



525 Gator Drive
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pbcfoodbank.org

IMPACT REPORT!

— SPRING 2020 —

We would like to share some of our many accomplishments over the past year. These achievements are possible because of the commitment of caring friends like you.

Food4OurKids

Food4OurKids is a year-round weekend program that distributes backpacks filled with food to feed hungry children on the weekends throughout the year, when school meals aren't available. As of 2019, Palm Beach County has the 5th largest school district in the state and the 10th largest in the United States. Over 59% of students in PBC receive free or reduced lunch. Here are some program highlights:

- Last year, we partnered with seven schools during the school year, providing 525 weekend backpacks each week. Over the summer, we provided approximately 2,638 backpacks to more than 40 sites each week, thanks to your support.
- Last year, we distributed approximately 365,553 pounds of food to feed hungry children.



We receive so many heartwarming comments as a result of your generosity. For example, *"Our students look forward to Friday and having canned goods for the weekend. A parent came in talking about how much they enjoyed the pancake mix that was added in a few weeks ago. He enjoyed making the pancakes with his son,"* said Joeniseley Mathurin, the afterschool director at Achievement Centers for Children and Families at Pine Grove Elementary School in West Palm Beach.

Marjorie S. Fisher Nutrition Driven

Marjorie S. Fisher Nutrition Driven is a partnership program with the University of Florida Institute of Food and Agriculture Sciences (UF IFAS). The program uses the nationally recognized and evidence-based Expanded Food and Nutrition Education Program (EFNEP) curriculum to teach students about core nutritional values, food safety and preparation, simple recipes, and smart shopping tips over the course of eight classes. During each class, students are invited to taste a recipe prepared for them by UF's educators, and at the end of each class PBCFB provides the fresh produce and grain used in the recipe so that students can take what they've learned and recreate it at home for their families.

Program highlights include:

- Provided nutrition education to 33 sites.
- There were 955 graduates of the program.
- 97,308 pounds of grains and fresh produce were provided to participants to create nutritious meals at home.

WHITE BEAN AND RADISH SALAD

Ingredients

- 1 bunch Radishes, cut into thin wedges
- 2 Siv (or ¼ onion), thinly sliced
- 2 cans Cannellini (White Kidney) Beans, drained and rinsed
- ¾ cup Olives, pitted and sliced
- 2 Anchovy Fillets, drained
- ¾ cup Olive Oil
- 2 TBSP Capers
- 2 ½ cups (packed) Fresh Parsley
- ¼ cup (or more) White Wine Vinegar
- Salt and Pepper, to taste



Instructions

1. Blend anchovies, oil, capers, and 1 cup of parsley into blender until it turns into a puree.
2. Transfer into a large bowl and mix in ¼ cup of the vinegar. Add salt and pepper to taste. Add more vinegar if it is desired.
3. Add radishes, scallions (or onions), beans, olives, and remaining parsley. Toss and combine.
4. Set in the refrigerator for one hour, covered, to allow flavor to enhance.

Serve with chicken, fish, or atop a bed of mixed greens!

Food Recovery & Distribution

The Food Bank collects, recovers, and distributes food items to food pantries, soup kitchens, and homeless shelters in Palm Beach County. In 2019, the Food Bank:

- Distributed almost five million pounds of food;
- Experienced a 40% increase in recovering and distributing perfectly good and nourishing foods through an increase in new partnerships with commercial donors and other food banks, making it easier to distribute a much greater variety of healthy food to the community.

The testimonies we hear from representatives of our food distribution network are so encouraging. On a recent visit to one of our partner food pantries, Iglesia Un Nuevo Comienzo, a volunteer said, *"We serve a few single moms who are in need and they come with their children to look for food."*

A pantry representative said, *"When we get birthday cakes, we ask whose birthday it is that day. Then we present them with the cake and sing 'Happy Birthday.' You should see their smiles, especially the seniors who are so touched that someone is thinking about them."*

Annual Gleaning in partnership with CROS Ministries

During gleaning season, CROS Ministries, our largest supplier of fresh produce, provided us 441,000 lbs. of produce last year. It included cabbage, corn, cucumbers, tomatoes, lettuce, mangoes, peppers, potatoes, and radishes that went to feed our hungry neighbors.



We Love our Volunteers!

All the wonderful work of the Palm Beach County Food Bank would not be possible without our dedicated volunteers. We are so proud of the work they do. In 2019, a total of 3,956 volunteers donated a total of 14,388 hours of their time. Their commitment of time represents a monetary equivalent of retaining seven full-time employees.

