



COMMUNITY
Food WAREHOUSE
OF MERCER COUNTY



Fall 2018

FEEDING HOPE

News

COMMUNITY FOOD WAREHOUSE

We're turning **35!**

Race to End **Hunger**

Hunger Champion 2018



Lori Weston
Executive Director

President

Dr. Joan Humphrey, Penn State Shenango

Vice President

Gino Nicastro, Allstate Insurance

Secretary

Jennifer Bell, F.N.B. Wealth Management

Treasurer

Gary Rose, Retired Chief Financial Officer,
Goldstein's Furniture

Board Members

Rich Banks, Giant Eagle

Jacque Beck, SPC Group

Gary Dalessandro, JFS Wealth Advisors

Susan Ference, Walmart

Connie Gerba, Gilbert's Insurance

Carole Giroski, Greenville Savings Bank

Dr. Glenn Hink, Senior Pastor, First
Presbyterian Church of Sharon

Dr. Galen Hurl, Principled Chiropractic

Michael Joanow, ESQ., Joanow Legal
Group

Gwen Martino, Retired Special Education
Teacher, Warren City Schools

Madge Tamber, Retired Family and
Consumer Science Teacher,
Grove City High School

Dear Friends,

Wow! What a quick summer! Seems that I just blinked my eyes and it was September! I hope you all had a great summer filled with activities, family and just plain fun!

September is always a fun- filled, hectic month for us -- "**Hunger Action Month**" (HAM)! HAM is a month dedicated to the awareness of Hunger not only in our community but throughout the country. Food banks across the country spend time, energy and lots of creativity to spread the word that 1 in 8 people face hunger in this country! In Pennsylvania 1 in 7 people face hunger or food insecurity - 1.76 million Pennsylvanians! In Mercer County 1 in 6 are food insecure - 18,360 of our friends and neighbors! The CFWMC, through our 33 members agencies, provides food to an average of 7,000 people a month. With the fall and winter months and the holidays approaching, that number will increase! Please check out our website to see how you can help!

October 2018 marks the **35th Anniversary** of the CFWMC! Bittersweet! - very thankful that we are here to provide food assistance, but in 1983 we never expected to still be in existence! Last year we distributed over 1.3 million pounds of food to those in need compared to 340,000 the first full year! Many changes have taken place in those 35 years. We have found that our clients needs have changed and increased. New programs have been added - Harvest Helpings, Charitable Milk Program, Military Share, Backpack Program and CSFP-Senior Box Program. These programs center on our children, our active Military, our Veterans, our seniors and those who through no fault of their own find themselves in a crisis situation.

The CFWMC continues to advocate for a strong federal anti-hunger safety net through the annual appropriations process to ensure programs like SNAP, TEFAP, CSFP, and WIC have adequate funding to meet the need. We visit our legislators, send letters and take part in nationwide and statewide advocacy efforts. If you would like to speak out about hunger in Mercer County, please call our office to join our efforts.

As always, a very heartfelt "Thank You" to our donors, volunteers and friends who continue to support our efforts to end hunger in Mercer County for the past 35 Years! Let us continue to work together to "*Starve Hunger - Feed Hope*"!

God Bless,
Lori Weston
Executive Director

35 YEARS

From our humble beginnings, in the basement of the Sharon Herald in 1983, we have come a long way in 35 years. While we wish so many weren't hungry in our community, we're grateful to be here to help. In lieu of asking our volunteers and donors to attend a banquet, we are asking that you instead consider a donation in honor of our 35th anniversary. Please see below for our donation form, and to learn what your donation will do for those in need, right here in our community.



35TH ANNIVERSARY CAMPAIGN

- Yes, please accept my donation to Community Food Warehouse:
- \$35 = 122 meals
 - \$350 = 1,225 meals
 - \$3,500 = 12,250 meals
 - Other \$ _____
(please fill in the amount of your choice)

Name _____

Address _____

City/State/Zip _____

Phone _____

Email _____

Please make checks payable to: COMMUNITY FOOD WAREHOUSE

The Community Food Warehouse is a 501(c)(3) organization. In compliance with privacy laws, your information will not be provided to any other organization. The CFW does not receive United Way funding.



\$35

Your \$35 donation will provide 122 meals* to your neighbors in need in Mercer County

\$350

Your \$350 donation will provide 1,225 meals* to your neighbors in need in Mercer County

\$3500

Your \$3,500 donation will provide 12,250 meals* to your neighbors in need in Mercer County

*Calculation is based on a well-rounded meal which includes a protein, vegetable, fruit, and carbohydrates. The CFWFC serves over 7,000 people in need each month, throughout Mercer County, through our 34 member agencies.

HUNGER CHAMPION 2018

Over the past six years, Terry Day, an employee of NLMK and Vice President of United Steelworkers Union 1016, has collected and donated over \$190,000 to local charities, including the CFWMC. Terry holds 50/50 raffles at his union hall and collects donations from his fellow NLMK employees. He also collects donations at union seminars.

For the past several years, Mr. Day has made the annual \$10,000 donation to the CFWMC in memory of his friend and fellow union member, Anna Rickert, who passed away in 2015.

Terry is very humble about all the work he puts into collecting donations and asked us to relay the message his hope is that his giving spirit will encourage others to give back to our community as well.

All of us here at the CFWMC would like to express our gratitude to Terry for all of his hard work and for his support of our work. Thank you from the bottom of our hearts!



9TH ANNUAL RACE TO END HUNGER

The Ninth Annual Race to End Hunger 5k/2 Mile Walk & Kid's Fun Run will be held on Saturday, September 15, at LindenPointe in Hermitage. Pre-registration is \$18, and includes a t-shirt, prior to September 1. **All runners and walkers who cross the finish line will be entered to win \$1,000 and the winner will be drawn after race medals are awarded!** The Kid's Fun Run is free to all children under 5. Registration can be completed on RunSignUp.com, or by completing the paper race application (available on the last page of this newsletter, or on our website.) Packet pickup and day of registration will begin at 7 a.m., with the Kid's Fun Run beginning at 8:30 am, with the race to follow at 9. Contact Lauren with questions.

ELITE SPONSORS:



NEW DEAL CLUB
1059 EMERSON AVENUE
FARRELL, PENNSYLVANIA 16121
INCORPORATED FEBRUARY 27TH, 1934

UPMC HEALTH PLAN

Platinum SPONSOR:



Gold Sponsors:

Autosoft DMS
Ben Bissett Chevrolet
Cashdollar & Associates
Daffin's Candies
DJ's Greenhouse
Hermitage Rotary Club
Kraynak's

Mike Fleming Plumbing
NLMK Pennsylvania
Scott Campbell
Sharon Dairy Queen
Shenango Valley Corvette Club
T. Bruce Sales, Inc.

Silver Sponsors:

Joy Cone Co.
Sharon Regional Medical Center

Bronze Sponsors:

Evans, Garvey, Lackey & Ochs
JFS Wealth Advisors
The Ridgewood at Shenango Valley

WIN
\$1,000
PRIZE!



COMMUNITY
Food WAREHOUSE
OF MERCER COUNTY

WIN
\$1,000
PRIZE!

NINTH ANNUAL 5K/2 MILE WALK TO END HUNGER AND KID'S FUN RUN

Attention Runners/Walkers - Cross the finish line for a chance to win \$1,000!*
Saturday, September 15, 2018

-
- Start:** Run begins at 9:00 AM with walk to follow immediately. **Kid's Fun Run begins at 8:30 AM.**
- Location:** Butler County Community College Lindenpointe parking lot, Hermitage, PA 16148
- Proceeds:** **Community Food Warehouse of Mercer County**
- Awards:** Top 3 Male & Female overall. Top Male & Female Masters (50 and over). Age Group Awards: M & F Divisions: 9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 +. Top 3 in each age group.** Free Kid's Fun Run (5 years and under): Kid's Fun Run participants will receive a ribbon.
- Fee:** \$18.00 pre-registration; includes **Commemorative Race T-Shirt**. Entries received after September 3rd cannot be guaranteed a race t-shirt. Same day registration fee is \$20.00. Packet pickup will be available at 7:00 AM on race day at race location.
- Mail-In Registration:** Make checks payable to "CFW 5K Run/2 Mile Walk" and mail to:
Community Food Warehouse of Mercer County • 109 S Sharpsville Ave., Suite A, Sharon, PA 16146
- On-Line Registration:** Available at runsignup.com. Pre-registration ends September 10th.
- Contact Information:** CFW at 724-981-0353

* Runners and walkers who cross the finish line will be entered into a drawing for \$1000! *Kid's Fun Run participants not included.*

Name: _____ Age: _____

Address: _____ Gender: M _____ F _____

City, State, Zip: _____ Phone: _____

Email Address: _____

I will participate in the: 5 K Run 2 Mile Walk Free Kid's Fun Run (5 years and under)

Check one: \$18.00 for pre-registration with T-Shirt.

Indicate Size: Adult: SM M L XL XXL Youth: SM M L XL

Make checks payable to: "CFW 5K Run/2 Mile Walk"

Waiver: In consideration of the acceptance of this entry, I waive for myself, my heirs, and assigns all claims for damages which I might have against the race, its sponsors, or other organization or individual as a result of any and all injuries which might be received during the contest. I also release any photos which may involve myself. (cm)

SIGNATURE REQUIRED (Parent signature if runner is under 18) _____

TEAM NAME _____

HUNGER ACTION MONTH AND OTHER NEWS

As Lori mentioned above, Hunger Action Month is here! Join us and Feeding America food banks across the country, by running or walking in the Race to End Hunger or donating to the 35 Campaign. You can also visit our website or call us to find other ways you can take action this month in the fight against hunger!!

Harvest Helpings, our fresh produce program, has distributed over 35,000 pounds of fresh produce this year! Our newest agency, Rust City Church, held their very first produce drop last week, and were able to distribute corn, tomatoes, cucumbers, and peppers to those in need. We have been able to purchase most of the produce in the past couple of months from local farmers, and we've also been lucky to receive donated product from many local farms. We would especially like to thank Boaz Fields; they gleaned 3,500 pounds of potatoes for our agencies this year. We would like to express our gratitude to all of the volunteers of Boaz Fields over the last 10 years, especially

Our MilitaryShare Program will be holding our next distribution later in September. If you are interested in volunteering for this program, please call Lauren at: 724.981.0353, or email at: lmoyer@foodwarehouse.org.

