

# FALL 2019

NEWSLETTER

## Your Support Fuels Food Delivery

**You make the difference for families struggling to get by**

Five-year-old Michael and four-year-old Alex enjoy the fresh fruits from one of our Mobile Food Pantry distributions in Port Chester. On this day, the brothers, accompanied by mom, took home a bounty of fresh cherries, amongst other fresh fruits, vegetables and meat.

Michael and Alex's story is one that's all too familiar in Westchester County. Coming from a single income home, their father works jobs as a laborer while their mother looks after them. Michael and Alex's family is just a single example of this type of situation.

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With Mobile Food Pantry distributions throughout the week in all parts of the county, it's Feeding Westchester's goal to ensure families just like this one have access to good nutritious food



*Your gift puts smiles on the faces of children like Michael and Alex.*

so that they can live their best lives. The bright orange pantries on wheels, disguised as trucks, allow us to bring food where there's need, cutting down on travel time for those who need it most.

**Look inside for these stories!**

- See What You Did (2018-19 Highlights).
- It's green and orange and ready to roll—our newest delivery truck!
- An Evening in Good Taste: 30 local restaurants support hunger relief.



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 feed Westchester.

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914.923.1100

[FeedingWestchester.org](http://FeedingWestchester.org)

Donate online at:

[FeedingWestchester.org/donate](http://FeedingWestchester.org/donate)

For other ways to get involved:

[FeedingWestchester.org/take-action](http://FeedingWestchester.org/take-action)

Follow us on:



# LETTER FROM THE PRESIDENT



Dear Friends and Neighbors,

Thank you for your dedication to our mission to end hunger in Westchester. You have helped make sure children are getting proper nutrition in schools and at home. It is children like Michael and Alex, featured on the cover, who are able to get healthy meals, fresh produce and more because of your generosity.

Your continued support helps make positive change in our communities so that our neighbors in need can live their best, healthiest lives. For more ways to help, please check out our exciting upcoming events. We can't wait to see you there!

Sincerely,

*Leslie Gordon*  
Leslie Gordon  
President & CEO

## SEE WHAT YOU DID:

Highlights from July 2018–June 2019

Distribute **8.5 million** meals



**YOU HELPED US**



Share **65,161** kids backpacks

Recover **4.7 million** pounds of food



Teach **152** nutrition and food safety classes

Host **539** Mobile Food Pantry and Fresh Market distributions across the county

**Thank you for caring and sharing!**

# An Evening in Good Taste

Feeding Westchester is preparing to host its annual fall benefit, **An Evening in Good Taste!** This exciting walk-around event features a tasting dinner with an array of extraordinary culinary offerings and chef specialties. Guests will savor delicious bites from more than 30 of the county's best restaurants while showing their support for hunger relief in Westchester. The proceeds from this event help us provide nutritious food to hungry families in need throughout Westchester.



To learn more about An Evening in Good Taste visit [FeedingWestchester.org/aeigt](http://FeedingWestchester.org/aeigt).

## We're On a Roll—Thanks to Your Support!



The newest addition to Feeding Westchester's fleet of delivery trucks.

What's green, orange, and is ready to serve Westchester County? That would be our newest delivery truck. Made possible by two generous donors, the newest addition to our fleet will help us with our operations of sourcing and delivering food to our different programs such as the Mobile Food Pantry and Fresh Market distributions.

SAVE  
THE  
DATES

### 4 great ways to help feed Westchester!

**1. Miles for Meals 5K Walk & Run**

Sunday, September 22

Walk or run to help raise awareness and funds to fight hunger in Westchester and enjoy games, food, music and vendor booths.

**2. An Evening in Good Taste**

Thursday, October 24

Celebrated chefs come together to create an extraordinary culinary experience. Sample delectable bites, sip specialty cocktails and partake in a silent auction while supporting our mission.

Learn more at [FeedingWestchester.org/events](http://FeedingWestchester.org/events)

**3. Holiday Hop Pack-A-Thon**

Thursday, November 7

Corporate teams compete to pack the most food to distribute in time for Thanksgiving and win the trophy at our festive reception. Each \$2k donation per team of 10 helps provide 8,000 meals.

**4. Giving Tuesday Community Scoop-A-Thon**

Tuesday, December 3

Community groups come together to compete in this annual food packing event. Each team of 10 will race to package critical items for families. The team that packs the most pounds of food wins the Community Scoop Award and will join us at our Hunger Heroes Awards Breakfast.

# WHAT'S COOKING



## Avocado Toast

- 1 avocado, ripe
  - 1/8 teaspoon chopped garlic
  - 1/4 teaspoon cilantro
  - 1 tablespoon chopped onion
  - 2 slices of bread, toasted
  - Salt
  - Pepper
  - Optional: 2 eggs
  - Optional: cooking spray
- Mash the avocado in a small bowl and season with salt and pepper.
- Mix in chopped onion, cilantro and garlic.
- Heat a small (nonstick) skillet over low heat, spray with oil and gently crack the eggs into the skillet. Cover and cook to your liking. **Tip: Over easy or sunny side up are some of our favorites for this recipe!**
- Place avocado mash over toast, top with egg, salt and pepper if desired.
- Enjoy!

Follow this recipe along with our video available at [FeedingWestchester.org/toast](https://FeedingWestchester.org/toast)

INGREDIENTS

DIRECTIONS

# Hunger Doesn't Stop In the Summer



Thank you for helping close the meal gap for hungry Westchester County kids.

This year's Summer Feeding Program was our most successful yet. In the past, our goal has been to deliver 2,000 bags to 500 children but this year we tripled that, delivering close to 6,000 bags to 1,500 children. Additionally, cases of fresh fruit accompanied bag distributions to complement the prepacked dry goods.

# Hunger Heroes to the Rescue for Kids!

For many children in Westchester County, no school means no food. In the summer months, some kids show up to places like camp or their local YMCA without lunch. Enter our hunger heroes, the Greenburgh Police Officers and teenage members of the Town of Greenburgh Police Department Youth Program. They joined forces with Feeding Westchester to pack thousands of bags of child-friendly meals to distribute to summer programs throughout the county. Thank you for helping us feed Westchester!



Greenburgh teens packing meals for kids.



## GO ORANGE THIS SEPTEMBER FOR HUNGER ACTION MONTH!

One in 5 people in Westchester County are food insecure and need our help, including children, seniors and families. **Go Orange** with us to raise awareness and provide food for our neighbors in need during the Miles for Meals 5K Walk & Run! Enjoy a fun-filled day of family activities, food and more. Can't make it?

You can still help by registering as a virtual walker or creating your own fundraising page at:

[FeedingWestchester.org/event/miles4meals](https://FeedingWestchester.org/event/miles4meals)

Take a bite out of hunger by eating at participating **Eating for Orange** restaurants and shops. Restaurants from Yonkers to Chappaqua and beyond participate by selecting an orange dish for September. Help by snapping a photo of your dish and posting it to social media! For every photo at a participating restaurant, IntoxiKate's Kate Schlientz will donate \$1 up to \$500. Simply tag @FeedingWestchester and @IntoxiKateFoodie. Find a list of participating restaurants at:

[intoxikate.com/eatingfororange](https://intoxikate.com/eatingfororange)