



MARYLAND  
FOOD BANK

FALL 2017



# Positively Impactful

03

FORGET THE  
FRUITCAKE

04

TOUGH  
CHOICES

08

RECIPE FOR  
SUCCESS

10

RAISING  
THE BAR

11

6 REASONS  
WE'RE  
THANKFUL



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## FROM THE PRESIDENT & CEO

**“The big problem is paying the bills and getting food in the house. We all know food is expensive — everything is going up, except for my paycheck. It’s hard to feed your children the good stuff with no money. But if I don’t feed them healthy, they won’t be healthy.” — Natalie**

Natalie’s story perfectly encapsulates the current state of hunger in Maryland.

While the overall trends appear to be improving — the number of food-insecure individuals is down and SNAP usage is at its lowest level since 2010 — the people who have fallen behind are falling even further behind.

Earlier this year, Feeding America’s *Map the Meal Gap* report for the state of Maryland revealed a very troubling number: \$929.76. This number represents the difference between how much a food-insecure individual earns and what they need to survive. This gap continues to climb, in part, because wages are stagnant while the cost of living in Maryland is very high.

This \$929.76 shortfall is what’s forcing hundreds of thousands of food-insecure individuals to make difficult choices: food or utilities, healthy food (that may cost more) or cheaper food that is less nutritious, medicine or meals, etc.

Those choices are difficult enough, but now imagine the scale of those trade-offs if the Maryland Food Bank wasn’t there to provide some relief.

Over the years, your support has allowed us to increase the amount of food we distribute to hard-working individuals and families that simply would not be able to get by without it.

The holidays are a time of reflection, and giving thanks. On behalf of MFB staff, our distribution partners, and the entire food assistance network — THANK YOU! You give us the power to positively impact the lives of our fellow Marylanders that need us — people like Natalie and her family.

**CARMEN DEL GUERCIO**

PRESIDENT & CEO, MARYLAND FOOD BANK



### BECOME A BACKPACK BUDDY

Provide Weekend Survival Kit backpacks for one homeless student and their family for the entire school year

**\$625**



### PRODUCE-ING FOR THE PEOPLE

Help transport one truckload of produce from a farmer's field to MFB and families in need

**\$2,000**



### SPONSOR A HEART MARKET

Fund a lively event that provides school kids and their families with healthy food while enjoying hands-on cooking demonstrations, food tastings, and take-home recipes

**\$3,000**

*(Learn more about HEART Markets on page 8)*

**FORGET THE FRUITCAKE!**

## Holiday Gifts that Give Back

Rather than another unwanted reindeer-themed tie for your dad or a kitchen gadget for your spouse that will wind up in the basement by February, consider giving a gift with lasting impact this holiday season.



### SKIP THE CELEBRATION

In lieu of the annual awkward office party, encourage your company to donate what they would have spent on a holiday gathering to help power the food bank for 2 hours

**\$13,750**



### HOST A VIRTUAL FOOD DRIVE

Use our innovative online food drive platform to help hungry Marylanders in need this holiday season. No lugging heavy bags around a crowded grocery store!

**PRICELESS**

## DO SOME GOOD RIGHT IN YOUR OWN NEIGHBORHOOD!

*Rachel Christian, MFB's resident Philanthropic Elf, is ready to help you transform your holiday gift into something truly meaningful for your neighbors in need.*

*Contact her at [rchristian@mdfoodbank.org](mailto:rchristian@mdfoodbank.org).*

# TOUGH CHOICES

When you donate to the Maryland Food Bank, you give us the ability to acquire and distribute enough food to provide millions of meals annually to some of the most vulnerable people in our state — children, seniors, and hard-working families.

What you may not know is that without your support, hundreds of thousands of hungry Marylanders would be faced with unimaginable choices between food, medicine, utilities, or rent.

When struggling to make ends meet is the norm, and every single dollar matters, deciding how to make the best use of funds can be a significant challenge.

While Maryland is one of the wealthiest states in the country, it is also one of the most expensive to live in. In recent years, wage growth in Maryland has been slower than most other states, but basic costs are rising faster.

Compared to their national averages, utility bills in Maryland are 22 percent higher and prescription drugs are more expensive. And just last year, the cost of one meal rose from \$2.94 to \$3.03 — a rate of increase nearly double the national average.

When a family of four needs \$61,224 a year to survive but the majority of jobs in our state pay less than \$42,000 annually\*, the difficulty of making ends meet is crystal clear.

A Feeding America study uncovered some sobering data on the monthly challenges that food-insecure individuals nationwide often confront.

Teresa, who was forced to leave her full-time job to help care for her child after she suffered a debilitating stroke, is typical of the 81% of respondents who reported having to choose between food and medical care.



"My daughter had a stroke, something you never imagine would happen to your child," she said. "The insurance will cover a lot but there are other things, like her orthopedic socks that I have to pay out of my pocket and they're expensive. Like it's \$10 for one pair of socks and she's gonna need those for not only school but outside of school, so you can't just get one pair."

And then there's Cathy, a 60-year-old woman who suffers from a medical condition that can be eased by a healthy diet.

"I have diverticulitis, and my doctor said that to prevent it from flaring up, I need to eat more fresh fruits and vegetables to get higher fiber. But that is so expensive," she explained. "That's why I am blessed that one time a month, I can come here and get fresh veggies," she said.

//

I can't afford my bills anymore, so I was blessed to get food stamps — I think I should be able to get back on my feet. //

— Teresa



\$30 PROVIDES A WEEK'S WORTH OF STAPLE GROCERIES TO A FAMILY LIKE TERESA'S.



//

I remember this one time when I stretched out a pot of spaghetti for too long. I guess it went bad because I got sick. //

— Janet



Sixty-eight year-old Janet, meanwhile, is much like the 30% of study subjects who have diabetes. She lives with a disease that requires both food and medication.

"I am diabetic, and on 10 pills and three injections every day — even with the insurance, there's like a \$10 payment for each, and those add up," she said. "When I get these gifts of good foods, things like chicken and cabbage, I know I'm eating better. Without it, I'd probably start going to the dollar store again and getting the cheap stuff. I'm so thankful I don't have to."

\$150 WILL SUPPLY ONE YEAR OF FRESH PRODUCE TO AN INDIVIDUAL LIKE JANET.





**“It was like a game ‘how many days can I let the electric bill slide before they really turn it off?’ Who wants to live like that?”**

**— Randy**

But balancing the cost of food with that of healthcare is just one of the many difficult choices food-insecure Marylanders are forced to make on a regular basis. Randy, a 43-year-old former full-time worker, suddenly found himself facing what 78% of study participants admitted to — having to choose between meals and utility bills.

“When I drove a truck full time, I wasn’t rich, but I didn’t really think about bills or food too much,” he said. “When that went away, it hit me really hard, and all I thought about was bills.”

Much like Randy, 59-year-old Linda struggles with paying for both utility bills and food.

“My phone has been shut off sometimes, which is important to have to call the doctor if I need to, but that’s not like the gas bill. I’ve had to call them and ask for extra time to pay, she said.”



**\$3,500 CAN BRING ONE PANTRY ON THE GO EVENT INTO A COMMUNITY LIKE LINDA’S.**

**// There are times that bills come up and, boom, the grocery budget gets cut in half. //**

**— Linda**



“But then I get staples from the food bank, which means I can afford my bills and sometimes even meat or chicken when I go to the store,” she added.

As a result of the food assistance she receives, Jennifer, a medical technician, has found not only relief from her worry over expenses, but an added sense of security.

“I live in the city, and someone broke into my apartment two years ago, so I had to put in an alarm system, she said. When I get this food, the money I save can go to the alarm system, which gives me security and comfort. I’m a single mom, and feeling safe in my own home means so much.”

While it is obviously at the forefront of what we do, your support allows us to do much more than provide food to those in need — it offers people like Teresa, Cathy, Janet, Randy, Linda, Jennifer, and other Marylanders an improved quality of life.

Over the past four decades, your support has allowed us to be flexible enough to develop, assess, and adapt a number of successful initiatives that target hungry individuals and families across all demographics and all parts of the state.

Programs such as Pantry on the Go, Farm to Food Bank, School Pantries, My Groceries to Go!, and others may not completely eradicate the tough choices hungry Marylanders face, but we know they are helping to lessen the impact.

On behalf of the Maryland Food Bank, our network partners, and the hundreds of thousands of food-insecure Marylanders — THANK YOU!

**“When we get food from the food pantry, it makes our money go further — I can pay more of our bills and relax a little bit.”**

**— Kacey**



**YOU CAN IMPACT  
THE LIVES OF YOUR  
NEIGHBORS IN NEED  
RIGHT NOW BY VISITING  
[MDFOODBANK.ORG/CHOICES](https://mdfoodbank.org/choices)**



# HEART Markets are a Recipe for Success!

(BECAUSE HEALTHY EATS ARE REALLY TASTY)



wholesome foods!

**A**t the Maryland Food Bank, we know that healthy people make communities stronger.

For nearly 40 years, we've been the leading organization to provide good, nutritious food so that the needs of food-insecure Marylanders — including more than 150,000 children — are met. Feeding kids matters, and thanks to the support of Giant Food, our MFB Kids Program does a really good job of it. Now we are tackling a new challenge.

We all know we should be eating more fresh produce, but changing diets is hard...especially for kids, who can be very picky eaters.

That's why we're introducing HEART — Healthy Eats Are Really Tasty — Markets, a new twist on our School Pantry Program. HEART Markets will combine fresh fruits and vegetables, grains, and staple groceries with music, nutrition education and meal prep demonstrations in a fun and high-energy environment. Kids will learn how to turn wholesome foods into something tasty that the whole family will enjoy.





"We're proud of our existing School Pantry Program, which does a fantastic job of providing students regular access to food," said Tim Regan, MFB's vice president of programs and network relations.

**"But for the schools that lack the staff, space, or refrigeration to house a traditional pantry, the one-day HEART Market is a terrific and effective alternative," Regan added.**

We recently introduced the HEART Market program at the SEED School in Baltimore. Students enjoyed "shopping" for cabbage, cucumbers, carrots, diced sweet potatoes, onions, and apples to a Motown-themed soundtrack. They also had the chance to sample apple/cucumber/mint smoothies sweetened with agave nectar and sweet potato bisque. The kids took home recipes to recreate the foods they sampled for their parents.

If the smiles on the faces of SEED School students are any indication, HEART Markets will be beating loudly in schools across the state in no time.

## RECIPE FOR SUCCESS!

### INGREDIENTS

- 1 group of eager students
- Several bushels of farm-fresh produce
- 1 nutrition/meal prep expert
- Dozens of lively music tracks
- Lots of recipe cards and healthy eating handouts
- Plenty of fun

### INSTRUCTIONS

- In a local school, combine all ingredients
- Sprinkle in vibrant entertainment
- Add a dash or two of excitement
- Allow ingredients to mix together for 120 minutes
- Enjoy watching kids learn how to create delicious healthy meals!





(L to R) Judd Crane, Laura Bouyea, and Tom Lingan

## Raising the Bar

**T**hirty years ago, the American Bar Association passed a resolution endorsing the right of every person “to be free of hunger.”

To ensure this declaration was more than just talk, a group of Maryland lawyers formed the first Lawyers’ Campaign Against Hunger (LCAH). Tom Lingan, now a partner at Venable, was one of three founders whose novice fundraising efforts successfully raised \$50,000 that first year.

**“People going to bed hungry in this day-and-age is intolerable,” said Lingan. “If you can’t provide food, water, or shelter, then nothing else is of consequence. That’s why I’ve always believed in supporting the food bank.”**

Since 1987, Lingan has been an ardent supporter of the campaign, continually recruiting and engaging compassionate colleagues like Laura Bouyea to get involved.

Bouyea’s involvement with the campaign spans a decade.

She has served as campaign chair for several years, and returns as campaign chair for this milestone year.

“My legal education and career have given me greater awareness of the issues, especially listening to testimony in bankruptcy court from individuals who don’t have enough money to make ends meet,” said Bouyea. “I was fortunate to join a profession and a firm where mechanisms were set up for organized awareness and giving campaigns. I’m happy to help carry forward the efforts of others.”

To strengthen this philanthropic pillar of the legal community, this year we introduced our first-ever Young Lawyers Committee. This branch of the LCAH is comprised of lawyers, age 39 and under, whose goal is to raise \$30,000 to combat hunger in Maryland.

One young lawyer who stepped up to the challenge is Judd Crane, a fellow Venable attorney who initially got involved in the Young Lawyers Committee because he was struck by the “vastness” of the food bank’s operation.

“It’s important for everyone to get involved in the fight against hunger, but especially younger individuals because food insecurity is not going away anytime soon,” said Crane, chair of the Young Lawyers Committee. “It’s a problem that requires sustained, long-term efforts with everyone working toward a solution. That’s why it’s so important to educate younger individuals so that they can be a part of this campaign for many years to come.”

In addition to supporting three leaders in the LCAH movement, Venable is serving as the campaign’s Presenting Sponsor, putting us on our way to meet our \$500,000 goal.

“Our level of contribution recognizes the level of hunger in the state,” said Lingan. “We focus contributions to areas that are known social issues and give to organizations that have long standing commitment to those issues, like the Maryland Food Bank.”

Since the campaign launched, the legal community has raised more than \$5 million to assist Maryland households struggling with hunger.

## Join us!

Raise the bar in the fight against hunger in Maryland for the Lawyers’ Campaign Against Hunger’s 30th Anniversary.

Donate today: [MDFOODBANK.ORG/30LCAH](https://mdfoodbank.org/30lcah)

**VENABLE**<sup>®</sup> LLP  
PRESENTING SPONSOR

# 6 Things MFB is Thankful For

Reflecting on a year of impacting the lives of our neighbors in need.



Valerie Doram-Hoyte (R) and Kelly Salters set up a HEART Market event.

## AMY CHASE, Corporate Relations

We have great corporate donors who believe in our mission and help us make a difference in the state of Maryland. Beyond food itself, different businesses have stepped up and sent us products or provided their services free of charge.

## ELI WILFORD, Marketplace

Each day, I hear stories from partners who tell me how much the food means to the people they serve. But without these partner agencies who come through our doors to collect their orders, we wouldn't be able to get them the food in the first place.

## JAMAR JENKINS, Warehouse

As a kid, I remember going inside a food pantry in my neighborhood, witnessing firsthand the difference it made for my community. Now as an adult, I can say I'm proud to be the one who gives back!

## VALERIE DORAM-HOYTE, Youth Programs

I rest my head on my pillow and give thanks knowing at least this night, many children and their parents did not go to bed hungry thanks to our School Pantry Program.

## BONES THORNTON, Transportation

I'm thankful for the day-to-day interactions I get to have with people on the Eastern Shore. When I'm making deliveries to schools and churches, or picking up food from stores and farms, I'm greeted by so many smiles and friendly faces!

## MAITE ALMAGUER RIVERON, Government Programs

I love what I do because I help people sign up for SNAP benefits, people who are in the same situation I was several years ago.



Eli Wilford (R) discusses an order with network partner Reverend Samuel.



# GIVE THROUGH YOUR WORK

Donating through your employer's workplace giving campaign is a simple, efficient way to support the Maryland Food Bank's hunger-relief efforts. It's as easy as making tax-deductible donations to the food bank through payroll deductions.

Many employers in the state of Maryland will even match your gift! Visit [mdfoodbank.org/donate/workplace-giving](http://mdfoodbank.org/donate/workplace-giving) to see if yours participates.

If you're a government employee, now is the time to designate the food bank as your preferred workplace giving recipient:

- Baltimore City Combined Charity Campaign: 7678
- Combined Federal Campaign: 99127
- Frederick County Combined Charity Campaign: 0310



## Pack to Give Back Returns this Holiday Season!

MFB Staff, corporate sponsors, and network partners will once again come together this November to package holiday meals to ensure a joyful holiday season for Maryland families that might otherwise go without.

This year, we'll gather at 18 locations across the state — from Cumberland to Cambridge — with a goal of packing enough meals to feed nearly 50,000 people.

In addition to turkeys, each meal box will contain traditional trimmings: green beans, sweet potatoes, applesauce, corn, cranberry sauce, gravy, stuffing, and mashed potatoes.

## Happy Holidays to all!



100+ Staff

+



3 branch locations

+



1,250 distribution partners

+



5,700 volunteers

+



31,000+ donors

=



more than 41 million meals

**Thank you for being part of the movement to end hunger in Maryland!**

[www.mdfoodbank.org](http://www.mdfoodbank.org)



MEMBER OF  
**FEEDING AMERICA**