



*Nourishment Year Round!*

# hunger & hope



**FOOD BANK OF CENTRAL NEW YORK** is a not-for-profit organization working to eliminate hunger through nutritious food distribution, education, and advocacy in cooperation with the community. The Food Bank is the primary food supplier for 280 emergency food programs in our eleven county service region of central and northern New York.

**BOARD OF DIRECTORS**

**PRESIDENT**

**Chris Fletcher**  
PeopleSystems

**VICE PRESIDENT**

**Mark Ciaralli**  
Grossman St. Amour

**TREASURER**

**Peggy Rowe**  
Dannible & McKee

**SECRETARY**

**Jean O'Toole**  
New York Beef Council

**Kathy Allen**  
TOPS Friendly Markets

**Isiah Brown**  
SUNY Oswego

**Sal Campanino**  
Wegmans Food Markets

**Lt. Col. Edward Cook Jr.**  
New York Air National Guard

**Karen Krogman Daum**  
Smith Sovik Law Firm

**Louis DeMent**  
Giovanni Food Company

**Renee Duffy**  
CXtec and TERACAI

**Jeff Knauss**  
The Digital Hyve

**Michael Madigan**  
Bank of America

**Chilukuri Mohan**  
Syracuse University

**Karin Reeves**  
Reeves Farms

**Whitney Schmidt**  
Hancock Estabrook, LLP

**Kelly Springer**  
Kelly's Choice

**Executive Director's Message**



It is not often enough that we pause and look back on our accomplishments. Most times we get caught up in what's coming next or what's on the to-do list. As we begin a new year, it's important to take a moment and reflect back on how you as our supporters have helped us continue to reach our mission.

We secured new funding for outreach programming, after being faced with a crushing loss of funding. Our nutrition education sessions were wildly successful over the summer at the Downtown Farmers' Market. We have expanded our Mobile Food Pantry distributions to 12 per month and are developing new ways to expand our Fresh Foods program.

We do have some challenges ahead, with tariffs and trade deals, which may shift how we purchase food. But the constant remains that the Food Bank will continue to be the primary food supplier to over 440 partner agencies in the eleven counties we serve. I may call on you to help be our advocate, our ambassador, our champion as these issues impact our work. You can help be hunger's voice!

Success comes through partnerships and community to make collective impact! We help feed the hungry with the support that you provide. Every gift of time, talent, and treasure helps us succeed in providing wholesome food to families in need.

Enjoy the winter, take a moment to watch the snow glisten, and hear the world around you.

Warmest regards,

*Kathleen*

*Please visit [foodbankcny.org](http://foodbankcny.org) to view our full length annual report. Our new digital format offers in-depth program information while informing you about our sound fiscal practices.*

## FAMILIES STRUGGLING WITH RISING FOOD PRICES

Imagine you're in the local grocery store doing your weekly shopping. With your list in hand, you make your way through the aisles and notice the prices on some items you regularly buy have gone up. You may chalk that up to a minor annoyance but those items still find their way into your cart. Now let's imagine that works out to a 25% increase in cost. Unfortunately, that imagined scenario may be a reality unless the United States reaches a trade deal with China.

A core component of the inventory at the Food Bank are foods that we purchase wholesale, with some of those foods, like fish, fruit, and juice, coming from China. Those wholesale foods are complemented by donated food and USDA through The Emergency Food Assistance Program (TEFAP) to round out our inventory. The Food Bank is already feeling the direct financial impact of this increase in cost of the nutritious food we purchase and we're bracing for the worst. For example, with a 25% increase in cost, a case of tilapia could increase in price from \$20 to \$25. It's not just the Food Bank that will see this increase as a result of the trade dispute but all consumers purchasing a variety of everyday items. This could be devastating to household budgets that are already stretched thin.

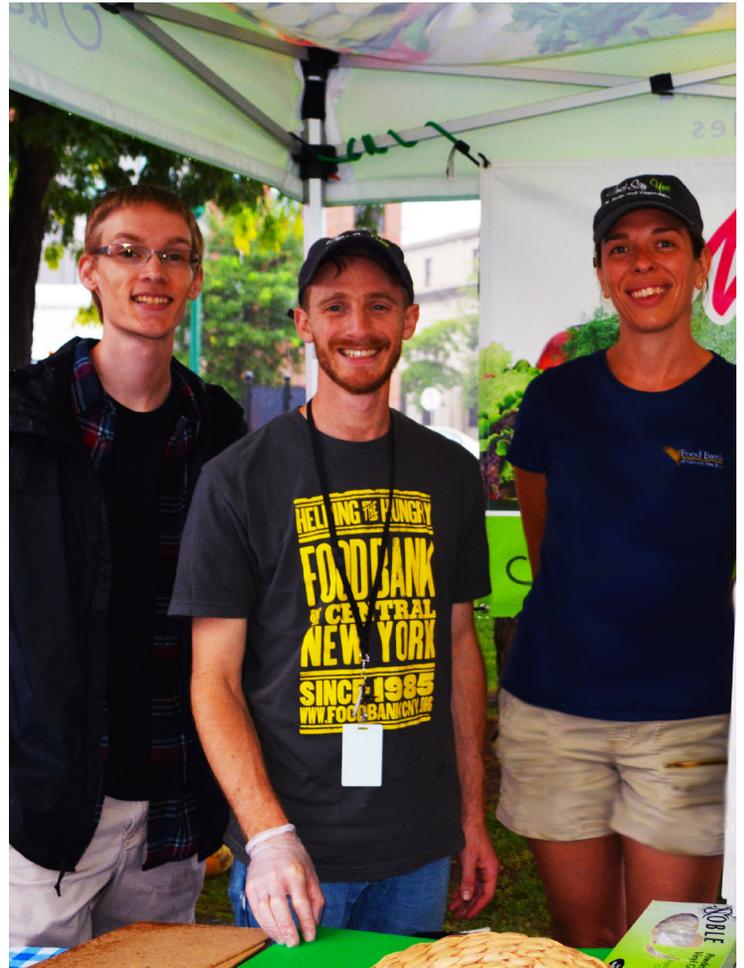
Join us in our advocacy efforts so that our elected officials can understand the harsh realities that our neighbors face. Visit our website at [foodbankcny.org](http://foodbankcny.org) and click on Get Involved.

## DOWNTOWN SYRACUSE FARMERS' MARKET

Four dollars may not seem like much. The Food Bank's CNY Health Bucks and Just Say Yes to Fruits & Vegetables (JSY) nutrition workshops would disagree. So would the 1,650 people and numerous farmers at the Downtown Syracuse Farmers' Market who participated in these programs.

This past summer, our nutrition team conducted 60 workshops with a recipe demo at the market in Clinton Square. Attendees received recipe samples featuring locally grown produce and took home nutrition information, recipes, a useful kitchen tool, and a \$4 CNY Health Bucks coupon. This popular program impacts our community in three ways:

1. Education: Participants receive vital nutrition information, share cooking ideas, taste produce prepared in a variety of ways, and learn practical ways to maintain healthy eating habits.
2. Access to Fresh Fruits and Vegetables: CNY Health Bucks allow families to "purchase" locally grown produce right at the market. Whether it's the vegetable featured in that week's demo or their child's favorite fruits, \$4 at a farmers' market goes a long way.
3. Community: Over \$6,000 worth were redeemed as a result of this JSY and CNY Health Bucks workshops series. Those funds went directly to farmers in New York State to support our local community. As one of our most popular seasonal programs, JSY and CNY Health Bucks helps connect community members to local foods, nutrition, and health knowledge and supports the areas in which we all live.



## THE POWER OF COLLABORATION

As a not-for-profit, loss of funding can be devastating. For fiscal year 2018-2019, the Food Bank was faced with this loss and we turned to our donors and community partners for help. Thanks to the many individual and corporate donors and the collaboration between foundations and local Department of Social Services (DSS) offices, we were able to secure the funding needed to continue outreach services in Cayuga and Oswego counties.

Outreach plays an important role in ensuring that individuals and families have access to benefits for which they qualify. The loss of this program would mean that more individuals and families lose SNAP benefits and would look for support from emergency food programs. We know that the emergency food programs cannot fill the gap if there is a loss of benefits to those in need. The value of the outreach program is that Food Bank staff do home visits and meet individuals where it is convenient for them, helping people to secure assistance.

Due to our longstanding relationships with Oswego and Cayuga County DSS offices, they immediately understood what the loss of outreach funds meant to those in need in their communities. They rose to the challenge, finding funding and advocating to funders and foundations (like Shineman Foundation and Emerson Foundation) to continue these critical services to those in their counties. With the help of these organizations, along with other corporate and individual gifts, we secured the funding needed to continue outreach in both of these counties.

Without all of you, the work that we do in these communities would not have continued. Together we are making a difference in the lives of many and we thank you for your continued support.

## SPECIAL GIFTS OF COMMEMORATION

Have you considered giving to the Food Bank as part of a holiday, ritual or celebration? By doing so, people often find themselves not only helping a worthy cause but also creating positive experiences in their own life and in the lives of others.

For more information, please contact Lynn Hy, Chief Development Officer at (315) 437-1899 ext. 247 or lhy@foodbankcny.org.

## WAYS TO GIVE



Donate  
Online



Mail a  
Check



Give us  
a Call



Transfer  
Stock



Make a  
Legacy Gift

## CALENDAR OF EVENTS

**January-February:** Check Out Hunger at TOPS Friendly Markets

**January 31:** Food Bank Telethon on NBC 3 and CBS 5

**February-March:** St. Patrick Hunger Project

**March-April:** Check Out Hunger at Wegmans

**April 11:** SavorSyracuse

**July 9:** Food Bank Golf Open

Please visit our website at [foodbankcny.org](http://foodbankcny.org) or follow us on Facebook and Twitter for up-to-date information about our events and volunteer needs.

