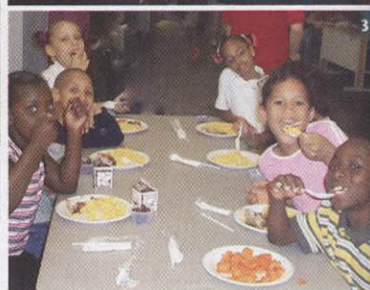


WESTCHESTER

JUNE 2011

WINE & FOOD WEEKEND

The Food Bank For Westchester



1) Food Bank truck; 2) Jack Saferstein, of Hartsdale, and George Karp, of Mamaroneck, the Yom Kippur campaign; 3) Children eating at a Food Bank for Westchester Kids Café.

The Food Bank for Westchester is the backbone of Westchester County's emergency food distribution network. The Food Bank supplies 95% of all the food distributed by 200 soup kitchens, food pantries, shelters, and residential programs to hungry residents as cooked meals or groceries to take home. To date, it has distributed over 75 million pounds of food.

The Food Bank estimates that 200,000 people in Westchester County are hungry or at risk of hunger. The majority of Westchester's hungry are also the most vulnerable; 33% are children under age eighteen, and 57% are seniors age fifty and older. Forty-one percent of the households needing food assistance have at least one person in the family working full-time. The high cost of living in Westchester reduces the ability of some households to meet all basic needs. The recent poor economy and rising fuel and food prices have resulted in an alarming 30% increase in requests for food assistance during the past year.

Emergency Food Distribution Network

The Food Bank for Westchester acquires food through donations, purchase, and the Federal Government.

Donated food accounts for about 30% of the total food distributed. The Food Bank is responsible for transporting the food to its warehouse and bearing that cost.

Purchased food accounts for 46% of total food distributed. The Food Bank scours the country for the least processed, most nutritious food available in truckload quantities to supplement the donated and USDA food.

USDA Food accounts for 24% of total food distributed.

Fresh Food Distribution Programs

Project Green Thumb: Every week, volun-

teers pack up 1,200 bags of produce. Each bag contains three different vegetables and two different fruits, enough for a family of four for two to three days. Each bag also contains a recipe/food-handling flier in English and Spanish.

Alternative Distribution: Fresh food distribution at senior congregate meal sites. The fresh food is provided for cooked meals, and each senior is given fresh food and dairy to take home. Currently, there are nine alternative distribution sites in Westchester.

Rapid Distribution: Provides fresh food and dairy directly to the client. The five Rapid Distribution Sites—in Mount Kisco, New Rochelle, Peekskill, Port Chester and Yonkers—distributed 240,000 pounds in 2010, reaching 37,975 people with such fresh produce as cabbages, carrots, squash, onions, apples, and watermelons.

Food Growing Program: A partnership with local organizations to cultivate unused land for growing fresh produce for hungry Westchester residents while also training at-risk populations to grow food. The Food Bank expects to harvest 10,000 pounds of fresh produce in 2011.

The Food Bank's Direct Service Programs

The Food Bank offers hunger relief and educational services directly to its clients to help reduce dependence on the emergency food distribution network, and to increase self-sufficiency.

SNAP (formerly called food stamps): The Food Bank provides information, application assistance, and advocacy with a special focus on seniors, the homebound and Spanish speakers.

STEPS: Self-sufficiency training life skills and nutrition education for low-income women with children.

Kids Café: An after-school hot meal/nutrition program.

BackPack Program: Provides bags of nutritious food to food-insecure children for the weekend.

Hearty Helpings Meat Cooperative: Participants purchase an assortment of meat and fish monthly for one-third of the retail cost. This program is open to all who wish to participate.

Why The Food Bank Needs You

The Food Bank relies on volunteers to support its operation. Volunteers come daily to the warehouse to help repack bulk foods into retail sizes. Last year, volunteers donated 12,979 hours repacking millions of pounds of food and conducted 328 food drives so that others may eat. Without volunteers we could not do our job.

The Food Bank welcomes all to visit. There are many volunteer opportunities to fight hunger. Contact The Food Bank for more information at 914-923-1100, or www.foodbankforwestchester.org.

The Food Bank for Westchester depends on the donations from individuals, corporations and foundations to do its work. *Westchester Magazine's* Wine & Food Weekend, which is donating proceeds to the Food Bank for Westchester, is a very important part of its fundraising goals. This support helps the organization to feed more children and adults in the Westchester community.

