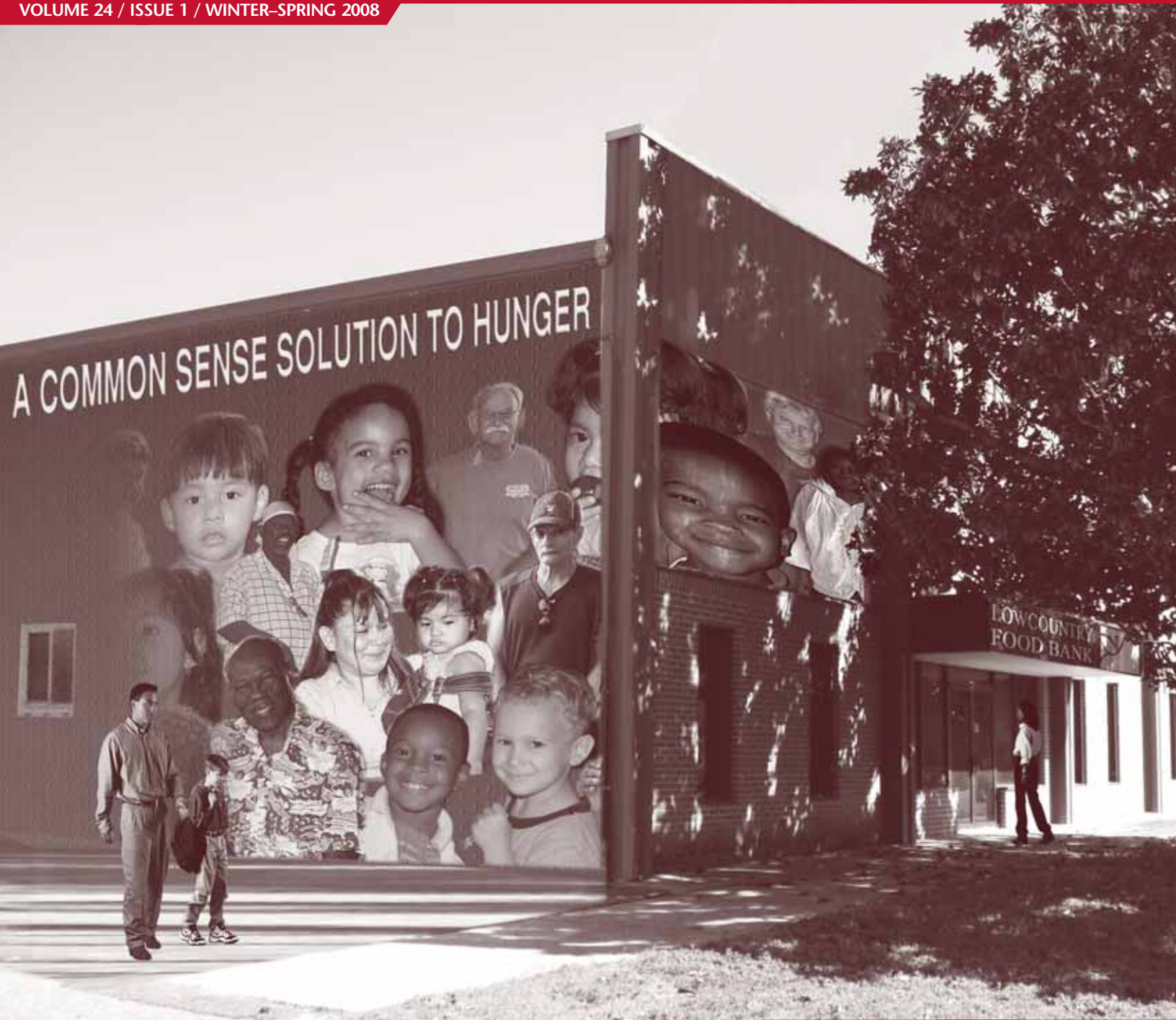




FRESH EGGS

"24 YEARS OF FIGHTING HUNGER IN THE LOWCOUNTRY"

VOLUME 24 / ISSUE 1 / WINTER-SPRING 2008



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LETTER FROM THE EXECUTIVE DIRECTOR

Dear Friends,

I am very pleased to announce that after a year and half of relentless search, we have located, and closed on a home for the Lowcountry Food Bank! The front of our winter newsletter shows a wonderful "image" of the outside of our new facility depicting how we will represent the thousands of clients we serve. I am writing to give an overview of what this means to the Food Bank family, and how we will need your continued support as we transition through this process.

As many of you know, our search for a new facility came out of necessity, due to the revitalization of the old naval base by the Noisette Redevelopment Co. After being over-matched by for-profit companies seeking critical warehouse space, and watching buildings collapse all around us as part of the redevelopment on the old navy base, we never lost faith that a building in the center of our service area would become available.

The need for emergency food assistance in our state is increasing at a rate far above the national average. Our current facility, which stored and distributed three million pounds of food eight years ago, is now distributing nearly 10 million pounds annually. In 1999, the majority of our food supply was considered unhealthy. Today, more than 45% of the food we distribute is considered nutrient-dense. This increase in healthy food is truly valued by our partner agencies, yet our current 37,000 sq ft facility was not designed to accommodate this tremendous growth.

The loss of our current facility now provides us an opportunity to acquire, store, and distribute more nutrient-dense foods. Each program of our new facility will reflect our commitment to quality. The new distribution center will allow for better storage for frozen goods and reclaimed food, repack area for bulk frozen foods and prepared food product, and wellness center to provide clients with nutrition education workshops and weightless exercise tips. Most importantly, our new facility will be designed to help expand our programs to move more of our clients from our food lines to self-sufficiency.

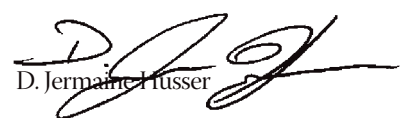
Designed to accommodate a minimum of 15 years of projected growth, our new facility will house a production kitchen that will train underemployed clients how to be prep cooks, prepare for job interviews, and create relationships for job placement, while preparing hot nutritious meals for

underprivileged schoolchildren in our Kids Café program. The increased space will also allow us to expand our volunteer packing programs for our most vulnerable clients, related to or backpack buddies program, and senior box outreach for older adults who each month end up choosing between food and medicine or medical care.

The 60,000 square-foot warehouse, formerly the headquarters and showroom for Hagermeyer, Inc is located on Azalea drive near the current Chamber of Commerce. To fund the purchase and renovation of this new facility, the Food Bank has launched a \$5 million "Growing Forward" Campaign. The initial quiet phase has brought in \$2.5 million. Major contributors include the City of North Charleston, Select Health of South Carolina, Benefitfocus, Donnelley Foundation, and Piggly Wiggly.

We now invite you to join us in the next phase of Growing Forward Campaign. As we continue to share that hunger is truly larger than the Food Bank and we are in essence, "growing forward." The Lowcountry Food Bank fully understands that we will not be able to end hunger alone. It will take elected officials, community and business leaders, media partners, civic/religious organizations, volunteers and quality member agencies in order to eradicate hunger. In the rendering of the building you have seen, we hope that you are able to feel our belief in the power of commYOUunity to help solve domestic hunger. We need your continued support and friendship in our effort to raise an additional \$2.5 million to purchase and renovate our new facility. It is truly amazing what we can accomplish together, as we hope that in striving to close the doors of the Food Bank we will open up endless opportunities of hope, healing and health to our clients in their journey to self-sufficiency.

Yours in Service,


D. Jermaine Husser



Junior League of Charleston lends more than "a hand" to the Lowcountry Food Bank

More than 60,000 pounds of healthy food was distributed to nearly 1,500 tri-county residents, thanks to many energized and dedicated Junior League of Charleston volunteers in 2007. As a result of the Lowcountry Food Bank being a recipient of The Junior League of Charleston's Community Project Grant, three separate mass food distributions were conducted. Nutrition counseling, stroke awareness training, and blood pressure check episodes were also offered at each mass distribution. Junior League of Charleston member and Chair of Lowcountry Food Bank Project, Tiffany Silverman, "our group has a 'let's make a difference' attitude and we were incredibly moved by being a part of those mass distributions."

The Junior League of Charleston is in its 85th year and donates more than \$100,000 a year to area non-profits through grant programs. "It was deeply satisfying to all of our members to serve the community in this way," comments Tiffany. The three mass distributions were held on select Saturdays and packing began the Friday night before. Junior League of Charleston volunteers packed boxes



Junior League of Charleston members, Megan Mahoney and Lizz Akerman, pack bags at Lowcountry Food Bank for mass distribution.

filled with nutritious foods on Friday, and distributed them on Saturday to hundreds of individuals living in low income communities in Berkeley, Dorchester and Charleston counties. "The pioneering work that was done by the Junior League has begun to open doors and create support that will have long-lasting impact on the Lowcountry Food Bank's programs and services," comments Lowcountry Food Bank Executive Director, D. Jermaine Husser. ✉

COMMUNITY PARTNER

Welcoming A New Partnership with the Lowcountry Manufacturers Council

The Lowcountry Food Bank is extremely privileged to announce their special partnership with the Lowcountry Manufacturers Council (LMC). "The fundamental idea is to support the community and truly be engaged with the Lowcountry Food Bank," comments LMC Executive Director, Jennifer DeWitt. The LMC sees this partnership as a way to reinforce the message of giving back and hopefully encourage other companies to follow suite.

Made up of more than 75 manufacturing companies in the tri-county area, the mission of the LMC is to enhance the competitiveness, promote development and impact the manufacturing sector of the Lowcountry of South Carolina. Through food drives, in-house resources, volunteer efforts, and financial contributions the LMC wants to be an invested entity with the Lowcountry Food Bank. "The Lowcountry Food Bank and the LMC share commonalities in that

we are both made up by the people that we serve, and in turn are better able to serve and reach the community. To be aligned with such a strong, renowned group of companies and individuals is an awesome honor," comments Lowcountry Food Bank Executive Director, D. Jermaine Husser.



The Lowcountry Food Bank and the LMC are committed to working together as this special partnership forges ahead. For more information on the LMC, all members and services, please go to www.lmcsc.org. ✉

LMC President, Sean McLernon, announces new partnership with Lowcountry Food Bank at LMC's annual dinner this past November.

Nutrition Corner

Germaine Jenkins, the LCFB's Nutrition Coordinator, gives updates and important tips for you and your planting.

Don't pack your green thumb in moth balls when it gets cold outside!

You can still enjoy gardening, even if you have to put on another layer while your planting. Great planting suggestions: cabbage, carrots, lettuce, parsley, onions, spinach, turnips, broccoli, green peas, and radish.

Try a New Technique!

If your bored with your gardening, "Square Foot Gardening" may be just what your looking for. There's little to no gardening tools needed and you use a rich compost mix you make yourself. (little to NO weeding) It's possible to plant 16 different plants in one 4x4 space. For those with back problems or who are wheel chair bound, this is a raised bed system and can be built in the yard or on a sturdy table. For specific details on how to master this technique, please go to www.squarefootgardening.com.

Top Five Reasons to Garden

5. Enjoyed by both young and old.
4. Saves money.
3. Educates by teaching science, math and cooking.
2. Promotes low-impact exercise.
1. Reduces stress and its healthy!



Germaine Jenkins demonstrates how to prepare her latest featured recipe (vegetable lasagna). For all news from Nutrition Coordinator Germaine Jenkins, please read her monthly newsletter, Eat Well – Be Well, available at www.lowcountryfoodbank.org. For more information on LCFB's nutrition education initiatives, please contact Germaine at 843.747.8146, ext. 113.



1635 Cosgrove Avenue
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1st

Saturdays

at the Food Bank

The Lowcountry Food Bank hosts volunteers on the first Saturday of each month. For more information, please contact Erin Fisher at 843-747-8146 ext. 102.

Mark your Calendars for Upcoming Food Bank Events

APRIL

- 18 Charleston Junior Women's Club Golf Tournament:** The CJWC will hold its Second Annual Golf Tournament fundraising event at RiverTowne Country Club in Mount Pleasant, SC to benefit the Lowcountry Food Bank and the Djole Dance Company of Charleston. For more information, please log onto www.cjwc.org

MAY

- 8 Rotary Wheels Party:** The 18th Annual Rotary Wheels Party; Live and Silent Auction, will help the Charleston Breakfast and Charleston Lunch Rotary Club raise money for regional charities, including the Lowcountry Food Bank. For more information, please go to lowcountryfoodbank.org.
- 10 Letter Carriers Food Drive:** Leave food at your mailbox and participate in the Letter Carriers Food Drive. For more information, please go to NALC.org

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