

Notes From The Network

From the Executive Director

Dear Friends,

Welcome to the Spring Edition of our newsletter! It is always a pleasure to connect with you and share the incredible impact your involvement makes on our community. Through your support, we continue to witness stories of perseverance and transformation among our clients, inspiring us to continually evolve and improve our services.

We are immensely grateful for your partnership and the support of our entire community as we forge ahead in our mission. With our Marketplace back in full swing after construction, the staff and volunteers are working hard to create a positive environment that caters to the individual circumstances of each person who walks through our doors. Our goal remains steadfast: to provide not only nutritious food but also to focus on the well-being of the people we serve.

As usual, we have been busy! Earlier this year, our Board of Trustees embarked on a strategic planning process, engaging stakeholders from every corner of our organization. From clients to volunteers, donors to distribution partners, we gathered insights to chart our course for the next three years. Through this process, we identified five pillars of our plan: **The Neighbor Experience** which includes engaging our clients to better understand their needs; **Embracing Our Core Values** to empower staff and volunteers; **Nurturing Strategic Relationships** that support our vision; **Sustainability** to ensure our long-term viability; and **Operational Excellence** which includes infrastructure and technology improvements.

You may wonder why a food pantry needs such comprehensive planning. Shouldn't our ultimate goal be to render ourselves obsolete? While some may advocate for that perspective, I believe there will always be individuals who rely on our support, seniors on fixed incomes, people with

limited abilities, and others who are facing challenges they cannot overcome without our assistance. While we seek to empower people and help them improve their circumstances wherever possible, we remain committed to ensuring food security for our community well into the future. We are continuously improving how we will meet these needs.

I want to express my deepest gratitude for your unwavering support, which makes all of this possible. Your donations of time and treasure have a profound and positive impact on thousands of individuals and families in our community. I encourage you to read the profile of a client featured in the Spring Gala segment, highlighting the transformative power of your support.

Lastly, I would be remiss if I did not take a moment to honor **Elaine Britcher**, the very first IFPN volunteer coordinator and architect of the volunteer program, who recently passed away after a long illness. Elaine's vision and dedication to community involvement were instrumental in shaping our organization's ethos. We also remember **Paul Freeland**, one of our original volunteers dating back to our founding in 1994. Their legacies remind us of the profound impact of "neighbors helping neighbors," a principle that continues to guide us every day.

In closing, I extend heartfelt thanks for your involvement in this incredible mission. Together, we are making a difference in the lives of thousands of our neighbors and providing the basic dignity of having enough to eat to stay healthy.

Yours truly,



Current Food Needs*

- ▶ **Canned meats and meals** (ravioli, hash, stew, chili, chicken)
- ▶ **Parmalat, Other shelf stable milk, dry milk** (1qt. Size)
- ▶ **Side Dishes** (Rice, Rice-A-Roni, Hamburger Helper, etc.)
- ▶ **Beans** (dry & canned, pinto, red, white, black, pork & beans)
- ▶ **Pasta & Spaghetti** (1 lb. size preferred; including whole wheat)
- ▶ **Tomato Products** (sauce, crushed, whole, diced, puree, paste)
- ▶ **Tuna fish, salmon, & other canned fish**
- ▶ **Soups** (hearty, low sodium, condensed)
- ▶ **Peanut Butter** (15—18 oz. preferred)
- ▶ **Cereal** (low sugar preferred)
- ▶ **Baby Food: Stage 2 and Stage 3**
- ▶ **Boost, Boost Glucose Control, Ensure, Glucerna**

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

Coming Soon In Fall 2024...

IFPN Golf Outing

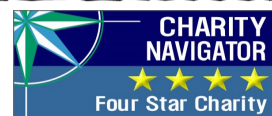
More information will be available at
www.mcifp.org

Volunteer Recognition Dinner October 28

For more information for this and other events, please visit us at
www.mcifp.org



Visit www.mcifp.org



IFPN Happenings

Volunteers Needed...

A huge thank you to all our volunteers for their continuing support of our mission. From our newest team sorting the gleaned supermarket food to our longest serving volunteers working in the IFPN warehouse and marketplace, we could not serve our neighbors without your dedicated support.

VOLUNTEER



We have immediate openings for adult volunteers on Tuesday, Wednesday, and Thursday evenings as well as Saturday mornings for our distribution sessions. This is a great opportunity for working professionals to be able to serve our neighbors on their own schedule and help support the community.

We also need home delivery volunteers, a great opportunity for families who want to make a difference, but have limited time. Hours are flexible and coordinated between the home-bound client and their volunteer. You will select foods for them from our marketplace based on their needs and deliver the food to their homes on a monthly basis.

Head over to our website, www.mcifp.org, for more information or to get involved. If you have additional questions please contact **Jayne Wenner** at 973-538-8049 ext.218 or jwenner@mcifp.org.

Additionally, we are in the process of conducting updated training sessions for all volunteers to ensure everyone who enters the IFPN marketplace is welcomed and supported throughout their time here. Thank you to all our volunteers for your enthusiastic feedback and participation in these sessions!

Summer Teen Council Coming to the IFPN

The IFPN is excited to bring back our **Summer Teen Council** which will consist of two cohorts, one in July and one in August.

The last time we offered this successful program was in 2021 (pictured right are participants from our 2021 program).

The Teen Council is a four week, one morning per week program that offers teens ages 13 to 18 the opportunity to learn about food insecurity, the operations behind the IFPN, and to participate in weekly service activities. At the end of the program, participants will complete and present group projects meant to benefit the IFPN and our neighbors. Each participant will earn a certificate for volunteer hours completed.

Space in the program is very limited so those interested will complete an application process and commit to all sessions before being asked to participate. Details will be posted later this month so please check our Facebook and Instagram pages and our website www.mcifp.org for more details and application information.



Nutrition Education Updates!

We are thrilled to have our in-person cooking/nutrition classes back for the first time since 2020. Our **Nutrition Educators, Diane Celleri and Ali Geary** have been creating simple yet wholesome recipes using ingredients from the IFPN that are accessible to our clients. Each month a specific health topic is selected and the recipes compliment the topic. Recent recipes included Pumpkin Soup with croutons, Baked Oatmeal, Burrito Bowls, and Pasta with Beans and Greens. Clients get to sample the recipe each month, see how it is prepared and receive nutritional information handouts along with the recipes. Surveys are being conducted among our participants and we are thrilled to be receiving such positive feedback from our attendees!

Nutrition information and recipe handouts on unfamiliar produce is distributed during our Free Farmers Markets to encourage selection, proper cooking and usage.

Additionally, our wonderful volunteers from **Notre Dame of Mount Carmel Church** have returned to cook healthy meals for our **Kitchen to Table** program! These delicious meals are cooked with love twice per month and distributed to our home delivery clients. Over the last three months, these amazing volunteers have cooked over 250 meals! Our home delivery clients enjoy having these meals back, especially for days when they just aren't up to cooking for themselves.

Fresh Produce Needed!

Our clients love the donations of fresh produce we receive from our local farms, home and community gardens. As you plan and plant your garden consider planting a few extra seeds, a few extra plants or a few extra rows to grow for the IFPN. Also, if you find yourself with extra produce that you can't use, please donate it to our Pantry. We will be collecting produce on a regular basis throughout the growing season. **Produce donation guidelines** can be found on our website at www.mcifp.org/donate/donate-food/. Weekly drop-off times are Monday through Thursday from 9:30am to 4:30pm and Fridays by prior arrangement. Please know how grateful we are for those of you planting an extra row or sending us your surplus!



Food Drive Honor Roll

Thank you to the schools and scout groups who are making a huge difference for our neighbors in need. There were so many that we just couldn't list them all.

January through March, 2024 (In pounds—500+)

Memorial Junior School, Whippany, 2,316; **Torey J. Sabatini Elementary School**, Madison, 1,497; **St. Elizabeth Mon-teessori School**, Parsippany, 1,436; **Bea Meadow School**, Whippany, 1,284; **Mountview Road School**, Morris Plains (Hanover), 1,064; **Oratory Prep School**, Summit, 978; **Madison Junior School**, Madison, 867; **Salem Elementary School**, Whippany, 722; **Rockaway Valley School**, Boonton, 708; **Peck School**, Morristown, 671; **Center Grove Elementary School**, Randolph, 650; **Far Hills Country Day School**, Far Hills, 606; **Assumption School**, Morristown, 517.

Pantry Events

Together Towards Tomorrow Spring Gala an Incredible Success



A few of the IFPN Board of Trustees, Front row (left to right): **Helen Hallberg**, **Susie Schub**, **Carolyn Lake**, Executive Director, **Amy Wiwi**, **Chris MacDonald**. Back row (left to right): **Tim Lockwood**, **Bruce Seidmon**, **Greg Supron**, **Nathan Umbriac**, **Tom Bontempo**.

Marketplace was presented with the **Community Impact Award**; and **Hank & Jacke Schram** were presented with the **Neighbors Helping Neighbors Award**. These awards were in recognition of significant efforts made to alleviate hunger in the lives of our neighbors in need.



Thanks to Hank and Jacke, we also had the opportunity to recognize some of our dedicated IFPN volunteers who have given thousands of hours of their time and talent to help our neighbors in need. (Pictured left, several IFPN volunteers enjoying their evening).

We heard an incredibly inspiring story from Linda, whose mother has been an IFPN client for some time (both pictured right). She recalled her experience in

grade school when her family was food insecure. *"I would get home from school and open the fridge with very little to eat, I just felt guilty; like I was a burden to my mother, who was working three jobs just to support us."* When Linda's mother enrolled with IFPN it was a turning point for her family. Fueled with proper nutrition, Linda soared in school and after graduation, she received a full academic scholarship to a local college where she received her Bachelor's degree in Biomedical Sciences and is now in her pediatric residency at Saint Clare's Hospital in Denville, with Touro University. While her tuition is covered by scholarships, her food is not and she remains one of our clients while she finishes school. *"My goal is to become a pediatrician with my own practice in Dover. I am determined that any negative experiences will not shape who I am and that I am controlling my own destiny. I plan to pay it forward, and to give back to the community who helped me."* She continued, *"IFPN does not just provide food, they fuel people's dreams. Thanks to you, I have an opportunity to make a difference for thousands of people like me."*

Special thanks to our **Gala Co-Chairs, Wendy and Mike Whiting**, who did a great job planning the Gala along with their awesome committee, and to our incredible staff and volunteers without whom the Gala could not happen. We must



also acknowledge the remarkable **Jeff Terry, Vice President of Corporate Social Responsibility and Sustainability at GAF**, for expertly conducting the Live Auction and Fund-A-Cause segments (Jeff is pictured at left with honoree **Hank Schram** who is selecting a lucky winner from our *Colorful Connections Raffle*). Immense gratitude is given for the generosity and support of our Gala sponsors including: **Community Impact Partner:** GAF; **Platinum Sponsors:** Langan, Scott Family Service Fund, Wegmans; **Gold Sponsors:** Barclays, Center Street Capital Advisors, Evos, Jacobs Levy Equity Management, M&T Bank, Matt Allegrucci, Mitchell Cooper Fund, NJM Insurance, PBF Energy, Pfizer, PLT Health, Visions Federal Credit Union, Walsh Construction; **Silver Sponsors:** Bristol Myers Squibb, Brookfield Properties, Columbia Bank, Dixon Energy, Lowenstein Sander, New Jersey Natural Gas, Valley National Bank, Willis Towers Watson; **Community Sponsors:** Affinity Federal Credit Union,

BASF, Benjamin Moore, Birchwood Manor, Celebrity Motor Car Company, Fulton Bank, Morristown Medical Center, Mount Freedom Printing, Peapack-Gladstone Bank, Provident Bank. Thanks to all who attended or contributed in some way, our net proceeds from the gala is approximately \$290,000 which will help us continue to serve the many families in need throughout Morris County... we simply could not do all that we do without your support.



Board of Trustees

Meets 7:00pm on third Wednesday of the month

Tim Lockwood, president **Helen Hallberg**, vice president
John Eade, treasurer **Dana Spangher**, asst. treasurer
Nathan Umbriac, secretary
Greg Supron, president emeritus
Tom Bontempo **Rosalee Gordon** **Chris MacDonald**
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Brian Chinni, warehouse support
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Zoe Garcia, client services associate
Fernando Gasparoto, food recovery coordinator
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Patrick Mitchell, procurement manager
Julia Murtha, development and communications associate
German Ortiz, client services associate
Angela Pino, office coordinator/administrative assistant
Wendy Potkay, director of finance
Kiley Powell, community relations associate
Jessica Revolorio, client services associate
Jim Silence, mobile program & warehouse support
Steve Stockert, warehouse support
Jayne Wenner, volunteer coordinator

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 9:30am - 4:30pm

Special arrangements by request

Food Distribution - Main Pantry/Warehouse

2 Executive Drive, Morris Plains

First Four Weeks of the Month Only

Monday through Thursday 12:30pm - 3:00pm

Tuesday Night 6:00pm - 8:00pm

Wednesday Night 6:00pm - 8:00pm

Saturday 10:00am - 12noon

Food Distribution - Satellite Pantry

190 Speedwell Ave., Morristown

Tuesday 9:30am - 12 noon

Wednesday 9:30am - 12 noon

Thursday 9:30am - 12 noon

Thursday Night 5:00pm - 7:00pm

Calendar

May

5/31 Annual Volunteer BBQ

September

TBD IFPN Annual Golf Outing

9/29 Morristown Festival On the Green

October

10/28 IFPN Volunteer Recognition Dinner

For details please visit www.mcifp.org

January - March 2024 Statistics

Total lbs. food distributed	572,798
Total household visits	9,365
New Client Requests	394
Mobile Pantry food distributed	83,186
Mobile Pantry Partners	37

Double Your Donation... Many employers will match donations to non-profit organizations, doubling the value, sometimes even more! A partial list of companies matching employee gifts can be found at <https://mcifp.org/donate/funds/>. Also check with your employer to see if they participate in a matching gift program.

Tribute Cards... These special cards are available for any occasion such as holidays, anniversaries, birthdays, bar and bat mitzvahs, memorials, teacher acknowledgements, business gifts, etc. If you would like to make a tribute or want to learn other ways to give, please check out our website www.mcifp.org/other-ways-to-give.

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

2 Executive Drive
Morris Plains, NJ 07950

