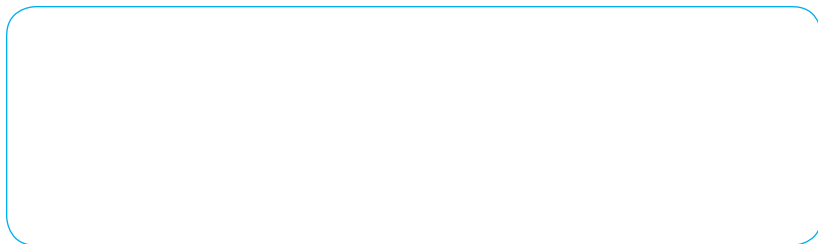




Inter-Faith Food Shuttle

We feed. We teach. We grow.

See how your gifts are making a difference



Feeding Change Newsletter inside

Inter-Faith Food Shuttle | 1001 Blair Drive, Suite 120 | Raleigh, NC 27603 | 919.250.0043 | FoodShuttle.org

Inside your Spring 2016 Newsletter:

- Florence Finds Food and Friendships
- Hidden Hunger in Our Schools
- Maria Was Struggling to Find a Job . . .

Maria was struggling to find a job . . .

You helped her open new doors through the Culinary Job Training Program!

Maria needed a job to help support her family. Speaking English as her second language made her search that much more challenging, and she had been unsuccessful in landing a job. That was until she heard about Inter-Faith Food Shuttle's Culinary Job Training Program (CJTP).

"I needed experience in something to get a job," Maria said. So Maria signed up for the CJTP program.

For 11 weeks, Maria received hands-on training in food preparation, as well as coaching in life skills and job hunting. Maria became industry certified in food safety — and earned CJTP class valedictorian honors! Outside of the classroom, Maria gained extra experience by working alongside professional chefs.

Maria's husband and three daughters also



completed a six-week Cooking Matters for Families class. They learned tips for cooking at home and how to shop healthy on a budget.

"Before the Culinary Job Training Program I was uncertain and not confident," said Maria. "I didn't have any experience to get a job and my English was not good. After the training, I felt confident applying for jobs. I was even offered two jobs at the same time! That made me think, 'Wow, I can do this.'"



Feeding Change

PIONEERING INNOVATIVE, TRANSFORMATIVE SOLUTIONS TO END HUNGER

Florence Finds Food and Friendships

Thanks to you, her community gets a delivery of healthy food each week.



"Doing what we can makes us healthier, it makes us stronger, and it gives us purpose."

— Carl and Emilie Sigel, IFFS supporters for 26 years

Carl and Emilie Sigel have been dedicated friends of IFFS for more than two decades. The Sigels continue to give generously because they say, "The job is not done, so we're going to keep working at it until it is, or as long as we can."

Carl is focused on the big picture and building relationships within the local food system. He applies his systems thinking as an IFFS board member and member of the Capitol Area Food Network. "Food, energy, water: It's all tied together," he says.

Emilie likes being on the frontlines as an assistant on one of the 12 Food Shuttle trucks that recover and redistribute food. "This is

something that is so direct," she says, "We pick up food and we deliver it to people in need that day, and they put it on the table that night. Wiping out hunger is such a basic thing. No kids going to bed hungry, that's the goal."



Every Monday, Florence and the other residents of her senior center get excited. They know that a refrigerated truck from the Inter-Faith Food Shuttle (IFFS) will soon be here. They excitedly wonder what's inside — produce, eggs, meat, prepared entrees, bread, or canned goods? The possibilities are endless!

The truck is unloaded, the food is arranged and then three residents at a time get to "shop" for free food in this Mobile Market.

"It is a tremendous boost to our budgets," says Florence. "We rely on the Food Shuttle. Without it, residents here would simply have less food."

People definitely would be buying a lot more processed foods, and it certainly would affect their health."

The complex consists of senior adults, many of whom must survive on Social Security while facing health concerns. Without IFFS, it would be difficult for Florence and her neighbors to access and afford the food they need to eat well.

Inter-Faith Food Shuttle places an emphasis on healthy food. Florence sees this every week when IFFS brings produce for vegetarians, sugar-free options for diabetics, low-sodium canned goods for residents watching their heart health,

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"FLORENCE FINDS FOOD. . ."
CONT'D FROM PG. 1

and whole grain products for everyone. From time to time there is even fish, which is a big hit.

But the Mobile Markets do more than just provide healthy food — they inspire a sense of community. When a new resident moves in, he or she is welcomed with a reusable grocery bag and an invitation to "shop" at the next Mobile Market.

"On Food Shuttle days, folks come down a few hours before the truck arrives to sit and chat," says Florence. "We always talk food and recipes."

After shopping, the fresh ingredients inspire residents to cook and share a meal. "It really knits this little community together," says Florence.



A letter from our Executive Director, Dave Koch

Welcome to Inter-Faith Food Shuttle's new newsletter: *Feeding Change*. It's your source for updates on the creative, hunger-fighting programs your donations make possible.



As summer begins, more than 121,000 children in our seven-county service area are losing access to reliable meals. Over the next few months, they'll go without school breakfasts and lunches, and most of them no longer receive Backpack Buddies food for weekend meals.

That's why your support pioneers innovative solutions, such as our Mobile Tastiness Machine. This food truck brings hot, healthy meals to children in low-income communities during the summer.

In addition, IFFS feeds children year-round by preparing meals for partners such as East Durham Children's Initiative and Read and Feed, supporting after-school snack programs, and supplying school pantries (such as the one at Enloe High School, page 3).

Thanks to your dedicated support, North Carolina's most vulnerable — both children and seniors like Florence (cover article) — are able to get the healthy food they need. Your compassion and generosity also fuel programs that transform lives, the way our Culinary Job Training Program gave Maria a new start (page 4).

You are the reason every person in this newsletter has access to nourishing food. Thank you!

Yours in hunger relief,

Dave Koch



Hidden Hunger in Our Schools

Celia is on a mission to take the shame out of being hungry. Celia leads The Food Ark — a student group that volunteers at their high school pantry in Raleigh. More than 34% of her classmates receive free and reduced-price lunch, so Celia felt compelled to help.

"Hungry teenagers find it really hard to express their need. The stigma is the problem," says Celia.

"We put food from the pantry into students' book bags to avoid embarrassment," school advisor Brandon Clowers says. "Some of these students may be living in hotels without utensils and with only a microwave."

IFFS stocks the school pantry and two refrigerators with nutritious, shelf-stable food, fresh produce, and healthy proteins. The pantry also holds after-school hours, so parents can drop in and get food.

Students can find recipes using pantry items, and IFFS leads nutrition education classes. *Cooking Matters* is an interactive nutrition education program that teaches families how to get the most nutrition on a limited budget. The course addresses hunger by



teaching families to prepare nutritious meals that are balanced, tasty, and economical.

"Our families love *Cooking Matters* because it's a family activity and everyone loves food," says Celia. "Food builds a sense of community — no differences or judgment. Everyone is here for the same purpose: to learn to cook."

Thanks to you, students and their families are learning how to shop for and cook healthy, nourishing meals!



Andrea, age 11, attends *Cooking Matters* classes with her family. Here's what she has to say about her experiences:

"I learn to cut vegetables correctly, to have confidence, and how to depend on others in the kitchen. It's TEAMWORK! We are like our own ecosystem."



UPCOMING EVENTS

Here's your chance to get more involved with IFFS!

The mission of IFFS is only possible thanks to generous friends like you who donate time and money to help eliminate hunger. We invite you to join us at any of our upcoming events.

BACKPACK BUDDIES MEDIATHON, JULY 13

Tune in to WRAL-TV and Mix 101.5 WRAL-FM for the Backpack Buddies MediaThon to End Childhood Hunger. This day-long food drive and fundraiser on TV and radio features kids helping kids, companies helping kids, and community members coming together to help the most vulnerable — our children who are going hungry. WATCH and LISTEN on July 13, and contact Cindy@FoodShuttle.org for sponsorship and volunteer opportunities.

GIVE MONTHLY. CHANGE A CHILD'S LIFE ALL YEAR LONG.

Did you know monthly giving is the most effective and efficient way you can support your neighbors in need year-round? \$35 a month provides Backpack Buddies meals for a child every weekend for a year. Join today as a sustaining Ground Level Giver to help hungry children in your area get the food they need. Visit FoodShuttle.org/sustainer to give securely online or call 919-250-0043 to learn more.

LUNCH AND LEARN WITH IFFS

Join the IFFS leadership team for a one-hour behind-the-scenes tour, lunch, and Q&A. Learn about today's strategies to beat hunger through feeding, teaching, and growing. Lunch will be provided by IFFS' for-hire catering program, *Catering with a Cause*. Please email Sally@FoodShuttle.org to reserve your seat!

Upcoming dates: June 7, August 18, and October 4

CULINARY JOB TRAINING PROGRAM GRADUATION, JUNE 17

Come celebrate with us! After 11 weeks of hands-on training in food preparation, our Culinary Job Training students are ready to be hired into living-wage food-service jobs. But first, they'll prepare a fantastic graduation luncheon and share some words about their journey. Email Bevin@FoodShuttle.org to reserve a seat for this luncheon on Friday, June 17, at noon.

WE FEED. WE TEACH. WE GROW.

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I WANT TO HELP FIGHT HUNGER IN MY COMMUNITY!

Yes, Dave! — I want to ensure every hungry man, woman, and child gets the food they need to thrive.

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