



# The Hands That Move Our Mission

A LOOK AT HOW OUR VOLUNTEERS  
FIGHT HUNGER IN MARYLAND

A NEWSLETTER FOR FRIENDS OF THE MARYLAND FOOD BANK

IN THIS ISSUE *United in Service • Gleaning for Good • Teamwork Makes the Dream Work*



# Volunteerism: An American Tradition

Since early American history, the strongest communities have been those that have come together to support one another during times of need. From barn raisings to harvest festivals, families, friends, and neighbors used to turn hard work into a celebration, fueled by shared hopes for a more prosperous future.

Today, that vibrant tradition of community action remains preserved in modern-day volunteerism—and the Maryland Food Bank is proud to be home to one of the largest, most diverse volunteer programs in the state. Whether sorting food in our warehouses, preparing meals in our community kitchen, or harvesting vegetables at one of our partner farms, our volunteers—much like the communities of earlier times—are bonded by a common belief: We need to help our neighbors.

In the nation's richest state, there is no reason for any man, woman, or child to go hungry. And, while the reality of food insecurity in Maryland is discouraging, I am inspired by the thousands of Marylanders who have committed their time and resources to helping those without enough to eat.

This past year, individuals donated more than 33,000 hours volunteering, which in turn saved the Maryland Food Bank nearly \$850,000 in labor—enough money to provide food-insecure Marylanders with nearly 1.7 million meals. What's more, our volunteers have been absolutely critical from a logistical standpoint; with the increase in food donations last year, we simply wouldn't have had the capacity to sort, store, and distribute 36.8 million meals without their help.

As this new year begins, we aim to expand our hunger-relief efforts even further, distributing more food to more households than ever before. Of course this goal will require more support from the community.

So in the spirit of this long-standing American tradition, we invite you to join us in lifting up our food-insecure neighbors, just as individuals in earlier times would gather to raise the walls—and the hopes—of their own communities.

**DEBORAH FLATEMAN** PRESIDENT & CEO



*For the second consecutive year, the Maryland Food Bank has been honored with SmartCEO Magazine's Future 50 Award, which recognizes the region's fastest growing companies! In the past three years we've seen unprecedented growth in our operations and programs, and this award is a testament to the leadership of our CEO & President Deborah Flateman.*

## EDITORIAL STAFF

**Meg Kimmel**  
Vice President of Marketing & Communications

**Joanna Warner**  
Director of Communications

**Jami Dodson**  
Director of Design

**Becca Heller**  
**Ashley Tieperman**  
**Rebecca Armendariz**  
Writers

*On the cover: Andrea Kirk shows her support for the food bank by processing unsorted food on the conveyor belt.*





**MARYLAND  
FOOD BANK**  
UNTIL HUNGER ENDS.



## BOARD OF DIRECTORS

### Officers

**Philip M. Andrews**, Chair  
Kramon & Graham, P.A.

**Evan Z. Steiner**, Vice Chair  
Constellation New Energy

**Peter Rosenwald**, Vice Chair  
Gordon Feinblatt, LLC

**Steven M. Schwalb**, Secretary  
Perdue Incorporated

**Arun Subhas**, Treasurer  
Ernst & Young LLP

### Directors

**Maureen S. Connors**  
Wolters Kluwer Health  
Lippincott Williams & Wilkins

**Miranda Elliott**  
Ahold Fresh, LLC

**Brendan Foley**  
McCormick & Company

**Helen Holton**  
Baltimore City Council

**Adrienne Jones**  
State of Maryland  
House of Delegates

**E. John Pipitone**  
M&T Bank

**Jamie Rice**  
Marketing Consultant

**Zed Smith**  
The Cordish Company

### Ex Officio

**Deborah Flateman**  
Maryland Food Bank

### KEY STAFF

**Deborah Flateman**  
President & CEO

**Jennifer Small**  
Managing Director,  
Eastern Shore

**Open**  
Managing Director,  
Western Branch

# WINTER 2015 **In this issue**

## **3 United in Service**

A shared sense of service brings together different congregations to fight hunger in Maryland.

## **4 Volunteering on the Go**

This new volunteer opportunity gives our supporters a chance to get out into the community.

## **5 Voices of the Volunteers**

Find out why our volunteer program is among the best in the state.

## **7 Gleaning for Good**

Our Farm to Food Bank Program gives volunteers a chance to get their hands dirty.

## **8 Teamwork Makes the Dream Work**

The food bank hosts dozens of corporate volunteer teams looking to give employees a shared experience.

## **9 Pack to Give Back 2014**

Take a look back at Pack to Give Back 2014.

# United in Service

Congregation Beit Tikvah Rabbi Larry Pinsker and member Nina Storch volunteer on a regular basis in the MFB warehouse.



Photo courtesy of Ellen Frishberg.

A description of the Wednesday night volunteer shift regularly manned by those who worship at 5802 Roland Avenue reads like the beginning of a joke: A rabbi, a minister, and their congregants walk into the Maryland Food Bank.

Five different congregations—one Jewish and four Christian—share the Baltimore building. While their dedication to community service is serious, laughs are certainly part of the hours spent together sorting food at the MFB conveyer belt.

---

**“Joining with Beit Tikvah covered several dreams that I had — doing service together with our faith partners, and getting out of our building to help somewhere physically.”**  
— Reverend Carol Cook

---

“The funniest night was when we were sorting meat—we were like, oh no! The rabbi has to touch the pork,” joked Ellen Frishberg, a volunteer who heads the Tikkun Olam committee at Beit Tikvah Synagogue.

Tikkun Olam means “healing the world” in Hebrew, and the committee focuses on service opportunities to fulfill that tenet. Nearly three years ago, the committee decided to focus on the issue of local food insecurity.

Reverend Carol Cook leads First Christian Church, and she jumped on board when she learned about the opportunity for joint service with Beit Tikvah. Together with members of the Gathering, another of the five congregations, the large group helps at the food bank on a bimonthly basis.

“We had given food to the food bank for years, but we'd never been there,” said Reverend Cook. “Joining with Beit Tikvah covered several dreams that I had—doing service together with our faith partners, and getting out of our building to help somewhere physically.”

Reverend Cook became a minister in 2009 after 35 years as a high school teacher and says she seeks “unity without uniformity” through her faith. The community at 5802 Roland Avenue has been extraordinary in this regard. Joint services are held among the churches for Thanksgiving, Christmas Eve, and Ash Wednesday, and Beit Tikvah has led an educational Seder for its Christian neighbors. Last summer there was an interfaith study of the psalms.

“There's a very good sense that there are shared purposes through all of our distinctive expressions of religious and spiritual life,” said Rabbi Larry Pinsker, who has led Beit Tikvah since November 2013.

Both Reverend Cook and Rabbi Pinsker value volunteering as a way to bring multiple generations together, from teenagers to people in their seventies and eighties. Those not old enough to work the conveyer belt earn high-school service hours by taping boxes together. “There's a great feeling of fellowship,” said Rabbi Pinsker.

“You might not be a great box-assembler, and you may not be a person who's quick at sorting, but everybody has such a high sense of responsibility that people sort themselves out and learn the skills they need,” said Rabbi Pinsker. “It's no small thing to have that sense of personalized team membership, and the food bank encourages that.”

*To sign up your faith-based organization for volunteer shifts, visit [www.mdfoodbank.org/volunteer](http://www.mdfoodbank.org/volunteer).*



Clients navigate a Pantry on the Go event in Dundalk.

# Volunteering on the Go

Are you looking for a way to make a direct impact on hunger in your community? Witness firsthand how the Maryland Food Bank distributes food to those in need?

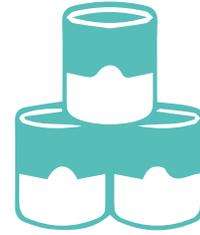
Well, we have just the volunteer opportunity for you. In January, the Maryland Food Bank introduced the new Community Outreach Volunteer position for our Pantry on the Go program.

“Since the food bank’s primary focus is on distributing food to our network of partner agencies, we’ve had limited opportunities to send volunteers into the community, but this new position allows us to do just that,” said Jill Rowlett, the volunteer program manager for the Maryland Food Bank.

Community Outreach Volunteers assist clients with filling out paperwork necessary for Pantry on the Go sites to distribute food through the government’s The Emergency Food Assistance Program, or TEFAP.

Prior to the event, every volunteer undergoes a half-hour training session at the food bank. Volunteers are then responsible for bringing the necessary documentation to the mobile drop to record information from each client.

“Though we started small, we’re confident these new opportunities will catch on,” Rowlett added. “We hope to use this model to expand volunteerism into our other programs in the future.”



## Pantry on the Go & TEFAP

Through the Pantry on the Go program, the Maryland Food Bank works with community organizations to deliver and distribute large amounts of food at temporary sites in rural, urban, and suburban areas that have little access to other forms of hunger relief.

“Each month, we provide food for anywhere from 70 to 80 Pantry on the Go distributions in the 22 counties we serve,” said Pantry on the Go Program Manager Katie Beltz.

In 2013, the program received an added boost when the state of Maryland commissioned the food bank to become the state’s primary distributor for TEFAP.

Now, with the additional food made available through this federally funded program, the food bank can increase the number of Pantry on the Go distribution sites statewide.

### HELP WANTED



#### Community Outreach Volunteer: Pantry on the Go

**DUTIES:**

Help clients fill out TEFAP paperwork at mobile food distributions

**QUALIFICATIONS:**

- Tasks are ideal for those 14 and older
- Reliable transportation between MFB and mobile pantry sites

To learn more, contact Kelsey Gower at 410-737-8282 ext. 270 or [KGower@mdfoodbank.org](mailto:KGower@mdfoodbank.org)

# VOICES



# VOLUNTEERS

**The Maryland Food Bank has worked tirelessly to develop a powerful and innovative volunteer program. What really makes our program exceptional, however, is the wide range of individuals who are drawn to the work.**

“Food is universal,” said Deborah Flateman, president & CEO of the Maryland Food Bank. “Our staff and our volunteers have a very clear goal—and that’s to provide food to the families and individuals who don’t have enough to eat in this state. Who wouldn’t want to be a part of that?”

From faith-based groups and corporate volunteers to college students and retirees, individuals of all backgrounds find common ground volunteering at the Maryland Food Bank, creating a powerful community dedicated to ending hunger.

## **AN ARRAY OF OPPORTUNITIES**

The Maryland Food Bank provides a variety of opportunities to get involved, from volunteering in our warehouses and

kitchen to harvesting produce and now, supporting our Pantry on the Go events.

Sorting food in our warehouses has been one of our most central and longest-standing volunteer opportunities, tried and true. After 35 years of working with volunteers at our main facility, the shifts are impeccably organized, ensuring that volunteers are making the greatest impact in the time they donate to us.

“When I come here, I feel like I am being useful, and I work from the minute I get here until the minute I leave,” said Judi Ricci, who typically mans the conveyor belt in Baltimore on Tuesdays, sorting donated food alongside a team of about 15 dedicated individuals.



On the other side of the state at our Western Branch in Hagerstown, a small group of students with disabilities arrives every Tuesday to pack food for delivery to homebound seniors in the region.

“The students feel great about the work they do for the Maryland Food Bank,” explained Sarah Harmon, para-educator and supervisor of the Greencastle High School volunteer group. “They enjoy helping other people and feel useful in the community.”

In addition to the warehouse shift, volunteers may work in the Charles T. Bauer Community Kitchen at the Baltimore facility. This state-of-the-art industrial kitchen is home to a handful of professional chefs who, with the help of volunteers, produce nutritious meals for those in need.

“It feels great knowing that these meals are going to hungry kids,” explained Fran Luchsinger, as she wrapped up homemade mac ‘n’ cheese. “I’m hoping that my new job will let me work remotely so I can keep coming in here.”

But if you can't take the heat in the kitchen, volunteers can join us in the farm fields on the Eastern Shore to harvest produce as part of the Farm to Food Bank Program, which partners



with local farmers to offer fresh produce that would otherwise go to waste.

“I love the fact that the food isn't going to waste...that it actually goes to people who can use it,” said Linda Parsons, a frequent Farm to Food Bank volunteer. “And I love the camaraderie of the groups—age didn't matter; it's such a lesson in paying it forward.”

#### A WIDESPREAD IMPACT

The scope of the Maryland Food Bank's volunteer program is wide, and the opportunities to get involved are expanding with the growth of the organization. With more than 35 years under our belt, the food bank knows the value of volunteers and works to maximize the impact of each individual that donates their time.

“For years I donated to the Maryland Food Bank, but when I retired I decided I wanted to be more active in my support,” explained Pat Pitts, who volunteers twice a week in the Baltimore warehouse. “Now I get to see where the food goes and how it happens, and I know that I have an impact.”

Being a part of the Maryland Food Bank

community means being a part of a vast network of agencies, volunteers, donors, and corporate partners—and this network has magnified our impact tenfold. While our volunteers may not work directly with our network partners or clients, their work behind the scenes does not go unnoticed.



**“For years I donated to the Maryland Food Bank, but when I retired I decided I wanted to be more active in my support.” — Pat Pitts**

“The growth in the Maryland Food Bank's volunteer program has really benefitted our organization,” said Dorothy Askew-Sawyer, senior director at the Beans & Bread Center. “In the early days, we had to dig through boxes of food to find what we needed, but today, we just order what we need and the food bank can provide it to us already sorted.”

Behind every one of our volunteer programs—and every individual who donates their time—lies a commitment to a vision of a hunger-free Maryland. And what truly makes our volunteer program strong is the unified sense of purpose that each volunteer possesses, both before and after they give their time.





## Gleaning for Good



*"Every little bit of time helps—even in an hour or 30 minutes, two hands can do a lot." — Amy Cawley*

Though months have passed since Farm to Food Bank Program Coordinator Amy Cawley gleaned the last of the harvest season's turnips, collard greens, and cabbage from our farm partners' fields, her work has not ended. In fact, Cawley and her staff are using the winter months to focus on one goal in particular: recruiting more volunteers.

"We've reached out to school boards and made a list of churches we need to contact," Cawley said. "We're looking to recruit within Future Farmers of America and 4H clubs, as well as businesses and the colleges nearby."

Since 2010, the Maryland Food Bank's Farm to Food Bank Program has engaged farms across the state to help increase access to fresh fruits and vegetables for our food-insecure neighbors. Farmers either donate excess crops, commit to growing produce for the food bank, or allow our volunteers to glean what remains in their fields after harvest.

Growth of the program has been substantial in the four years since its inception: In 2014, 70 farms helped us distribute more than 4.6 million pounds of produce to Marylanders in need. That increase—up from 28 farms and 1.3 million pounds the first year of the program—means more food-insecure communities can access nutritious foods that would otherwise be unavailable to them.

Of course, a solid volunteer base to harvest food on the Eastern Shore is vital to continuing the program's growth.

"Gleaners are pretty crucial to our ability to donate produce," said Joe Bartenfelder, who was appointed the new Secretary of Agriculture for the state of Maryland

and owns two farms that participate in the program. "Volunteers—they're what make the whole program move."

But timing is everything when it comes to harvesting crops, and the main obstacle is securing volunteers on very short notice.

"It might be 24 hours; it might be 48; it might be a few days if the farmer can see it coming," Cawley explained. "It's a challenge because nothing can be planned—it's all last minute—so the more people I have to pull from, the better chance I have of getting enough hands to help."

According to Bartenfelder, produce has been lost because volunteers could not get to his farm quickly enough to pick what he had to offer. For this reason, his farm is one of several where inmates in the Maryland Correctional Pre-Release System provide essential assistance to the Farm to Food Bank program.

To continue to support the program's rapid growth, Cawley and her staff are making a concerted effort to form a solid volunteer base on the Eastern Shore, primarily in Caroline and Queen Anne's counties, where most of the farms are located.

"All that's needed to lend a hand is the time to help, the heart to help, and the physical capability to do so," said Cawley. "Every little bit of time helps—even in an hour or 30 minutes, two hands can do a lot."

**We need your help on the farm!**

Contact Amy Cawley at 443.735.0757 or [acawley@mdfoodbank.org](mailto:acawley@mdfoodbank.org) to help us harvest food.



Photos: Tim Poly

# Teamwork Makes the Dream Work



**Volunteers from Perdue Farm's Research and Development Team helped sort retail meats and dry salvage in Salisbury before the holidays.**

**H**ere's a little known secret—local corporations provide some of the most reliable and hardworking helpers to sort and process millions of pounds of food for the Maryland Food Bank each year.

Corporate groups typically join us during the week when many companies offer paid time away from the office to volunteer. No matter the size, some corporate teams spend entire days with us. With a kick of competition, many employees take sorting food just as seriously as working their daily jobs.

**"The response is overwhelming when I seek assistance from employees." — Danielle Cordrey**

"There's always a little bit of hesitation when they first come in, and many of them are on their iPhones," said Jill Rowlett, the food bank's volunteer program manager. "But they always leave feeling good about themselves, and they ask about other ways to get involved."

Morgan Stanley staff members who volunteer experience the important work going on at the food bank and say they want to return for more fun on the conveyor belt.

"Our office is fairly large, with over 1,000 staff members, so volunteering is a great way to get to know each other," said Barbara Murphy, vice president of corporate services in Morgan Stanley's Baltimore office. "The Maryland Food Bank has been a part of the Baltimore office's work to give back to our local community for years now. It is a very different experience than working on a computer as most of us do each day."

Out at the food bank's branch in Western Maryland, FedEx team members volunteer throughout the year, which provides a great opportunity to build camaraderie among team members from their various facilities.

"We started working with the food bank about three years ago," said FedEx Senior Office Administrator Kassie Belaire, who has supported the volunteer initiative.

"We wanted to find things we could do that would support the Hagerstown community. Team members come together to sort food and we have fun doing it."

At the Maryland Food Bank – Eastern Shore Branch, Perdue associates from different departments sort food as a team-building activity each month. They have many employees who can't wait for their next opportunity to give back.

"The response is overwhelming when I seek assistance from employees," said Danielle Cordrey, associate engagement representative for Perdue. "I am proud to be a part of it."

If your company is looking for a fun way to give back to the local community outside of the normal day-to-day routine, visit [www.mdfoodbank.org/volunteer](http://www.mdfoodbank.org/volunteer) to set up a time for your corporate team to lend a hand!



## More Hands, Greater Impact



Pack to Give Back participants Lynne Kahn and Laurie Haas were all smiles as they helped pack holiday boxes.

While Pack to Give Back participation was previously limited to the Maryland business community, this year's event offered individuals the opportunity to earn their own spot at the packing tables in our Baltimore warehouse. Using the Maryland Food Bank's recently revamped virtual food drive platform, supporters rallied their networks to raise funds for holiday boxes.

"As soon as I heard about the Pack to Give Back event, I knew I wanted to get involved," said Lynne Kahn, who reached her fundraising goal of \$1,000 within 24 hours of starting her campaign. "I emailed all my family and friends telling them my goal was to be a leader in the fight to end hunger. The response was immediate and so generous."

All told, individual and corporate volunteers at our three branches packed 23,400 holiday boxes for Maryland families. The boxes were distributed through our network partners in the weeks leading up to the holidays.

"Friends appreciated a way to donate food without having to carry it around," said Elizabeth Eckert, who raised more than \$650 and manned the collard greens station at the event. Each holiday box contained 15 items for a family's table, including stuffing, cranberry sauce, mashed potatoes, and green beans, and was paired with a turkey.

"The event was an incredible experience. I had a great time meeting other people and I really felt like I was making a difference," said Kahn. "I would definitely do this again, as the food bank made everything super easy for me."

Set up your own virtual food drive any time of year at [fooddrive.mdfoodbank.org](http://fooddrive.mdfoodbank.org).



## Accelerates Beyond Their Rails

Our neighbor CSX stepped up this year as the Presenting Sponsor for the Pack to Give Back 2014 holiday box packing event. With this generous support came great responsibility—20 energetic volunteers packed 1,440 boxes at our Baltimore facility for families in need this holiday season. Full steam ahead, the CSX team was enthusiastic, showing all participants how to get the job done quickly and efficiently.

"Giving back to the communities where our employees live and work is one of CSX's core values," said Brian Hammock, resident vice president for CSX in Maryland. "One of the ways we fulfill that mission is by supporting organizations like the Maryland Food Bank."

This partnership with CSX began back in 2011. Since that time, CSX has donated both labor hours and funds that

have climbed to more than \$200,000. Beyond Pack to Give Back, their investment in the Maryland Food Bank has focused on ensuring Baltimore City residents have access to nutritious food. With their "Beyond Our Rails" mission of community engagement, CSX helps many nonprofits doing good work in the communities they serve.

We salute you, CSX, for your commitment to the fight against hunger that goes above and beyond your normal business operations. We are proud to call you our neighbor!





## Pack to Give Back 2014

At this year's Pack to Give Back event, individual supporters and local businesses helped purchase and pack holiday boxes for more than 23,000 food-insecure families. We were truly inspired by all those who gave their time and money to make the holidays a little brighter for our hungry neighbors. See you next year!



Photos: Mike Morgan and MFB staff

# Volunteer Maryland



Rubab Azeem, Volunteer Maryland Coordinator for the Farm to Food Bank program, will focus on growing a volunteer base on the Eastern Shore this year.

is focused on growing our volunteer appreciation efforts and creating opportunities beyond the walls of our main facility.

"I'm working to expand and finesse an already strong program in Baltimore," said Marshall. "There are a lot of great opportunities available, but I want to see it go even further during my time here."

Azeem shares her enthusiasm and hopes to make a lasting impact in the communities east of the Bay Bridge. "The Farm to Food Bank Program's efficiency and success in partnering with local farmers to provide fresh produce for the hungry has been really impressive," said Azeem. "Now we just need to recruit more volunteers to keep up with the volume of produce coming in so that we can quickly distribute it to those in need."

The food bank was also selected to receive a planning grant through the Governor's Office on Service and Volunteerism to explore other AmeriCorps opportunities. Stay tuned as we develop this program to engage volunteers in the fight against hunger!

Special thanks to Kaiser Permanente of the Mid-Atlantic States for their investment in our Farm to Food Bank VMC and their commitment to bringing more produce to the Baltimore region.

As the Maryland Food Bank's operations grow, we are focused on increasing our volunteer network to help process more food. Our ultimate goal: to offer a top-notch volunteer program for generous Marylanders who are eager to help their neighbors.

Volunteer Maryland places AmeriCorps members in nonprofits across the state. After a successful grant application process, we are proud to host two Volunteer Maryland Coordinators (VMC) who have been tasked with expanding our volunteer programs in Salisbury and Baltimore.

Rubab Azeem serves as our VMC on the Eastern Shore, helping to develop our network of volunteers for the Farm to Food Bank program. VMC Chloe Marshall, meanwhile,

## In Maryland, Hunger is a Bipartisan Issue



With the start of the new legislative session, the Maryland Food Bank looks forward to collaborating with Maryland's elected leaders as we fight hunger in 2015. Congratulations to our partners in the new administration, the General Assembly, and municipalities throughout the state!

### MARYLAND FOOD BANK BY THE NUMBERS



130+  
Staff

+



3 branch  
locations

+



1,250 distribution  
partners

+



11,000  
volunteers

+



34,000+  
donors

=



nearly  
37 million meals

Thank you for being part of the  
movement to end hunger in Maryland!

[www.mdfoodbank.org](http://www.mdfoodbank.org)

