

# The Bread Box

Spring 2019 Newsletter

Providing  
Healthy  
Alternatives  
for Our  
Neighbors  
in Need

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Second Harvest

**Food Bank**  
of Northwest Pennsylvania

MEMBER OF  
**FEEDING  
AMERICA**

# Increasing Produce

Second Harvest has a core objective to improve access to food for all food insecure individuals in northwest Pennsylvania. A key strategy to achieve this is to ensure that people have access to quality, nutritious food, including fresh produce.

Our Food Sourcing Coordinator works to acquire the best, fresh produce through three main strategies:

- *Feeding America's connections to national and international produce distributors* - We obtain imported produce, such as mangoes and watermelons, through the Mid-Atlantic Regional Produce Cooperative (MARC) when the market is flooded or loads are rejected by traditional retail outlets. As of February 1st, Second Harvest has committed to receiving and distributing a full truck load of MARC produce each week.
- *Relationships with local growers who make crop donations* - Mobilia's Fruit Farm in Northeast plants a garden with produce specifically to be donated to Second Harvest each year. Vanco Farms in Girard consistently donates surplus corn and squash to us at the end of their harvest.
- *Retail donation program* - Grocery store partners including Walmart, Wegmans, Tops, Aldi and Giant Eagle help Second Harvest save nutritious foods such as fruits and vegetables from waste streams and provide those foods to our neighbors in need.

"Encouraging healthy choices is a priority for us as a food bank," says Karen Seggi, Executive Director. "One way we do that is by finding as many ways as possible to make fresh, nutritious produce available to our neighbors who may otherwise not have access to it."



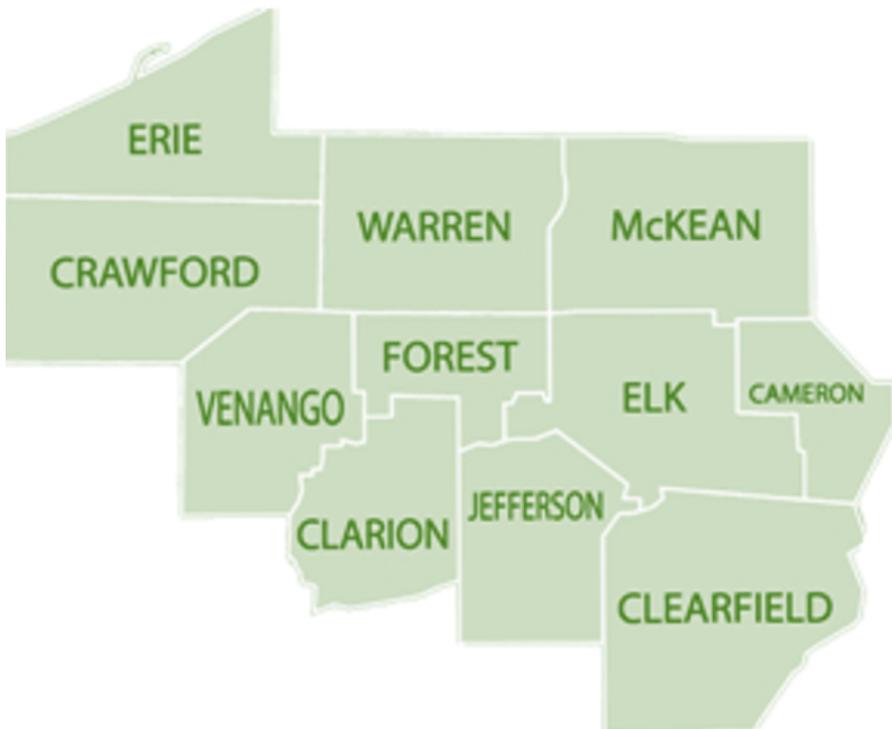


# The Great American Milk Drive

Milk is a nutrient powerhouse – providing nine essential nutrients, including eight grams of high-quality protein per serving – and is the top food source of three of the nutrients most likely to be missing from kids’ diets: calcium, vitamin D and potassium.

More than 3,500 gallons of milk – that’s over 56,000 servings – were delivered to Second Harvest clients between the months of October and January thanks to a generous donation from The Great American Milk Drive.

The \$9,500 contribution was put to work providing milk at agencies, Military Share mobile distributions and Produce Express mobile distributions across Second Harvest’s service area. This donation joins a commitment from Second Harvest to continue to increase the amount of milk delivered to people in need. The Great American Milk Drive is a national fundraiser that helps Feeding America provide its network of 200 food banks and 60,000 food pantries and meal programs with nutrient-rich milk. Thanks to the generosity of donors across the country, The Great American Milk Drive has delivered more than 1 million gallons of milk to food banks across the country since 2014.



## Northwest Pennsylvania



56,000+  
SERVINGS DONATED



3,600  
INDIVIDUALS SERVED



THROUGHOUT  
9 counties

# THANKYOU!

Each Friday at 35 schools in northwest Pennsylvania, more than 2,400 students receive BackPacks of food that may contain a box of cereal, two cans of soup, two cans pasta and a box of rice crispy treats. These food items help these students through their weekends when their free or reduced breakfasts and lunches are not available.

Now - thanks to a generous contribution from GEICO Philanthropic Foundation - up to 4,000 additional BackPacks will be provided to children as part of their matching gift to Second Harvest's Child Feeding Program appeal.

GEICO recently provided a \$15,000 matching gift to incentivize donors to contribute to Second Harvest and help feed children in northwest Pennsylvania. This donation reaches children through both the Backpack Program and also School Pantry Program which both continue to grow throughout our service area.

Second Harvest is grateful to GEICO and the GEICO Cares campaign, which is the next chapter in the evolution of GEICO's longstanding commitment to local communities. Thousands of children within northwest Pennsylvania have benefited from GEICO's extraordinary generosity. Since their first gift in 2009, GEICO has contributed enough to provide more than 37,000 BackPacks to students in need. We are grateful to GEICO for this incredible investment to help the most vulnerable population we serve.





*Collegiate Academy School Pantry*

## *Program Insight:*

### *Administrators Hope New School Pantries in the Erie School District Will Impact Students Both Inside and Outside the Classroom*

Studies tell us that children who face hunger are often more sick than their peers, have more difficulty learning and often experience more behavioral issues. An educator for more than 20 years, Dana Gilmore has seen this first hand. As the current Dean of the Visual and Performing Arts Magnet School at Northwest Pennsylvania Collegiate Academy, Gilmore says it's easy to see that many of his students have come from tough economic backgrounds.

"When I was at Diehl Elementary School years ago, it was wonderful to see the impact that the Backpack Program had on students that were facing difficult times," Gilmore recalls. "As teachers we know that it's important to support our students in every way possible, not just academically. So when we were presented with the opportunity to support our students and their families through the School Pantry Program, everyone was on board right away."

New School Pantries launched on March 1st at Collegiate Academy, Erie High School, East Middle School, Wilson Middle School and Emerson Gridley School.

Second Harvest is grateful to partner with these schools as we work together to ensure that all families throughout northwest Pennsylvania have access to an adequate supply of wholesome, nutritious food. "Providing proper nutrition to students over weekends will help to prepare them for success both inside and outside the classroom.," says Assistant Superintendent Bea Habursky We are proud to support this goal of our Erie School District educators.

# Volunteer Spotlight:

## *Veterans Supporting Veterans*

Once a month, nearly 100 local veteran and military families receive fresh produce, fresh milk, one dozen eggs, cheese and a box of shelf-stable pantry staples at the Second Harvest Military Share distribution at the Erie Veterans Affairs Medical Center. Throughout 2018, this distribution provided nearly 35,000 meals to families with at least one member who has served or is serving in the armed forces.

In addition to food and monetary donations from our network of supporters, this distribution relies heavily on the dedication of volunteers, many of whom are veterans themselves. In 2018, these generous community members donated nearly 4,000 hours of their time to support other military families in our area that are facing difficult times.

"Our volunteers are focused on helping veterans in need," says Brian Woodward of VFW Post 740. "Some of the volunteers are veterans and some are not, but we all recognize the importance of giving back to those who have served on our behalf."

Volunteers are vital to our mission of alleviating hunger in our region. Thank you to the loyal volunteers of the Second Harvest Military Share distribution at the Erie VA Medical Center who have made this program such a success!



*Pictured are volunteers from VFW Post 740, VFW Post 740 - Motorcycle Riders Group, American Legion Post 742 - Legion Riders and the Combat Veterans Motorcycle Association Chapter 22-8.*

# Full Plate Society



The Full Plate Society is Second Harvest's planned giving program. By supporting the Full Plate Society, you ensure that tomorrow's families in need in northwest Pennsylvania will not go hungry. A planned gift is especially meaningful because it provides long-term support that strengthens our ability to meet future challenges in our efforts against hunger. In becoming a member of the Full Plate Society, you will make a lasting gift and provide nutritious food for families who would otherwise struggle to put meals on the table.

Making a planned gift as part of a bequest to Second Harvest requires minor updates to your documentation. Consider adding the following language to your will:

"I give, devise and bequeath to the Second Harvest Food Bank of Northwest Pennsylvania, a 501(c)(3) organization (EIN 25-1405798) located in Erie, Pennsylvania, the sum of \$\_\_\_\_\_ (or a description of a specific asset), for the benefit of Second Harvest and its general purposes."

Once you have updated your arrangements, simply contact Zachary Webb at (814) 459-3663 x 114, or email [zwebb@nwpafoodbank.org](mailto:zwebb@nwpafoodbank.org). You will join other generous donors as part of the Full Plate Society.

*Please note that Second Harvest, does not provide legal, tax or financial advice. Please consult with your attorney, accountant, financial planner or other professional advisors regarding your estate plans.*

## Perspective

Every day at Second Harvest we hear stories of people who are in need. Some families make arrangements with their landlords to pay rent a little later than usual so they can buy groceries. Other families reach out to their utility companies and request extensions so their budget will stretch a little further. Many individuals are in their most difficult times and have already exhausted the help of their friends and family members. In January, each of these stories of need were heard at Second Harvest but from an unlikely group: federal employees.

As the federal shutdown continued, Second Harvest worked to provide food to families that were directly affected by government closures. In late January, dozens of federal workers and their families visited Second Harvest to receive food. These individuals represented agencies including the Internal Revenue Service, the Transportation Security Administration, the U.S. Coast Guard and U.S. Border Patrol.

The shutdown helped to shine a light on the unfortunate reality that Second Harvest sees each day. There is no stereotypical "hungry person." Families from every type of background are living paycheck to paycheck, and a single crisis can lead them to a place where they are in need of the most basic necessity, food.

Whether you are a federal employee during a shutdown, a college student facing the rising costs of education, a single parent struggling financially or a veteran who needs a helping hand, you can rely on Second Harvest to fulfill its mission of providing food to those in need in northwest Pennsylvania.

We do not know what challenges the future will bring. What we do know is that with the help of our food donors, financial supporters and volunteers, Second Harvest is positioned to help provide for our neighbors in need. We are grateful to you for supporting our mission. We hope that you will continue to partner with us as we work to alleviate hunger, spread awareness and educate the community on the realities of hunger.

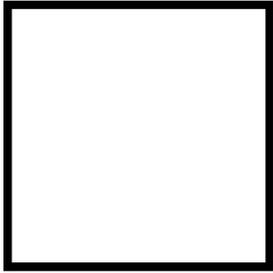
Gratefully,

Karen. S. Seggi  
Executive Director





*Second Harvest*  
**Food Bank**  
*of Northwest Pennsylvania*



1507 Grimm Drive  
 Erie PA 16501



Mr. & Mrs. Seed Mailing  
 Title  
 Company  
 1234 Direct Mail Lane  
 Mailing USA 123456

*Our mission* is to provide food to those in need throughout eleven counties of northwest Pennsylvania while creating awareness and educating the community on the realities of hunger.

# Get Involved

For more event details, visit our Community Events page at [nwpafoodbank.org](http://nwpafoodbank.org) or call 814-459-3663 x 113.



### Walmart's Fight Hunger. Spark Change.

*April - May 2019*

Fight Hunger, Spark Change is a nationwide initiative encouraging the public to join the fight against hunger. Local Walmarts in our service area will offer three easy ways to take action: through social media, online and in-store participation.



### West Advisory Shred Day at Second Harvest

*April 24, 2019*

Join West Advisory and Shred-Rite to shred your important, personal documents for free with a monetary or nonperishable donation for Second Harvest. Contact Andrea at [avelez@nwpafoodbak.org](mailto:avelez@nwpafoodbak.org) for more information.



### National Association of Letter Carrier's Food Drive

*May 11, 2019*

Join letter carriers throughout northwest PA to Stamp Out Hunger! Communities are asked to donate money or nonperishable food items in a sturdy bag in or by their mailboxes early in the morning. Local letter carriers and volunteers will collect these donations throughout the day.

### Highmark Walk for a Healthy Community

*June 1, 2019*

The Highmark Walk for a Healthy Community will take place at Presque Isle State Park. Walkers register online to support Second Harvest's mission to provide food for our neighbors in need. For more information visit [www.walkforahealthycommunity.org](http://www.walkforahealthycommunity.org) or email Andrea at [avelez@nwpafoodbank.org](mailto:avelez@nwpafoodbank.org).

