm Food Corporation

Tony Murphy
VP, Human Resources
Mondelēz International N.A.

Michael A. Ostroff
Patella Woodworking

Sekhar Ramaswamy
Vice President and Chief Talent Officer
Prudential Financial, Inc.

Judith A. Spires
President and CEO
Kings Food Markets, Inc.

Josh S. Weston
Honorary Chairman
Automatic Data Processing, Inc.

SOUTHERN BRANCH ADVISORY BOARD

Kathleen Corbasilis, Chairperson
Kathleen Corbasilis Communications

Robert D'Augustine, Esq., 1st Vice-Chair
Attorney at Law

Jann Mevold, 2nd Vice-Chair
Sturdy Bank

Robyn Begley
AtlanticCare Health System

Peter Davidson
TD Bank

Bevory DiMeglio
Waypoint

David Goldstein
Acosta Food Service

Frank Kearns, EdD
Community Representative

Caroline Jacobs
Community Representative

Christine Savatzke
SOSH Architects

Elizabeth A. Sheridan
InSpire Health Network

Cookie Till
Steve & Cookie's by the Bay

Rita Wade
TD Bank

Trevor Watson
Cape Bank

Shop ... Save ... Support!
Kathleen's Closet Thrift Store Locations:
15-19 Evans Terminal, Hillside, NJ
908-242-3955

MGM Mall
6400 Black Horse Pike,
Egg Harbor Twp., NJ
609-241-7323