



# FOOD FOR Thought

A FOOD BANK FOR WESTCHESTER NEWSLETTER  
SPRING 2018

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## FOOD BANK FOR WESTCHESTER



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## Stay Connected



To learn more or to make a donation to Food Bank for Westchester visit  
[www.FeedingWestchester.org](http://www.FeedingWestchester.org)

# FOOD BANK FOR WESTCHESTER



## OUR MISSION

Driven by the belief that access to healthy food is a basic right for all people, the Food Bank for Westchester leads hunger action programs and mobilizes the resources needed to eradicate hunger in Westchester County.

### FEEDING WESTCHESTER

Supporting our community since 1988

## BOARD OF DIRECTORS

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## REMEMBER THE FOOD BANK

Please let us know if you've included the Food Bank for Westchester in your will and estate plans. We would like to add you to our Legacy Society. To learn more about our Legacy Society, contact [jeanne.fogel@foodbankforwestchester.org](mailto:jeanne.fogel@foodbankforwestchester.org).

# A Letter from Our President & CEO

Hello and thank you for helping to feed Westchester's hungry.

I am excited to share that On March 21, 2018, the Food Bank for Westchester changed its name to Feeding Westchester. We made this change to better communicate not just who we are, but what we do and who we serve. We are Feeding Westchester. What has changed: Our name, The Food Bank for Westchester is now Feeding Westchester. What has stayed the same: Everything else, including our mission to end hunger in Westchester County.



**Leslie Gordon announcing the name change: Food Bank for Westchester is now Feeding Westchester**

Your support makes Feeding Westchester possible and puts us on a strong pathway to achieving our strategic vision for Westchester, to provide nearly 11 million pounds of healthy food by 2021, when and where it is most needed. By achieving this vision, we will be filling a substantial portion of the food gap for the nearly 200,000 of our neighbors who are hungry. In addition to the almost 8 million meals the Food Bank currently distributes, we estimate that Westchester County needs an additional 9 million meals each year, totaling nearly 17 million meals annually, to close the gap and ensure that all Westchester residents have the food they need to live a healthy life.

**How do we fulfill our vision?** Your support provides access to fresh produce year-round – yes, even during winter months! As we all know, fresh produce is not locally grown in our area during the winter and is harder to access and more expensive. For families and seniors on tight budgets, produce can be out of reach. Your support provides nutritious fresh produce, often recovered from retailers and wholesalers, to families and seniors who are hungry. Recently, your support helped provide seniors at Hamilton Apartments in Yonkers with bags of produce including heirloom tomatoes, and families at Fresh Market in Mount Vernon a variety of fruits and vegetables including broccoli and apples.

Spring will continue to be busy at Feeding Westchester. We will celebrate our 30<sup>th</sup> year fighting hunger in Westchester at a gala in April. We will also be hard at work on a pilot summer feeding program to extend our successful school-based Backpack program to reach children who qualified for free and reduced meals at school during the summer months.

As always, we welcome you to stop by for a tour of our distribution center or to join us at a meal distribution. We thank you for feeding Westchester.

Gratefully,  
Leslie Gordon

# Brand Launch

## The Food Bank for Westchester is now Feeding Westchester!



On March 21, 2018, the Food Bank for Westchester changed its name to Feeding Westchester. We made this change to better communicate not just who we are, but what we do and who we serve. We are Feeding Westchester.

Feeding Westchester's mission is to end hunger in Westchester County. As the heart of a network of more than 300 partners, we source and distribute food and other resources to towns across Westchester, helping to ensure that none of our neighbors are hungry. We make feeding Westchester possible.

### What has changed?

- Our name, The Food Bank for Westchester is now Feeding Westchester
- Our website is now [www.FeedingWestchester.org](http://www.FeedingWestchester.org)

### What has stayed the same?

- Our mission to end hunger in Westchester County.
- Our 30,000+ square foot distribution center is still the heart of our network of partners in every community in Westchester, and our address and phone numbers remain the same!
- Our board, leadership and staff (their emails will re-direct to [@FeedingWestchester.org](mailto:@FeedingWestchester.org)).
- Our belief that healthy food is a basic right for all people.
- Our commitment to safely recovering nutritious food that would otherwise go to waste.
- Our pledge to work collaboratively with agencies throughout our network to feed people who are hungry in every town in Westchester.
- Our goal to tackle hunger from all angles and to help ensure that none of our neighbors are hungry.



## WHAT WE DO



We source food through efficient purchasing and recovery of food donations.



We inspect, sort, and pack food at our 30,000 + square foot distribution center.



As the heart of a network of more than 300 partners, we help feed people directly and through our partners in towns across Westchester.



We help feed Westchester. Driven by the belief that access to healthy food is a basic right for all people, Feeding Westchester ensures the distribution of a healthy variety of options.

# Fresh Produce for Hungry Seniors

**Thanks to your support, 100 in-need seniors at the Hamilton Apartment complex in Yonkers, received bags of produce** specially packed for them.

The on-site program coordinator, Rose, called a few months ago, to tell us how much the seniors liked the heirloom tomatoes they received - many had never tried them before! Our seniors love the quality of fruits, vegetables, and herbs in each bag and are very thankful for the consistent source of fresh produce every month. With your support, our Senior Grocery program distributed 28,330 pounds of fresh, nutritious produce directly to where seniors live and congregate.



# Feeding Westchester's Children

According to the CDC, childhood obesity is a growing problem in the U.S., and disproportionately affects children from low-income families – **1 out of 3 children** in the U.S. from low-income households is obese or overweight before their 5th birthday! Thanks to your support, Feeding Westchester is bringing fresh produce free of charge directly into high need areas where children naturally gather, such as community centers and schools. Your support provided milk, at a Mobile Pantry in Mount Vernon, to a 6-year-old boy – something, we learned from his mother, he had not had in 2 weeks. At an age when proper nutrition and vitamins are so important for early childhood development, stories like these are

even more shocking to realize that children in Westchester may not have steady access to even the most basic of resources.



# Meals for those facing Tough Choices

Over the last few months, our community has faced freezing temperatures and weathered multiple snowstorms. Many families struggle between paying for weekly groceries, medicine, or high housing costs during the winter months. This season brings tough choices for nearly 200,000 of our Westchester neighbors struggling to make ends meet.

**Thanks to your support, Mildred, a 70-year-old cancer patient who should be enjoying her golden years, is able to find healthy nutritious meals** for her and the grandchildren she helps care for. Together, your support and the work of Feeding Westchester, help ensure that Mildred does not have to make a tough choice between medical treatments and meals.