



Collier Gets Ready for Empty Bowls

Naples Empty Bowls returns to Cambier Park on January 26th! More than 2,000 bowls are being created by area students and artists. Buy a bowl for \$10, and fill it with delicious soup from participating restaurants. For more information, call 334-7007.

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Ribbon-Cutting at Collier Warehouse

The new Harry Chapin Food Bank warehouse at Meals of Hope in Collier County celebrated its grand opening on September 25th with a ribbon-cutting ceremony.

School-based Programs Feed Hungry Children, Families

It's a harrowing statistic: **Nearly 20 percent of children in Florida are hungry or missing meals.** The fastest way to reach them is through their schools, where a host of programs are providing the food children need to learn and grow.

The national school breakfast and lunch programs are further supplemented by "Fresh for Florida Kids" (www.freshforfloridakids.com). This Florida Department of Agriculture and Consumer Services program is helping school cafeterias meet new federal nutrition standards for meals that are healthy and balanced.

More in-school pantries are opening to ensure that children and families at risk receive much-needed help over weekends. St. Vincent de Paul Church in Fort Myers recently opened its second

satellite pantry at Manatee Elementary (its first was at Orange River Elementary). It is proving to be much more effective than the backpack program it replaced.

The pantry is serving 220 families/1,100 people weekly (compared to 225 children previously), delivers an average of 10 pounds (double the former amount),

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Anti-Hunger Programs at Risk As Farm Bill Remains on Hold

Vital anti-hunger programs — led by the Supplemental Nutrition Assistance Program (SNAP) — received continuation funding through March 2013 when Congress finished its session last September without enacting the Farm Bill. But these programs face harmful policy changes, said Lisa Davis, vice president of public policy at Feeding America, as the federal government seeks to avoid the "fiscal cliff" of expiring tax cuts and automatic spending cuts.

How can you help protect these programs? **Know the facts, talk with elected officials and mobilize with others.** (Click on "Take Action" at feedingamerica.org.)

- 76 percent of SNAP households include a child, an elderly person, or a disabled person. These vulnerable households receive 84 percent of all SNAP benefits.

- Nearly 47 percent of SNAP participants are children.

- As the number of unemployed people increased 94 percent from 2007 to 2011, SNAP responded with a 70 percent increase in participation. It was one of the most effective safety net programs during the recent recession.

- Nationwide, the SNAP fraud rate is at a historic low of less than 1 percent of all cases. That means, for every allegation of SNAP fraud, there are 100 stories of heartbreaking need.

Food Bank Celebrates 30 Years of Service!
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All About Planned Giving
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WINK News Feeds Families Hunger Walk Needs You NOW!

WINK News Feeds Families Hunger Walk is aiming to break last year's \$310,000 mark, but we can't do it without you! There is still time to sign on as sponsors or walkers, or just make a pledge, but January 19th will be here before you know it. Circle the date and

get to Miromar Outlets in Estero for a fun morning that supports those in need in our community.



Go to harrychapinfoodbank.org now!

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

Celebrating 30 Years Serving Southwest Florida ...One Day at a Time



KEY MILESTONES

1983: The Lee County Food Cooperative forms to distribute commodities.

1985: It becomes the Southwest Florida Food Bank.

1994: Sandy Chapin, the widow of singer-songwriter-humanitarian Harry Chapin – a tireless fighter against hunger – allows the Food Bank to incorporate his name. Harry's family and original band continue to help the Harry Chapin Food Bank to this day.

1997: The Food Bank outgrows the former meat processing plant it purchased in 1994, leasing an additional 20,000 square feet of space off site.

2009: The Food Bank moves into its present 48,000-square-foot warehouse and offices, subsequently adding refrigeration, freezer space, and several refrigerated trucks.

2009: WINK News Feeds Families Hunger Walk debuts, raising \$50,000. Four years later, it raises \$310,000!

2012: In FY2011-2012, the Food Bank distributes 15 million pounds of food in its five-county service area – two-and-a-half times the 6 million pounds of food distributed in FY2008-2009!



More and more fresh produce, fruit and meat from generous partners stream into the refrigerated rooms at the Food Bank.



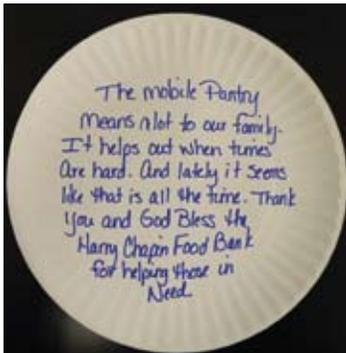
Cartons of food are transported quickly and efficiently through the warehouse.



WINK News Feeds Families Hunger Walk is the Food Bank's signature fundraising event.



A child and her family receive food assistance during a mobile pantry distribution.



A grateful client thanks the Food Bank for its help.



Volunteers are trained to safely handle the fresh foods that move through the warehouse.

To learn more about the history of the Harry Chapin Food Bank, scan this QR code...



Volunteers load boxes of food bound from the Food Bank warehouse to partner agencies.

**We couldn't help those in need without you...volunteers, donors and friends.
THANK YOU FOR YOUR CONTINUING SUPPORT!**

Create Your Legacy...



No gift has a more lasting impact, or gives more personal satisfaction and joy, than a bequest or gift from your estate!

...at the Harry Chapin Food Bank

Planned giving enables us to give permanent expression to our passions. Imagine how much good could be done if each one of us remembered the **Harry Chapin Food Bank** in our will or estate plan? The impact would be immeasurable!

With a planned gift you make an important decision to include a future gift to the Food Bank in your financial or estate plans. You establish a personal legacy that makes a real impact, and you receive lasting satisfaction.

You don't have to be wealthy to make a gift. Gifts can be tailored to fit most any financial circumstance. Many gift arrangements may also provide significant tax benefits.

Your gift can be of any size and virtually any asset and you may specify whether it should be used for charitable purposes as determined by the Harry Chapin Food Bank's Board of Directors or whether it should remain in an endowment for perpetuity, with return from investment used for annual support.

How we can help you: Although we cannot give legal advice, we can help you develop giving strategies that will bring maximum benefits when you make a gift.

We can show you how to:

- Take advantage of **favorable tax laws** that could help decrease your income taxes or eliminate capital gains taxes.
- Help you **find an advisor** or work with your current advisor to help you meet your objectives.
- Get more out of **your assets** — from homes and land to stocks and bonds — by using them in special gift arrangements.

Your ongoing support is important to the success of the Harry Chapin Food Bank today. We invite you to continue your legacy by making arrangements for a planned gift to continue your caring and compassion for generations to come.

"We value having an impact on our community every day of our lives. Knowing that our contributions will continue to do so in the future through our Planned Gift to the Harry Chapin Food Bank is comforting. How could you not, if you can?"

— Jo Anna and Wilson Bradshaw

If you would like additional information or have any questions, please call Tom Brown, director of planned giving, (239) 334-7007 x124.

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FGCU Finds Need for On-campus Pantry

Last year, the FGCU Cares team raised \$32,000 for the WINK News Hunger Walk Feeds Families. Still, Jo Anna Bradshaw, the First Lady of Florida Gulf Coast University and Harry Chapin Food Bank chairperson, was hearing too many stories of students going without meals.

“We were doing so much for the community,” she asked, “but what were we doing for our own students?” More than 900 responded to a survey that there was, indeed, food insecurity on campus.

A steering committee quickly came together, comprising staff, faculty and students, followed by research into pantries at other colleges. By August, an on-campus pantry had opened its doors.

As part of the FGCU Foundation, the pantry became a partner agency with the Food Bank. So far it has served 239 students. The “choice” pantry — clients can select 10 pounds of food they want once a

week — is managed by student volunteers, school staff and Bradshaw, and is open for two-hour shifts three days a week. Student organizations are holding events that collect food; 900 pounds of food donated during a recent week supplemented 500 pounds of food from the Food Bank.

“Our students are trying to make a better life for themselves,” Bradshaw noted. “The pantry is an emergency source when they need help.”

Miranda Joins Food Bank As Grant Writer

Grants are an important source of funding for organizations like the Harry Chapin Food Bank. Yet most awards are one-time disbursements. For the Food Bank’s new grant writer, Catherine Miranda, that means

“you’re starting from zero each year.”



As a grants manager for two counties in New Jersey, Miranda obtained and distributed about \$5 million in competitive grant awards to 24 agencies that

cared for 2,000 people living with HIV. She has visited Southwest Florida since the 1980s, when members of her family moved here. Miranda and her two children decided five months ago to stay. And she made sure to bring along her flute, which she has been playing for 30 years!

Grants and Donations

The Fred & Jean Allegretti
Foundation: \$15,000

Collier County Bar
Association: \$3,000

The Richard & Natalie Jacoff
Foundation: \$10,000

Southwest Florida Community
Foundation: \$20,000

Target: \$4,500

Walmart: \$60,000

Connect with the Food Bank...

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www.twitter.com/HCFBSWFL

www.youtube.com/harrychapinfoodbank

www.linkedin.com/in/hcfbswfl

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



The Challenge: 'A Week On Food Stamps'

Could you or your family face up to spending a week on food stamps?

Steve Popper, president of Meals of Hope, and Katie Schweikhardt, Collier County food coordinator and director of programs at the Harry Chapin Food Bank, took the "Food Stamp Challenge" and blogged about it for the *Naples Daily News*. Schweikhardt even received a "thank you" from former U.S. Sen. Bob Dole, who has been honored for his anti-hunger commitment. Here are excerpts:

Day 1, Schweikhardt: I purchased a little over \$33 of food including bagels, peanut butter, broccoli, grapes, rice and eggs. If nothing else, I am learning proper portion sizes. Who knew that a little box of spaghetti served seven people?

Day 2, Popper: Breakfast was toast, peanut butter and a cup of tea. Lunch was an egg salad sandwich. For dinner I cooked

up a third of a box of pasta and a can of beef stew. I think the Food Stamp Challenge is something I can do. But it is not fun.

Day 3, Schweikhardt: Can a person survive on \$34.89 for a week? Probably. However, it is a monotonous existence and does not allow for life's little pleasures.

Day 3, Popper: I bought lettuce, frozen vegetables, corn and ground meat. I am really looking forward to eating dinner not out of a box or can! But millions of people are making compromises every day with their choices of food. Many are working harder and earning less, or not working at all.

Day 4, Popper: It is 8:30 p.m. and I am only now getting ready for dinner. Think of single parents who had to take care of the kids, feed them, get them off to school, supervise homework, prepare dinner, get them ready for bed, and then find time for themselves. Now imagine doing all that when you are hungry.

Day 5, Schweikhardt: I attended a luncheon but did not eat because the rules of the challenge state that I cannot eat food I did not purchase. However, there are seniors in our country who skip meals regularly.

Day 6, Schweikhardt: Steve and I approached the challenge differently. He lived on food from the dollar store, not much fresh produce, and he shopped for food daily. I shopped once and tried to buy healthy foods. What I have learned is that this is challenging no matter how one tries to outsmart it.

Read more at www.naplesnews.com.

76,131 Pounds of Food From LeeTran and Publix!



The 4th annual "Fill Our Fleet and Feed the Hungry" event by LeeTran and Publix brought in 76,131 pounds of food and \$3,145 in cash.

Events Bring in Food, Funds to Food Bank

- WGPU and Walmart's "Feed Public Radio...Feed a Family" campaign brought in \$16,000!
- Aviation Day at Page Field raised \$1,383 and 2,397 pounds of food.
- When students in Lee County schools purchased a Kellogg's menu item October 22-26, Kellogg's donated a bowl of cereal to the Harry Chapin Food Bank — a total of 9,600 bowls to date!
- The 5th Annual Lee Empty Bowls event raised \$11,000.
- Rotary Club Fort Myers' Italian Fest brought in \$24,000.
- This year's Thanksgiving Turkey Drive delivered 11,500 birds!

Plus, many thanks to Paul Todd for donations from his December concert...and to Publix, Winn-Dixie and Sweetbay for their holiday food drives.

Food Bank Plays Host To Safety Summit

Because the Harry Chapin Food Bank scored so highly in achieving the American Institute of Baking superior rating on food safety, it was chosen to host Feeding America's recent Safety Summit. Food banks from as far away as California, Texas and North Carolina sent 32 people to a training session here that prepared them for their first AIB audits.

Find more photos online at www.harrychapinfoodbank.org

What a Difference a Day Makes!



Volunteers from Florida Gulf Coast University and Wells Fargo Bank bagged more than 8,000 pounds of produce (left) on October 27th — Make a Difference Day. Also working that day were volunteers from Villas Elementary School (right), who packed 3,400 pounds of rice and beans, and The News-Press (center).

Junior League Sponsors Mobile Pantries, Teaches Healthy Lifestyle

How to lead a healthy and active lifestyle is an enduring life lesson for children. By delivering that message along with food at a mobile pantry distribution, the Junior League of Fort Myers has hit a home run with its “Kids in the Kitchen” program.

In August, the service organization began sponsoring a Harry Chapin Food Bank mobile pantry distribution each month at Franklin Park Elementary; its support will continue through May.

“We deliver a lesson on nutrition or fitness as a fun game,” said Kelly Welborn, chair of the Kids in the Kitchen nutritional committee.

“Talking about two boxes of sugar cubes in one can of soda gives children and their families a visual aid as to what they’re consuming and what is a healthy plate option.”

Because fresh produce, fruit and meat are now available from refrigerated trucks, the Junior League can share simple recipes children can make themselves, utilizing ingredients they are receiving.

“Thanks to the success of our Taste of the Town fundraiser, we are able to combine two programs into one having a bigger impact in the community,” said Nicole Brenner, Junior League president. “We so appreciate the partnership we have forged with the Harry Chapin Food Bank.”



Junior League of Fort Myers volunteer demonstrates healthy options at a mobile pantry distribution.

School-based Programs...

Continued from page 1

and costs 15.8 cents a pound instead of 50 cents a pound. Plus, the pantry provides fresh vegetables, fruit and meat from the Harry Chapin Food Bank, which “we were never able to do with the backpack program,” said Dave Reigle, St. Vincent de Paul’s business manager. Parent volunteers help run the pantry, which is open Thursday from 3:00 to 7:00 p.m. so that families can pick up food after work.

The Harry Chapin Food Bank is also stepping up by expanding its mobile pantry deliveries at school locations (*see Junior League story, left*). “School pantries are one of the most efficient, cost-effective ways for us to provide kids in need with nutritious food,” said President and CEO Al Brislain. “Studies show that the more fresh fruits and vegetables children eat in their formative years, the more those healthy eating habits carry over later in life.”

The Harry Chapin Food Bank is proud that 100 percent of our staff gives to the United Way!

DON'T WAIT A MOMENT!
 Sign on now for WINK NEWS
 Feeds Families Hunger Walk.
 Call 334-7007 today!

The Harry Chapin Food Bank
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