

more to
share

spring 2021



FeedMore
wny
Foundation



a message from the president

Dear Friends,

We couldn't have predicted how challenging the past 12 months would prove to be, but one thing I could have guessed is how friends like you would step up to help in the midst of crisis — and you did just that.

Because of your faithful support, our programs have grown more than 50 percent in order to meet the increased need and make sure our neighbors have enough to eat — even through such difficult circumstances.

Our community will long be in recovery mode as we attempt to heal from the effects of the COVID-19 pandemic, and our seniors remain especially vulnerable.

As troubling as it is, many seniors in our community are at risk of missing meals every day. Many have remained secluded and alone in the midst of the pandemic, often without the means or ability to get out to buy groceries.

But because friends like you care about the well-being of this

vulnerable population, seniors across Western New York have consistent access to home-delivered meals and healthy food despite the other expenses they face on a daily basis.

In this issue of *More to Share*, I've chosen a few stories to share with you that highlight the difference your gifts are making every day. I hope you'll enjoy hearing from seniors like Ronnie (back cover) who says he can rely on a nutritious meal each day thanks to your kindness.

Thank you for making sure our neighbors of all ages have reliable access to nutritious food — in sunshine, snow and rain and even during a global pandemic. You are simply amazing.

Warmly,

Tara A. Ellis
President & CEO

board of directors

Chairman
Jerry Sheldon

First Vice Chair
Matt McAfee

Second Vice Chair
Eric Decker

Immediate Past Chair
Richard A. Grimm, III, Esq.

Secretary
Karen Merkel

Treasurer
Robert Romeo

President & CEO
Tara A. Ellis

CAC Co-Chairs
Michele Mehaffy
David A. Smith

Board Members
Nancy Blaschak
Timothy Boyle
Carol DeNysschen
LaTonya Diggs, MSW
John Eagleton
Dominic Eusanio
Mary Ellen Frandina
Kristen Hanson
Lou Jacobs
Vincent Miranda
Ed Negron
Cliff Nelson
Jamel Perkins
Todd Pohlman
Robert Rumpl
Jeffrey Russo
Jeffrey Stevens
Timothy Wangler
Lamont Williams
Barrie Yochim

Emeritis
R. Maura Cohen
M. Virginia Proctor
Roger K. Strother
Charles E. Telford, Esq.

you support seniors' health

This spring, seniors like Timothy are thanking you for helping fill their table with nutritious food when they can no longer do it themselves.

“It’s a big help to people who can’t fix meals for themselves.”

Timothy has been widowed for nine years and he says he has received home delivered meals ever since. He has very bad knees that have left him in a great amount of pain and unable to prepare meals himself.

Timothy receives some Social Security benefits and needs assistance paying for winter heating costs. But he says he would have to forego good nutrition if it weren't for your generosity.

“If I didn't have [home delivered meals], then I'd have to eat frozen meals from the store,” he says.

Most frozen meals are packed with calories and sodium but lacking in nutrients that are especially vital for our aging neighbors. Your gifts help make sure Timothy and countless more seniors have nutritious food to support their health.

“It's a big help to people who can't fix meals for themselves,” he says of the home-delivered meals. “A lot of people don't have anyone to come see about them, so the meals are a big help.”

Thank you for allowing elderly neighbors like Timothy to continue to thrive with vital, nutritious meals on the table, even in the midst of COVID-19.



Timothy

'rooting' for our neighbors



FeedMore has officially begun a special initiative to increase access to fresh, healthy food across Western New York.

The Rooting for our Neighbors project features a state-of-the-art hydroponic farm built inside of a shipping container. By making use of automation systems and a mobile app designed to monitor progress, produce can be grown using as little as five gallons of water per day — approximately 95 percent less water than traditional farming methods. Depending on the crop type, the freight farm can yield more than 100 pounds of food each week!

While many forms of produce can grow inside the 40-foot container, kale was chosen as the initial crop because of its high nutrient value and short harvest cycle. After the first year, FeedMore will expand the variety of produce grown to benefit our food insecure community members.

Special thanks to the New York Power Authority and the Electric Power Research Institute for making the farm possible.



you're feeding neighbors of all ages



angel cards a huge success

As a way to extend the joy of the holidays to our Western New York neighbors, our Angel Cards program connects with local schools, community groups, corporations and individuals to provide thoughtful additions to our weekday meal deliveries. Colorful holiday and birthday cards as well as handmade crafts are delivered alongside meals throughout the year to brighten the day of our homebound neighbors.

In the past, the cards and creations brought a smile to many of our clients, especially those who

didn't have contact with anyone other than their volunteer each day.

“Creating cards and crafts is a great way to volunteer while still social distancing,” says Kyle Dillman, volunteer manager. “For some of our clients, these gifts become lasting keepsakes that are proudly displayed and shared with those who visit.”

Thank you to all who contribute cards and creations — you make a special, lasting impact for countless Western New York neighbors all year long!

sulkowskis make hunger relief a family affair

Lisa Sulkowski has witnessed firsthand the harsh realities of hunger, but she has taken that experience and turned it into an opportunity to help her community.

“Unfortunately, things happen,” she says. “People lose their jobs and need help and I’m in a position to give back.”

Every week, Lisa and her daughter, 16-year-old Samantha, volunteer with FeedMore. When possible, Lisa’s husband, Derek, also joins his family to make an impact for good.

And while it’s important for the family to volunteer together, a family connection is also what drew Lisa to the cause. She shares that a close family member has experienced hunger and other hardships throughout their life.

“I felt that I was able to help everyone in a situation similar to [my relative],” she says.

Samantha began joining her mom



“unfortunately, things happen. people lose their jobs and need help and i’m in a position to give back.”

three years ago and was named ‘volunteer of the month’ last October. She has a goal to have a food drive at her school, and she likes to motivate her friends and their families to volunteer as well.

“You leave feeling so good about what you just did, knowing that you’re helping people in our community,” Lisa says of the volunteer experience.

And though Lisa says she wasn’t aware of the reach that

FeedMore had before she started volunteering six years ago, she’s now proud to share with others the impact of the organization as well as be a part of feeding more people in her community each week.

Thank you to the Sulkowski family for your dedication to hunger relief across Western New York. Your service leads the way for a brighter, healthier community for us all.

join the hunger heroes club

The Hunger Heroes Club is a monthly giving program that allows you to easily assist the FeedMore WNY Foundation year-round with regular monthly donations from your credit card, debit card, checking or savings account. Your ongoing support will help the FeedMore WNY Foundation plan for the year ahead, budgeting and allocating resources to make sure our clients have consistent access to nutritious foods. To learn more about our Hunger Heroes Club, please contact our Donor Engagement Director Pam Chrzanowski at (716) 822-2005 ext.3051 or pchrzanowski@feedmorewny.org.

you stock pantries with healthy groceries

At 65, Chris lives alone and doesn’t have much in his budget for groceries. He’s thanking you for making sure his pantry is stocked with nutritious staples to help him thrive.

Chris says he has visited FeedMore partner agency, St. Patrick’s Food Pantry in Buffalo, for the last three years when he’s not able to afford everything he needs at the grocery store.

As a lifelong Buffalo resident, Chris is retired from custodial services, but still works part-time as a cleaner to help make ends meet in his retirement. He doesn’t qualify for SNAP benefits.

“There are lots of people like me who don’t qualify for food stamps

who really need the help,” he shares.

That’s why Chris is especially grateful for your generosity that makes it possible for him to choose groceries each month at the food pantry.

“please keep on donating. a lot of people really need it.”

“I’m a meat and potatoes man,” he says of the food he most prefers. “I like rice and corn too. It’s just

me so I don’t have to cook all that much anymore.”

He says he wears a mask and keeps ‘socially distant’ when he visits the food pantry ever since the beginning of the COVID-19 pandemic, and even without much contact, he’s grateful that he still finds kindness on each visit.

“The people at the pantry are great,” he says. “They’re so nice.”

Chris especially wanted to let you know the difference your gifts make for him and many more Western New York neighbors.

“Please keep on donating,” he says. “A lot of people really need it.”



you're a lifeline for local seniors

In sunshine, snow or rain, Ronnie is confident he'll have a nutritious meal on the table – all because friends like you choose to give.

"I eat everything but the carton," Ronnie says, laughing as he shares about the home-delivered meals he enjoys through FeedMore WNY.

Ronnie began receiving home-delivered meals three years ago. He says he's always impressed that no matter how bad the weather seems outside

someone always shows up to deliver his meal.

"They're very nice to me," he says.

"it's not too much and not too little."

Ronnie says he was also given an emergency food kit in case the weather ever proves too bad

— but so far, he hasn't had to use it. FeedMore volunteers have found a way to safely deliver his meals each day — even during the pandemic.

"They always wear masks," he says of the volunteers.

Ronnie receives some Social Security benefits and SNAP benefits, but because he walks with a walker it's difficult to make trips to the grocery store, especially in winter. Your gifts make it possible for him to get the good nutrition he needs all year long.

"It's not too much and not too little," he says of the food he receives, adding, "It's not the same thing over and over."

Because you choose to give, Ronnie and countless more neighbors like him can weather these uncertain times with the certainty of healthy meals and the hope of brighter days ahead. Thank you for your partnership.



Ronnie

FeedMore
wny
Foundation

100 James E. Casey Dr
Buffalo, NY 14206
(716) 822-2002
feedmorewny.org

