



FEEDING FAMILIES, NOURISHING LIVES.

BEYOND THE WORKING POOR



Family picks up food at the Merrifield warehouse.

Photograph by B Christopher Photography

To be above the poverty line in Fairfax County, the average family (two adults and two children) needs an income five times the minimum wage. *Food for Others* serves many families who are below the poverty line; these working poor have been our principal clients for a long time. But in these painful economic times, “the poverty line” and “the minimum wage” seem like standards from long ago. As new families flock to *Food for Others*, many of them report no income at all. They are not working, and they are very, very poor. And many of

our old “working poor” clients have lost their jobs as well.

Since early last year, we have seen the effects of the economic meltdown through our clients, both in their ever-growing numbers and their ever-shrinking income. More and more people are coming to us, and their needs are more and more acute.

Consider these numbers of warehouse clients:

- The twelve months from February 2008 to January 2009 saw a 40% increase in households, compared to the previous twelve months;
- Between August 2008 and January 2009, the increase was 54%, compared to the period August 2007-January 2008;
- Between November 2008 and January 2009, the increase was 66%, compared to the period November 2007-January 2008

These figures reveal not only growth, but acceleration right up to today. Indeed, in January 2009, we served 72% more households at the warehouse than we did in January 2008, and in February 2009 we served 2,633 households (91% increase over February 2008) of whom 31% were new.

It is not only the number of new families coming to us, but their self-reported income that is unprecedented. Not only do many families, both old and new, report there is now no income at all, but they report extraordinary measures to get through the winter: two or more families now in the same house or apartment or basement; older parents moving in with their adult children; adult children moving in with their older parents; scrimping on heat; scrimping on gas; few with healthcare of any kind.

The good news is that *Food for Others* can serve them. We take the time to explain to each new family how to get referrals for extra food when needed and where *Food for Others*' fourteen neighborhood distribution sites are located. Because hunger is so immediate and because *Food for Others* is the largest distributor of free food directly to people in need in Northern Virginia, many people come to us first. As a result, we have become these families' key source of information about other, broader assistance programs (employment, healthcare, childcare, housing, clothing) offered by Fairfax County social services, or those in Arlington, Alexandria, or Prince William as appropriate.

Food for Others finds itself in the eye of this still-growing storm, offering our families essential food as always and, increasingly, offering them essential information about other resources to see them through this worst of hard times.



On Friday, April 17, St. John Neumann Catholic Church in Reston will be the site of the Empty Bowls dinner to support *Food for Others*. The event (come anytime 5:30—8:00 p.m.) is hosted by the Giving Circle of HOPE and 100% of the proceeds will go to *Food for Others*. A \$20 ticket buys soup, bread, beverage, and a dessert, all provided by local restaurants and other donors. Guests also choose a bowl, handcrafted by various local artisans, which they

use for their meal and then get to keep as a reminder that there are always empty bowls in the world.

As in past years, the dinner promises to be a fun and feel-good event for all. Tickets are limited and must be ordered in advance and can be bought by emailing givingcircle@hotmail.com or by calling Food for Others at 703-207-9173.

Thank you Anne!

We would like to congratulate Anne Suter Zimmer, a longtime ally and friend of *Food for Others*, on her retirement as Chair of the Board of Directors. Anne has diligently served as Chair for the past five years, and has been with our organization since the beginning. She was a founding board member of *Food for Others* in 1995, and served as a volunteer coordinator during *FFO's* chaotic days of transition from its former role as the charity *Lazarus at the Gate*.



Anne will continue to help *Food for Others'* cause by delivering food at the Fairfax Circle street-corner distribution

site, something she has done for twenty years! We would like to thank Anne for all of her generosity and wish her the best for the future.

Photograph by B Christopher Photography

Spotlight on a Special Group

There's a line out the door of this modest house behind Queen of Apostles Catholic Church in Alexandria. It's early Wednesday afternoon and inside the small 8x8 room in the house, two women, Lucila Gomez and Sandra Peralta, are working at a breakneck pace for the Poor Sisters of St. Joseph.

Gomez speaks with the waiting families in a flurry of friendly Spanish, and Peralta scurries around the small room, so narrow that she must turn sideways to fit around the edge of the center table, and furiously packs up plastic bags with the food laid out on the table and shelves that line three walls. The bread and pastries stacked on the table are leftovers from the nearby Safeway, and the canned fruit and meat along the shelves are donations from local churches like St. Margaret's and Holy Spirit, as well as from the weekly pickup from *Food for Others*. A large box of apples is at the door and three old refrigerators line the fourth wall, but all three are empty. Today is lucky, a shipment of cheese came in from Safeway and everyone in line should get a wedge.

The long line out the door is another sign of the underlying poverty that si-

lently abides within northern Virginia suburbs like Alexandria, where behind the nice homes and landscaped lawns, there are still people facing the prospect of going without dinner. Every Wednesday morning, Peralta and Gomez arrive at this small room and prepare for the frenzied distributions, with help from two other volunteers and nuns from the Poor Sisters of St. Joseph. The project has been run by the Poor Sisters, a Catholic order whose nuns wear a full habit, for over 15 years. But the distributions have become more strained recently, a story that is becoming all too familiar in these tough economic times. Churches that were once loyal donors can't help anymore, preoccupied with the explosion in need from their own congregations, and the line out the door gets longer every Wednesday. The Poor Sisters, led by the petite Mother Maria, go to another distribution site in Arlington later in the afternoon, where they will also run out of food due to increasing need.

"The number of people has doubled. Last week we served 90," Peralta explains. Knowledge of the distribution spreads through word of mouth. This winter, word of mouth has spread like wildfire. There are no preconditions for receiving food and there is no paperwork to fill out. Those in line will receive one grocery bag with a few days worth of provisions: two loaves of bread, six cans of vegetables, fruit, and meat, tea, a sauce or jelly, and one or two fresh apples from the box at the door.

The two women work furiously in the chilly room for about an hour. Outside two more women help people in line pick out second-hand clothes from boxes and clothing racks. Most are looking for warm winter coats. After the flurry of activity, the last family leaves and the little remaining food is packed up. Last week they ran out of food. This week is a good week, Peralta and Gomez explain, pointing to two shelves which still have about fifteen cans left on them.

Barbara's Story

Barbara came into our office one rainy and cold winter day, her demeanor and expression in sharp contrast to the weather outside. "I got a job," she announced proudly to the staff, her teenage daughter standing by her side.

Barbara first came to our offices to pick up food about a year ago, after budget cutbacks in Loudoun County Public Schools took her job and the benefits that went with it. After that she struggled to cover all of the competing bills. "Food, utility bills, car insurance, car note," she ticked off the expenses on her fingers, a list that has clearly worn a deep, oft repeated track in her brain. Even though it was just her and her 17-

year-old daughter in subsidized housing, there wasn't enough money to go around and so she came to *Food for Others*. "They helped me out real good. They are good people," she says looking around at the staff.

After a few months she came back to volunteer in our warehouse, to meet the community-service demands of her housing program. This morning however she returned to make her big announcement: a job, acquired last Thursday, at a local hospital, a regular salary and benefits again. Then Barbara introduced her daughter, another smiling face who would like to join our volunteer staff.

Note from the Chair

By Don Wallace

Wow! What a wild ride we have been on over the last six months. The number of clients that we serve has been increasing explosively and our available food supply has not. We have been striving to satisfy our clients with emergency food, while we have also been working to improve our facility, capability, and accessibility. In the old days, seeing 50 clients a day was a heavy workload, now seeing 175 clients a day is no longer unusual. Luckily, we completed remodeling the office facilities of our warehouse this summer, because we never could have handled all these folks in our old setup. We have had to add staff and volunteers to our daily operations just to respond to our clients. In addition, the nature of our food donations is that they tend to come in cyclically, during certain times of the year, and we have been fearful, at times, that we might be forced to deal with an empty warehouse. Thank goodness that our supporters have provided enough of the necessary food donations and our volunteers have been willing to do the sorting and data gathering needed to supply our ever-increasing number of clients.

Meanwhile, we have been hard at work developing ways to implement the changes indicated by our recent strategic-planning effort. We have validated our delivery sites and will now be looking at the possibility of adding new delivery sites to our network. We have added desk volunteers at our warehouse, so that we can respond to the increased numbers of those seeking emergency food. We are working to improve our food sources, equipment, and warehouse facilities. Our volunteers and sponsors have provided us with wonderful support and it is increasingly obvious that we will need them even more for the challenge ahead.

COME GOLF WITH FOOD FOR OTHERS

This 6th Annual Food for Others Golf Tournament takes place at the private and exclusive Springfield Golf and Country Club on Monday, June 1st, 2009. The tournament will be a captain's choice best-ball format with a 1:00 p.m. shotgun start. Players will enjoy a BBQ lunch, a delicious gourmet dinner, as well as beer and soft drinks on the course and during dinner. Golfers love the event, sponsors receive valuable exposure, and *Food for Others* raises critical funds needed to continue meeting the growing needs of our community. Money raised in past tournaments has helped us to expand operations and continue to meet the growing needs of our community – as more and more families count on *Food for Others*.

Ways to Help Support the Annual Golf Tournament

Become a sponsor! Sponsorship amounts and benefits vary by level of participation. Please visit our website for a full sponsorship packet.

Come golf with us! We guarantee a fun day of golf, filled with pleasant surprises, exciting contests, good company and excellent food, all for \$150 per golfer.

Buy an ad in the golf program. Ads are available to all businesses. This is a great way to promote your business and to make sure golfers go home with your information in their hands!

For more information, a full sponsorship packet, and registration forms, please visit our website at www.foodforothers.org

We Need Items for our Auction and Raffle!!!

Do you have a time share that you are not using?

Would you give up a week of your beach rental so that we can auction it off?

Have seats in a corporate box at the Verizon Center?

Redskins, Wizards, Capitals, Nationals, United, or Ravens tickets that will go unused?

Gift cards for spa services?

Other interesting items?

We are in need of items that we can use for our auction and raffle which will take place in conjunction with our annual golf tournament. This is a great way for us to raise money to support the mission of *Food for Others*. All contributions are tax deductible and all donors will receive a thank-you note that can be used for tax purposes. If you have an item to donate, please contact Liz Reinert at 703-207-9173.



THANK YOU FOR FOOD DRIVES IN 2008!

Thank you to everyone, individually or in groups, who contributed to *Food for Others* last year by donating food and running food drives. As you well know, the need for our services has exploded in the past year and without the generosity of our neighbors we simply could not keep up. Unfortunately we don't have the room to thank everyone who has donated but we would like to give mention here to the following groups and people who ran food drives of over 100 pounds in the past year:

Businesses

Above Net Inc.
 AEM Corporation
 Air Treatment Company
 Alexander Halstead Towers
 Alliant Insurance Services Inc.
 Applied Engineering Management
 Apptis, Inc., Chantilly
 Apt Orthodontics
 Aptara, Inc.
 Aptela, Inc.
 ASCD
 BB&T
 BearingPoint Inc.
 Brown's Karate
 Buchanan Ingersoll & Rooney PC
 Budget Rent A Car
 CACI Inc.
 Camberly Homes
 Capitol Financial Partners
 CB Richard Ellis
 CH2M HILL
 Charm City Concierge
 Cherry Road GT
 Compass Airlines
 Computer Sciences Corporation
 Cox Media
 Criterion Systems
 Curves - Burke
 Curves - Main Street, Fairfax
 D.K. Shifflet & Associates
 Daon Inc.
 DDL OMNI Engineering LLC
 Diener & Associates
 Dominion VA Power
 EA Mythic
 ECS, Inc
 ENSCO
 Enterprise Rent-A-Car
 ESI International
 Exxon Mobil Corporation
 Falls Church News Press
 FinCEN
 First Potomac Management LLC
 Freedom Bank of Virginia
 Fulcrum IT Services Co.
 G & B Solutions Inc.

General Dynamics AIS
 Guernsey Office Products
 ICF International
 INDUS Corporation
 Johnson Lambert & Co.
 Kerxton Insurance
 KForce Government Solutions
 Koniag Development Corp.
 Kool Smiles
 Level 3 Communications
 LGB & Associates Inc.
 Long and Foster, Vienna
 Loudoun Composting
 Mars Inc.
 Merrifield Village Apartments
 Nathan Associates Inc.
 Neiman Marcus
 NetAPP
 Neurology Center of Fairfax
 Noblis
 Northrop Grumman
 Oakwood Apartments
 PBS&J Inc.
 Park Place Apartments
 Penderbrook Fitness Center
 QinetiQ North America
 Roselle Alternative Care Center
 SAG Corporation
 SAIC
 Shiner Roofing
 Stout Risius Ross Inc.
 The Aerospace Corporation
 The Dive Shop
 The Mitre Corporation
 Transaction Network Services Inc.
 VanMetre Companies
 Verisign Inc.
 VMD Systems Integrators Inc.
 Weichert Realtors
 Weight Watchers
 Wells Fargo
 WRSystems

Faith Communities

Andrew Chapel UMC
 Antioch Christian Church
 Braddock Baptist Church

Calvary Hill Baptist Church
 Capital Baptist Church
 Cherrydale UMC
 Church of the Good Shepherd Episcopal
 Church of the Good Shepherd UMC
 Congregation Adat Reyim
 Congregation Olam Tikvah
 Dunn Loring UMC
 Fellowship Baptist Church
 George Mason University Hillel
 Grace Baptist
 Lord of Life Lutheran Church
 McLean Baptist Church
 Messiah UMC
 Providence Presbyterian Church
 St. Barnabas Episcopal Church
 St. James Catholic Church
 St. Mark Catholic Church
 St. Matthew's UMC
 Temple Beth Torah
 The PAX Community
 Unity in Alexandria
 Vale UMC
 Vienna Ward Relief Society
 Wesley UMC

Families & Individuals

Amata, Christian
 Benson, Misty
 Bjork, Marlies
 Blanco, Jorge
 Ezersky, Jordan
 Fowler, Lynn
 Kent, Judy
 Koppel, Ryan
 Kutherglen, Jason
 Lamb, Stanley
 Leinz, Martina
 Mangum, Ruth
 McLaughlin, Marian
 Paul, John
 Piner, Adam
 Shatila, Zaynab
 Steinmeyer, Deborah
 Taylor, Joyce
 Verganini, Lydia
 Wallace, Cindy
 Wallace, Donald & Jane
 Whitley, Janis
 Wolfenstein, Ben and Noah

Schools

Annandale High School
 Appletree School Two

Boyd School Westfield
 Centreville High School
 Davis Career Center
 Fairfax County Public Schools
 Fairfax High School
 Fairfax Villa Elementary School
 Fairhill Elementary School
 Falls Church High School
 First Steps Early Learning Academy
 Flint Hill School (Lower/Middle)
 Franklin Middle School
 Gainesville Children's Center
 George C. Marshall High School
 George Mason University
 Georgetown Day School
 Geshar Jewish Day School PTO
 Greenbriar West Elementary School
 Horizon Child Development
 James Madison High School
 Jeb Stuart High School
 Kenmore Middle School
 Kilmer Middle School
 KinderCare
 Langley High School
 Lifetime Learning Institute NOVA
 Luther Jackson Middle School
 Mantua Elementary
 Marshall Road Elementary School
 McLean High School
 Montessori School of Cedar Lane
 Northern Virginia Community College
 NOVA Community College, Alexandria Campus
 NOVA Medical Education Campus

Oakton Elementary School
 Oakton High School
 Olam Tikvah School
 Paul VI High School
 Pennington School
 Pine Springs Elementary School
 Pyramid Run
 Robinson High School
 Rocky Run Middle School
 Shreveewood Elementary School
 Sidney Lanier Middle School
 Stenwood Elementary School
 Stratford University
 Sully Station Children's Center
 Swanson Middle School
 The Boyd School
 Thomas Jefferson High School
 Trinity Christian Church School
 Wakefield Forest Elementary
 West Springfield High School
 Westbriar Elementary School
 Woodson High School

Others

Alzheimer's Family Day Center
 American Institute of Biological Sciences
 Boy Scouts of America
 Burke Water Aerobics
 Center for Army Analysis
 Civitan Club of Tysons
 Congressional Day Camp
 Culmore Post Office
 Defense Information Systems Agency
 ExxonMobil Spouses Club
 Fairfax Circuit Court Clerk's Office

Fairfax Main Post Office
 Fairfax Youth Leadership
 FCPS ACE Sunshine Committee
 George Mason University NSCS
 GFEBS
 Girl Scouts of America
 Great Falls National Park
 Herndon Horse 4H
 Inova Health Systems Office
 International Association of Fire Chiefs
 Internet Society
 Jewish Comm. Center of No. Va.
 McLean Post Office
 Merrifield Post Office
 Mosby Post Office
 Mount Vernon Estate & Gardens
 Municipal Securities Rulemaking Board
 National Association of Federal Credit Unions
 National Wildlife Federation
 Navy Federal Credit Union
 NISH
 Northern VA Women's Club
 Northern Virginia Welcome Club
 Oakton Post Office
 Oakton Swim and Racquet Club
 Pentagon Federal Credit Union
 Sterling Post Office
 Truro Community Center
 Turnpike Post Office
 U.S. Army Audit Agency
 U.S. Army Human Resource Command
 Vienna Ayr Hill Lions Club

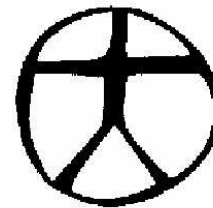
Northern Virginia Ethical Society

Food for Others has a wide range of allies in the fight against food insecurity, from all types of local religious and civic organizations. The Northern Virginia Ethical Society is a society in the Ethical Culture movement, a movement inspired by the humanistic ideal that the supreme aim of human life is to create a more humane society. Established in 1983 by former members of the Washington Ethical Society, NoVES has been one of our allies against food insecurity since we were still *Lazarus at the Gate!*

Marianne Moerman, of the NoVES social action committee, says that community involvement is integral to the organization. "Ethical Culture is a religion of ethical relationships, in which we act

to bring out the best in others and thereby in ourselves. Community involvement is central for us. We organize in congregations in order to live out our values in community with others, living with moral responsibility to and for the community around us."

"At present our major project is that we share 50% of our collection each Sunday with a community program selected by members of our Social Action committee. *Food for Others* was the beneficiary of our collection on October 5, 2008," explains Moerman. In addition to its collection donation, NoVES also holds a food drive every November and supports a variety of other community programs,



including homeless shelters and environmental programs.

As economic troubles force more of our neighbors to make the tough choice between rent and food, we rely more than ever on the support of local organizations like NoVES to allow our operation to cope with the massive increase in need. Thanks again to all of our friends who lent a helping hand in 2008 and beyond!



FOOD for OTHERS

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A financial statement is available upon written request from the Office of Consumer Affairs, Commonwealth of Virginia.

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United Way
of the National Capital Area

Designation numbers

40790—CFC

8912—UW

Mission Statement

Food for Others' mission is to obtain and distribute free food to the hungry of Northern Virginia and to support food programs of other community-based organizations. We provide a channel for people to volunteer their services to help their neighbors in need.

Staff

Roxanne Rice, *Executive Director*

Liz Reinert, *Director of Operations*

Charles Johnson, *Warehouse Supervisor*

Melvin Bonilla

Mauricio Castillo

Leo Delgado

April Frazier

Lynne Galanis

Felicidad Senzano

Board of Directors

Don Wallace, *Chair*

Steven Cole, *Vice Chair*

Phyllis Kohlmann, *Secretary*

Carmine Carullo, *Treasurer*

John Baldus

James Bogart

Mary Bullock

William Schneider

Annie Turner

Carolann Wilson

Anne Suter Zimmer

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