

Notes From The Network

From the Executive Director

Dear Friends,

2022 seems to be flying by! It's hard to believe that we're already in August and preparing for Thanksgiving and our annual Turkey Trot. We have been incredibly busy over the last few months - a lot has happened since you heard from us last.

"Phase I", our project to increase our cold storage by 550% is officially a wrap and the demolition for "Phase II", our pantry expansion project, has begun. This project, made possible by the **Margaret A. Darrin Charitable Trust**, will expand our client choice market and client waiting areas, and relocate offices to our unoccupied second floor. The new market will offer our clients an enhanced shopping experience with more capacity for distributing fresh, healthy food choices such as produce, dairy, meat and eggs, and empower them to select the foods they know their families will use. Additionally, the renewed interaction with staff and volunteers will help us gain an even greater understanding of each individual's circumstances and help us connect people to other programs and services available to them.

Our food distributions at our two pantries are as busy as ever and our Pantry Partners are also reporting a spike in visits. Of note is the number of visits to our Speedwell Avenue location which is up by 33%! The inflationary economy is resulting in many families who used to visit only on occasion are now coming with greater frequency, and the amount of food they are taking as part of their "client choice" allotment is increasing. The good news is that with your help and support, we have been able to meet this spike in demand.

In fact, to strategically address our own rising costs of food and transportation, we have created a new collaborative partnership with our sister pantries in Essex, Passaic, Union, Somerset, and Monmouth counties to leverage our purchasing power to gain volume discounts with select

vendors. This collaborative, the **Food Equity and Security Taskforce or FEAST**, has also been instrumental in influencing the direction of state and federal food policies. We are working hard to ensure all New Jersey individuals needing assistance receive it in an environment that maintains privacy and remains dignified and respectful.

As you read through the next few pages, you will note that our collaborations and partnerships continue to expand. In the first half of 2022, we continued our work with the **County College of Morris**, the **Morris County Sheriff's Office Hope One/Hope Hub**, **Navigating Hope**, and the **Morris County Offices of Temporary Assistance**. In July and August, we hosted the **Zufall Medical Mobile Clinic**, which offered family Covid vaccines and appointment-based medical services at our Free Farmers Market. In September, we will partner with our neighbors at **Family Promise** and with the support of the **Morris County Department of Human Services**, will host 25-30 different service providers at a **Resource Networking Event**. This event will engage leaders from all 39 municipalities and offer information about the life-changing services – from housing and legal help to physical and mental health services that are available to Morris County families.

Together, our vision for a sustainable community with access to healthy food for all continues to take shape. But our most important partnership is with you, our donors, who make this all possible with your continued generosity.

Thank you for being involved!



Current Food Needs*

- ▶ **Parlat, Other Shelf Stable Milk, Dry Milk** (1 qt. size)
- ▶ **Soups** (hearty, low sodium & condensed)
- ▶ **Side Dishes** (Rice-A-Roni, Stuffing, **Instant Potatoes**, Hamburger Helper, etc.)
- ▶ **Pasta & Spaghetti** (1 lb size preferred; including whole wheat)
- ▶ **Tomato Products** (sauce, crushed, whole, diced, puree, paste)
- ▶ **Canned Vegetables & Beans** (no green beans)
- ▶ **White Rice/Brown Rice** (1 or 2 lb. bags preferred)
- ▶ **Peanut Butter**
- ▶ **Canned Fruit** (in it's own juice or "no sugar added")

* When shopping consider low-salt, low-sugar and gluten-free items.

Save These DATES

- ▶ **Monday September 19**—Our **Annual Golf Outing**, Mount Tabor Country Club. Details on page 3.
- ▶ **Thursday, November 24**—Our **Annual Thanksgiving Day Turkey Trot**. Details on page 3.
- ▶ **Friday, April 21, 2023**—Our **Annual Spring Gala**, at the Birchwood Manor in Whippany.

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IFPN Happenings

Funders Are Always Welcome at the IFPN

In May, the IFPN had the privilege of welcoming one of our benefactors to tour and visit our facility! The **F. M. Kirby Foundation** expressed interest in coming for a visit and to volunteer at our main pantry and resource center in Morris Plains. Discussions were held on IFPN's growth and how we are putting Kirby's gifts to good use. Eager to support our cause on several levels, the Kirby staff prepped, cooked and packaged over 60 meals for IFPN's home delivery clients in our onsite kitchen led by IFPN's Nutrition Educator, **Katy Galton**. Thank you to **Justin Kiczek**, Executive Director, **Joann Tiefau**, Program Officer, **Diana Kostas**, **Linda D'Addario**, and **Elisheva Crowley** for your time and talent. We are grateful to the F.M. Kirby Foundation for their long time friendship and support! *If you would like to come visit and see for yourself all that we do, please contact Joanne Brashier at jbrashier@mcifp.org to set up a tour.*



New Board Member Welcome!



A warm welcome is extended to **Rosalee Gordon** as she joins the **IFPN Board of Trustees**. Rosalee will serve in the areas of Strategic Planning, and Community Relations. *"IFPN has a direct and immediate impact on the lives of people in my community. The dedication and generosity of all I have engaged with at the IFPN have been quite inspirational to me."* Rosalee looks forward to helping the IFPN alleviate food insecurity by leveraging her extensive strategic management experience and implementation skills to support and advance the goals of our organization. Ms. Gordon is Managing Director, Deputy Americas COO at Barclays Bank PLC. When not working or volunteering, she enjoys spending time with her family.

Special thanks are extended to Ann Corwin who leaves our Board this year. While no longer on the Board, Ann is still graciously volunteering her time with us!

Mobile Network Update



IFPN Mobile Pantries will be on the move this summer as we once again take our Free Farmers Markets on the road. We will be visiting our partners at the **New Hope Food Pantry** in Oak

Ridge, the **Parsippany Health Department**, **St. Peter the Apostle** and **St. Ann's Church** in Parsippany, and **UMC** and **St. Anthony of Padua Church** in Butler. The difference between these Markets and our usual Pantry Partner deliveries is the offering of additional produce and extras such as dairy and prepared foods. Nutrition education information and healthy recipes are also included. These markets offer a great opportunity to reach many people at one time, so this summer we are conveying with **Navigating Hope** and **Hope One**. They provide access to benefits enrollment and navigation, mental health and addiction services and a vast network of providers to assist people with wrap-around services.

Our Pantry Partners include ten community-based food pantries across Morris County. Other Network Partnerships include low-income ten senior housing units, the County College of Morris, the Morris County Offices of Temporary Assistance and three Mid-Day Friendship Centers operated by the County.

Construction Updates

With much of our building at 2 Executive Drive being impacted by Phase II construction this summer, we ask for your patience and understanding when scheduling visits, volunteer events and dropping off food. The planning for the construction will be conducted in phases for minimal disruption. However, there will be times when certain areas of the building are inaccessible and some programs, i.e., school visits, birthday bags, cooking programs, etc. may need to be suspended for short periods. We expect the bulk of the construction to be completed by the holiday rush, and a wrap by year's end.



Volunteer BBQ Returns for 2022

On Friday, June 3rd IFPN was pleased to host our annual Volunteer BBQ in Central Park in Morris Plains. This event had not



been held since 2019 due to COVID. It was great to have everyone together again. Approximately 75 volunteers mingled with staff and Board members. Burgers and dogs were grilled up by IFPN's own **Patrick Mitchell** and our

Board President, Tim Lockwood. The weather was gorgeous and a great time was had by all!

Volunteer Opportunities: IFPN is seeking **Home Delivery** volunteers to shop for an assigned homebound client once a month in our pantry and deliver the food to a client's home. If you are interested in helping a home bound client receive food, please contact Kiley Powell at kpowell@mcifp.org.

Nutrition Education Update...

Are you looking for a new seasonal, healthy recipe? You will find some easy and tasty recipes such as Southwestern Rice Bowl and Black Bean Burgers with Tomato Salsa along with a video how to prepare them on our website www.mcifp.org under our Healthy Choices Nutrition Program.

We are extremely grateful to **Atlantic Health—Morristown Medical Center Community Health** and **Bayer** for their support of our Healthy Choices Program this year.

Food Drive Honor Roll

Thank you to the students and administrators of the following schools and scout groups and to many others who are making a huge difference for our neighbors in need!

Girl Scouts of America, Northern NJ Council, 2,712 pounds; **Boy Scout Troop 173**, Parsippany, 2,655 pounds; **Chester Boy Scout Troop 139**, Mendham, 1,334 pounds; **Primrose School**, Florham Park, \$800 & 153 pounds; **Peck School**, Morristown, 769 pounds; **Red Oak School**, Morristown, 703 pounds; **Morristown High School**, Morristown, \$650; **Whippany Park High School**, Whippany, 556 pounds.

Pantry Events

Thanksgiving Support Needed!

With the increased number of clients and rising food costs, we predict we will need 2,000 turkeys and Thanksgiving baskets this year. Our community has always played a huge part in the success of our holiday program. Please consider running a special **Thanksgiving Food Drive** for us. We will begin distributing Holiday food on November 1st so this is a good time to start planning for September and October drives. Our most-needed items plus a full toolkit to make your drive successful are available on our website at www.mcifp.org. If you are a school, house of worship, civic group, neighborhood association or company and plan on hosting a drive, please notify Val at vschuszler@mcifp.org as soon as possible. He can answer any questions you may have and offer additional tools such as reusable bags, customized fundraising pages and opportunities to showcase teambuilding and corporate social responsibility. This year, we couldn't be more grateful for our new cold storage units, which put us in a position to accept the donations of turkeys, roasters and hams at any time! We can also always use non-perishables such as instant mashed potatoes, turkey gravy, stuffing, cranberry sauce, muffin mix, brownie mix and canned vegetables. Financial contributions are always welcome and allow us the flexibility to purchase items to fill in the gaps. Please know how grateful we are for your support!



Move Your Feet at the Turkey Trot... Then Eat, Eat, Eat!



Before you sit down to feast or retire to the couch for football on Thanksgiving Day, join the **Interfaith Food Pantry Network and Literacy Volunteers of Morris County** at Ginty Field for some camaraderie, community and maybe even a little exercise! Now in its 16th year the **Read Feed Run Turkey Trot** has something for

everyone - a 5k, 1-mile run/walk and a 50-yard kids trot. All proceeds support IFPN and LVMC. Come out with family and friends to share the warmth of Thanksgiving and the spirit of charity. **Register for all events at readfeedrun.org**. Sponsorship opportunities are available. Get your business noticed by thousands of local athletes, spectators and friends of IFPN. Contact Julia at jmurtha@mcifp.org for more info.

We've Got Your Back



The IFPN is happy to be able to offer our **"We've Got Your Back"** school supply program, especially during these difficult times. Many families continue to face financial hardships made even worse with the high costs of food, gas and other basic necessities. During the month of August, 700 children will be sporting new backpacks complete with all the supplies they need to kickoff their return to school in September. We are grateful to all those who help make this program the success it is. Special thanks go out to the **Page Hill Foundation**.

Are You Ready for the Challenge?

For the second year in a row, we are offering our **Snap Into Summer Challenge**, encouraging people to try living on \$8.30* per day for at least five days in a row. This is the average cost per day that the **Supplemental Nutrition Assistance Program** (formerly "Food Stamps") provides to individuals struggling with food insecurity. \$8.30 in today's times won't buy very much especially if you are trying to include healthy foods in your diet such as fresh produce, low fat dairy, and lean meats, items we strive to provide for our client families.

We want to hear about it! So share your experiences with us.

Last year, **Nathan Umbric** (IFPN Board member) and **Sieglinde Pylypchuk** (volunteer and member of our Emerging Leaders Council) raised over \$4,000 by asking friends and family to sponsor their challenges. Are you up for the challenge?! **Details can be found on our website www.mcifp.org.**

**Increased daily rate based on pandemic relief benefits.*

Wine of the Week Holiday Raffle Gets Bubbly!



Who couldn't use 52 bottles of wine just in time for the holidays? Enter to win our annual holiday raffle that includes a selection of premium wines and champagne to add a little extra sparkle to your holiday. **First prize** is 52 bottles of wine (that's like having one per week!) and a bottle of champagne. **Second prize** is 24 bottles of wine and a bottle of champagne. There are 5 **third place** winners who will take home 8 bottles of wine and a bottle of champagne. **Drawing takes place on December 9th.** See enclosed insert to purchase tickets or scan the QR code.



A Fun Day of Golf and Fellowship!

Join us this year at the **IFPN's Annual Golf Outing** to be held on **Monday, September 19 at 11:00am at Mount Tabor Country Club.** More than just an 18-hole

scramble, IFPN's Golf Outing includes a Putting Contest, Hole-in-One contest, lunch, dinner, cocktails and a whole lot of feel-good community fellowship. Please join us for a full day of fun with IFPN friends and family.



Your support helps bring awareness to the many people who go hungry on a regular basis in our area. To register scan the QR code or contact **Julia at jmurtha@mcifp.org for more info.** Help us "Drive Out Hunger" for good!

Needed: Reusable Bags... Are you being inundated with reusable bags? Are stores/retailers not taking them back? Then please consider donating them to the IFPN. We are looking for clean, "like new" grocery-sized bags, similar to those offered by shop at home retailers such as **Whole Foods Fresh delivered by Amazon, Wegmans, Shop-Rite and Stop & Shop Home Delivery** for use with our clients. Reusable bags can be dropped off at the IFPN anytime during normal business hours.

Board of Trustees

Meets 7:00pm on third Wednesday of the month

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Our Mission

- ▶ To improve the health and well being of Morris County residents in need by providing access to food, nutrition education and related resources.
- ▶ To provide hands on opportunities for neighbors to help neighbors.
- ▶ To educate the public about the issues of hunger in our area.

Hours

Food Drop-off, Tours & Visitors - Warehouse

2 Executive Drive, Morris Plains

Monday - Thursday 9:30 a.m. - 4:30 p.m.

Special arrangements by request

Food Distribution - Main Pantry/Warehouse

2 Executive Drive, Morris Plains

The First Four Weeks of the Month Only

Monday through Thursday 1pm - 3pm

Wednesday 6pm - 8pm

1st and 3rd Tuesday 6pm - 8pm

Saturday 10am - 12noon

Food Distribution - Satellite Pantry

190 Speedwell Ave., Morristown

Tuesday 9:30am - 12 noon

Wednesday 9:30am - 12 noon

Thursday 9:30am - 12 noon

2nd and 4th Thursday 5pm - 7pm

Calendar

September

9/19 IFPN Annual Golf Outing

October

10/2 Morristown Fall Festival

10/20 Volunteer Recognition Dinner

November

11/24 Annual Turkey Trot

December

12/9 Holiday Wine Raffle Drawing

For details please visit www.mcifp.org

2022 January - June Statistics

Total Lbs. food distributed	799,612
Total Lbs Mobile Pantry	100,985
Total Household Visits	13,654
Number New Client Contacts	590

Ways to Give

The IFPN can accept transfers of appreciated securities/stocks or if you are 70 ½ or older, you can make gifts directly from your IRA and reduce your taxable income.

Double Your Donations

Many employers will match donations to non-profit organizations, doubling the value or more. Check with your employer to see if they have a matching gift program. For more information check out our website at www.mcifp.org.

Please let us know if you prefer electronic delivery of our newsletter, or to be removed from our mailing list. Call 973-538-8049 or email interfaithfoodpantry@mcifp.org

TOO MUCH MAIL? 

Return Service Requested

Morris Plains, NJ 07950

2 Executive Drive

Interfaith Food Pantry Network