

Thank you for your support... please make a gift this Spring!

To make a donation please visit www.nycommonpantry.org or use the mailer inside

Follow Us on Twitter! twitter.com/NYCommonPantry * Like us on Facebook! facebook.com/NYCommonPantry



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

Thank You!

Your continued support makes it possible for us to provide meals and services to people in our Live Healthy! program like Estelle and in our Choice Pantry like Michelle as well as others, such as Angela and Fatou, pictured below. This year we project we will serve over 3 million meals to at least 50,000 individuals. Thank you for helping us reduce hunger throughout New York City while promoting dignity and self-sufficiency.



Angela has lived in East Harlem for 25 years and enjoys coming to the Pantry to learn more about how to make healthy food for her family.



Fatou is from Senegal and comes to the Pantry to choose healthy food for her family of nine.

Reduce Hunger and Your Tax Burden

Did you know you can structure your giving to reduce hunger and your tax burden? To learn more about Charitable Trusts, Donor Advised Funds, and how to use your assets to your advantage, contact Neill Bogan, nbogan@nycommonpantry.org.



The Pantry Press

Spring 2015

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

NY Common Pantry Recognizes & Salutes Its Volunteers During National Volunteer Month

Volunteer Spotlight: Mary-Christine



Mary-Christine, NYCP volunteer, can often be found in the Pantry unpacking produce. Photo credit: Patrick Kolts.

Mary-Christine Bryant began volunteering at the Pantry after reading about us in St. Jean Baptiste's parish bulletin. Mary-Christine volunteers at least three times a week and is often found either in the Pantry unpacking produce or on the lower level helping to serve dinner. Known for her collection of vibrant and food-themed aprons, Mary-Christine has an infectious smile that helps to make even the smallest task, like unwrapping produce bags, fun for all volunteers. Of all the volunteering she's done here, Mary-Christine says that helping serve dinner is her favorite activity. "I'm concerned about the hungry in this city, and when I'm serving dinner I feel a tangible connection to what I'm doing and know that I'm part of the uncommon solutions to hunger," Mary-Christine said. She also noted that before she started volunteering at the Pantry she did not like vegetables. However now that

she's been helping to pack them in the Pantry and has seen different ways to cook them in the Hot Meals program she has begun to add vegetables into her own meals.

Calling volunteerism "one of the hallmarks of American life," President Nixon signed an executive order in April 1975, declaring that a week be dedicated to those who give their time to charity. What first began as a week in April to nationally recognize volunteers has now become a month-long acknowledgement that we join in. At New York Common Pantry, volunteers are our 'secret sauce.' Last year over 14,000 volunteers provided nearly 50% of the Pantry's labor. Volunteers made it possible for us to serve more than 308,000 visitors with almost 3 million meals last year. If you'd like to read more volunteer spotlights, please visit our website. Interested in volunteering at the Pantry? E-mail volunteer@nycommonpantry.org to schedule a visit.

Pantry Member Highlight: Michelle Vierra

Michelle graciously shared her story at the Fill the Bag Benefit.

After working at a hospital for seventeen years, Michelle visited the Pantry due to an illness that rendered her unable to work. Feeling dejected that she was now in need of assistance to provide food for her family, Michelle did not look forward to coming to the Pantry. However, after she was greeted and helped by NYCP's staff, her mood changed.

According to Michelle, being able to choose her own food, especially fresh fruit and vegetables, made her feel like her opinion mattered. "Coming to a food pantry can make you feel disempowered but when I come to New York Common Pantry, I get to select the food that I want and my dignity is restored."

Michelle mentioned that when she visited the Pantry the friendly staff and volunteers greeted her with a smile, which always raised her spirits. According to Michelle, "NYCP made it possible for me to provide healthy food for me and my daughter, so I didn't have to worry and could focus on making sure my daughter got into college."



Michelle Vierra, Choice Pantry member, sharing her story at our Fill the Bag Benefit. Photo credit: Michael Leonhard Photography.

Fill the Bag Benefit: A Night of Community

On March 10, 2015, nearly 350 people filled Gotham Hall to show their support of the Pantry's work. This year our honorees included Linda E. Holt and Wells Fargo. Linda was the recipient of The Estée Lauder Companies Distinguished Volunteer Award and Wells Fargo received the Corporate Partner Award. Both Linda and Wells Fargo have made great contributions towards ending hunger in our city.



Michael Nachman, Cheryl Wills, Linda E. Holt, Wells Fargo's Deborah Smith, Sara E. Moss, and Stephen Grimaldi (l-r). Photo credit: Michael Leonhard Photography.

Cheryl Wills of NY1 served as our Mistress of Ceremonies, and announced that Noby Rivera, NYCP's Food Programs Associate, would be named "NYer of the Week" during April. Noby was nominated by Michelle Vierra (see story above). This year, instead of a video we curated a community parade, which included staff, pantry members, donors, and supporters to both show and tell the importance of the Pantry in the community. The evening also included a digital silent auction, wine wall, and paddle raise. We are happy to share that the evening raised over \$706,000 to support the Pantry's vital work.

Live Healthy! Expands: Furthering Our City-wide Reach



Estelle Holloway recently completed her first session of Live Healthy! classes and is beginning her second session.

Estelle Holloway first came to the Pantry after she became disabled and needed assistance with food. She saw a flyer for Live Healthy! classes while she was waiting to place her order and first came to the class looking to learn more ways to add fiber to her diet. In addition, Estelle learned the importance of keeping hydrated and now keeps a bottle of 'spa water' (water mixed with cucumbers and lemon) in her refrigerator. Estelle recently finished her first six-week session and plans to continue attending Live Healthy! classes. According to Estelle, "After finishing my first session, I feel healthier and have more energy to move and I'm returning for round two to learn more about making positive changes in my life and my eating habits."

In our last Pantry Press we shared the growth of our Live Healthy! program. One year later, we are proud to report that the Pantry has received a five-year grant from the New York Office of Temporary Disability Assistance to institute an Eat Smart New York (ESNY) nutrition education program in parts of Upper Manhattan and the Bronx. The program will enhance and expand the nutrition education efforts of the Live Healthy! program by focusing on fighting obesity and other nutrition-related issues faced by SNAP-eligible residents in the city.

As a result of the funding, Live Healthy! staff has more than tripled and the number of weekly classes they provide has grown from 8 to 35. Live Healthy! is expected to reach as many as 4,800 participants each month through its expanded programming that promotes the acquisition of life-long healthy habits to our participants.



Live Healthy! participants exercising in class.