

Fresh eggs



GRADE 'A' NEWS FROM THE
LOWCOUNTRY FOOD BANK

letter from the executive director

Dear Friends,

Twenty-seven percent of all food produced in the United States is thrown away. The U.S. Department of Agriculture estimates that 96 billion (yes, billion) pounds of edible food are wasted and dumped in landfills each year. The problem comes in getting that food from where it is and into the mouths of the hungry, many of them children and the elderly.

That is where the Lowcountry Food Bank comes in. This year we will distribute over 10 million of those pounds to the hungry of our area. Saving food that would be wasted and providing it to those in need is not only the moral and ethical thing to do, it also makes good economic sense. Every dollar we receive makes \$20 worth of market value food available to the hungry. This is a good deal for the donor and a lifesaver for those needing food. Everybody wins!

Food is not just a hunger issue. It is an educational and health issue as well. Hungry children fail in school and develop medical problems that often follow them throughout life. Children who have proper nutrition are more attentive in school and are more likely to be productive workers in later life.

Food and good nutrition for the hungry is a win-win situation for everyone. Thanks for all your gifts of food, money and volunteer hours that make this happen.

Archie McRee
Executive Director

“The community has given so much to me that I feel like I must give something back. It's a great sense of satisfaction. By volunteering in various areas, it's my way of giving back to the community.”

— Marlene Williamon, *Volunteer*

The Spirit of Volunteerism: Interview with Guinness Book of World Records Holder

In January 2001, Marlene Williamon was reading her Retired Seniors Volunteer Program (RSVP) newsletter and noticed a request from the Lowcountry Food Bank for a computer-minded volunteer. That very day she called the Food Bank and began work immediately.

“The community has given so much to me that I feel like I must give something back. It's a great sense of satisfaction. By volunteering in various areas, it's my way of giving back to the community.”

Working with specialized computer programs, Marlene records volunteer hours, inputs financial donations, and updates the Food Bank's donor database. She is always willing and ready to help in other areas. Marlene has logged more than 210 volunteer hours at the Food Bank since 2001.

“I have seen the Lowcountry Food Bank distribute food to many agencies in outlying areas. I know that soup



Mrs. Marlene Williamon displays her Guinness Book of World Records collection of nearly 2,800 coffee mugs. Marlene has used every single one of her mugs at least once to drink a cup of coffee.

kitchens, Kids Cafés and food pantries are benefiting from the Food Bank.”

Marlene not only volunteers for the Lowcountry Food Bank, she is actively involved with her synagogue, Friends of the Library, Save the Light (Morris Island Lighthouse), RSVP, St. Francis Hospital, and the Charleston Symphony Orchestra.

“The volunteer, I believe, gets more out of volunteering than they get out of me!”

Even though she is very involved in her volunteer work, Marlene still spends time with a very special

hobby— collecting coffee mugs. Her collection is so vast that she is in the 2001 Guinness Book of World Records for the most coffee mugs. Marlene started collecting coffee mugs in 1966. When she received her first Guinness record in 1999, she had 1,419 mugs. Today, Marlene has close to 2,800 and still collecting!

Will she ever stop collecting? Marlene's answer is simple. It's her hobby, and she does not foresee an end. Maybe Marlene will stop collecting at 4,000 mugs. She has four sons.

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Mrs. Earnestine Johnson of New Life New Birth visits the Food Bank in Charleston.

Agency Spotlight – New Birth New Life Ministries UMC

The Lowcountry Food Bank would like to recognize Mrs. Earnestine Johnson of New Birth New Life Ministries UMC of Walterboro. Mrs. Johnson is the Food Pantry Coordinator at her agency. New Birth has been a member agency for over two years. Mrs. Johnson is doing some truly unbelievable things in her community. Not only has she expanded

her program, that serves over 4,000 meals a month to the ill and needy, Mrs. Johnson established a Kids' Café program that serves an average of 80 children 3 times a week. Mrs. Johnson is a strong supporter of her ministry and believes there is nothing that she can not do for her children, family, and community. With a combination of creativeness and

dedication, she sought funding and other resources in her community and beyond to not only improve and increase her current programs, but to add a Community Kitchen that will be open daily to serve hot meals to the homeless and seniors. Because of Mrs. Johnson's hard work and perseverance, she has proven to be a true model member agency.

Warehouse & distribution

Community Food Drives – Helpful Tips

The most successful food drives are well publicized before and during the event. In addition, place containers in central areas that are easily accessible. We have barrels that you can borrow. Groups are encouraged to deliver boxes or barrels to the Lowcountry Food Bank. If you need to have food picked up or need barrels, please contact Naadia at 747-8146, ext. 109.

Most needed items include CANNED MEAT PRODUCTS (e.g. beef stew, chili, soup, chicken, and tuna); CANNED FRUITS & VEGETABLES; RICE, SUGAR, PEANUT BUTTER & DRIED BEANS; and DAIRY PRODUCTS (e.g. shelf stable, evaporated or powdered milk)

2001's Top 10 Community Food Drives

1.	US POSTAL SERVICE	98,001 LBS.
2.	PUBLIX SUPER MARKETS	11,916 LBS.
3.	COLLEGE OF CHARLESTON	10,571 LBS.
4.	OAKBROOK MIDDLE SCHOOL	3,952 LBS.
5.	FORT DORCHESTER HIGH SCHOOL	3,103 LBS.
6.	JAMES ISLAND COUNTY PARK	3,018 LBS.
7.	WWWZ RADIO – BREAKFUSS CLUB	2,565 LBS.
8.	WEZL RADIO	1,408 LBS.
9.	RONALD MCDONALD HOUSE	1,014 LBS.
10.	THE CITADEL	961 LBS.
	TOTAL AMOUNT DONATED	136,509 LBS.

Key to Our Success—Community Involvement

The Lowcountry Food Bank relies on community involvement to meet its mission to provide quality food to those in need. Last year, we collected and distributed almost 8,000,000 pounds of food to the hungry. This could not have been accomplished without your generous support.

The City of Charleston's Police Department provides a tremendous service by delivering donated food items from Harvest Hope Food Bank in Columbia to the Lowcountry Food Bank, helping defray the enormous cost of professional transportation.

As Archie D. McRee, Executive Director of the Lowcountry Food Bank, states, "There is enough food in this country to feed the hungry; the problem is getting that food to the people who need it the most."

T-Bonz Gill & Grill supports the Food Bank's fight against hunger. Each week,



City of Charleston Police Department's Tony Brown, PFC Work Detail Coordinator, delivers a trailer-load of donated food products from Harvest Hope Food Bank of Columbia.

T-Bonz donates 80 pounds of quality ground beef to the Food Bank's Kids Café program. The meat is then used to provide hot, nutritious meals to over 450 children each week.

Johnson & Wales University and AmeriCorps NCCC have provided the Food Bank with more than 1,000 volunteer hours, since September of 2001. Hundreds of Johnson & Wales students and AmeriCorps members assist the Food Bank throughout the

year by sorting and boxing food, stuffing envelopes for mailings, and working in our Kids Cafes as cooks and tutors.

With our large mission, wide service area, and many needs, we cannot succeed without the dedication and involvement of these businesses and organizations and others like them who share our passion and belief that the Lowcountry Food Bank has a Common Sense Solution to Hunger.

A Unique Opportunity—New Addition to Our Fleet

The Ford Motor Company and America's Second Harvest, our national affiliate of food banks, donated a 1997 Ford Aeromax Tractor to the Food Bank in the fall of 2001 – a truly unique opportunity! With additional support from the Bakker Family Fund of The Community Foundation Serving Coastal South Carolina and Publix Super Markets Charities, we pur-



1997 Ford Aeromax Tractor & 48' Refrigerated Trailer

chased a used 48-foot refrigerated trailer. This combination greatly increases our ability to transport more fresh produce and perishable foods up to 45,000 pounds

per trip. That's over 36,000 meals per truckload. If this vehicle only distributed 20,000 pounds per week (a very conservative estimate), it would transport roughly 1,000,000 pounds of food this year. This new addition to our trucking fleet is a key component in our efforts to better serve our member agencies, providing more nutritious perishable foods and fresh produce.

**kids
café
program**

kraft foods provides new refrigerators & freezers for 9 Kids Cafés

In October of last year, the Food Bank received a \$45,000 Kraft Foods Food Rescue Initiative to help us better distribute more fresh produce and perishable foods to our member agencies and to provide 9 Kids Cafés with new refrigeration and freezer units.

"In March of 2001, our old freezer died [and] we could not afford to replace the freezer. It became almost impossible for us to keep frozen foods such as vegetables and juices [and] the nutritional value of the food [we provided] really suffered. We could not buy in bulk. Ultimately, the children suffered," remarks Angalina Kollars, Kids Café Director of I.T.E.C. Youth Services in Summerville.

These new refrigeration units really make a difference to our Kids Cafés, allowing them to store more fresh produce and meat product. Earnestine Johnson of New Birth & New Life U.M.C. in Walterboro remarks on the importance of this donation:

"I don't know how we managed before we received it, but I can truthfully say that it has been a tremendous asset to our program. We are now able to store better and more nutritious items to prepare better meals for our children who look forward to coming and participating in our Kids Café. It has also helped our program grow."



LOWCOUNTRY FOOD BANK

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we feed the hungry...

In 2001, we collected and distributed nearly 8,000,000 pounds of food products to more than 365 nonprofit charities and faith-based organizations serving the hungry in coastal South Carolina.

Because the cost of reclaiming these food products is much lower than their market value, the Lowcountry Food Bank provides more than \$20 in market value food products to the hungry for every \$1 you contribute.

thank you for your support!



LOWCOUNTRY
FOOD BANK

Kids' Café wish list

If you would like to donate something to the Kids' Café program, please contact Naadia Bakhit, at 843-747-8146 ex. 110 or e-mail nbakhit@awod.com

Aprons	Electric stoves	Plastic wrap
Arts & crafts materials	File cabinets	Playground equipment
Baking sheets	Floor wax	Popcorn popper
Bakeware	Foil	Pots & pans
Baking pans	Forks and spoons	Printer
Basketballs	Freezers	Recreational parachutes
Bookcases	Frying pan, wok & pots	Refrigerator
Brooms	Grater	Round tables
Calculators	Ice cream scoops	Saran wrap
Cameras	Kites	Serving utensils
Candy thermometer	Knives (chopping & serrated)	Silverware
Cartoon video tapes	Large & small mixing bowls	Soccer balls
Chairs	Measuring cups & spoons	Software (K-12)
Children's books	Microwaves	Spoons (serving & mixing)
Clock & timer	Mops	Table cloths
Computers	Muffin tins & cookie sheets	Televisions
Cookie cutters	Musical instruments	Tennis net & balls
Cooking utensils	Napkins & Paper towels	Toilet paper
Cookware	Nut cracker	Tongs, salad forks & spatulas
Cooling racks	Oven mitts	Tupperware containers
Cutting board	Pails	Van
Dish towels & cloths	Paper	Vegetable peeler
Detergent	Pencils, pens, markers, crayons	Volleyballs
Educational video tapes	Picnic tables	VCRs
Electric mixer	Plastic dishware & utensils	Water coolers & ice chest