



Food Bank 
of the Southern Tier

2006
Annual Report

Help that works
Hope that lasts

2006 Board of Directors

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President & Chief Executive Officer
Food Bank of the Southern Tier

Anthony Barbaro
Associate Diocesan Director
Catholic Charities of the
Diocese of Rochester

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Food Bank

of the Southern Tier



The Food Bank is a charitable organization that solicits, receives, inventories, and stores donated food and grocery products pursuant to grocery industry and appropriate regulatory standards. These products are distributed to charitable human-service agencies, which, in turn, provide the products directly to needy clients through various programs.

Where does each dollar go in our fight to end hunger?

91% Food Acquisition
6% Administration
3% Fundraising

Community Commitment Grows the Food Bank to Fight Hunger

In 1981, the Food Bank of the Southern Tier was initiated through the steadfast efforts of Sister Rosaria Hughes. With a borrowed truck, one paid staff member, and a handful of volunteers, the Food Bank began its mission of acquiring donated and government subsidized food products for distribution to hunger-relief agencies.

In the early years, a committed staff and volunteers worked in difficult conditions to gather, store, and distribute food. In 1986, the Food Bank nearly closed its doors because of financial difficulties. Through the efforts of a committed advisory council, community help, and support from the Diocese of Rochester, the crisis was resolved.

In the mid-80's, the Food Bank was awarded two government contracts: a state contract with the New York State Department of Health and a federal contract with the New York State Office of General Services. These two food distribution programs, the Hunger Prevention & Nutrition Assistance Program (HPNAP) and The Emergency Food Assistance Program (TEFAP), continue to be two of our largest programs.

In 1994, confronted with increased demand for food assistance and insufficient warehousing space, the Food Bank constructed a 14,690 square foot warehouse and office facility on County Route 64 ... now well-known as the Consumer Square area. The new facility includes a drive-in commercial freezer and refrigerator.

The Food Bank's network of 184 community hunger-relief agencies includes food pantries, soup kitchens, shelters, residential programs, day care programs, child programs (Kids Cafes), senior feeding programs, and other not-for-profit organizations.

This is our 2006 Story



Mission Statement

"No one should go hungry. The Food Bank of the Southern Tier commits itself to being the leading hunger-relief organization in the Southern Tier of New York State. We will distribute quality food through our network of hunger-relief agencies, develop innovative programs and expand local community, statewide and national partnerships."

Vision Statement

We envision communities where all people have access to adequate and nutritious food resources. Partnerships created with community organizations, food producers, government, faith communities, and people of good will create a food security system whereby people are free from hunger.

We envision the Food Bank of the Southern Tier as a recognized leader through these partnerships. The respect and dignity of the people we serve is of the highest priority.

We envision communities where people are empowered to make a difference in their own lives and where the barriers that prevent their economic security no longer exist.

Help that works
Hope that lasts

Where We Serve

*Broome County
Chemung County
Schuyler County
Steuben County
Tioga County
Tompkins County*

Dear Friends of the Food Bank,

2006 was more than just an exciting year for us...it was a year of many new achievements!

We distributed 500,000 more pounds than we did in 2005, including 300,000 more pounds of fresh produce...a sign that our continued commitment to providing nutritious food to people in need is as important as increasing the total amount of food.

We also expanded several key programs including the Backpack Program, the Summer Food Service Program and \$mart Buy, our food cooperative program (you can learn more about these in the report that follows). We expanded these programs because of the increasing demand for services, but also because of the nutritional quality they provide.

As part of our current 3-year strategic plan we made a conscious effort to become a more comprehensive hunger-relief organization, focused not only on traditional food banking, but also upon programs and services that meet the needs of specific populations. The Backpack Program continues our focus upon the largest population we serve...children. The Summer Food Service Program takes advantage of an existing federal program that is highly under-utilized in this country, as well as locally. \$mart Buy is a food cooperative program that enables people who live on very limited incomes to take advantage of the Food Bank's purchasing power and maximize their food budgets, again enabling us to focus upon the nutritional quality of the food resources we provide.

These are just a few of the highlights from 2006, but there is much more to tell so I invite you to read on. What you will find inside is both heart-warming, because the community support of the Food Bank and the people we serve is so incredible, but also disheartening because hunger still exists. And as long as this problem is around, we will not give up, and it is clear by the generous support of our communities, that you will not either!

Sincerely,



Paul A. Hesler
President & Chief Executive Officer



Photo: Tom A. Mike

Paul A. Hesler
President & Chief Executive Officer



Sister Marie R. Castagnaro, S.S.J.
Chairperson of the Board of Directors

Dear Friends,

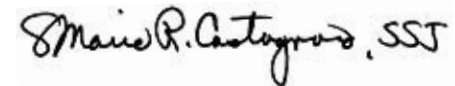
It is with a great deal of pride and anticipation that in 2006 I entered my service as Board Chairperson at the Food Bank of the Southern Tier. I have been active on the board for three years and in that time have recognized the Food Bank as a high functioning organization that sets aggressive goals for itself and consistently surpasses them.

I am happy to participate with fellow board members and an organization staff that is mission driven and selflessly committed to accomplishing good work. The result is a synergy that is a wonderful blessing for our community.

Looking forward our vision remains the same, to work passionately to help end hunger and meet the need through new levels of capacity and service.

Our resolution - Together, we are working to make hunger history. Hunger has a cure and with your continued support we will bridge the gap for those in need. Until poverty is eliminated, we and the people we serve will continue to rely on the kindness of those around us.

Sincerely,



Sister Marie R. Castagnaro, S.S.J.
Chairperson of the Board of Directors

Hunger in America 2006 - The largest, most comprehensive study of its kind ever.

In 2005, America's Second Harvest - The Nation's Food Bank Network, collaborated with over 160 Food Banks and Food Rescue Organizations throughout the U.S. to produce *Hunger in America 2006*, the largest, most comprehensive study of its kind ever conducted. Through 52,000 face-to-face client interviews and 31,000 surveys of local charitable agencies, *Hunger in America 2006* provides an extensive profile of the incidence and nature of hunger and food insecurity in the U.S.

Find the complete national report at:
www.hungerinamerica.org

Locally, a report summary was compiled based on data collected by the Food Bank of the Southern Tier and our network of agency partners. Food Bank staff and community volunteers interviewed 336 emergency food program clients throughout our six county service area. These individuals offered to share their stories with us, including the circumstances that led them to the pantry, kitchen or shelter where they were interviewed. Their generosity makes it possible for us to better understand the nature of hunger and food insecurity in our community.

The results of *Hunger in America 2006* are discomfiting. It is difficult to understand how people living in this land of plenty can have to make decisions between paying for food or other household necessities. It is troubling that children and seniors, the country's most vulnerable citizens, may have to forgo their most basic need - the need for food - because of a lack of resources.

1981-2006 25 Years of Helping Our Neighbors in Need

In 2006, the Food Bank of the Southern Tier commemorated 25 years as a leading hunger-relief organization in the Southern Tier. From our humble beginnings in 1981 when Sister Rosaria Hughes began acquiring and distributing food, to year 2006's distribution of over five million pounds of food, the Food Bank of the Southern Tier has grown tremendously with the help and dedication of thousands of supporters.

Each week, over 9,000 individuals access emergency food programs in the Southern Tier. The Food Bank of the Southern Tier also provides nutrition education, training, and technical assistance. We are one of ten America's Second Harvest affiliate food banks in New York State. We serve the six counties of Broome, Chemung, Schuyler, Steuben, Tioga and Tompkins. As the *Hunger in America 2006* study shows, there is still much work to be done, and we know that **Hunger has a Cure!**



2006 highlights



***Hunger in America 2006 Local Insights:**
Find the complete local summary report at www.foodbankst.org

***67% of client households have incomes below the Federal Poverty Level.**

***34% of client households include at least one child under the age of 18.**

***14% are seniors 65 years and older.**

***35% of client households had to choose between paying for food and paying for utilities/heating fuel.**

***33% of client households include one or more employed adult.**

***57% of clients have received a high school degree or higher.**

"Hunger Doesn't Take a Summer Vacation" Summer Campaign Raises Funds & Builds Awareness

Throughout June, July and August an important message reached thousands of Southern Tier residents: "Hunger Doesn't Take a Summer Vacation." Media sponsors WENY-TV in Elmira and WBGH & WIVT-TV in Binghamton aired bi-weekly interviews with hunger-relief volunteers, nutrition experts, and summer feeding program affiliates. Participating merchants displayed fundraising coin boxes and public service announcements that shared the Food Bank's message that no one should go hungry in this great country...especially the children.

More than 33,000 children living in our service area qualify for subsidized meal programs at school. During vacation months, summer programs are serving only 7% of these children. During a critical time of physical and emotional development too many children go hungry on summer days.

Participating merchants:

Broome County

Jim Roma's Bakery
Joey's Italian Ice
Manley's Mighty Marts
Rossi's Pizza

Chemung County

Blimpie Subs & Salads
Bradley Farms
Byrne Dairy
Convenient Food Mart
Dandy Mini Mart
Fair Shake Ice Cream
Gerould's Pharmacy
Kountry Krullers
Kountry Kuts
Pudgies Pizza
Pudgies Pizza & Sub Shop
Rite-Aid Pharmacy
Wilson Farms Inc.

Schuyler County

Savard's Family Restaurant

Steuben County

BellaCapelli Salon & Day Spa
Beverage Mart
Black's Auto Service
Cap'N Morgan Restaurant
Central Restaurant
Connors Mercantile Mart
Corning Building Company
Corning Incorporated - Erwin Plant
Crystal City Bakers
Crystal Cleaners
Crystal Rose
Curves
Eckerd Pharmacy
First Congregational United
Church of Christ
Gerould's Pharmacy
Murphy's Woodhouse Tavern
R&M Restaurant
Sorge's Restaurant
Spencer's Restaurant
St. Vincent's Church
Tallman's Department Store
Tallman's Shoe Store
Treu Office Supply
Village Tavern
Wild Birds Unlimited

Youth and Education Services

In 2006, the Food Bank marked its second successful year of the Youth and Education Services (YES) program. The four services that comprise YES are:

who may otherwise have to skip meals over break. By providing access to these meals, we can assure that children return to school in the fall ready to learn. Last summer, the Food Bank established 15 Summer Food Sites in Steuben and Chemung County that served over 53,000

Tompkins counties served over 350 children each week.

Hunger Education -The Hunger Education Program strives to educate youth about the root causes of hunger, while encouraging them to get involved in local solutions. As part of this initiative,



Kids Cafe® - Kids Cafe, a national program of America's Second Harvest, provides hungry children with free, nutritious meals and snacks in a safe environment. The Food Bank supported six Kids Cafe sites that provided over 60,000 meals and snacks to children.

Summer Food Service Program - When school lets out for the summer, many children are missing more than time in the classroom. They are also missing free or reduced priced meals through the National School Breakfast and Lunch Programs. The Summer Food Service Program provides free, nutritious meals to children

meals and snacks to children in need.

The Backpack Program - The Backpack Program attempts to fill the gap left on weekends when children cannot access school meals. Many teachers can attest to children who resist going home on Friday, or who complain of illnesses each Monday morning. This program provides a bag of nutritious food items each Friday to children who exhibit signs of chronic hunger. Started as a pilot program in October 2005, the Food Bank doubled the number of sites in 2006. Six sites in Broome, Chemung, Schuyler, Steuben, and

a Hunger Education curriculum was developed in 2006 to help youth better understand hunger and food insecurity. Over 600 youth participated in hunger education activities in 2006.

Food Bank Delivers Relief to Flood Victims

In July deep flood waters inundated communities in Broome and Tioga County. The flood of 2006 devastated hundreds of family homes and businesses in the region. The Food Bank of the Southern Tier, with extra support from America's Second Harvest - The Nation's Food Bank Network, delivered over 151,000 pounds of food and disaster relief materials in the month after flooding. This is beyond the 20,000 pounds of food normally distributed



on a weekly basis to Food Bank agency programs in Tioga and Broome County. The national office of America's Second Harvest provided cleaning supplies, personal hygiene products; baby food and products; and shelf-stable, easy to prepare and eat foods, such as pop-top items. The Food Bank connected with first responders, The Red Cross and The Salvation Army to facilitate relief materials from national sources. Initial shipments included bottled water from Nestle, cleaning materials from Clorox and ready-to-eat foods from Campbell's. The clean-up and recovery efforts were ongoing for many months, as the Food Bank worked to bring national resources to bear on this disaster to help those in affected areas in every way possible.

Agency Conference 2006

The Food Bank's Annual Agency Conference is the largest event of the year geared specifically to our member agencies. Food Bank staff, member agency representatives, and partner organizations gather for educational workshops, networking opportunities and brainstorming sessions around the issue of hunger and food insecurity.

This year's keynote speaker was Ray Denniston, Food Service Director at the Johnson City School District. Mr. Denniston has been involved in the hunger relief movement for a number of years and is regarded as a local expert in the area of child hunger. His presentation focused on the importance of ensuring that all kids have access to enough healthy food to help them grow and develop into healthy, productive, community members.

The Food Bank was pleased to welcome Matt Coatar, America's Second Harvest Field Services Representative. Matt joined us from Chicago and led two workshops on working with volunteers. The always popular cooking demonstration workshop co-hosted by Matt Griffin, Nutrition Resource Manager and Curt Ripley, Operation Frontline Coordinator, drew many participants this year. Attendees also learned about all the benefits of having an internet connection in the Tech Soup workshop led by Suzanne Peters, Business and Support Services Director. Other workshop topics included Child Nutrition Programs, Dealing with Difficult Clients, and Understanding and Using the Hunger in America Study.

The Bernie Seiser Volunteer of the Year Award was presented to Barb Fowler of Turning Point Food Pantry in Bath. In the two years that Barb has volunteered, her impact on the organization has been tremendous. Sue Bozeman, Director of Turning Point reports that, "Barbara has a commitment to raise public awareness around the issues of poverty and in developing the Community Awareness Committee, which has become a major supporter of the Turning Point Pantry."



The Donor of the Year Award was presented to Crowley Foods, Inc. for their donation of over 185,000 lbs. of dairy products in 2005. Kim Stanton accepted the award on behalf of the company and told the audience that one of the reasons she was attracted to working at Crowley's was their dedication to community service. She was pleased to discover just how much of an impact Crowley's donations of yogurt and cheese have had on our network.

All in all, the 2006 Annual Agency Conference was a tremendous success.

programs



NOEP

The goal of the Nutrition Outreach & Education Program (NOEP) is to educate the general public about the benefits of the Federal Food Stamp Program, one of the nation's primary defenses against hunger and food insecurity. NOEP educates those that might be eligible for food stamps about the application process and any changes that occur in the food stamp program, and provides free confidential prescreenings for eligibility. If a family or individual appears to be eligible for food stamps, NOEP offers assistance throughout the application process - including filling out the application for those with low literacy skills. The progress of each applicant is tracked to identify any barriers that keep families from participating in the Federal Food Stamp Program.

The program has been very successful in reaching potentially eligible community members through a variety of outreach activities ranging from food pantry visits, billboards, newspaper advertisements, and the distribution of promotional items. In 2006, the Food Bank's NOEP coordinator provided assistance and education to 453 families/individuals and helped an estimated 158 households receive food stamp benefits.

Operation Frontline®

The Food Bank coordinates the Operation Frontline (OFL) program in the Southern Tier service area. This program addresses the problem of hunger and food insecurity by providing low-to-moderate income individuals with the skills they need to increase their healthy eating options.

Developed by Share Our Strength, OFL classes are comprised of one session per week for four to six weeks. Throughout each two hour class, participants are exposed to critical nutrition information, creative recipes for preparing common Food Bank foods, and valuable shopping trips to help stretch their dollar. In addition to sharing a meal during class, participants receive a bag of groceries with ingredients to recreate recipes at home for their families.

Wegmans Food Markets, Inc., Tyson Foods, Cutco, and the Classic Cafe provided lead sponsorship of the Frontline 5K Run/Walk in May 2006. The fourth annual Frontline event had over 200 participants and raised nearly \$14,000 for Operation Frontline.

In addition to holding twenty classes across the region in 2006, OFL staff participated in five special events that helped raise awareness of local hunger needs. Events included: Taste of the Nation and the Fall Harvest in Ithaca and Make & Take with Schuyler County Cooperative Extension.

Local volunteer chefs are essential to the program's success and have become valuable spokespeople for the program, promoting its value to the community and helping recruit other chefs to teach classes.

Volunteer Chefs:

Susan Canfield - Colesville Food Pantry
Deltine Chimeliski - The Shingle Restaurant
Jerry Dietz - CSP Management
Anthony Garzo - Oaks Inn
Robert Gedman - Binghamton Club
ReBecah Kilbury - Windsor
Mike Lanahan - Wegmans-Corning
Robert Mahoney - Chefs Diner
Todd McClelland - Classic Café and Filling Station
Karen Mecum - A Step Above Catering
Jeannie Middendorf - Owego Treadway Inn
Jeremiah Montoya - Cornell University
Leslie Muhlhahn - Just Desserts
John Obusek - Wilson Regional Medical Center
Andy Parker - Independant Food Advocate
Andrew Scardina - Guthrie Hospital
Jessica Schlott - The Dinner Bell Personal Chef Service
Cindy Smith - Catholic Charities-Steuben County
Eric Smith - Mahogany Grill

5,261,397 pounds of food distributed



Kids Cafe® 2006

Kids Cafe is one of the nation's largest free meal service programs for children. The primary goal of the Kids Cafe program is to provide free, nutritious meals or snacks as well as nutrition education to hungry children. There are more than 1,600 Kids Cafes operated by more than 130 food banks across the nation. These programs offer a safe place, where under the supervision of trustworthy staff, a child can get involved in educational, recreational, and social activities while having their nutritional needs met.

Collectively, the following Kids Cafes served over 60,000 meals and healthy snacks to low-income children throughout the Southern Tier:

Broome County

Boys & Girls Club-Binghamton

Chemung County

Southside Community Center

Woodlawn Youth Center

Steuben County

Corning Area Youth Center

Salvation Army-Corning

Tioga County

Waverly/ConAgra Kids Cafe-The Phoenix

Community Food Distributions

Community Food Distributions (CFDs) are designed to provide large quantities of supplemental donated food to low-income individuals in high need areas. Each distribution is coordinated through the Food Bank in collaboration with a community non-profit organization such as a food pantry, housing complex, or civic group. CFDs also allow the Food Bank to quickly and efficiently distribute highly perishable items such as produce and dairy that otherwise might go to waste. In 2006, the Food Bank distributed almost 450,000 pounds of food through 50 CFDs that reached nearly 23,450 people.

Venison Donation Coalition

With the assistance of many farmers, hunters, processors, partners, individuals, and sportsmen's federations, the Venison Donation Coalition coordinates the collection of ground venison for distribution by food banks throughout most counties of New York State.

Hunters and farmers donate legally tagged and field-dressed deer to participating processors to be processed free of charge. The venison is prepared in compliance with state regulations and picked up at the processors (18 locations in our six-county service area) by the Food Bank for delivery to soup kitchens, food pantries, and shelters.

The Food Bank distributed more than 11,500 pounds of venison in 2006, throughout its network of community hunger-relief organizations.

Who We Serve

Over 9,000 men, women and children in need are served weekly by the Food Bank network. 79% of pantries and 60% of soup kitchens report an increase in the number of clients in need of food assistance over the past four years.

events

Empty Bowls Luncheon Events Binghamton, Ithaca and Corning

The Empty Bowls event concept is an international grassroots effort to raise money and awareness in the fight against hunger. Since its inception in a high school ceramics class in 1990, Empty Bowls projects have engaged hundreds of thousands of individuals and raised millions of dollars. For a \$25 donation, event attendees enjoy a delightful selection of soups, salads, breads and desserts and select a hand-made ceramic bowl to keep. Bowls serve as a reminder of the problems surrounding hunger and food insecurity.

United Health Services Hospitals and Sodexo Health Care Services hosted their 2nd Empty Bowls event at Wilson Regional Medical Center on April 4, 2006. Sodexo Health Care Services provided a wonderful lunch and Clayworks at Roberson Museum provided beautiful ceramic bowls for the event. Funds raised from this event benefit the United Health Services Foundation STOP Hunger Fund, and the Food Bank.

Ithaca College hosted their 1st Empty Bowls event on April 27, 2006. Ithaca College students, faculty and staff enjoyed a delicious lunch courtesy of Sodexo Food Services and selected bowls from Dynamic Patterns.

Corning Incorporated hosted their 2nd Empty Bowls event on June 8, 2006. Attendees enjoyed a selection of soups, salads and breads courtesy of Corning Incorporated Culinary Services, desserts provided by Wegmans-Corning and unique ceramic bowls from 171 Cedar Arts Center. A number of local artists donated bowls as well as silent auction items from various organizations including, Alfred University, Chemung Valley Montessori School, Corning Community College, Corning Museum of Glass, Lost Angel Glass, Mansfield University, Vitrix Hot Glass Studio and more.

Check Out Hunger A New Record of Community Support

The 2006 Check Out Hunger fundraising campaign raised a record \$140,000 for hunger relief in the Southern Tier. This amount reflects a \$24,000 increase over last year's record of \$116,000 - a wonderful new record of community support.

Since 1994, February has been designated as Check Out Hunger month. This campaign is the Food Bank's single largest fund raising event - conducted at the checkout counters of participating super markets throughout the Southern Tier. Grocery store customers have \$2, \$3 or \$5 donation coupons scanned at the checkout counter. The month long effort of our sponsors (their store managers, front end managers and cashiers) made the Check Out Hunger campaign possible.

A special thanks to:

Participating Grocery Retailers

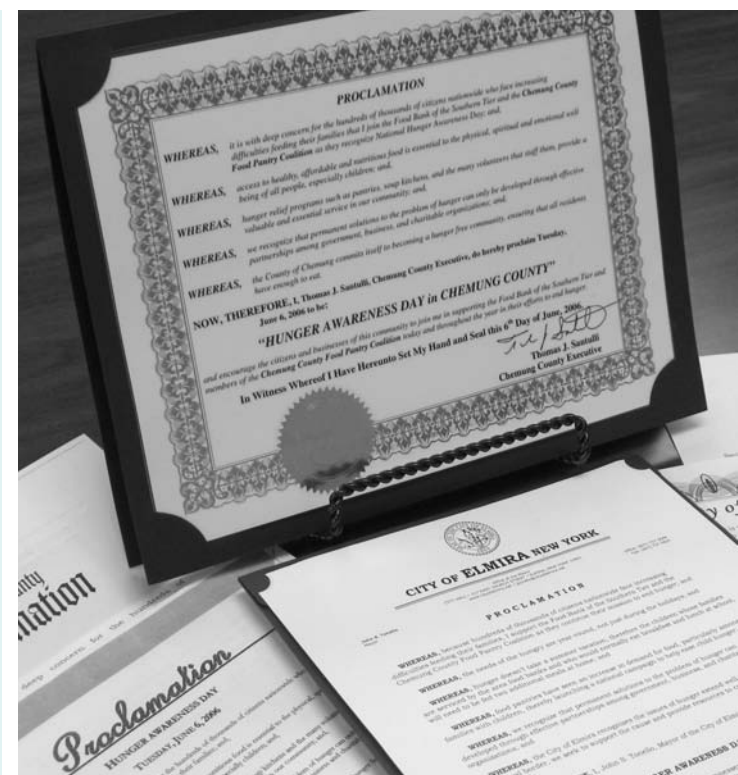
Wegmans in Elmira, Corning, Ithaca, Johnson City, and Hornell
TOPS in Elmira, Horseheads, Ithaca, Lansing, and Bath
Jubilee Foods in Horseheads
The Foodmart in Corning
Minier's Market in Big Flats
Manley Mighty Marts in Broome County
Weis Markets in Elmira
Wilson Farms

Media Sponsors

WETM-TV in Elmira
WBGH & WIVT-TV in Binghamton

National Hunger Awareness Day 2006 Southern Tier Counties "Proclaim" Support

On June 6, 2006 The Food Bank of the Southern Tier joined all domestic hunger-relief organizations and tens of thousands of supporters nationwide to recognize National Hunger Awareness Day (NHAD) 2006. In conjunction with NHAD, county, town and city officials from across the Southern Tier issued Proclamations to show support for one



of the most solvable social causes in our country - feeding Americans who are hungry or at risk of hunger.

National Hunger Awareness Day Proclamations were issued from: City of Ithaca, Carolyn K. Peterson, Mayor. City of Elmira, John S. Tonello, Mayor. City of Corning, Frank Coccho, Mayor. City of Binghamton, Matthew T. Ryan, Mayor. Tompkins County Legislature, Tim Joseph, Chairman. Broome County, Barbara J. Fiala, County Executive. Chemung County, Thomas J. Santulli, County Executive.

Golf 4 Food Tournament 2006 Join Joey - Golf 4 Food

September 8, 2006 was a beautiful day filled with sunshine and a perfect time to Golf 4 Food. A full field of 32 teams teed up to support the 4th Annual Golf 4 Food Tournament. All enjoyed Golf 4 Food signature traditions like Cantina Restaurant lunch on-course and Outback Steakhouse Player's Banquet following the tournament. This year's event included a Corona Party on Hole #15, sponsored by Cantina Restaurant and a Cigar Bar, sponsored by Cappy's in Elmira.

A special thanks to the Join Joey Sponsors shown here and all those involved who participated in this important fundraiser for the Food Bank and Second Place East Homeless Shelter.

Ace Sponsor:

Hampton's Dodge-Chrysler-Jeep

Eagle Sponsors:

Corning Incorporated

F.M. Howell & Company

Join Joey Sponsors:

Erway Ambulance Service, Inc.

Klugo Construction, Inc.

Siemens Building Technologies, Inc.

United States Army

In-Kind Donors:

Backyard Broadcasting	Joey Sindelar
Cantina Restaurant	Mark Twain Golf
Cappy's	Course
Crystal City Wedding	Noah's Ark
& Party Center	Outback Steakhouse
Ed's Heads	Panera Bread
Elmira College	Pepsi-Cola, Inc.
Elmira Psychiatric	Ross Design
Center	Seneca Beverage
Graphix Direct	Stanton Direct
Hard Hit Productions	Marketing
JH Design	WETM-TV

National Award Winning Hunger Challenge Over 240 volunteers repack over 58,000 pounds of food!

The Hunger Challenge volunteer repack program is sponsored by the Junior League of Greater Elmira - Corning. Last year, the Hunger Challenge was awarded the National Volunteer Program of the Year Award by America's Second Harvest, the Nations Food Bank Network.

Initiated in 2002 by the Junior League, this popular volunteer activity challenges various community groups in repacking bulk food at the Food Bank. This year, 15 community groups and over 240 individual volunteers participated in the 5th Annual Hunger Challenge.

This year's Challenge was a great success with 58,508 pounds of assorted bulk food repacked! Participating groups competed on Saturday mornings during the months of September, October and November. Groups competed to repack the most bulk food in one Saturday morning. This activity allows the Food Bank to distribute bulk food to hunger relief agency partners across the Southern Tier in a timely manner.

Wegmans - Corning took first place honors with a total of 8,160 pounds of potatoes repacked in one Saturday morning!

Of course, we appreciate the efforts of all 15 community groups that participated in this year's Challenge. Their commitment to the Food Bank and local hunger-relief efforts truly makes a difference.

Participating Community Groups:

Best Buy - Big Flats
Crystal Chords of Harmony, Inc.
Elmira Jackals
Kiwanis Club of Elmira with Key Club and Circle K
His Tabernacle Family Church
Horseheads Church of Christ
Horseheads Lioness Club
Junior League of Greater Elmira - Corning
Kraft Foods, Inc./Polly-O
Lutheran Churches of the Southern Tier
Market Street Trust Company
The Alternative School for Math & Science
The Park Church Senior/Junior Youth Fellowship
Twin Tiers Young Professionals
Wegmans - Corning

Taste of the Nation

Ithaca's 15th Annual Taste of the Nation, sponsored by Share Our Strength, is a fabulous hunger-relief event. Held locally on the Ithaca College campus, Taste of the Nation features over 80 area restaurants and wineries. Local chefs prepare a specialty of their establishment and personally serve portions of their creation to guests. Finger Lakes wine makers pour a variety of their vineyard wines.

One hundred percent of the proceeds from Ithaca's Taste of the Nation event supports local, regional, and national anti-hunger, anti-poverty organizations. The Food Bank of the Southern Tier received \$8,244 as its share of the 2006 event proceeds. Since 1990, Ithaca's Taste of the Nation has raised over \$485,000

Nationally, Taste of the Nation events have raised more than \$70 million since 1988. Through a competitive grant system, Share our Strength distributes these funds to more than 450 organizations working to end hunger and poverty in the U.S., Canada, and abroad.



food and funding programs



Photo: Tom A. Mike

- **\$mart Buy** - \$mart Buy is a food buying program that helps people stretch their food dollars. The Food Bank leverages its buying power and passes along the savings to households. Each month customers pre-pay by cash, check or Food Stamps for a \$20 food package that contains meats, cheese, fruits, and vegetables. Customers may also buy “specials”, which are typically meat or cheese items, such as beef roast and lasagna, in bulk sizes.

In 2006, \$mart Buy distributed over 2,800 packages and 1,700 specials. The program opened new sites in Corning, Ithaca, and Waverly. Combined with three existing sites, \$mart Buy handled over \$10,000 in Food Stamps purchases, helping Food Stamps participants maximize their resources. For 2007, \$mart Buy will expand services to Binghamton, Elmira, and Hornell.

Nutrition Resource Manager's Report

The Nutrition Resource Manager (NRM) provides technical support to the Food Bank and member agencies in the areas of nutrition, food safety, gardening, and community food security. Highlights during 2006 included:

- **Educational Trainings**

- Eight food safety and nutrition workshops for soup kitchen, food pantry, and other program workers
- Seven grant-writing workshops to help agencies apply for HPNAP Operations Support - Capital Equipment Grants

- **Food Bank Garden** - sponsored in part by Fortuna Energy Inc. Gardeners from community groups grew tomatoes, onions, potatoes, spinach, Swiss chard, cabbage, and squash for hungry neighbors. The garden groups were from the Big Flats Community Food Pantry, Corning Salvation Army Kids Café, Hillview United Methodist Church, Pine City Baptist Church, Southside Community Center - Elmira, and United Cerebral Palsy House. Workers planted in thirteen raised beds which yielded nearly 400 pounds of fresh produce. The garden will expand to twenty raised beds in 2007. Special recognition goes to students at the Southside High School - Elmira greenhouse who grew vegetables from seed for use in the Food Bank garden!

- **HPNAP Operations Support-Capital Equipment Grants** - The Food Bank administered a state grant to assist emergency food programs with operating costs and the acquisition of food service equipment. In 2006, 43 programs received a total of \$83,000 in support.

- **Plant-a-Row for the Hungry (PAR)** - The Food Bank encourages local gardeners to grow and harvest fresh produce for their neighbors in need. PAR collected 5,046 pounds of fruits and vegetables from gardeners.



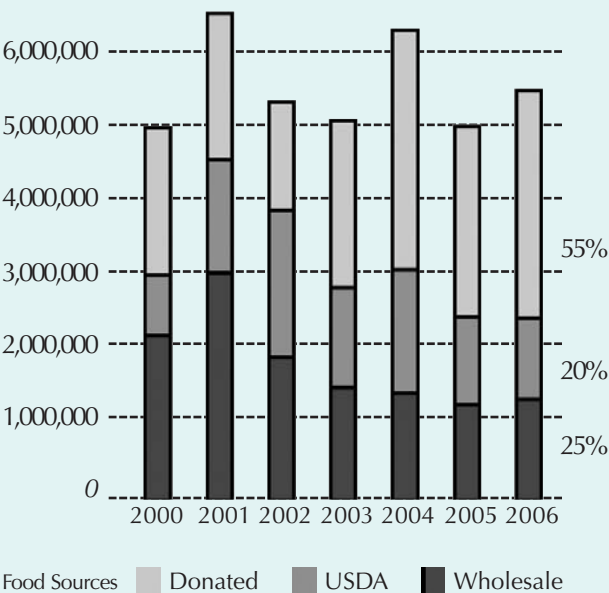
Donated - America's Second Harvest - The Nation's Food Bank Network

The Food Bank of the Southern Tier is an affiliate partner of America's Second Harvest - The Nation's Food Bank Network. America's Second Harvest is the largest domestic hunger-relief organization in the United States. Founded in 1979, America's Second Harvest distributed 2.5 million pounds of food to a network of 13 food banks in its first year of operation. Today, the national network secures and distributes nearly two billion pounds of food and grocery products to more than 200 regional food banks and food-rescue organizations in all 50 states, the District of Columbia, and Puerto Rico. In the 2005 edition of Forbes Magazine's Annual Survey of 200 major charities, America's Second Harvest received a 98% charitable commitment rating. This rating was determined by the percentage of total financial and

product donations devoted to programs. Thanks to the generous support of more than 500 national grocery and food service companies, individuals, corporations, and charitable foundations, America's Second Harvest has developed a remarkably efficient model for feeding our nation's hungry by reducing food waste

Food Acquired by Source

Pounds of Food Distributed
by the Food Bank



Wholesale Food Program

The Wholesale Food Program supplements other food programs providing products and staples that are typically not donated through our network of national donors. Non-food items such as soap, diapers, and paper products are often available through this program.

HPNAP - State Program

The Hunger Prevention and Nutrition Assistance Program (HPNAP) is a New York State Department of Health program dedicated to improving the quality and quantity of food consumed by hungry individuals. Contributing to adequate diets, improving health status, and reducing the incidence of nutrition related disease is HPNAP's goal. The Food Bank uses HPNAP funding to access low fat, high nutrient dense foods typically not donated by private industry, which is then made available to emergency food providers.

TEFAP - Federal Program

The Emergency Food Assistance Program (TEFAP) is a federal program that helps supplement the diets of low-income Americans by providing them with emergency food and nutrition assistance at no cost. Through TEFAP, commodity foods are made available by the U.S. Department of Agriculture (USDA) to New York State, which then provides this food to the Food Bank. The Food Bank distributes the food to community hunger-relief programs that directly serve the public. Recipients of food must meet income eligibility of 185% of the poverty level, a criteria set by New York State.



community hunger-relief agencies

The Food Bank provides food to a network of 184 community hunger-relief agencies. These programs include food pantries, soup kitchens, shelters, Kids Cafes, and programs connected to other non-profit human service agencies.

Food Bank community hunger-relief agencies are required by contract to adhere to strict guidelines set forth by the New York State Department of Health, Office of General Services, America's Second Harvest, and the Food Bank of the Southern Tier. These guidelines include food safety and sanitation, proper record keeping, distribution methods, client relations, food storage, and handling. Food Bank community hunger-relief agencies are monitored regularly.



Food pantries are usually connected with a faith community/church that distributes food in a dry and unprepared form.

Soup kitchens distribute meals, which are prepared on the premises by volunteers for consumption by people who are hungry.

Emergency shelters offer food and shelter to residents during their stay. Shelters provide short-term shelter for people in crisis.

Kids Cafes are usually operated in collaboration with an existing after school program. The program provides a meal to children who would otherwise go without due to late working or absent parents, lack of access to food, or an inability to prepare a meal or snack.

Other non-profit organizations that provide food to at-risk or low-income individuals are able to access food from the Food Bank including transitional housing programs, group homes, Meals on Wheels, and Head Start.

Food Product
from
Processors
Manufacturers
Distributors
Retailers
Growers



**FLOW OF FOOD
TO HUNGRY PEOPLE**

Food Bank 
of the Southern Tier

**Food Bank of the
Southern Tier**

Donated Food
TEFAP & HPNAP
Wholesale Food Program
Smart Buy
Community Food
Distributions



**Community
Hunger-Relief Agencies**

Pantries & Soup Kitchens
Homeless Shelters
Senior & Youth Programs
Day Care Centers
Residential Programs



People in Need

Children
Working Poor
Seniors
Homeless
Disabled
Single Parents
Unemployed



184 programs six counties

BROOME COUNTY

Community Hunger Outreach
Warehouse (CHOW) - 27 locations

Binghamton

Addiction Center of Broome County
Boulevard Soup Kitchen
Boys and Girls Club of Binghamton
Catholic Charities Boys of Courage
Catholic Charities Community
Food Pantry
Day Nursery Association
Day Nursery Association - Saratoga
Food at First Presbyterian
God's Bread Mission #4
Indian Hills Girls Scouts Council
Loaves and Fishes Food Pantry
Mt. Sinai Soup Kitchen
Salvation Army Food Pantry
Salvation Army Rehabilitation
Salvation Army Soup Kitchen
SEPP Inc./Full Cupboard
St. Paul's Roman Catholic Church
Volunteers of America
YWCA of Binghamton

Endicott

Catholic Charities
Mother Teresa's Cupboard
Meals on Wheels Western Broome
SOS Shelter
St. Anthony Food Pantry

Harpersville

Colesville Community Pantry

Johnson City

Dare to Care Foster/Adoptive Parent
Association
Family Enrichment Network

Whitney Point

Whitney Point Preschool

Windsor

Windsor Human Development

CHEMUNG COUNTY

Beaver Dams

Grace Lee Wesleyan Food Pantry

Big Flats

Big Flats Community Food Pantry

Chemung

Chemung Food Pantry

Elmira

Catholic Charities Gateways
Catholic Charities Samaritan Center
Catholic Charities Second Place East
Centenary United Methodist
Church Food Pantry
Chemung ARC - 114 Hoffman Street
Chemung ARC - 509 Hoffman Street
Chemung ARC - Chemung Place IRA
Chemung ARC - Clinton Street
Chemung ARC - Lattabrook
Chemung ARC - Liberty Street
Chemung ARC - Supportive
Apartments
Christ's United Methodist
Church Food Pantry
Elmira Free Community Kitchen
EOP Child Development Head Start
EOP Ernie Davis Youth Center
Interfaith Hospitality Center
Lake Street Presbyterian Church
Afterschool Kids Club
Meals on Wheels of Chemung County
New Life Assembly of God
North Presbyterian Church
Food Pantry
Riverside Food Pantry
Salvation Army Food Pantry
Salvation Army Kids Club
Salvation Army Safehouse
Southside Kids Cafe
St Anthony/St. Patrick's Food Pantry
Woodlawn Youth Center Kids Cafe
YWCA of Elmira and the Twin Tiers

Elmira Heights

Chemung ARC - 8th Street
Oakwood United Methodist Church
Food Pantry

Horseheads

Chemung ARC - Alpine Place
Chemung ARC - Burkeshire
Chemung County YMCA
Horseheads Food Pantry

Lowman

Chemung ARC - Lowman IRA
Lowman United Methodist Church
Food Pantry
North Chemung Food Pantry

Pine City

Chemung ARC - Pennsylvania Avenue
Pennsylvania Avenue United
Methodist Church Food Cupboard

Pine Valley

Chemung ARC - Smith Road

Wellsburg

Chemung ARC - Wellsburg
Wellsburg Ashland Food Cupboard

SCHUYLER COUNTY

Montour Falls

Bethel Fellowship Pantry
Odessa-Montour Food Pantry

Watkins Glen

Catholic Charities Schuyler Outreach
Catholic Charities Teen Center
Catholic Charities Youth Center

STEUBEN COUNTY

Addison

Addison Community Food Pantry

Avoca

Lighthouse Community Pantry
Loave and Fishes Fellowship Dinner
Pinecrest Home for Adults

Bath

Catholic Charities Turning Point
Pathways - Conable House
Pro Action Program for Elderly

Bradford

Bradford Food Pantry

Canisteo

Buena Vista Wesleyan Church
Food Pantry
Steuben County Rural Ministry

Corning

Corning Area Youth Center
Corning Community Food Pantry
Pathways - East First Street
Salvation Army Food Pantry
Salvation Army Kids Cafe
Salvation Army Soup Kitchen

Dansville

Kinship Children's Home

Hammondsport

Loaves and Fishes Food Pantry

Hornell

Gospel Tabernacle
Greater Steuben Red Cross
Food Pantry
Kinship Family & Youth Services
Salvation Army Food Pantry

Lindley

Pantry of Angels

Painted Post

Christian Hope Center Food Pantry
Painted Post Churches Food Pantry
Pathways - Forest Drive

Prattsburgh

Prattsburgh Emergency Food Pantry

Wayland

Wayland Kitchen Cupboard

Woodhull

Pro Action/Woodhull Community
Family Resource Center

TIOGA COUNTY

Apalachin

TOI - Park Terrace Food Pantry

Berkshire

TOI - Berkshire Helping Hands Pantry

Candor

TOI - McKendree Soup Kitchen

Newark Valley

TOI - Project Neighbor of
Newark Valley

Nichols

TOI - Lounsberry Food Pantry

Owego

New Hope Center
Open Door Mission - Pantry
Open Door Mission - Shelter
Rehab Support Services (RSS)
RSS - Tioga Social Club
Tioga Opportunites Inc. (TOI)
TOI - Allied Christians of Tioga
TOI - Early Childhood Services
TOI - Project Dinner Bell
Tioga County Rural Ministry

Spencer

Renovation House
TOI - Spencer VanEtten Food Pantry

Waverly

Catholic Charities Tioga
Outreach Center
Chemung ARC - Waverly
Waverly/ConAgra Kids Cafe
-The Phoenix

TOMPKINS COUNTY

Brooktondale

Caroline Food Pantry

Dryden

Dryden Kitchen Cupboard

Freeville

Freeville Food Pantry

Groton

Groton Food Providers

Ithaca

American Red Cross Food Pantry
American Red Cross Shelter
Baptized Church Food Pantry
Danby Food Pantry
Enfield Food Distribution
FoodNet
Greater Ithaca Activities Center
Immaculate Conception Food Pantry
Ithaca Kitchen Cupboard
Loaves and Fishes Soup Kitchen
Salvation Army Human Enrichment
Program
Salvation Army Soup Kitchen
Southside Community Center
Food Pantry
Tompkins Community Action
Unity House - Campbell
Unity House - Danby
Unity House - Day Treatment
Unity House - Fayette Street
Unity House - Green Street
Unity House - Nelson Road
Unity House - Pine Tree Road
Unity House - State Street

Lansing

Lansing Food Pantry

Newfield

Newfield Kitchen Cupboard

Trumansburg

Cayuga Addiction Recovery Services
Trumansburg Food Pantry

Community Support



Food Bank 
of the Southern Tier

Volunteers

According to the U.S. Department of Labor Bureau, the value of a volunteer was calculated at \$18.77 per hour in 2006. Over 4,000 volunteer hours were logged in 2006 generating a labor value of over \$75,000! To the Food Bank of the Southern Tier, volunteers are priceless! Volunteers keep the Food Bank working. We are deeply grateful for their time and dedication to end hunger.

Groups

All Saints Parish
Alpha Sigma Lambda
ALP Southside High School
Best Buy - Big Flats
Bethany Evangelical Lutheran Church
Big Brothers Big Sisters of the Central Southern Tier
Big Flats Lions Club
BOCES Broad Horizons
Boy Scout Troop #29
Cayutaville United Methodist Church
Cerebral Palsy of Chemung County
Chemung County Council of Churches
Chemung County Youth Bureau
Christian Missionary Alliance Church
Congregation Shomray Hadath
Corning Community College
Corning Continuing Day Treatment Program
Corning-Painted Post East High School Interact Club
Corning-Painted Post West High School Red Cross Club
Crystal Chords of Harmony, Inc.
Elmira College
Elmira College Women's Hockey Team
Elmira Free Academy Interact Club
Elmira Heights Rotary
Elmira Jackals
Elmira Teachers Association
Erwin Valley Girl Scout Troop #676
Family Service Society
First Church of Christ, Scientist
First Presbyterian Church of Elmira
Frederick Douglas Memorial AME Zion Church
Glove House, Inc.
Grace Episcopal Church
Hendy Girl Scout Troop
Hillview Methodist Church
His Tabernacle Family Church
Holy Trinity Lutheran Church
Horseheads Church of Christ
Horseheads High School
Horseheads Lioness Club
Junior League of Greater Elmira - Corning

Kenexa
Kiwaniis Club of Elmira
Kraft Foods, Inc./Polly-O
Lake Street Presbyterian Church
Lutheran Churches of the Southern Tier
Mansfield University
Market Street Trust Company
Pathways, Inc.
Pine City Baptist Church
Retired and Senior Volunteer Program of Chemung County
Riverside Elementary School
SCT BOCES Adult Education & Training
Southern Tier Interfaith Coalition
First United Church of Christ
Spiritus Christi Catholic Church
St. Mary Our Mother School - Grade 5
Steuben County Mental Health
The Alternative School for Math & Science
The Church of Jesus Christ of Latter-Day Saints Youth Group
The Pampered Chef, Ltd.
The Park Church
The Park Church Senior/Junior Youth Fellowship
Trinity Episcopal Church
Twin Tiers Young Professionals
United Cerebral Palsy House
Victory Highway Wesleyan Church
Wegmans - Corning
Wegmans - Elmira
WENY-TV
Westminster Presbyterian Church

Individuals

Nick Abrunzo
Kate Agan
Brent Ahrons
SSG Joshua Allen
Brenda Alteri
Jeff Andrews
Rejean Archambeault
Mark Arnold
Kelly Askins
Sharon Austin
Michelle Austin
Josh Baccile
James Battersby
Joshua Baker
Kimberly Bedell
Reg Berkam
Crysta Besley
Erin Billups
David Biviano
Liz Bouille
Monica Bouille
Nancy Brand
Heather Burgio
Rebecca Capek
Michael Cassada
Jacob Castiglia
Eugene Cicotti
Katlyn Cigan
Tanya Cogswell
Tom Coleman
Donna Cook
Terry Coolidge
Filomena Coxford
Scott Coxford
Melissa Cremer
Julie Crosby
Joann DeBevec
Tracy Deitrick
Danielle Demjen
John DeMuth
Rita Dery
Jamie Disbrow
Trevor Dougherty
Yerette Drake
Brennan Dunlap
Kayla Edinger
John Elliott
Cynthia Emms
Dick Farnsworth
Austin Farrell
Haley Farwell
Trevor Farwell
Kerry Feltner
Beverly Flixnick
Grace Frost
Dot Gebhart
Lori Gerstel
Donald Getty
Bob Gibbs
Dennis Godwin
Anna Gowan
Mike Graham
Kim Greenwalt
Brittany Hamilton
Jack Harbison

Donna Hastings
Fred Herbst
Mia Hernien
Ashley Herrick
Katie Heyman
Joan Heywood
Kristina Howaith
Christine Howe
Chad Hunter
Jason Hyde
Steve Jackson
Kelly Jacobs
Jack Jarboson
Jacqueline Johnson
Adrian Jung
Edward Kinne
Shelley Knapp
Caitlin Knowles
Olga Kolva
Jim Kowles
Eileen Kremer
Jason Krusen
Linda Kulago
Bob Lantzy
Mallory Lawes
Ray Lecceandone
Trista Lewis
Ben Little
Beth MacDonald
Bill Maitland
Laura Mann
Cody Marshall
Arika Mathews
Kevin Mattison
Dan McCahill
Tim McCahill
Bill McLaughlin
Isaiah McLaurin
Joan McNamara
Kathy McNulty
Tom Miller
Drew Miller
Debbie Mitchell
Deb Mohlenoff
Rebecca Morello
Kelli Morse
Lance Muir
Annelouise Mulholland
Abigail Nelson
Avery Nelson
Donna Nelson
Gary Nelson
Douglas O'Bryan
Susan O'Leary
Andrea Oleen
Christina Olson
Jim Osborne
Derek Owen
Matt Owens
Ryan Paradis
Cathy Pelchar
Mary Pollock
Barb Powell
Bill Powell
Janit Ran

Teri Red
Frank Reynolds
Matt Retterer
Edward Rhodes
Elizabeth Rhodes
Tom Rhodes
Andrew Rimbey
Chris Rozell
Tiffany Russen
Joseph Santodonato
Chris Satterlee
Dr. John Shannon & CIDS Staff
Greg Schiefen
Rosemary Schimizzi
Jessica Schlott
Bob Schultz
Shawna Shaut
Kirsten Sheffer
Matt Sheffer
Jen Shichler
Eric Shoemaker
Carol Smallback
Zach Smith
Kim Snyder
Amy Spenciner
Scott Stanbro
Tom Stantz
Allison Stein
Dawn Stethers
Tom Stiles
Kenneth Stotts
Donna Sullivan
Brandon Swan
Nicole Swift
Dale Tanner
Malcom Thomas
Sara Updike
Chet VanDurne
Rebecca Vosburgh
Lynne Wagner
Dave Walker
Chad White
Paul White
Marianne White
Martha Whitehouse
Ernie Wickham
Shirley Willard
Jennifer Willcox
Katie Williams
Michael Williams
Ben Woodruff

Cornell Cooperative Extension

Broome
Teresa Cluff
Ellen DeFay
Sharon Fischer
Claire McGovern-Lind
Susan Mondolfi
Chemung
Mildred Glover
Schuyler
Corky Clark

Catherine Craven
Rosemary Hartman
Steuben
Lea Kautz
Jon Sterlace
Loree Symonds
Pat White
Tioga
David Crance
Jen Jones

Kathy Vanderpool
Tompkins
Tina Foster
Jeannie Freese-Popowitch
Helen Howard
Myra McKenney
Ami Melindez

Food Donors

Akel Wholesale Grocery Inc.
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Big Lots #1631
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Bush Brothers & Company
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Cargill Turkey Products
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Dean Foods Co.
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Edward C. Lott, Inc.
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Food Bank Community Garden
Food Bank of Central New York
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Greco Distributing
Horseheads Dog Control
Joe Cardi
John Cox Trucking
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Kellogg Company
Ken's Dressing
Kraft Foods, Inc./Polly-O
Leprino Foods Company
Little Turtle Cluster
Maines Paper & Food Service Inc.
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Philabundance
Quaker
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Russ Hardick
SeaShare
Second Harvest Food Bank of Northwest Pennsylvania
Seneca Beverage Corporation
Sodexo Health Care Services
SUPERVALU
Target Corporation
The Hershey Company
Triple A Products
Tyson Foods, Inc.
United Health Services Hospitals
Voortman Cookies
Walgreen Co.
Watkins Glen International
Welch Foods Inc.
Western Veg-Produce Inc.
Willow Run Foods, Inc.
Wyeth Consumer Healthcare

In-Kind Gifts and Food Drives

171 Cedar Arts Center
AARP Local 276
Vani Akula
Alfred University
Melanie Anastasio
A. Joseph Antos
Tom Argentieri
A Sweet Read
Anchor Glass Container
Corporation
Antiques at the Establishment
Jason Arnold
Mary Arnold
Arnot Ogden Medical Center -
Dialysis Unit
Auxiliary of Italian Americans
Veterans Club of Elmira
Backyard Broadcasting
Becky Baker
Banfield-Baker Corporation
Helen Bannish
Patrick Barker
Gary Baxter
Joel Beaton
A. Bellamy
Bethany Lutheran Church
Bethany Village
Big Flats Retirement Community
Binghamton Mets
Binghamton Senators
Binghamton University
Bobby K Entertainment
Bob Evans Restaurant
BOCES Coopers Plains, Summer
Learning Program
BOCES Schuyler-Chemung-Tioga
Body First Massage
Bon-Ton-Arnot Mall
Alan M. Bontorno
Thomas Brewer
G. Brian
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Cantina Restaurant
Cappy's
Carbaugh Tool Co. Inc.
James Carr
Carr Printing
Cayuga Radio Group
Central Assembly of God
Chemung ARC
Chemung Canal Trust Company
Chemung County Master Gardeners
Chemung County Nursing Facility
Chemung County PPD
Chemung County Youth Bureau

Chemung Valley Montessori School
Christian Life Church
Sandi Cirillo
CitiFinancial
Tamara Clay
Clayworks at Roberson Museum
Clear Channel Radio Group
Diane Connell
Cornell Cooperative Extension
- Schuyler County
Cornell University - Department of
Horticulture
Cornell University - Johnson
Graduate School of Management
Corning Community College
Corning Credit Union
Corning Hospital
Corning Hospital - Founder's
Pavilion
Corning Incorporated
Corning Incorporated - Business
Services Division
Corning Incorporated Culinary
Services
Corning Incorporated - Fiber Optics
Division
Corning Museum of Glass
Corning-Painted Post East
High School
Corning-Painted Post West
High School
Julie Crosby
Bev Croston
Crystal Chords of Harmony, Inc.
Crystal City Wedding & Party Center
Crystal Lanes Mork & Mindy
Bowling Tournament
CSA Lodge - Empire State No. 448
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Donald Dix
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Eaton Electrical Inc.
Ed's Heads
Elmira College
Elmira Country Club
Elmira Correctional Facility
Elmira Free Academy High School
Elmira Psychiatric Center
Elmira Teachers Association
Doralee Emmet
Empire Vision
Erwin Valley Elementary School
Alan T. Eusden
Ed Fallon
Chad Faulkner
Feld der Traume Farm
William E. Felthousen
Edward Fewkes
Finger Lakes Developmental
Disabilities Services

Finger Lakes Home Builders
& Remodelers Association
James H. Fink
Rosemary Finnefrock
First United Church of Christ -
Morning Guild
Five Rivers Council, Boy Scouts
of America
Diane Frampton
Frederick Carder Elementary School
Arthur French
Robert W. Funsch
Amy Genier
Gentiva Health Services
Stephen Gergely
Carol Gerow
Bruce Gerringier
Girl Scouts - Erwin Valley
Girl Scouts - Troop 1195
Girl Scouts - Seven Lakes Council
Daisy Troop
Cristin Glasner
Mary Lynn Good
Glenda Gossett
Kim Gragnon
Grande's Bella Cucina
Graphix Direct
Greater Southern Tier BOCES
George Green
Kyle Griswold
Sara Guillemette
David H. Guy
Hancock Fabrics
Hands On Glass
Hard Hit Productions
Keith Hathaway
Heights Theater
Fred Herbst
Holiday Inn - Horseheads
Holy Trinity Lutheran Church
Horseheads Christian School
Horseheads High School
Horseheads Intermediate School
Horseheads Marching Band
Horseheads Merchants Association
Horseheads Middle School
Houghton College
D. Hudden
JoAnn Hurley
Fatima Hussain
Janice M. Ingersoll
Islamic Association of the
Finger Lakes
Ithaca College
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K-Mart - Horseheads
John M. Knowles

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Lamberts, Inc.
Royce L. Layton
Cynthia Leonard
Deborah Lepere
Pauline LeShure
Janet Lewis
Lions Club of Horseheads
Lockheed Martin Corporation
Chris Longwell
Edward Looney
Lost Angel Glass
Lourdes Junior High Youth Group
Lois Lowe
Anthony Luppino
Macy's - Arnot Mall
Timothy C. Magura
Mansfield University
Maple Valley Farm Market
Richard Marks
Mark Twain Golf Course
Massi's Gardens & Landscaping
Lucy M. McCloud
Matthew J. McGrath
Susan McLaughlin
Diane McMordie
Meadow Brook Dairy
Eric Meek
Charles M. Miller
Nancy Milroy
Lucinda Milton
Mirella's Italian Restaurant
Dan Mirer
Jyotika R. Modi
David M. Mosher
Monro Muffler
Monterey Shock Incarceration
Correctional Facility
Roxanne Mourhess
Muddy Paws Pottery
Tiffany Newton
New York State Department of
Corrections - Willard Drug
Treatment Campus
New York State Department
of Labor
New York State Division
of Human Rights
New York State Office of
Temporary & Disability
New York State Parole Office
New York State Police
Nezuntzo Cafe
Noah's Ark
Northeast Data Services
Notre Dame High School
Erie Oakley
Margaret O'Byrne
Joel O'Dorisio
Susan O'Leary
Joyce O. Olin
Sheila Keefe Ortiz
OTDA-Division of Disability
Determinations

Outback Steakhouse
Kathleen M. Page
Panera Bread
Marjorie D. Park
Pepsi-Cola Bottling Company
Dolores Peterson
Pollard Hill Therapeutic Massage
Mary Pollock
Manny Quinones
Omar Randise
K. K. Rao
Ray Jewelers
Regal Cinemas
Retired and Senior Volunteer
Program of Chemung County
Ridge Road Elementary School
Dolores J. Riedel
George R. Rosner
Ross Design
Rotary Club of Elmira Heights
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Scouting for Food
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Solutions Credit Union
Soroptomist Club
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Stanton Direct Marketing
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Tom's Coffee Cards & Gifts
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Trinity Episcopal Church Elmira
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Paul A. Wichmann
Winsor Family
Barbara L. Winter
Weyerhaeuser Company
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 Mr. & Mrs. Christopher D. Turock
 Mrs. Amanda Ufford
 Mr. & Mrs. William C. Ughetta
 Ms. Barbara Ulrich
 Mr. & Mrs. Daniel M. Ungvarsky
 United Steelworkers of America -
 Local 1000
 Ms. Katherine M. Usiak
 Ms. Elizabeth Valloney
 Mr. Steven L. Van De Voorde
 Mr. & Mrs. Richard S. VanBrunt, Sr.
 Mrs. Nelson Mooers van den Blink
 Ms. Judy E. VanNest
 Mr. & Mrs. Keith VanRiper
 Mr. & Mrs. Paul M. Vardakis
 Mr. Donald A. Varney
 Mrs. Lee Eggert Vergason
 Mr. & Mrs. John Vernacchia
 Ms. Rosemary T. Vert
 Visions Federal Credit Union
 - Elmira
 Mr. Evan Wachs
 Ms. Rose C. Wadsworth
 Mr. & Mrs. Abdul Waheed
 Ms. Judy A. Walden
 Mr. & Mrs. Robert J. Walker
 Mr. Joseph E. Wallen, Jr.
 Ms. Annette F. Walluk
 Mr. & Mrs. James C. Walsh
 Mr. & Mrs. Kevin Walsh
 Mr. Stanley E. Wanglund, Sr.
 Mr. Lee J. Warchol
 Mr. & Mrs. Peter A. Wasson
 Mr. William W. Weale
 Mr. & Mrs. Marion B. Weale
 Mr. Richard L. Weale
 Ms. Patricia M. Weber
 Ms. Cathy B. Weil
 Mr. & Mrs. George J. Welch
 Mr. & Mrs. Arthur W. Wellington
 Welliver McGuire, Inc.
 Mr. & Mrs. Robert M. Werek
 Dr. Murray J. Werner
 Mrs. Barbara E. Werninck
 Mr. & Mrs. Dale N. Weston

Westside United Methodist Church
 WETM-TV
 Ms. Natalie Ann Weyand
 Ms. Carol A. Wheeler
 Mr. & Mrs. Gregory J. White
 Mr. & Mrs. James A. White
 Ms. Joyce A. White
 Ms. Steffi G. White
 Mr. Austin Whittaker
 Ms. Lisa Wickham
 Mr. & Mrs. Fred B. Widding
 Mrs. Patricia J. Wido

Mr. Mark B. Woodhouse
 Mr. & Mrs. Francis T. Wu
 Mr. & Mrs. Stephen Yale-Loehr
 Mr. & Mrs. Richard J. Yanessa
 Mrs. Barbara A. Yannuzzi
 Mr. Edward D. Yescavage
 Ms. Lynne S. Yirchott
 YWCA - Silver Foxes
 Mrs. Rossane M. Yonkoski
 Ms. Carolyn H. Young
 Mr. & Mrs. Charles Young
 Mr. & Mrs. James D. Young

Memorial Wall

Donation funds for the Memorial Wall in the lobby of the Food Bank are applied to the elimination of the building mortgage.

Broadway Middle School
 Darlene E. Murray - In Memory of William Murray
 New York State Electric & Gas Corp.
 Richard W. Swan - In Honor of Harry & Norma Edwards
 Joyce H. Wertz - In Memory of John D. Wertz



Food Bank
 of the
 Southern Tier

25
 YEARS
 1981-2006

Ms. Ristiina M. Wigg
 Mr. & Mrs. Maurice Wild
 Mr. & Mrs. Henry H. Willcox, IV
 Mr. & Mrs. L. Pearce Williams
 Mr. Brian J. Williams
 Ms. Melcenia R. Williams
 Mr. Richard L. Williams
 Ms. Laurel J. Wiltbank
 Ms. Adelia W. Wisbey
 Mr. & Mrs. Richard S. Wodzinski
 Ms. Mary-Lou Woermbeke
 Mrs. Ellen Wohl
 Mr. Joseph L. Wolfer
 Mr. & Mrs. Robert Wolter
 Ms. Anna M. Wood
 Mr. Robert L. Wood

Ms. Mary Yusko
 Mr. & Mrs. Milton Zaitlin
 Mr. Ferdous A. Zaman
 Mr. & Mrs. Otto Zettl
 Ms. Sara Zimmer
 Ms. Micheline Zion
 Mr. G.P. Zurenda, Jr.

Errata: It is very important to us that we recognize our donors appropriately. If we have made a mistake, let us know by contacting us at 607-796-6061. Please accept our apologies for any mistakes or misprints.

Help that works
 Hope that lasts

Six Sigma Greater Effectiveness and Efficiency

Today more than ever, in order to operate successfully, an organization must become increasingly efficient in its use of resources and focus on its customers. This must be accomplished in an environment with changing customer needs, shifting resources, and significant demand fluctuations.

The Food Bank has addressed this challenge through the development and implementation of a Six Sigma management initiative. This customer focused system of tools and processes works to maximize organizational efficiency and effectiveness. By conducting a thorough review of our major departments (Warehousing & Inventory Control, Agency & Program Services, Development & Public Relations, and Accounting & Finance) we define, measure, analyze, and ultimately improve our entire operation.

Originally developed by Motorola and championed by General Electric, Six Sigma has become an increasingly utilized system for success by many top corporations. We are applying this system to a service model within the nonprofit human service field. As a food bank, our goal is to provide the best and most efficient service to our member agencies.

Six Sigma is not a time-limited program. It's a system that continuously evolves and responds to the changing climates that influence our work. By applying the rigorous practices of Six Sigma, the Food Bank is able to achieve breakthroughs in performance that would otherwise be unobtainable.

Operational Values

Customers...

We view every customer as uniquely important.

Performance...

We seek to exceed customer expectations.

Innovation...

We explore new ways to improve our service.

Integrity...

We perform our work with conviction and high principles.

Commitment...

We provide a quality product in a timely manner.

Individuals...

We value each employee as a unique team member.

Leadership...

We work to bring leadership to our work.

Teamwork...

We celebrate successes and roadblocks as a team.



financial position

Statement of Financial Position as of December 31, 2006*

ASSETS	2006	2005
Cash	\$ 450,932	\$ 186,200
Grants & Accounts Receivable	386,972	568,767
Pledges Receivable	200,000	0
Prepaid	13,667	18,535
Inventory	793,864	492,892
Property, Plant, Equipment	547,715	626,448
TOTAL ASSETS	\$ 2,393,150	\$ 1,892,842
LIABILITIES		
Accounts Payable	\$ 91,481	\$ 47,208
Deferred Income	773,923	492,595
Accrued Liability	18,253	14,530
Long Term Debt	398,615	428,354
TOTAL LIABILITIES	\$ 1,282,272	\$ 982,687
NET ASSETS		
Unrestricted	\$ 883,671	\$ 895,917
Temporarily Restricted	200,724	5,555
Permanently Restricted	26,483	8,683
NET ASSETS	\$ 1,110,878	\$ 910,155
TOTAL LIABILITIES & NET ASSETS	\$ 2,393,150	\$ 1,892,842

*Unaudited Financials

Audited financial statements will be available at the Food Bank Finance office.

Understanding Help Hope

Statement of Activities

INCOME	2006	2005
FB-Shared Maintenance	\$ 197,307	\$ 186,876
Wholesale Food Income	592,286	424,286
Food In-Kind Assistance	3,811,000	3,779,046
Fundraising/Donations	1,207,369	923,174
Other Income	45,254	44,029
HPNAP Grant	727,776	628,557
TEFAP Grant	98,074	109,343
Other Grants	125,439	136,055
TOTAL INCOME	\$ 6,804,505	\$ 6,231,366
EXPENSES		
Salaries & Fringe Benefits	\$ 952,570	\$ 874,125
Wholesale Food Product	552,886	426,809
HPNAP Food Purchases	318,782	309,567
Food In-Kind	3,811,000	3,779,046
Other Warehouse Expense	301,701	269,161
Other Operating Expense	491,005	395,759
Administration/Overhead	175,837	156,223
TOTAL EXPENSES	\$ 6,603,781	\$ 6,210,690
CHANGE IN NET ASSETS	\$ 200,724	\$ 20,676

Where does your dollar go?

For every \$1 donated

■ 91% Food Acquisition
■ 6% Administration
■ 3% Fundraising



On behalf of all those we serve

Thank you!

Food Bank of the Southern Tier
945 County Route 64, Elmira, NY 14903
phone: 607.796.6061
fax: 607.796.6028
e-mail: fbst@secondharvest.org
web site: www.foodbankst.org



The Food Bank of the Southern Tier is a regional agency of Catholic Charities and a member of America's Second Harvest - The Nation's Food Bank Network. We thank both organizations for their contributions that helped make this annual report possible.

staff

Administration

Paul A. Hesler
President & Chief Executive Officer

Suzanne R. Peters
Business & Support Services Director

Karen M. Sheffer
Executive Assistant

Community Services

Natasha R. Thompson
Director of Agency Services
& Warehouse Operations

Jennifer M. Bertron
Youth Programs Coordinator

Stephanie E. Browning
Agency Services Representative

Matthew R. Griffin
Nutrition Resource Manager

Carol A. Wheeler
Business Services Assistant

Mary A. Laurey
Food Stamp Outreach Coordinator

Lisa M. Malloccio
Administrative Assistant

Irene J. Miles
Receptionist

Elsie W. Punchard
Administrative Assistant

Curtis V. Ripley
Operation Frontline Coordinator

Susanne D. Wakerly
VISTA Associate

Development

Frank A. Carey
Director of Marketing & Communications

Diana M. Rumsey
Director of Major Gifts

Maureen A. Monroe
Marketing & Communications Manager

Gina Santodonato
Volunteer & Special Events Manager

Distribution

Mary M. Parmenter
Warehouse Manager

Rich L. Aiken
Warehouseman & Driver

Dawne R. Kelchner
Warehouse Administrative
Operations Coordinator

Jeff W. Gasper
Warehouseman

Christopher M. Glover
Warehouseman

Joseph R. Reed
Warehouseman & Driver

Gregory A. Washburn
Warehouse Logistics & Repack Coordinator

Weeks/Frock Family Donation Boosts the Food Bank

In December, 2006, the Food Bank of the Southern Tier announced a major gift to support hunger-relief efforts in the Southern Tier. At a gathering of friends, staff and supporters, Paul Hesler, President & CEO of the Food Bank introduced Wendell Weeks, President & CEO of Corning Inc., wife Kim Frock, Founder & Chief Administrator of the Alternative School for Math & Science, and their children Olivia and Porter, to announce their support of expanded programs to fight hunger in the Southern Tier. The family wanted to publicly announce the gift in hopes of inspiring others to help combat hunger.



The Weeks/Frock family donation of \$250,000 will come in annual installments over five years, and will be used to support new program initiatives addressing child and rural hunger challenges.

Rural areas suffer more unemployment and underemployment with less access to relief agencies. A diminishing number of rural church pantries are available to serve an increasing number of neighbors in need.

Childhood hunger and food insecurity threatens the well being of over 45,000 in the Food Bank's Southern Tier service area. Poor nutrition and hunger at an early age impacts long-term health, mental and physical development and contributes to a host of problems that follow children through their lifetime.

special moments

Wal-Mart Foundation Grant to Increase Agency Distribution

In November, 2006, the Food Bank of the Southern Tier received a \$15,985 grant from the Wal-Mart Foundation to increase the distribution capacity of local emergency food pantries. The funds enabled the Food Bank to provide commercial grade walk-in coolers to three hunger-relief agencies in the Southern Tier. New coolers will be installed at Broome County Catholic Charities, Salvation Army-Corning, and Samaritan Center-Elmira.

The walk-in coolers will allow recipient agencies to distribute nearly 40% more fresh foods to people in need. To help meet this goal, the Food Bank will provide agencies with technical support and training opportunities for pantry staff and volunteers.



Partnering with America's Second Harvest - The Nation's Food Bank Network, the Wal-Mart Foundation offered a competitive grant process to food banks nationwide with the goal of increasing the amount of fresh food distributed to hungry individuals. Gratefully, the Food Bank of the Southern Tier is one of 43 America's Second Harvest Food Banks to receive agency sustainability grant funding.



Food Bank

of the Southern Tier



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