

Food first

Inspiring Hope, Feeding Families

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A NOTE FROM KAREN

Dear Friends,

Heat or eat.... Rent or dinner for the family... Medicine or food... Have you ever had to make one of these choices? While many of us may never have to consider whether we will pay the heating bill or put food on the table, millions of Americans are constantly burdened with these types of difficult decisions and thousands of them are right here on the Greater Virginia Peninsula. For many of the people we serve, these are just some of the tough choices they've had to face between basic necessities.

This past holiday season, through your support, the Foodbank was able to distribute the equivalent of almost 1.7 million meals to those who need them the most – the children receiving hot, nutritionally balanced meals through our Kids Cafe program, the veterans receiving packages of food through our monthly mobile pantry at the VA Medical Center, and the hardworking families who rely on our many caring partner agencies to help them make it from paycheck to paycheck. It is your partnership that fills plates and nourishes our community. There is simply no way we could accomplish what we do without you.

But hunger does not occur just during November and December. Unfortunately, for far too many, hunger is a daily or weekly occurrence. Now that the holidays are over, I ask you to continue to remember those in need. The food that is donated during the holiday season does not last until the holidays roll around again. Our work is ever changing and evolving but always needed. When you support the Virginia Peninsula Foodbank, you not only help put a meal on a table, you also take a hard decision off of someone's plate.

With thanks,

Karen L. Joyner

Karen L. Joyner
Chief Executive Officer

Community Update

Newport News Shipbuilding employees donated twelve tons of food for their holiday food drive.



Planned Giving

Ways to Take Care of your Favorite Charity After You Are Gone

Recent estimates show that 55% of people do not have a will. Without a will, the state will decide how your assets will be distributed. Generally, your estate will be divided among your surviving relatives based on the closeness of the relationships. Extra time and money are spent in finding distant relatives. By taking the time to draft the will of your choice, you can ensure that the people and interests closest to your heart are cared for in a manner consistent with your beliefs and values.

To help your favorite charity into the future, you can leave a specific sum, a specific asset, a percentage of the overall estate, or “whatever is leftover” after your loved ones are cared for. Recent studies indicate that only 20% of people take advantage of the tax savings available when naming charitable organizations in their wills. Your advisors can provide invaluable help in these estate planning matters.

Bequests need not be large amounts; many are quite modest. And as a planned gift, bequests allow you the flexibility to provide for people close to you and make adjustments as needed in the future.

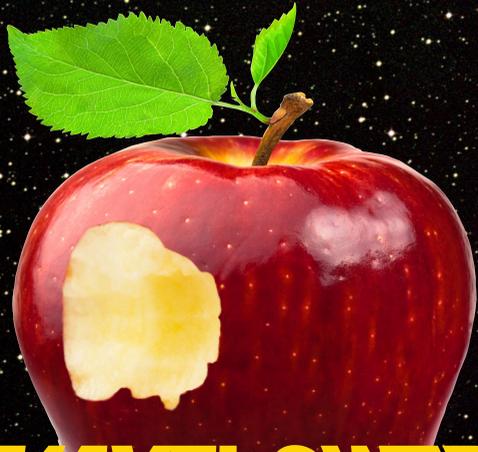
With your support we can work together to help ensure that all people receive the care and respect that they deserve. By creating a legacy for the hungry you will reap the greatest reward of all - knowing that you will play a critical role in Virginia Peninsula Foodbank's vital work in the years to come.

Things to remember:

1. The size of your estate does not matter; everyone needs a will.
2. By not preparing a will, you hurt those people and causes who depend on you.
3. A properly executed legal document is the only way to guarantee that your wishes are carried out.
4. Name a personal representative that you trust to follow your wishes.
5. Update your will whenever your situation or tax laws change.

In order for you to take advantage of planned giving opportunities, it is important to begin now. Tax laws are complex and you should discuss your ideas with a tax advisor.





MAYFLOWER MARATHON

EPISODE XIX



Over 161,000 Meals Provided for Residents Across the Greater Peninsula



Spanning 57 hours and three days from Friday, November 20, to Sunday, November 22, the 19th Annual 106.9 The Fox and FM 99 Mayflower Marathon Food and Fund Drive took in donations at a new location at Hampton's Coliseum Marketplace in Coliseum Central. Over 200 dedicated volunteers providing 658 volunteer hours accepted monetary contributions, and unloaded food donations filling two large tractor trailers. Despite a rainy Sunday, spirits remained high and donations were plentiful.

The Mayflower Marathon helps the Virginia Peninsula Foodbank meet the increased demand from families for resources during the holiday season. This year, the drive collected more than 470 turkeys that provided a delicious holiday meal for those families in our area that are facing challenges from hunger.

"We are so grateful for the generosity that our community has demonstrated at such a critical time during the holidays for our neighbors. These donations will help many families have the resources they need to prepare meals throughout the season," said Michele Benson, Chief Development Officer. "When we all unite to fight hunger in our area, we can make such a significant impact."



The Legal Community Takes Action Against Hunger

Seeing the struggles that families were facing, The Office of the Attorney General, The Young Lawyers Division of the Virginia Bar Association and the Federation of Virginia Food Banks joined efforts in 2007 to take action against hunger with the creation of the state-wide Legal Food Frenzy, a fun-friendly food and fund drive competition among all Virginia law firms, colleges and organizations. Virginia was the first state to implement an event that brings the law community together to help fight hunger.

Annually, up to 200 law firm participants across the state come together to help the thousands of Virginians who are at risk of hunger have a nutritious meal on their table to live a healthier life. "Kaufman & Canoles is honored to participate in the Legal Food Frenzy

and proud of all of our employees who pulled together to support the Foodbank, making a significant impact in the communities in which we work and live," said Nicole Naidyhorski, Marketing Director, Kaufman & Canoles, P.C.

From April 4th to April 15th we are asking our local law community to raise the bar by participating in the 10th Annual Legal Food Frenzy. By collecting non-perishable food items, monetary donations, and volunteering their time, they are investing in their community by providing the gift of a meal. All firms, no matter how large or small, have a chance of taking home the prestigious Attorney General's Cup. In addition, 11 additional awards are presented in recognition of outstanding achievements. Law firms, colleges and organizations are categorized based on the size of their

teams. Points are earned for total pounds of food and monetary donations collected and volunteer services, an equal playing ground for all participants.

If you are in the field of law, please give us a call at 757.596.7188 or email Donna Tighe at dtighe@hrfoodbank.org. You can also visit www.legalfoodfrenzy.org to learn more about the Frenzy and to register your firm.



Feeding Children, One Backpack At A Time

It can be a challenge for so many Peninsula schoolchildren to get enough nutritious food at home, especially over the weekends and holidays.

The Food for Kids BackPack program combats this food insecurity by filling backpacks with healthy and portable food for students at Title I elementary schools around the Peninsula. They are distributed with the assistance of Special Education Community Based Instruction Program students and volunteers from the Foodbank.

At Cary Elementary School in Hampton, 50 students are enrolled in the weekend food bag program, alleviating some of the stress that their families face on a weekly basis. A third grade student named Steven said, "Mommy did not have enough money for food this week."

Many other students mentioned that at times they did not have food at home.

Each delivery contains two protein items (canned meat, peanut butter), two cans of vegetables, fruit, snacks, and drinks. Although the bags provide food for one student, many students share food with family members. Caitlin, a second grade student, noticed that one week's snack was Golden Oreos and exclaimed, "I knew they were my sister's favorite cookie! I shared half the pack with her."

Before the school's winter break, Andrea, a single mother, was forced out of her home when her apartment complex closed. Her recent job promotion rendered her ineligible for SNAP benefits and other resources provided by the Department of Social Services. "While I was working to get back on my feet,

the BackPack program helped feed my children when school breakfast and lunch were not provided. During a rough time for my family, the program helped ensure that my children did not go to sleep hungry," she said.

Former Cary Elementary School Family Engagement Specialist Sheri Anderson said that the program makes a tremendous difference. "Without the BackPack program and other programs provided by the Virginia Peninsula Foodbank, thousands of children would not receive the proper nutrition that helps them focus in school and live a healthier life."

Upcoming Events

Legal Food Frenzy
April 4th – 15th

Youth Volunteer Corps of Hampton Roads Can-Structure at Patrick Henry Mall
April 16th

National Association of Letter Carriers Food Drive
May 14th

Chick-Fil-A 10K/5K
May 28th

Hunger Action Month
September



The Peninsula's Premier Food Tasting Event



007
TASTEFULLY YOURS

APRIL 14 • 6-9:30PM
HAMPTON ROADS CONVENTION CENTER

OVER 38 RESTAURANTS • CRAFT BEER • WINE • LIVE MUSIC



CONTACT US

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SOCIAL MEDIA



VAPenFoodbank



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MISSION

The mission of the Virginia Peninsula Foodbank is to distribute food effectively through collaborative efforts that minimize hunger, promote nutrition and encourage self-reliance through education.

VISION

To inspire hope by leading the effort for a hunger-free and properly nourished community.

SERVICE AREA

The Foodbank distributes to the following cities and counties: Hampton, Newport News, Gloucester, Mathews, Williamsburg, Poquoson, Surry, James City, and York.

