

# mission and vision

The mission of the Regional Food Bank of Northeastern New York is to lead a network of partners to alleviate hunger, prevent food waste, and nourish the communities we serve.

Our vision is that all people have the nutritious food they need to thrive.

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**Cover image:** A volunteer assists at a weekly food distribution held by one of our partner agencies, TOUCH-Together Our Unity Can Heal, lead agency for Rockland Community Against Hunger. (Photo courtesy of TOUCH.)

**Image at left:** A scene from the Regional Food Bank in 1982. 2022 marked 40 years of the Regional Food Bank and our community alleviating hunger...together.



# from the ceo

Dear Friends,

The 2022 Impact Report provides an opportunity to look back on our rich history, celebrate the present, and look forward to future opportunities.

This year represents our 40th year of service. What started as a grassroots effort of dedicated individuals working out of the Central Warehouse has grown to a robust operation employing over 100 people in a large distribution center in Latham and a satellite facility in the Hudson Valley. In 1982 we may have thought that hunger was a temporary challenge. We now know that is a pervasive problem in our community that requires our efforts, attention and resources.

2022 represents an amazing year of service to our hungry neighbors. Despite serious disruptions in the supply chain, our staff managed to acquire and distribute over 45M pounds of nutritious food - nearly 38M meals. These meals were provided to seniors, children, families and adults, most of whom are working one or two jobs to provide for their families.

We could not do our work without our strong network of partners. Most of our products are donated by manufacturers, retailers, and farmers who generously give from their excess. This food is inspected, sorted, boxed and inventoried by 18,000 volunteers! Our food is distributed with the help of over 850 distribution partners including food pantries, soup kitchens, schools, and shelters. We are grateful for the efforts and teamwork of all of these groups and celebrate our partnership.

Looking forward, we anticipate continued challenges with the economy sending more hungry people to our doors. We have just completed a strategic plan committing our resources and efforts to equitably distributing sufficient food throughout our area. We are committed to sourcing enough product to address the unmet need. We are committed to providing nutritious and culturally relevant food. We are committed to investing in our staff, our infrastructure and our fleet. We are committed to reducing waste in the food system.

We are also counting on you, our supporters, to continue to help us meet our mission. Thank you for helping us for 40 years. We look forward to working with you to alleviate hunger and help our neighbors thrive.

Sincerely,

Molly Nicol

**Chief Executive Officer** 

Molly Nicol

## from the director of the food bank of the hudson valley

Dear Friends,

John van Hengel, a retired businessman, volunteered at a soup kitchen trying to find food to serve our neighbors facing hunger. One day, he met a desperate mother who regularly rummaged through grocery store garbage bins to find food for her children. She suggested that there should be a place where food could be stored for people to pick up rather than being thrown away —similar to how "banks" store money for future use. With that, an industry was born. Mr. van Hengel established St. Mary's Food Bank in Phoenix as the nation's first food bank. Word of the food bank's success quickly spread, and states began to note. Today, there are 200 food banks in Feeding America, the national food bank network.

As Director of the Food Bank of the Hudson Valley, I frequently speak to our donors. Today, while chatting with a man who made a sizeable donation, he shared with me why he is so determined to make sure as many people as possible have food to eat. When he was 16 years old in the 1960s, he was sleeping on a park bench while still going to high school. Yet even though he slept there in the middle of winter, he said lack of food was his major problem. Back then, there were no resources where he could access food. He persevered, working his way through high school and college, and became quite successful. He gives to the Food Bank that serves the area where that park bench once stood.

We are excited to have broken ground on the new 40,000 square foot distribution center in Montgomery, NY replacing our current location in Cornwall-on-Hudson that we outgrew back in 2016. Because of people like John van Hengel, that visionary mother, our generous donors, and each of you, we are working towards the day when everyone has access to the nutritious food they need to thrive.

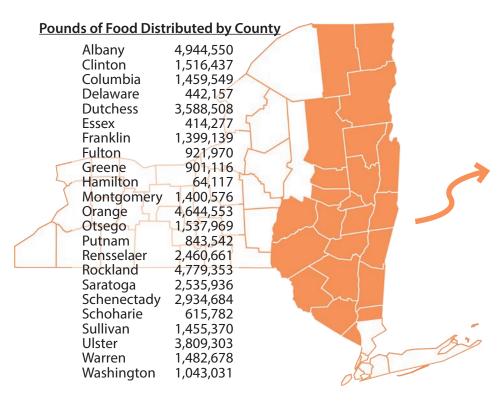
All our work could not be possible without you, and we thank you again for your outstanding generosity that sustains it.

Gratefully,

Sara Gunn

Director, Food Bank of the Hudson Valley





**45,195,258** pounds were distributed in 2022 throughout 23 counties of New York, the equivalent of **37.7 million meals**.

In any month, over **350,000 individuals** are served by **858** partner food pantries, soup kitchens, and emergency shelters.

To help our partners provide the best service to our neighbors in need, the Food Bank offered 17 virtual trainings in 2022 on topics such as food safety, cultural responsiveness, social media, understanding implicit bias, and assessing community need, as well as quarterly Town Hall meetings with our CEO. Additionally, our staff visited 649 of our partners to ensure compliance with food safety standards, help build capacity to better meet the needs of our neighbors experiencing food insecurity, and update our partners on Food Bank and Feeding America policies..







#### **Mobile Pantry Program**

Not every community we serve has a pantry, which makes it hard to provide equitable access to our neighbors. In 2022, we launched the **Mobile Pantry Program** to provide food pantry distributions to residents in four communities that lack brick-and-mortar food pantries and nearby grocery stores. We deliver nutritious food to centralized locations where participants choose the items that meet their household's needs. We will expand to additional sites in 2023.

#### **Children's Programs**

The Food Bank's BackPack Program, School Pantry Program and Summer BackPack Program provided over 2.4 million meals to 10,000 children and teens throughout the school year. In addition to weekly food bags, these programs provided personal hygiene items, school supplies, and holiday baskets to help children across our 23 county service area.

#### **Senior Food Delivery Program**

Low income seniors without their own transportation face a unique barrier to accessing fresh food. In partnership with low income senior housing sites, the Food Bank's Senior Food Delivery Program delivers nutritious food to low income seniors at their housing facilities every other week, ideally during weeks when transportation to a grocery store is unavailable. **1,300 seniors at more than 20 senior housing sites** participate in the program.





#### **Culturally Responsive Food Intiative**

Food pantry guests from different cultural backgrounds may have different food preferences, experience language barriers, or feel uncomfortable going to pantries. Thanks to a grant from CDPHP, the Food Bank conducted research to determine which foods are most desirable throughout our network, added them to our inventory, and provided a "Food & Culture" series of trainings to our partner network to increase awareness of culturally sensitive diets.

#### **Retail Store Donation Program**

The Retail Store Donation Program enables the Regional Food Bank to increase our emergency food distribution by collecting food from participating grocers that would otherwise be thrown away like meat, dairy, and produce. In 2022, 12.4 million pounds of food were rescued from 228 stores across 17 retailers, providing 10.3 million meals to our neighbors in need.

#### **Just in Time Delivery Program**

Many of our partner pantries have to limit the amount of fresh food they provide due to lack of space to store or transport these products. The Food Bank's Just in Time Delivery Program brings **produce**, **dairy**, **and other perishable food** to pantries 'just in time' for distribution, without them having to transport or store it. The Schenectady Foundation and the Seymour Fox Memorial Foundation offered generous support to pilot this program.



# od distribution by category

# 89% of the food we distributed is comprised of healthy staples like fruits and vegetables, grains, dairy, meat, and other protein.

And in addition to food, the Regional Food Bank also provided 1.7 million pounds of non-food items like household paper products, personal hygiene items, cleaning products, and more. These are items that cannot be purchased using SNAP benefits and are extremely valuable to our network of partner agencies and our neighbors in need.

Fruits and Vegetables: 39%



#### **Food Farmacy**

For food insecure individuals with chronic disease, Food as Medicine provides access to healthy foods and nutrition education to help manage diet-related symptoms of diagnoses. In our pilot program with St. Peter's Health Partners, participants' A1C measurement of blood glucose dropped from 10.13% to 6.78% after 12 weeks.\* We are excited to expand this program in 2023. \*The American Diabetes Association recommends an A1C less than 7%.



#### **Just Say Yes to Fruits & Vegetables**

JSY helps individuals and families gain the knowledge and skills needed to make healthy food choices. JSY nutritionists provide practical fruit and vegetable nutrition education sessions at various community sites emphasizing frozen, canned, and dried products, as well as fresh fruits and vegetables. They provide easy, low-cost recipes, and tips for planning and preparing delicious, healthy meals.



#### **Nourish New York**

Nourish New York provides food banks with funds to purchase surplus agricultural products from NYS **growers** and producers that are then provided to people in need. In 2022, Nourish New York provided us with over 3.1 million pounds of food including dairy, eggs, produce, pasta, and more from 20 New York State growers and producers.



#### Grains: 13%

**Dairy: 15%** 

Protein: 25%

Entrees, Soups, and Prepared Foods: 6% Snacks: 2%



#### **Patroon Land Farm**

The Regional Food Bank, in partnership with the Patroon Land Foundation, manages a farm that grows large quantities of high-quality vegetables and supplies the Food Bank with diverse, fresh produce to people in need. **40,000 pounds of produce** were harvested in 2022.







# It takes a community to alleviate hunger. Our partners, volunteers, and donors make it possible.



**18,064 volunteers** contributed **52,871** total volunteer hours - the equivalent of **25** full-time employees! More than 2,500 of those volunteers were first time visitors to the Food Bank!

We hosted our volunteers at five different sites: the Regional Food Bank's main warehouse, the Selina Drive warehouse, the Patroon Land Farm, Crossgates Mall, and the Food Bank of the Hudson Valley's warehouse.



Due to capacity constraints at our satellite facility in Cornwall, 60% of the food distributed in the southern six counties of our service area is transported from our Latham headquarters. In 2021, we launched an initiative to build a new, larger distribution center in the Town of Montgomery. In 2022, we were awarded a \$10.7M grant from the Community Development Block Grant CARES program administered by New York State Homes and Community Renewal for the project. The new space is expected to be completed in 2024 and will enable us to provide a greater variety of food, better access for food donors, and improved service to our partner agencies.



For years, our dedicated volunteers worked in various spots throughout the Food Bank and at numerous off-site locations.

In November, thanks to the support of a generous community, we unveiled our new dedicated volunteer sorting space within our Latham distribution center: a space solely for our volunteers that gives the Food Bank the flexibility to maneuver the layout as needed and accommodate larger groups.



In 2022, we received **25.9 million pounds of donated food** and products from 367 donors including distribution centers, farmers, foodservice companies, manufacturers, retail stores, truckers, wholesalers/brokers, and Feeding America, along with hundreds of businesses and community members who came together to host food and fund drives.

Monetary contributions from individuals, corporations, clubs, Food Bank fundraisers, and community events assist with our daily operations and provide valuable program support, allowing us to strengthen operations and innovate.

# financial statements

Statement of Activities and Change in Net Assets Year Ended December 31, 2022

## **Public Support and Other Revenue**

| Pub |  |  |
|-----|--|--|
|     |  |  |
|     |  |  |
|     |  |  |
|     |  |  |

Donated Food and Other Inventory Items (In-Kind)\*

**Contributions & Bequests** 

Commodities Contract - USDA

Fundraising/Direct Mail Appeals

**Fundraising Events** 

Grants

Contributions and Grants, With Restrictions

Hunger Prevention Nutrition Assistance Program (HPNAP) Grant

**HPNAP Nourish NY Grant** 

**HPNAP Restaurant Resiliency** 

**United Way** 

**Total Public Support** 

Co-op Food and Other Inventory Items Revenue

Shared Maintenance Revenue

Other Income

Gain on Equipment/Asset Sales

Interest Income/Other Realized and Unrealized Gains

**Total Other Revenue** 

#### **Total Support and Other Revenue**

#### Expenses

Donated Food and Other Inventory Items\*

Co-op Food and Other Inventory Items

Salaries

**Employee Benefits & Payroll Taxes** 

**Agency Rebates** 

**Building Operation Expenses** 

Consulting/Professional Fees

Depreciation

Equipment Expense & Maintenance

**Fundraisind Appeals Expense** 

Fundraising Event Expenses

Hunger Prevention Nutrition Assistance Program (HPNAP)

Insurance

Membership Fees

Miscellaneous

**Printing & Publications** 

Postage

Staff Travel & Conferences

**Supplies** 

Telephone

Transportation-Commercial

Utilities

Vehicle Expenses

Waste Disposal

#### **Total Expenses**

**Change in Net Assets** 

\$ 57,370,774 5,028,006 1,792,949 2,240,742 987,378 942,724 1,323,033 6,038,416 9,347,064 3,640,948 47,438 \$88,759,472

> \$ 7,679,121 710,216 223,668 553,737 (323,970)

\$8**,842,772 \$97,602,244** 

> 61,118,191 20,639,332 5,425,762 1,707,155 1,000,000 663,796 289,110 736,151 165,745 122,834 181,547 2,797,638 205,217 48,793 193,763 51,744 38,243 46,784 466,251

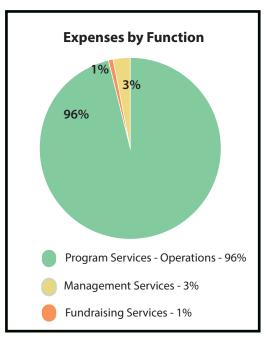
40,261 43,502 258,758 616,356

106,830

\$96,963,763

\$638,481

\*You will notice our financial report has changed this year. Per Feeding America guidelines, we are now recognizing the value of the donated food and other inventory items we receive. This keeps us consistent with other Feeding America food banks across the country.



# corporate & foundation donors of \$1,000+

#### **Regional Food Bank**

AAA Northeast Absolute Fire Protection The Beth C. and Henry E. Adams Private Foundation Adirondack Beverages

Adirondack Foundation
- Adirondack for Kids Fund

- Evergreen Fund - Generous Acts Fund

- Special and Urgent Needs Fund Aflac New York Air Products & Chemicals
Albany City Schools Albany Fund for Education Albany Gastroenterology Consultants Albany Police Athletic League, Inc. Altamont Community Tradition Inc

American Compassion Life Association American Legion Mohawk Post 1450

Anheuser-Busch AnswerForce

Antonia A. Beltrone Sabre Foundation Applied Materials

Archer Daniels Midland (ADM) Ardent Mills LLC

Argyle Central School District

Arise of Northern NY

Arista Wealth Advisors Charitable Athens Community Foundation

Athens Community Foundation
Ausable Valley CSD
Averill Park Central School District
Ballston Spa National Bank
Bank of America Foundation
Bank of America Matching Gifts
Bank of Greene County Charitable Foundation
Barton & Loguidice
Bast Haffield

Bast Hatfield

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Bernard Giving Account Berne Knox Westerlo CSD

Best Fire, Inc. Bethany Reformed Church

Bethlehem Festival Fund

Bilinski Sausage Manufacturing Co BJ's Wholesale Club Inc.

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Boats by George, Inc.

Bob's Discount Furniture Charitable Foundation

**BOCES - WSWHE Bolton Central School** Bonacio Construction Inc. Bond, Schoeneck, & King, PLLC Bradshaw International, Inc.

Bright Funds Broadalbin-Perth Central School District

Broadview Federal Credit Union Broccoli Associates, Inc. Brooks Family Foundation

Brooks Family Foundation
Bruce Tanski Constuction & Development LLC
Brunswick Lodge of Elks #2556
Brunswick Presbyterian Church
Bryan MacCormack Photography
Bryce Appraisal Service, LLC
Bulova Gale Foundation
Burnt Hills-Ballston Lake Rotary Club
Bryne Dairy

Byrne Dairy

C&S Wholesale Grocers Inc.

C.T. Male Associates Caldwell Presbyterian Church Caliber Collision Centers

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of Broadview

Capital City Lodge 421/WoodmenLife Capital District Area Labor Federation, AFL - CIO Capital District Center For Independence, Inc. Capital District Insurance Community, Inc. Captech Logistics LLC

Captured Light Photography

The CarMax Foundation

Casa Visco Finer Foods Catholic Charities of the Diocese of Ogdensburg Centene Management Center for Internet Security Charles R. Wood Foundation

Chatham Area Silent Pantry Chemung Canal Trust Company

Chevron Humankind Matching Program Children's Foundation of Columbia County Chobani

Christian Community Church Church of Our Savior

Church Women of Claverack Clifton Park BPOE Lodge #2466

Climate Engineering Truck & Trailer Refrigeration Closure Systems International

Cloudsplitter Foundation CNY Community Foundation, Inc. Cobleskill Stone Products, Inc. Comfortex Window Fashions

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The Community Foundation for the Greater

Capital Region - A.C. Riley Charitable Fund - Niskayuna Community Foundation General Fund

- Judith Fetterley Donor Advised Fund

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Corvaglia Closures The Cottage Bridge Foundation

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Eastern Fish Co

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The Edmeston Education Foundation, Inc
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Elevance Health Foundation Empire Merchants North, LLC

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Essendant Charitable Foundation

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Exit 9 Wine & Liquor Warehouse Fabcon Precast

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BoxLunch

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Cargill - The Cheesecake Factory

- Citizens Bank - Costco

- Crocs

- CVS Health

- HDR Foundation - Jersey Mike's

Joel Gott

- JM Smucker Company

Kellogg's Kraft Heinz

- Post Holdings, Inc. - The Quaker Oats Company

- Star Group - Starbucks Company - SYSCO

- TJX Companies

- The Fresh Market

- Unilever

- Walmart

- Whole Foods Market

Feeding New York State

Fenimore Asset Management The Fireplace Company, Inc. First Reformed Church of Berne First Reformed Church of Scotia First United Methodist Church of Delmar

Fleet Feet Sports Food Bank of Central New York Fraternal Order of Eagles Bell Jar

Fresh Express Fulmont College Association, Inc. The Galasso Foundation

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GE Foundation
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Givinga Foundation, Inc.
GlobalFoundries Stillwater Foundation
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Gloversville Enlarged School District

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Homestead Funding Corp.
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IBM Employee Services Ctr. Ichabod Crane Central School District

iHeart Media

Immanuel Evangelical Lutheran Church

Imperial Distributors Indian Lake Central School Inktomi Global Supply LLC Inspire Confidence Group

Inspire Foundation Interfaith Partnership for the Homeless

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Loewi-Lemberger Kaplan Charitable Fund Loiselle Memorials

Long Lake Lions Club Lounsbury Family Foundation

LPGA/ShopRite LS Power Grid New York Corp I

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Malta Development Co
Markertek/Tower Products Incorporated
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MSCI Inc. Mt. Ida Community Baptist Church MVP Health Care

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Nestle

Nestle
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NFP, Rose & Kiernan Charitable Foundation, Inc.
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North Warren Central School
Northern Adirondack Central School

Northern Adirondack Central School Northern Rivers Family Services

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Assistance NYS Public Employees Federation #194

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The Peckham Family Foundation

Pepsi-Cola Albany Performance Industrial Peru Central School

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Plastipak Packaging Policy Research Associates, Inc. Pompeian, Inc

Poore Foundation

12

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Reformed Church of Canajoharie
Reformed Dutch Church of Claverack Reformed Presbyterian Church of Duanesburg Regeneron Pharmaceuticals

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The Sandy Hill Foundation Saranac Elementary FSO
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TUrf Hotels
UHG - UnitedHealth Group
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United Irish Societies of the Capital District
United Methodist Women - Johnsonville United Way of Central Maryland

United Way of Dutchess-Orange Region United Way of the Greater Capital Region United Way of Westchester & Putnam, Inc. The University at Albany Foundation

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#### **Food Bank of the Hudson Valley**

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- The Diggleman Charitable Fund - The Duffy Family Fund

Bank of America Charitable Gift Fund **Baumol Family Foundation** 

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Bongiorno & Associates, Inc. Cafe Spice, Inc. Carmelite Communion, Inc.

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Enterprise Holdings Foundation
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Fabricators & Erectors Assoc.
Fair-Rite Products Corp.
Fairweather Consulting
Fidelity Charitable Gift Fund
- Collins Family Charitable

Collins Family Charitable - The Curtis and Stacey Lane Fund

- The Morse Charitable Fund

- The Williams Forsyth Family Fund Fifth Generation, Inc

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Quick Cnek
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QVT Family Office
Radio Woodstock Cares Foundation
Red Door Thrift Shop
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Sawyer Motors Sawyer Savings Bank Scenic Hudson, Inc.

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Tectonic Engineering, P.C. Temple Beth-El Thoben Hill Properties

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Ulster Savings Bank
United Parcel Service
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United Way of the Dutchess-Orange Region
UU Congregation at Rock Tavern
Vanguard Charitable Fund
-The Degen Family Fund

- The Alvin DeMaria Fund - Eve Propp Family Fund

- The Getman CG Fund - The Hope Scott Rogers Fund

W.R. Berkley Corporation
W.R. Berkley Corporation Charitable Foundation Wagner Technical Services, Inc.

Wakefern Food Corp Walden Savings Bank

Webster Bank Charitable Foundation Woodstock Chimes Fund

## your gifts in action

"I have families that no longer worry about being hungry. I have students who's faces look fuller because they are eating healthy. I have mothers who are able to keep their pride while feeding their children. [Because of this Program,] I have built meaningful relationships with the families I serve. I cannot fully articulate what our Program has done for our families and the change it has made in our school culture. Thank you from the bottom of our hearts." -School Pantry Coordinator



# how you can help

#### make a financial or in-kind donation

Monetary donations sustain the Food Bank and enrich the community by providing nourishment, dignity, and hope to all involved. Funds come from contributions, grants, and special events, and each donation makes a meaningful difference. In-kind donations come in many forms, from printing to paving and more. These donations allow the Food Bank to provide more food to hungry people.

#### donate food

Food donations are at the core of the Food Bank's work. Food companies donate their edible but unsaleable food, and individuals and organizations conduct food drives at all times of the year. Non-food items like personal hygiene items, paper goods, and cleaning supplies are also donated. These products are provided to food pantries, soup kitchens, and other agencies serving people in need.

#### donate time and talent

Volunteers are vital to the Food Bank's operation and contribute in countless ways. Sorting food, picking produce at our farm, or raising money at a fundraising event—there are endless varieties of enjoyable, rewarding tasks that volunteers perform every day.

### spread the word

Did you have a great time volunteering or attending an event? Spread the word! Let your friends know, and encourage them to get involved too! Find us on social media to keep up with what's going on at the Food Bank, and share our pages with your friends. Help us advocate and make sure your elected officials know you care about food insecurity. With your help, we are alleviating hunger...together.













965 Albany-Shaker Road Latham, NY 12110 regionalfoodbank.net





195 Hudson Street Cornwall-on-Hudson, NY 12520 foodbankofhudsonvalley.org



