



## September is Hunger Action Month!

You can make your voice heard in many ways:

- "Like" the Harry Chapin Food Bank on Facebook.
- Share a hunger food fact with your social networks.
- Talk to friends about food needs in our community.
- Tour the Food Bank...and then volunteer!
- Go to [harrychapinfoodbank.org](http://harrychapinfoodbank.org) to donate now!

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Newsletter — Summer 2013

## Mobile Pantries Give Kids, Families, Seniors Food to Survive Long Summer

Two mobile pantry trucks will see a lot of action this summer, as the Harry Chapin Food Bank faces the season's triple threat:

1. With limited school lunch and break-

fast programs, many parents can't provide 10 meals for their children each week.

2. Summer means a spike in seasonal unemployment in Southwest Florida, leaving more families with less money for food.

3. With less local produce available, the Food Bank must spend more money trucking in food from out of state.

The mobile pantries are riding to the rescue (nearly daily), and not just for kids and families, but for seniors, too. Generous sponsors include: **Naples Children & Education Foundation**, founders of the Naples Winter Wine Festival (24 distributions, in summer and beyond); **United Way** and **Junior League of Fort Myers** (10); **Audi Fort Myers** (2); **Banks**



Mobile pantry distributes food to families at St. Vincent de Paul in Charlotte County.

**Engineering** (1); and a group of women lawyers in Lee and Collier counties (1).

Each mobile pantry truck can feed up to 300 families with the 10,000 to 12,000

*Continued on page 4*

### Letter Carriers' Food Drive Collects The Poundage...



The numbers are in! The 21st Letter Carriers' Food Drive to "Stamp Out Hunger" collected 330,125 pounds of food for Lee County and 294,000 pounds for Collier County. The Food Bank thanks our generous friends!

### ...While Walmart Delivers the Dollars

Thanks to an outpouring of social media support, the Food Bank received a \$45,000 grant from Walmart through its web challenge!

## Seniors Turn to Food Bank Partner Agencies

On May 29, Friendship Health Clinic in Naples hosted a Harry Chapin Food Bank senior mobile pantry (photo). It is the first of five senior pantries scheduled in Lee and Collier counties and underwritten through a \$10,000 grant from The League Club. A few seniors shared their stories:

**Estila:** The 73-year-old lives in low-income housing in Naples on just \$710 in monthly Social Security payments, which pay for rent and medicine. At the mobile pantry, she received three bags of fresh vegetables, chicken, and ce-

real. She planned to repackage and freeze the food to get her through the next few weeks. "It's a tremendous help," she said.

**Meery:** This 87-year-old Naples resident heard about the distribution at the Golden Gate Community Center, where she goes to socialize and to eat meals a few times a week. Until recently, she had

not asked for this kind of assistance. The four bags of fresh onions, carrots, sweet potatoes, green peppers, zucchini and frozen chicken she received are helping her make ends meet.



For every \$1 donation, the Food Bank can source and distribute \$6 worth of food! Please give generously...



3760 Fowler St.,  
Fort Myers, Florida 33901  
2221 Corporation Blvd.  
Naples, Florida 34109  
Phone: (239) 334-7007

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

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## Count the Ways Local Companies WCI, Target and Marriott Help the Food Bank

**1** WCI Communities has reprised two great programs to support the Food Bank. Teaming with the United Way, WCI hosted its 3rd annual WCI Building the Fight Against Hunger event, with 660 volunteers packing 375,000 meals for local children. It followed that blockbuster with its summer golf promotion. For a donation of \$100, WCI offers a complimentary foursome of golf (including cart fee) at a participating WCI golf course, through September 15. **(Find out more at [www.wcigolf.com/harrychapin](http://www.wcigolf.com/harrychapin))**

**2** Two volunteer groups — a total of 29 associates — from various Target stores in Lee County spent a morning and an afternoon in May

packing produce at the Food Bank warehouse.

**3** Every year Marriott International honors its associates, and "Spirit to Serve" is a main feature of the celebratory week in May. This year, 72 employees at the **Marco Island Marriott Beach Resort, Golf Club & Spa** packed meals, sorted food and presented the Food Bank with \$2,500 from first-quarter fundraisers.

**Find out how your company can make a difference, too! Contact Bedzaida Bryen at 334-7007, x141.**

### A Big 'Thank You' To Our Outgoing Board Members

Please join the Harry Chapin Food Bank in thanking three departing board members for their many contributions and years of service:

- **Alexander "Sandy" Robinson**, president, Northern Trust Bank, who has served as treasurer and Hunger Walk co-chair at various times over a span of six years.
- **Karen Pati**, category development manager, Chiquita Brands/ Fresh Express, who contributed three years to the Food Bank.
- **Keith Scoggins, Jr.**, attorney for Farm Credit Services, whose six years of service included the role of chair of the governance and nominating committee.

### Grants and Donations

Fred and Jean Allegretti  
Foundation: \$15,000

Boston Red Sox  
Foundation: \$2,500

Naples United Church of  
Christ: \$3,592

Southwest Florida Corvette  
Club: \$2,000

Southwest Florida & Lee County  
Fair Association: \$5,154

### Connect with the Food Bank...

[www.facebook.com/HarryChapinFoodBank](http://www.facebook.com/HarryChapinFoodBank)  
[www.twitter.com/HCFBSWFL](http://www.twitter.com/HCFBSWFL)  
[www.youtube.com/harrychapinfoodbank](http://www.youtube.com/harrychapinfoodbank)  
[www.linkedin.com/in/hcfbswfl](http://www.linkedin.com/in/hcfbswfl)  
[www.pinterest.com/hcfbswfl/](http://www.pinterest.com/hcfbswfl/)



Scan this QR code on your smartphone to go right to the Food Bank!

**Our Mission...**To overcome hunger in Charlotte, Collier, Glades, Hendry, and Lee counties through education and by working in a cooperative effort with affiliated agencies in the procurement and distribution of food, equitably and without discrimination.



Partner Agency



Find the Food Bank on Facebook

A member of



## Good Nutrition Improves Learning As It Counters Childhood Obesity

Children aren't born with healthy eating habits. These are learned behaviors. And the earlier they are taught, the better.

It's a lesson our country is learning the hard way. And while September is Childhood Obesity Awareness Month, our awareness of the critical need to "eat right" has no time limit.

Children of all ages (even prenatal) and socioeconomic levels are at-risk for poor nutrition. Those who are hungry or undernourished have more difficulty fighting infection, so they are more likely to become sick, miss school, and fall behind in class.

Childhood obesity compounds the problem. The number of adolescents who are overweight has tripled since 1980 and doubled among younger children. Too many have diets too high in fat, sugar and sodium, and too little physical activity.

Research shows that the link between

nutrition and learning runs through all of a child's school years. Good nutrition — starting with whole-grain breads/cereals and fruits for breakfast — improves memory, alertness, and information processing.

Our community is taking action. "The consumption of healthy foods helps to support students' physical growth, brain development, resistance to disease, emotional stability, and ability to learn," said Francine Eufemia, Ed.D., principal of **Avalon Elementary School**.

The school's food pantry is one of the ways to support the nutrition and wellness goals of the Collier County School District, and alleviate food insecurity for many local families.

"We could not be more grateful to the North Naples United Methodist Church and Harry Chapin Food Bank for making the pantry happen," she said.



**The Harry Chapin Food Bank is the highest ranked charity in Florida and among the top 11 charities in the U.S. for accountability and transparency, according to Charity Navigator. Its 4-star rating of the Food Bank means you can donate with confidence!**

Find more photos online at [www.harrychapinfoodbank.org](http://www.harrychapinfoodbank.org)

## Volunteers Extend an Important Helping Hand

She's from Detroit. He's from Elgin, Illinois. She worked for Florida Marine Patrol, then volunteered while a stay-at-home mom. He worked for the Fort Myers Fire Department for 30 years.

Today, among many activities, **Janice and Mike Williams** train search and rescue dogs, and Mike teaches aikido classes. But they both make time to volunteer Wednesday mornings at the Harry Chapin Food Bank because it's that important.

"While we have a lot of fun sorting food with a great crew," she said, "it's a chance to help so many people who, through no

fault of their own, can use a hand right now." *You, too, can have fun and do good by volunteering. Call 334-7007, x141.*



Janice and Mike Williams sort food at the Food Bank warehouse.

## Publix 'Food for All' Program Donates \$27,300



Representatives of Publix Super Markets handed Food Bank CEO and president Al Brislain (center) a check for \$27,300 through its FOOD FOR ALL program, part of the Food Industry Crusade Against Hunger (FICAH).

## Golf Classic at Grandeza Scores \$58,000!



More than 100 golfers participated in the 3rd annual Harry Chapin Golf Classic at The Club at Grandeza in Estero, raising a whopping \$58,000 in May.

## Dollars Come in From Area Fundraisers

- The **Alpha Gamma Nu Sorority** at Herons Glen, North Fort Myers, presented the Food Bank with a check for \$1,000 from the Tour of Homes.
- **The Mosaic Company** contributed \$13,500 to the Food Bank, \$500 for every spring training home run hit by the Tampa Bay Rays (a total of 23!).

Help us grow next year's WINK News Feeds Families Hunger Walk by joining the Planning Committee! Call Marta Hodson at 334-7007, x132.

# Pantry Work 'Transforming' for Congregation At Tice United Methodist Church

More than a third of the congregation at **Tice United Methodist Church** comes out each Wednesday to help with its food pantry. For the 40 volunteers — teenagers to octogenarians — the work over six hours is “transforming,” said Pastor Cherie Chapman.

The pantry’s mission expanded exponentially after the recession four years ago. In just 35 minutes on a recent Wednesday, the pantry served more than 90 families living in the two area ZIP codes of 33905 and 33907. And with its commercial refrigerator and freezer, the pantry can distribute fresh

meat and produce provided by the Harry Chapin Food Bank.

“We are so thankful to partner with the Food Bank,” Pastor Chapman said, “and especially on mobile pantries.” With 98 percent of local children on free breakfast and lunch at school, a mobile pantry can feed 300 families in less than two hours. “We’ve had three so far this year, and they make such a difference in the lives of these people,” she added.



State Sen. Lizbeth Benacquisto (right) joins Mary, a church volunteer, at a mobile pantry sponsored by Tice United Methodist Church.

## Mobile Pantries Help to Survive Summer...

*Continued from page 1*

pounds of food it carries. “Many of these distributions are held in communities where access to perishable foods — fresh produce, deli, dairy — is limited at best.” said Chris Robinson, food resourcing manager. “To bring fresh, nutritious foods to families, children, and seniors who oth-

erwise may not be able to secure them is something we feel very good about.”

Seniors often choose between buying medication or food. So they were very grateful for the mobile pantry at **Senior Friendship Center’s Senior Health Clinic** in Naples (see “Seniors,” page 1). “One woman caring for an 85-year-old Alzheimer’s patient called it ‘a lifesaver that will feed us for two weeks or more,’” said Betty Gamel, the center’s director.

**With a planned gift to the Harry Chapin Food Bank, you combine your desire to give to charity with your overall financial, tax, and estate planning goals — fighting hunger and feeding hope for now and for years to come! Call Tom Brown at (239) 334-7007 x124.**

**Summer Volunteers!**  
Our snowbird friends have gone, but our work goes on.  
Call 334-7007 to help!

Nonprofit Org.  
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**The Harry Chapin Food Bank**  
of Southwest Florida  
3760 Fowler Street  
Fort Myers, Florida 33901