



LETTER FROM THE PRESIDENT AND CEO

Hello!

I hope you had a great summer.

Thanks to you, hungry Westchester neighbors received meals that helped them and their families enjoy summer too.

We served more than 40,000 children, 66,000 adults and 17,000 seniors in July alone!

We provided nutritious food to children in Mount Vernon receiving our summer Kids BackPacks, to seniors in Yonkers attending a Fresh Market, to families in White Plains selecting food at a Mobile Food Pantry, and to the hungry across Westchester who found the food they needed at our partner agencies. The Summer BackPacks are truly essential to the children receiving them. Our New Rochelle partner reported children coming to their program with whole wheat spaghetti for lunch - an item that was in BackPacks in early July!

While providing food for immediate needs, we also started community gardens that help feed people in the future, and teach sustainable farming skills - like using pulled weeds as affordable mulch - that help people feed themselves in the future.

With your support we continue to rescue nutritious, fresh produce, otherwise headed to landfills, from area wholesalers and retailers. On a Friday in early August, we collected peaches, corn, mangoes and tomatoes, and by Friday night were distributing those fresh items in Yonkers where produce is hard to find and afford.

And with your help, we are tackling hunger on college campuses - a real issue for low- income students and one that limits both their ability to concentrate and their future potential. We are developing programs that will bring prepared meals to students at Westchester Community College, and fresh fruits, vegetables, meats and dairy to students at Pace University.

Thank you for all you do to help those who are hungry in Westchester. With your help we are Feeding Westchester!

Gratefully,

HUNGER ACTION MONTH SEPTEMBER 2018

SUNDAY 1. Thank our heroes... 2. Family... 3. Family... 4. Family... 5. Family... 6. Family... 7. Family... 8. Family... 9. Family... 10. Family... 11. Family... 12. Family... 13. Family... 14. Family... 15. Family... 16. Family... 17. Family... 18. Family... 19. Family... 20. Family... 21. Family... 22. Family... 23. Family... 24. Family... 25. Family... 26. Family... 27. Family... 28. Family... 29. Family... 30. Family... 31. Family...

MONDAY 1. Family... 2. Family... 3. Family... 4. Family... 5. Family... 6. Family... 7. Family... 8. Family... 9. Family... 10. Family... 11. Family... 12. Family... 13. Family... 14. Family... 15. Family... 16. Family... 17. Family... 18. Family... 19. Family... 20. Family... 21. Family... 22. Family... 23. Family... 24. Family... 25. Family... 26. Family... 27. Family... 28. Family... 29. Family... 30. Family... 31. Family...

TUESDAY 1. Family... 2. Family... 3. Family... 4. Family... 5. Family... 6. Family... 7. Family... 8. Family... 9. Family... 10. Family... 11. Family... 12. Family... 13. Family... 14. Family... 15. Family... 16. Family... 17. Family... 18. Family... 19. Family... 20. Family... 21. Family... 22. Family... 23. Family... 24. Family... 25. Family... 26. Family... 27. Family... 28. Family... 29. Family... 30. Family... 31. Family...

WEDNESDAY 1. Family... 2. Family... 3. Family... 4. Family... 5. Family... 6. Family... 7. Family... 8. Family... 9. Family... 10. Family... 11. Family... 12. Family... 13. Family... 14. Family... 15. Family... 16. Family... 17. Family... 18. Family... 19. Family... 20. Family... 21. Family... 22. Family... 23. Family... 24. Family... 25. Family... 26. Family... 27. Family... 28. Family... 29. Family... 30. Family... 31. Family...

THURSDAY 1. Family... 2. Family... 3. Family... 4. Family... 5. Family... 6. Family... 7. Family... 8. Family... 9. Family... 10. Family... 11. Family... 12. Family... 13. Family... 14. Family... 15. Family... 16. Family... 17. Family... 18. Family... 19. Family... 20. Family... 21. Family... 22. Family... 23. Family... 24. Family... 25. Family... 26. Family... 27. Family... 28. Family... 29. Family... 30. Family... 31. Family...

FRIDAY 1. Family... 2. Family... 3. Family... 4. Family... 5. Family... 6. Family... 7. Family... 8. Family... 9. Family... 10. Family... 11. Family... 12. Family... 13. Family... 14. Family... 15. Family... 16. Family... 17. Family... 18. Family... 19. Family... 20. Family... 21. Family... 22. Family... 23. Family... 24. Family... 25. Family... 26. Family... 27. Family... 28. Family... 29. Family... 30. Family... 31. Family...

SAURDAY 1. Family... 2. Family... 3. Family... 4. Family... 5. Family... 6. Family... 7. Family... 8. Family... 9. Family... 10. Family... 11. Family... 12. Family... 13. Family... 14. Family... 15. Family... 16. Family... 17. Family... 18. Family... 19. Family... 20. Family... 21. Family... 22. Family... 23. Family... 24. Family... 25. Family... 26. Family... 27. Family... 28. Family... 29. Family... 30. Family... 31. Family...

TAKE ACTION TOGETHER WE CAN SAVE HUNGER. 30 DAYS IN 30 DAYS TO GET INVOLVED. For more information on all these events, visit feedingwestchester.org/HAM2018

P.S. September is Hunger Action Month and we join with food banks across the nation to help raise awareness and encourage people, like you, to take action and help fight hunger. Please help Paint Westchester Orange!

FIGHTING CHILDHOOD SUMMER HUNGER



Over the summer when school is out of session, kids and families who rely on school-based lunches for their children's meals struggle with other ways to provide them. Families on already tight budgets may not be able to stretch them any further making our summer efforts to combat childhood hunger even more important. Only 1 in 6 children who qualify for a school-based meal received federally supported summer meals.

Thanks to your support, Feeding Westchester provided more than 3,000 Summer Backpacks - filled with foods from all 5 food groups - directly to children. In addition, with your help, we provided more than 257,000 pounds of fruits, vegetables, meats, dairy and breads to children and families attending more than 50 different Mobile Food Pantry distributions across Westchester.

SUSTAINABLE FOOD GROWING COORDINATOR, "FARMER DOUG", TEACHING PEOPLE OF ALL AGES TO GROW THEIR OWN FOOD

Thanks to donor support, Feeding Westchester is teaching more people to grow their own food. At our 5 farm and 12 co-op sites in White Plains, Valhalla, Yonkers, Mount Vernon and Bedford we are educating the community on sustainable, gardening techniques to help people of all ages grow their own fruits, vegetables and herbs. At the YWCA in Yonkers, residents and children attending day care are amazed to watch herbs and cucumbers emerge from their new garden in an area that was just a narrow length of weeds next to the parking lot.

All food grown in our gardens is distributed to residents at our sites, like women living at the YWCA in Yonkers, families at Ronald McDonald House in Valhalla, and students at Westchester Community College, or through Feeding Westchester's Mobile Food Pantry. The produce is also used in nutrition workshops and recipe demonstrations.



HUNGER ON COLLEGE CAMPUS

According to a recent study by researchers at Temple University and Wisconsin Hope Lab, 36% of students on college campuses are hungry. Available student loans do not cover meal costs leaving students struggling to afford meals. Sadly, at a time when young adults are investing in their education and their future, they are too often distracted by hunger.

Thanks to your support, Feeding Westchester is helping to address hunger on college campuses in the county. We are partnering with Westchester Community College to add produce to their pantry by growing food in the garden, and to make ready-to-eat meals available through a student-made meal program. Hungry Pace University students will see their first Mobile Food Pantry in late September, and have access to fresh fruits and vegetables, dairy, meats and breads.



Hungry Pace University students will see their first Mobile Food Pantry in late September, and have access to fresh fruits and vegetables, dairy, meats and breads.

FRESH MARKETS DELIVER MORE FRESH PRODUCE

Your support helped bring fresh peaches, tomatoes, eggplants, lettuce, peppers and other fruits and vegetables to hungry children, families and seniors attending Fresh Market distributions in Mount Vernon, Yonkers, Mamaroneck and most recently, Port Chester! More than 1,300 children received fresh fruits and vegetables! Clients tell us again and again how grateful they are for the fresh produce which is otherwise hard to find or afford on stretched budgets.



SEPTEMBER IS HUNGER ACTION MONTH

Hunger Action Month is a nationwide awareness campaign encouraging people to fight hunger. We join voices, across our country, to raise

awareness of hunger in our communities, and to encourage more people, like you, to do what they can to fight hunger. Join our social media efforts, attend a Hunger Action Month event and help Paint Westchester Orange!

View our "30 days - 30 ways calendar" for how you can help raise hunger awareness by visiting: FeedingWestchester.Org/HAM2018 to get started!



CLIENT HIGHLIGHT: MEET JACQUELINE GARCIA



Meet Jacqueline Garcia, mom of 3-year-old son Valentin and a newborn daughter.

Jacqueline and her husband moved to Westchester in the last year, in search for better work opportunities for their growing family. Her husband quickly found work as a cook, and things started to look up. Unfortunately, things took a turn when he got hurt on the job, their already stretched budget grew thinner. When times grew tough, Jacqueline found hope in the mobile food pantry to help feed her children. “I’m thankful for Feeding Westchester, it helps provide us with healthy food options, by giving us more fruits and vegetables in our diet” says Jacqueline. Jacqueline looks forward to making new recipes with the variety of produce provided by Feeding Westchester and to finding work.

SAVE THE DATES 2018

MILES FOR MEALS - Sun, Sept 23: Join Feeding Westchester for our 2nd Annual Miles for Meals 5K Walk & Run for Hunger Relief during Hunger Action Month. (check out our website for info and to register)

AN EVENING IN GOOD TASTE - Thurs, Oct 18: Join us to celebrate 30 years of feeding Westchester. Guests will enjoy an extraordinary culinary experience of chef specialties from over 25 of Westchester’s best restaurants (check out our website for tickets)

#GIVINGTUESDAY COMMUNITY SCOOP-A-THON - Tues, Nov 27: Roll up your sleeves and help fight hunger. Join in a fun and friendly repack competition. Sign up as an individual or create a team.

