



The Pantry Press

Yorkville Common Pantry

8 East 109th Street, New York, NY 10029 917-720-9700 www.ycp.org

Spring 2010

YCP Expands Popular Nutrition Program

The Yorkville Common Pantry's Nutrition Initiative for Children and Families (NICF) offers classes that teach healthy cooking techniques to children and adults. Led by YCP staff member Maria Bakht, the classes prepare meals with fresh ingredients and teach participants about the beneficial nutrient content of each vegetable used.

YCP has expanded the number of NICF classes offered to kids this year and currently provides classes both on site and throughout East Harlem at

*Over 300 children and adults
attend YCP's nutrition classes
each month*



community-based organizations, as well as Junior High School 13. The program is very popular with adults and children, and participation has grown by 33%.

A collaboration with The Mount Sinai Medical Center and the NYC Department of Health and Mental Hygiene allows YCP clients to access vouchers that are redeemable at local Greenmarkets. After class on Saturdays, clients walk to the Mount Sinai Farmers Market where they meet with farmers and purchase fresh produce using Mount Sinai's and the City's "Health Bucks," coupons that low-income community members can use towards the purchase of fresh fruits and vegetables. The program leverages "Youthbucks" through a joint effort of Manhattan Borough President Scott Stringer's initiative, "Go Green East Harlem" and the NYC Department of Health and Mental Hygiene.



YCP's Spring Gala: A *Bohemian* Success



Above: YCP's 2010 Honorees

"It just feels good knowing that a portion of our bounty ends up on the plates of those most in need of healthy fresh food."

-Liz Neumark

Yorkville Common Pantry's annual Spring Benefit was held March 10th at the historic Bohemian National Hall on Manhattan's Upper East Side and was attended by 236 guests who helped raise more than \$245,000 for YCP's programs. The evening's entertainment featured musicians from the Youngblood Jazz Quartet of Harlem, and a raffle and silent auction

where guests bid on donated items and activities.

This year's Community Partner honorees were Madison Avenue Presbyterian Church, a sponsoring organization since YCP's founding in 1981; and Great Perfor-

mances and Liz Neumark, its founder and CEO. YCP receives regular donations of fresh produce from Ms. Neumark's 60-acre organic Katchkie Farm in Columbia County, New York. YCP Board member, Wendy Stein, received the Helene Abraham Volunteer Community Service Award. She has been a volunteer at YCP for eighteen years and currently chairs the Program Committee.

All proceeds from the Spring Benefit are used to support YCP's food programs that provide more than two million meals each year to New York's neediest children and families.

Bottom left: Manhattan Borough President, Scott Stringer.

Bottom right: Fox 5 News Anchor, Rosanna Scotto.



We're a Fresh Produce Pantry

Providing as much fresh produce to our clients as possible is a priority at Yorkville Common Pantry. Last summer, YCP distributed a survey that was completed by 600 pantry families. Their message was clear: pantries do not give enough fresh food. As

a result, YCP began its fresh food initiative this winter by minimizing the distribution of canned vegetables and using new funds to purchase fresh food. YCP now complements its distribution of donated food with more purchased food than ever before, made possible by economies of scale, enhanced purchasing power, and increased private funding.

YCP augments its purchases of fresh produce with donations from organizations like City Harvest, caterers like Great Performances, and Sodexo at The Mount Sinai Medical Center and the New York Academy of Medicine.

As a result of this initiative, YCP has been able to greatly increase the amount of fresh vegetables provided to each family in the last twelve months. These fresh packages are combined with staples like cereals, rice, pasta and beans received through a longstanding relationship with the Food Bank for New York City.



Season of Awards and Honors for YCP

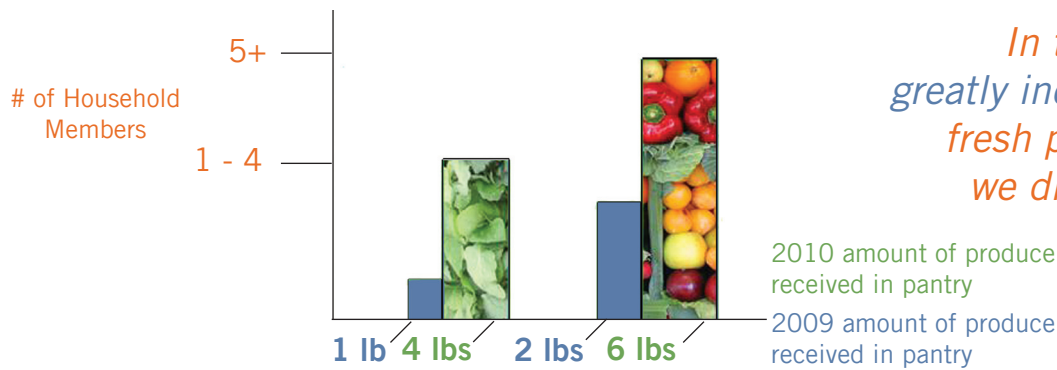
YCP received a 5-star rating from *New York Family* magazine and was selected as a favorite charity "Family Pick" for offering volunteer opportunities geared to families and for addressing pressing community needs.

The Robin Hood Foundation honored YCP with its influential "Hero Award" for making "extraordinary contributions in the fight against poverty."

New York State Department of Health, through its Hunger Prevention and Nutrition Assistance Program, awarded YCP a "Best Practice Award" for "successes in providing food to those in need and improving nutrition."



We can't do it without you. Please renew your support for YCP today.



In the past year, YCP has greatly increased the amount of fresh produce per household we distribute in our pantry.



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A Message from the Executive Director

The needs of hungry people are many and growing. Poverty is associated with obesity, food scarcity and poor nutrition, forcing organizations like YCP to confront these challenges to meet the needs of clients.

A recent study published by the Food Bank in 2009 indicated that more than half of all emergency food sites saw the number of first-time visitors increase by 25% or more. Yet most Soup Kitchens and Food Pantries ran out of food or had to reduce the amount of food offered.

But at Yorkville Common Pantry, your support made it possible for us to feed every person who came to us---no one was turned away hungry.

Families with children have been impacted disproportionately. Children who go to school hungry have increased risk of learning and behavioral issues compared to those who attend

school well-fed. YCP is the first line of defense against homelessness, malnutrition, and hunger.

Without our services and provisions, the most basic human needs would go unmet.

In the year ahead, we will continue to expand our food budget to meet increased need, build on our commitment to provide more locally grown, fresh produce to our pantry families, offer interactive cooking and nutrition classes, and continue to serve 8 meals a week through our Project Dignity hot meals program. Our social services team will continue to serve the homeless and screen new pantry clients to access all the resources and benefits available to them.

I extend my sincerest gratitude for your ongoing support in serving our neighbors in need.

Stephen Grimaldi