



# FOOD for OTHERS

FEEDING FAMILIES, NOURISHING LIVES.

## From the Heart

Anne Suter Zimmer was a member of the founding Board of Directors of Food for Others, serving later as Secretary and presently as Chair of the Board.



“What’s for dinner, Mom?” How many times have I heard that question from one of my three sons? This particular afternoon it was from the middle one as we picked him up from his soccer practice at the Draper Lane Park in Fairfax. He immediately complained when he heard the menu. I reminded him that I did not have much time to prepare dinner since I was out on the road driving kids around. Soon, we passed a group of people standing in a line on the street corner. We noticed that they were being handed bags of groceries from the trunk of a car. I took the opportunity to mention that those folks were happy to have whatever was in the bag for dinner.

Later, I discovered that our church, St. Mark in Vienna, was responsible for delivering food through an organization called Lazarus at the Gate, now known as *Food for Others*, to that street corner five nights a week. We decided that our family needed to become involved.

We started delivering food to that street corner when our youngest was in a car seat 18 years ago. Many of the folks at the Draper Lane site are elderly and from different countries. They know our children and have enjoyed watching them grow. We, in turn, have enjoyed hearing their stories and sampling their dishes from far away places. Sometimes we have had to watch clients physically deteriorate until they could no longer come to the food line. On a positive note, we also saw close relationships develop among those waiting for us to arrive; friendships that would never have existed without the food line. Over the years we have delivered food, sorted and stacked food, picked up food, raised money to buy food, walked for food, and talked about food.

All this from a complaint about what I was serving for dinner...

## EMPTY BOWLS

Reserve your ticket now for the “Empty Bowls” dinner to be held at St. John Neumann Catholic Church, 1190 Lawyers Rd., Reston, on **Friday, April 4<sup>th</sup>**, from **5:30 to 8:00 pm**. This year, advanced tickets will be sold and we expect this popular event to sell out quickly!



“Empty Bowls” dinners take place across the country and grew out of the efforts in 1990 of a Michigan high school art class seeking a way to raise funds to support a local food drive. What evolved was a class project to make ceramic bowls for a fund-raising meal. Guests were served a simple meal of soup and bread, and were invited to keep the bowl as a reminder of hunger in the world.

Hosted this year by the Giving Circle of HOPE, a local Reston philanthropic organization, the **\$20** admission to the dinner includes the choice of a ceramic bowl (yours to keep), as well as soup, bread, and dessert, donated from local restaurants. All of the bowls are individually handmade by potters from the Bowman House in Vienna, Reston Community Center, or The Clay Connection. The generosity of the potters as well as the Giving Circle of HOPE will enable *Food for Others* to receive the full proceeds from this event.

Tickets may be purchased by calling *Food for Others* at **703-207-9173**. Tickets are **\$20** each and only **500** are available, so call early before they sell out. All proceeds will be donated directly to *Food for Others*.

# Wegmans

**Thank you!** Wegmans presented a check for \$57,551 to *Food for Others* from the proceeds of the store’s annual Care About Hunger campaign. Based on the principle that people will respond if asked, Wegmans offers incentives to their check-out clerks to gently ask each shopper for a small contribution. And, indeed, Wegmans shoppers did respond! This whole donation came from those individual gifts.

But it is not just Wegmans shoppers who give. As a company, Wegmans is known for its exceptional levels of charitable donations. Its corporate giving focuses on programs that reduce hunger, help young people succeed, and strengthen neighborhoods. In 2006, Wegmans gave food banks 14 million pounds of food. The *Food for Others* truck goes there every day!

Small wonder, then, that for ten consecutive years, *Fortune* has ranked Wegmans among the 100 Best Companies to Work for in America; this year (2008) *Fortune* ranked Wegmans #3. They certainly rank highly with us.

## REFLECTIONS OF AN INTERN

By Kelly Hoepker



Kelly Hoepker, CSJP summer intern

This past summer I was given the opportunity to spend eight weeks at *Food for Others* as their ExxonMobil Community Summer Jobs Program Intern. I am a junior at Virginia Tech studying Human Nutrition, Foods, and Exercise with a concentration in Dietetics. I came to *Food for Others* with the understanding that I would be trying out many aspects of the non-profit world as well as getting a taste in what I hope to be my future in dietetics.

As many of you know, obesity is a serious problem in today's society and unfortunately is much more prevalent in lower-income households than for those of us who do not struggle to make ends meet. The United States Department of Health and Human Services reports obesity in Americans has reached an unprecedented 31%; however obesity in Americans with low socioeconomic status has reached an astonishing 60%!

For this reason *Food for Others* decided to hire me and get in contact with a Fairfax County employee, Maria Loh, a registered dietician. We worked together for several weeks this summer evaluating the emer-

gency food boxes that we have been distributing over the past eleven years to families who have emergency food referrals. We found that the boxes were not calorically dense enough to feed a family for the seven days that we had been telling clients it would. The boxes were also extremely high in sugar, which is a problem considering the rise of type 2 diabetes. The previous boxes were also low in what many lower-income families traditionally lack in their diets: fruit and vegetables. For these reasons Maria and I increased the calorie content in the boxes to the recommended 2000 calories per day per person and removed the high-sugar pancake and brownie mixes. We also dramatically increased the fruit and vegetable content so that our clients would receive the "5 a day" recommendation.

As we are always so grateful for any and all donations, we hope to be able to have an increase in nutritionally dense foods donated to us so that we can turn that around to our clients. We are always low on peanut butter, canned fruits, and the 100% juice that all make great additions to anyone's diet. Please keep this in mind for any future donations or food drives.

## HOW ARE WE DOING?

*Food for Others* (FFO) is proud of its solid financial position and remains committed to effective and efficient use of its – your – precious resources. One method we use to assess our performance is to look for benchmarks. Charity Navigator is an independent evaluator of charities that analyzes a variety of metrics. They have reviewed over 5,000 organizations and thus have been able to establish some standards for various categories within the nonprofit sector.

Overall, 90% of the charities reviewed by Charity Navigator spent at least 65% of their budgets on program expenditures (activities directly related to the mission of the organization). But, expectations are higher for the food banks, food pantries, and food distribution category. Because the bulk of these operations is focused on the non-cash commodity of donated food, food banks spend less on overhead and fundraising than the sector as a whole. The average breakdown for a charity in the "food" category is: program expenses – 95.4%, administrative expenses – 2.3%, and fundraising – 2.3%. In FY 2007, FFO bettered these averages by devoting 98% of its budget to program, 2% to administrative overhead, and less than

1% to fundraising.

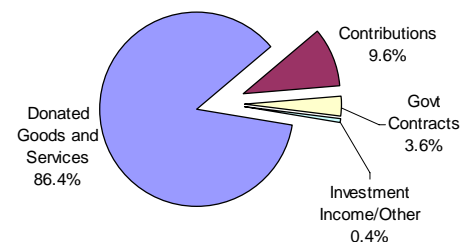
The key factor enabling FFO to achieve these exceptionally efficient measures is community support. This support comes in the form of contracts with Fairfax and Arlington County local governments; food and dollars from community groups, individuals, and businesses; and the legions of volunteers who donate time so that food can be collected and distributed to our clients. It is through these channels that FFO receives the resources that allow us to focus so fully on our mission and keep non-program costs in check.

In a recent decision, FFO's Board of Directors pledged to maintain a reserve of liquid assets equal to six months' worth of expenses - the generally accepted goal for nonprofits. This prudent measure ensures that FFO can continue to function in the event of an unanticipated operating expenditure or a temporary disruption in revenue and hopefully never has to turn away a hungry client.

Because of the generosity of our community partners, 99% of the approximately

2,000,000 pounds of food FFO distributes has been donated. However, monetary contributions and volunteers are essential to the collection, processing, and distribution of this largess. Thus it is a unique team effort that keeps FFO financially sound and available to assist all those in need. For every **\$1 contribution** received, FFO can collect and distribute **6 meals** to the hungry. Over **26,000 volunteer** hours in FY 2007 gave FFO the benefit of the equivalent of **12 free full-time employees**. This team effort will remain vitally important as the need for FFO services is increasing. The Merrifield warehouse assisted **15% more clients** in FY07 than in FY06 and the trend continues into FY08.

Support and Other Revenue - 2007



# It's Golf Time Again!

Please join us for the Fifth Annual Food for Others Golf Tournament! This year we will be playing at the private and exclusive Evergreen Country Club. As always, the contests and prizes will be exciting, a delicious lunch will be provided by RSVP Catering, and dinner will have a distinctive fiesta theme. And all to support *Food for Others*. You won't want to miss this Fiesta!

When: Monday, May 12, 2008  
Where: Evergreen Country Club, Haymarket, Virginia  
Time: 1:00 p.m. shotgun start  
Format: Four person captain's choice best-ball format  
Cost: \$600 per foursome or \$150 per player (If registered before May 1, 2008)  
Register: [www.foodforothers.org](http://www.foodforothers.org)  
Info: Please visit [www.tournamentor.com/foodforothers](http://www.tournamentor.com/foodforothers)

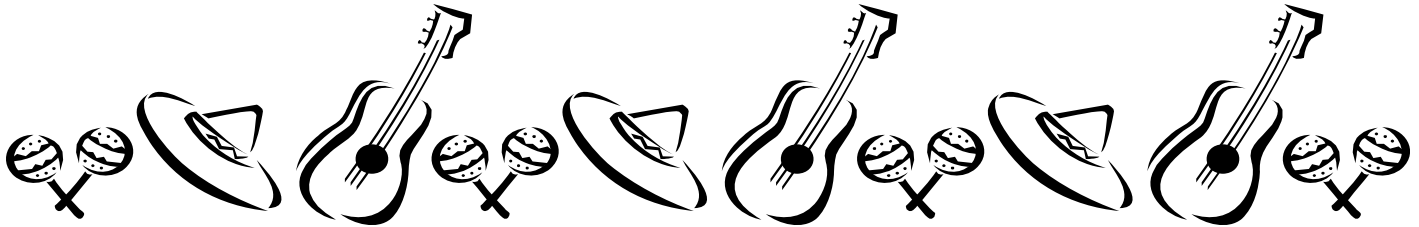


## Ways You Can Help Support the Annual Golf Tournament

- Become a sponsor!** Sponsorship amounts and benefits vary by level of participation. Please visit [www.foodforothers.org](http://www.foodforothers.org) for a full sponsorship packet.
- Come golf with us!** We guarantee a fun day of golf, filled with pleasant surprises, good company and excellent food. You can find a registration form with more information on our website at [www.foodforothers.org](http://www.foodforothers.org).
- Buy an ad in the golf program.** Ads are available for 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 information call 703-207-9173.

## 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 Verizon Center?
- Redskins, Wizards, Capitals, Nationals, United, or Ravens tickets that will go unused?
- Gift cards for spa services?
- Other interesting items?



SUPPORT THE FIFTH ANNUAL FOOD FOR OTHERS GOLF TOURNAMENT

## Sponsor a Table at Dinner

This year the tournament will be a "Fiesta!" Your name will be included with the table decorations as the table's "host."

My gift— \$150  \$100  \$50

I would like my name to appear as the host of the table: \_\_\_\_\_

Or in the name of \_\_\_\_\_

Please make checks payable to Food for Others. If you would like to donate by credit card, please call the office at 703-207-9173.

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/ St/ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Email \_\_\_\_\_

Please mail or fax this form to:

Food for Others  
2938 Prosperity Ave.  
Fairfax, VA 22031  
703-207-9204—fax

# HOLIDAY FOOD DRIVE THANKS



Thank you to the following organizations, faith communities, schools, and other community groups for the food drives held last October, November, and December. Many of the names below turn up year-after-year on our thank-you list and others are new this year. To all of our treasured donors, both new and old who put the “food” into *Food for Others*, we say - We cannot do it without you!

## Faith Communities

Andrew Chapel United Methodist Church  
 Bruen Chapel United Methodist Church  
 Burke United Methodist Church  
 Cherrydale United Methodist Church  
 Christ Crossman United Methodist Church  
 Christ Lutheran Church  
 Church of the Good Shepherd Episcopal  
 Church of the Good Shepherd UM  
 Community COG of Dunn Loring  
 Congregation Adat Reyim  
 Congregation Olam Tikvah  
 Grace Presbyterian Church  
 Idylwood Presbyterian Church  
 Immanuel Lutheran Church  
 Immanuel Presbyterian Church  
 Lord of Life Lutheran Church  
 Northern Virginia Church of Christ  
 Northern Virginia Ethical Society  
 Our Lady of Good Counsel  
 St. Mark Catholic Church  
 St. Matthew's United Methodist Church  
 Trinity Presbyterian Church  
 United Baptist Church  
 Wesley United Methodist Church

## Schools

Annandale High School  
 Appletree School  
 Appletree School Two  
 Chesapeake Academy  
 Colvin Run Elementary School  
 Fairfax High School  
 Fairhill Elementary School  
 Falls Church High School  
 Flint Hill School (Lower/Middle)  
 George Mason University  
 Geshar Jewish Day School PTO  
 Herndon Montessori School  
 Holy Spirit School  
 Homeschool Network  
 James Madison High School  
 Jeb Stuart High School  
 Kilmer Middle School  
 Louise Archer Elementary School

Mantua Elementary School  
 Mark Twain Middle School  
 Marshall Road Elementary School  
 Mercer Middle School  
 Mount Eagle Elementary School  
 Mount Vernon High School  
 Oak View Elementary School  
 Paul VI Catholic High School  
 Shreveewood Elementary School  
 Sidney Lanier Middle School  
 Stenwood Elementary School  
 Sully Station Children's Center  
 Summit Christian Academy  
 Swanson Middle School  
 Town & Country School of Vienna  
 Union Mill Elementary School  
 Wakefield Forest Elementary  
 Waples Mill Elementary School  
 Westbriar Elementary School  
 Willow Springs Elementary School  
 Yorktown High School

## Businesses

BAE Systems  
 BB&T  
 BE&K Building Group  
 Borders Books Music and Café  
 Computer Sciences Corporation  
 DaVita Dialysis  
 DDL OMNI Engineering LLC  
 Dominion VA Power  
 Electronic Consulting Services  
 Entrée Vous  
 Exxon Mobil Corporation  
 ExxonMobil - Legal  
 FinCEN  
 First Potomac Management LLC  
 Freedom Bank of Virginia  
 Germane Systems  
 ICF Consulting  
 KB Home  
 L&T Health and Fitness  
 Merrifield Village Apartments  
 Micron Corporation  
 My Plumber

Nathan Associates Inc.  
 Navy Federal Credit Union  
 Netuitive, Inc.  
 Northrop Grumman  
 Odyssey Health Care  
 Pay America  
 Pender Veterinary Clinic  
 Penderbrook Fitness Center  
 Reed Smith LLP  
 RESOLVIT IT Solutions  
 SAIC  
 Sandy Alison Fine Diamonds & Jewelry  
 Specialty Graphic Imaging Association  
 State Farm  
 Tax Analysts  
 Travelers Bond  
 Weichert Realtors  
 WRSystems

## Others

American Legion McLean Post 270  
 American Legion Post 177  
 Boy Scouts of America  
 CSF Proud Heart Civitan  
 Fairfax Circuit Court Clerks Office  
 Fairfax County Dept. of Family Services  
 Fairfax Economic Dev. Authority  
 Falls Church Parks and Recreation  
 George Mason Dining Services  
 Girl Scouts of America  
 Inova Health Systems Office  
 International Association of Fire Chiefs  
 Jewish Community Ctr. of NOVA  
 Lost and Found Joint Youth Group  
 Rivercrest Civic Association  
 South Meadows Community  
 Unity in Alexandria

Food was distributed at the Merrifield Warehouse to:

7,377 households—July to Dec. 2007  
 6,640 households—July to Dec. 2006

## HARVEST FOR THE HUNGRY

Almost 42,421 lbs. of fresh produce was collected during last summer's Harvest for the Hungry program to feed thousands of people in need. As always, the USDA's flexibility, willingness to work with a wide range of volunteers, and generous donations of time and resources were vital to the program's accomplishments.

*Food for Others* would like to thank all of the people at the Beltsville Agricultural Research Center who worked so well with us again. There were several setbacks due to the unexpected summer drought, but the contributions of Jared Bouma and George Meyers ensured that the program would be a success. In addition to overseeing all of the volunteers who came out to help, Jared and George also worked with Pam Koch, Harvest for the Hungry coordinator, to

organize and coordinate the program on a day-to-day basis.

Tom Randolph and Southern States generously donated seeds that were planted by 70 volunteers in nearly 500 rows. Due to the hard work of everyone involved, the program overcame the weather setbacks and ended victoriously in September when several harvests of beans and yellow and green squash appeared in the fields. The produce was able to be gathered by the more than 1,200 volunteers who came out to help, and was distributed to thousands of local hungry families.

The harvesting schedule for summer 2008 will be finalized by the end of April. If you are interesting in participating, please email Pam Koch at [pamkoch@cox.net](mailto:pamkoch@cox.net).



## ROSEMARY

She arrives in her blue striped work shirt, prepared for another long day. Rosemary has worked full-time for a transportation company for the last few years, driving all over the area transporting the mentally and physically challenged. She thinks that she will stay with this job for awhile because it's reliable.

Despite the regular pay, she still has trouble covering all of her family's basic needs due to the sky-high price of rent in the

area, even for an apartment in Fairfax. "It's the rent that gets me. 1,200 dollars a month" she says and shakes her head. Rosemary also has three children she supports, ages 6, 10, and 14. She started coming to *Food for Others* last year when the competing strains of rent, gas, car repairs, and food were too much and it seemed that something had to give. Since then things have been looking up—at least she is assured that her children won't go to bed hungry.

## SPOTLIGHT ON A SPECIAL GROUP

By Mac Carey

Every Thursday morning for the past six years, several female volunteers have assembled in a small tiled cafeteria-style room off of the main area of Dar Al-Hijrah mosque in Falls Church. In the early hours there is a flurry of activity, women ducking in and out of the room, before local needy families arrive for their week's supply of food. Shelves are piled high with canned goods provided by *Food for Others*. Tables are covered with freshly baked bread and bags of fresh produce, bought with money donated by Dar Al-Hijrah, Middle East Bread, and mosque patrons.

Dar Al-Hijrah is the largest mosque in the Washington, DC, metro area, with more than 3,000 worshippers attending services on Fridays. Local needy families receive food items there every Thursday from 9 am to 12 pm. "About 70 people come; a lot

walk from nearby, so in bad weather like rain we might get 55-60. Some are families, some are nurses picking it up for elderly patients," says social worker Mirsada Stabancic, who has worked at the food bank for the past two years. "I'm always surprised at how many homeless people we have in this area. It's a huge number."

The food bank operates without any government sponsorship or funds; worshippers, local merchants, *Food for Others*, and Dar Al-Hijrah donate all the food that is provided. On Wednesdays, schoolchildren from a local private school, Eliman, come to assemble the bags of produce. The food bank serves all who come, and the waiting room down the hall is a hodgepodge of nationalities and religions. A food drive next week will collect toothpaste, shampoo, baby food, and other items not covered by food stamps and other food subsi-

## Help the Homeless Record

A record award of **\$74,613** was received by *Food for Others* this year through our participation in the Fannie Mae Help the Homeless program.

Our great success this year is largely due to the tremendous cooperation of the faculty, staff, parents, and students who participated in mini-walks held at Paul VI Catholic High School, Sidney Lanier Middle School, Flint Hill School, Swanson Middle School, and Kenmore Middle School.

Thank you to everyone who made the program such a success!

dies.

Islam places an emphasis on charity, and in addition to the food bank, the mosque also serves a hot meal to needy families every night for thirty days during Ramadan, a holy month of fasting and charity. During the holiday Eid al-Adha, tradition states that one third of the sheep that families purchase for the holiday meal must be given to charity. This year, a few days after the celebration, *Food for Others* received 869 pounds of meat from Dar Al-Hijrah. Food distribution is continuing to grow as the community does. "There is a huge Muslim community here at the mosque; it's very important to us as a mosque and community to help others," explains Stabancic.



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 Fairfax, VA 22031  
 Phone: 703-207-9173  
 Fax: 703-207-9204  
 E-mail: info@foodforothers.org

www.foodforothers.org

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

**Food for Others is funded in part through the Fairfax County, U.S. Community Services Block Grant Fund.**



**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 help their neighbors by actively volunteering their service.*

**Staff**

Roxanne Rice, *Executive Director*  
 Liz Reinert, *Director of Operations*  
 Charles Johnson, *Warehouse Manager*  
 Felicidad Senzano  
 April Frazier  
 Nicolas Yannuzzi  
 Jim Deal  
 Mauricio Castillo

**Board of Directors**

Anne Suter Zimmer, *Chair*  
 Don Wallace, *Vice Chair*  
 Phyllis Kohlmann, *Secretary*  
 Carmine Carullo, *Treasurer*  
 John Baldus, *Director*  
 Mary Bullock, *Director*  
 Steven Cole, *Director*  
 Richard Guadagno, *Director*  
 William Schneider, *Director*  
 Annie Turner, *Director*

Nonprofit Organization  
 U.S. Postage  
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 Permit #374

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