Feeding hungry people and nourishing our communities
Gleaners 3-year plan to advance our mission

Food moves people
through crisis to stability
P.4

Veterans boost health
through Fresh Food Share
P.8
WHAT’S INSIDE?

1 Letter from our President
2 Gleaners 3-Year Strategic Plan
4 Food Moves People, Crisis to Stability
8 Fresh Produce Helps Vets Transition
10 Nutrition Education Benefits Family
11 Advancing Hope
12 Board Chair Letter
13 News Briefs
15 Upcoming Events
16 Make a Difference
17 Board of Directors

WHAT WE DO

Collect 46 million pounds of food a year, either donated from major food processors, retail chains and volunteer food drives or purchased at deep discounts to meet the dietary requirements of those served.

Distribute food for 746,921 meals every week to 558 partner agencies in five southeastern Michigan counties. Partner agencies include shelters, soup kitchens, food pantries, schools and senior citizen centers that provide prepared meals or pantry supplies directly to hungry people.

Feed and educate more than 260,999 children a year through programs such as school-based mobile pantries, SmartBites, BackPack Program, Cooking Matters™, Summer Lunches for Children Program, and Kids Helping Kids®. These programs provide meals and snacks to children through school- and community-based programs and provide volunteer and educational opportunities for young people to learn about hunger and philanthropy.

Inform the community and raise awareness about the solutions to hunger, the people making a difference in fighting hunger, and the issues that still remain in feeding our hungry neighbors.

HOW WE DO IT

Cultivate outstanding relationships with companies in the food processing industry, including the Detroit Produce Terminal, and others.

Use an efficient, technologically advanced system to collect, store and distribute food, with very little waste, through five strategically located distribution centers in Livingston, Macomb, Oakland and Wayne counties.

Engage a professional staff and dedicated volunteers to advance Gleaners’ vision of ending hunger.

Provide the best service possible to our partner agencies. Gleaners delivers more than 31 million pounds of food to partner agencies for free. The other 15 million pounds are distributed to partners at 18 cents per pound through a shared maintenance program and/or food purchase program to offset the costs of transporting, handling and purchasing food.

Note: Figures based on 2011-12 fiscal year.

SHOP WITH US

Holding a food drive to help feed hungry neighbors? Use Gleaners buying power to boost your efforts!

Get started at www.gcfb.org/vfd.
Three years ago, Gleaners began to work on an aggressive plan to address the growing hunger crisis in southeast Michigan. We grew our ability to reach more people with more, nutritious food. We’re now providing an additional 30,000 meals each day to hungry men, women and children in our communities. We couldn’t have done it without you. Thank you.

In the following pages, we introduce our strategic plan for the next three years. We’ll be working hard to ensure we’re most efficiently and effectively forwarding our mission of “feeding hungry people and nourishing our communities.”

Gleaners not only provides emergency food assistance and outreach programs that help struggling neighbors regain self-sufficiency — we also provide hope.

By reaching hungry children, they are better prepared for success in school and beyond. By reaching hungry adults, they are better able to stabilize themselves and their households. Those who receive the help you make possible often experience real change because of it.

In this edition, we talk to a mother who was able to put gas in her car and find work because she no longer had to put all her resources into just getting food on the table. We talk to veterans who found access to fresh produce can keep them healthier and better able to work and study. And we talk to a parent who found that a little nutrition education can go a long way in making sure her family can eat healthy, even on a limited grocery budget.

These are the people whose stories inspire us every day to work harder and smarter. As a partner in Gleaners mission, it’s our honor and pleasure to share these stories with you.

Your support helps people in real, meaningful ways. Again, my thanks to you.

Sincerely,

W. DeWayne Wells, President
GLEANERS GETS TO WORK on a 3-YEAR PLAN to further reduce hunger in southeast Michigan and promote self-sufficiency through education and access.

Hunger is a critical concern in southeast Michigan. Some key economic factors show that we have a long way to go to becoming a healthy, thriving region:

<table>
<thead>
<tr>
<th><strong>UNEMPLOYMENT</strong></th>
<th><strong>WAGES</strong></th>
<th><strong>JOB READINESS</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>Highest rate</strong> amongst all U.S. metropolitan areas</td>
<td><strong>1/3 of Michigan families</strong> living in poverty are employed</td>
<td><strong>1 in 4 Michigan adults</strong> didn’t graduate from high school</td>
</tr>
<tr>
<td><strong>2xs</strong> the national average</td>
<td><strong>1 in 4 Michigan jobs</strong> pay below $22,314 a year <em>(the poverty threshold for a family of 4)</em></td>
<td><strong>Only 25%</strong> have a college degree</td>
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<td></td>
<td><strong>7% drop in Michigan’s median wage</strong> over the past 30 years <em>(adjusted for inflation)</em> — 2nd largest drop nationally</td>
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</table>
Hunger contributes to these issues. Children that are hungry or malnourished will fall behind their peers in school and be unable to achieve their full potential. For adults, hunger is a basic need that must be met before being able to put resources and energy into studying or finding a job. Hunger is not only a result of poverty, it is a cause.

While demand for emergency food remains high, the supply of free and low-cost food is shrinking. We know hunger won’t be solved through emergency food alone—we must help people do more for themselves.

Below are some of the key actions we will take to further our mission over the next three years:

Hunger won’t be solved through emergency food alone—we must help people do more for themselves.

**NOURISHING HOPE**
*feeding hungry people*

Lower our cost and increase nutritional value by securing more food from local sources and farmers.

**SUSTAINING HOPE**
*supporting community health*

Help people do more for themselves by learning to shop smarter, cook healthier, and take advantage of all the resources they have to live a better, healthier life.*

**ADVANCING HOPE**
*mobilizing the community*

Engage donors, volunteers and agency partners in our vision to end hunger.

*Read more about Gleaners programs that educate and empower our community at www.gcfb.org/sustaininghope.*
FOOD MOVES PEOPLE THROUGH CRISIS TO STABILITY
Amira Ghaly’s friend was in a bad place. Recently laid off, the single mom’s world revolved around trying to get food on the table, placing her in a cycle of worry where finding her children’s next meal was all she could think about.

Ghaly urged her to use the St. Joseph Family Support program in Troy, but she resisted.

“Others need this more than me.”

“I’m not the kind of person who needs charity.”

And finally, “What will everyone think of me?”

Ghaly, one of several volunteers in the program run out of the St. Mark Coptic Church, assured her that a little help is nothing to be embarrassed about. What’s more, the ability to temporarily nourish her family through rough times is precisely the program’s point.

What happened next was a textbook scenario, as using the pantry literally moved her friend from desperation to hope, Ghaly says. The program’s allocation of healthy cereals, grains, canned goods and meat from Gleaners enabled Ghaly’s friend to feed her family and save her limited money to put gas in her car. This allowed her to find a job and stabilize her finances.

She later donated her car to the family support program in gratitude for the help and to pay it forward for others, Ghaly says.

“There are so many stories like this,” Ghaly says. “The other day, someone who used the pantry while he was unemployed gave us a $500 donation now that he has a job again. Most people just need a little help for a little while and that’s why we’re here.”
The program, which began three years ago, is supported entirely through membership donations of $10 a month. Gleaners helped grow the fledgling program substantially, says Issam Tawfik, a neurologist who runs the food pantry as a volunteer. What began with servicing tri-county families affected by the financial downturn has since spiked with unemployment and layoffs, Tawfik says. From 84 families served each month, the program now assists 132.

“We get 100 percent of our food from Gleaners right now,” Tawfik says. “Gleaners lets us feed more families, more often.”

Moving from a stable place to an insecure one can happen quickly, and to anyone, says Tawfik, who went through a tough time of his own when his family bought a new home and couldn’t sell their old one.

“It really changes your daily outlook. When you can’t pay your bills, you worry about providing the basics. We were surviving on the bare minimum.”

Several others who were picking up food this month at the St. James Family Support pantry had similar stories to tell.

“It helps me a lot,” said one woman, who picks up food for her husband and family. Both she and her husband are out of work, and using the food pantry frees up income to buy school clothes for her children, she said.

Another came in with a friendly one-year old who used several sets of volunteers’ welcoming arms and the pantry’s table legs for walking practice.

“This program helps us a lot right now,” she said. “We need it.”

Across town in Wayne County, Timothy Williams relies on a Gleaners school mobile pantry to support his two, 12-year old twin sons. He too felt the sting
Moving from a stable place to an insecure one can happen quickly, and to anyone...

of the recession and decided to enroll in college to study geothermal technology.

“You really can’t survive on a job now; you’re not gonna make it. You have to have a career in this day in age,” Williams said of his decision to go back to school.

Williams also volunteers at the pantry where he sees many families in situations similar to his own.

“At least 100 families come through the pantry each month,” Williams says. “There are a lot of people who are not eligible to sign up for food stamps, but they do need help. Jobs aren’t what they used to be and ends don’t quite meet. Gleaners food really helps out. Everyone could benefit from a little help at some point in time.”

### Hunger in southeast Michigan

<table>
<thead>
<tr>
<th>County</th>
<th>Overall food insecurity* rate</th>
<th>Child food insecurity rate</th>
<th>Estimated number of food insecure individuals</th>
<th>Food insecure individuals not eligible for federal nutrition programs**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Livingston County</td>
<td>9.8%</td>
<td>15.3%</td>
<td>17,850</td>
<td>56%</td>
</tr>
<tr>
<td>Macomb County</td>
<td>14%</td>
<td>18.7%</td>
<td>117,110</td>
<td>43%</td>
</tr>
<tr>
<td>Monroe County</td>
<td>11.7%</td>
<td>18.7%</td>
<td>17,810</td>
<td>41%</td>
</tr>
<tr>
<td>Oakland County</td>
<td>13.6%</td>
<td>16.2%</td>
<td>163,710</td>
<td>51%</td>
</tr>
<tr>
<td>Wayne County</td>
<td>22%</td>
<td>21.8%</td>
<td>405,610</td>
<td>20%</td>
</tr>
<tr>
<td><strong>TOTALS</strong></td>
<td></td>
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*Food insecurity means a limited or uncertain availability of food for a household.

**Above threshold of 200% poverty

Source: Map the Meal Gap Report, 2011 data, Feeding America Released 2013
HAVING AFFORDABLE, HEALTHY PRODUCE HELPS VETERANS AS THEY RESHAPE THEIR LIVES

“The program changed what I eat. I can tell I’m healthier now,” says Alan.
Having healthy, affordable food is important to everyone, but especially to those whose lives are undergoing transition, such as Dennis Brown, 56, who lives in Detroit’s Piquette Square, an apartment complex with supportive services for veterans. Dennis doesn’t have a car so finding fresh, affordable produce can be a challenge. “I searched high and low to find a decent green pepper at a nearby store,” he said.

The nearest full-service market is more than a mile and a half away and “It’s standing room only on the buses—you don’t want to do it with groceries,” he explained.

Since signing up for Gleaners Fresh Food Share program, Dennis and other participants at Piquette Square receive a monthly delivery of fresh produce. Each box of produce includes a newsletter with nutrition information and recipes.

“I’m trying to buy healthier and leave a lot of the junk food alone. I wasn’t sick one day last winter,” said Alan Schultz, a 53-year-old Coast Guard veteran who also participates in the Fresh Food Share (FFS) program.

FFS boxes can be paid for with cash or SNAP (bridge cards) and Michigan-grown produce is eligible for “Double-Up Food Bucks” so that a $10 purchase can provide $20 worth of produce.

Having an affordable source of fresh produce is helpful as both men live on a limited budget during this transition stage. Dennis attends Wayne County Community College where he is six credits away from an associate’s degree in television production. He works in the veterans’ work-study office there and teaches computer skills at Piquette Square.

Alan held a long career as a master car mechanic until his clavicle was broken during a robbery, preventing him from lifting heavy objects. When his income halted, he lost the home he had owned for 30 years. Alan now works as a parking lot attendant for downtown sports events and is grateful for low-cost housing provided at Piquette Square. “When you’re coming off parking lots in the middle of winter, it’s nice to know you have a warm bed,” he said.

Dennis agreed, “It’s a stable place to stay while you’re planning.”

The 150-unit apartment complex, built and managed by nonprofit Southwest Solutions, is open to male and female homeless veterans. A range of counseling services helps veterans prepare for and find jobs, as well as assists them with health needs. Since opening in 2010, 108 residents of Piquette have moved on to more independent living.

In addition to participating in the Fresh Food Share program, Piquette Square has been the site for two Gleaners’ Cooking Matters™ classes.
Naila Firdaus of Dearborn wanted to learn “American style cooking” as a variation to the traditional Pakistani breakfast which she usually served to her two daughters — “bread cooked in oil, which is heavy,” she noted. So she enrolled in a Gleaners’ Cooking Matters™ course offered at ACCESS (Arab American Community Center for Education and Social Services), a nonprofit organization in Dearborn that offered the program at no cost.

Naila appreciated the nutrition information about the benefits of low-fat dairy products, fresh versus frozen food and the need to check ingredients on food packages. “I thought that low-fat milk had fewer vitamins than regular milk and I learned that there is no difference in the vitamins. I was cooking meat in hot water which reduces vitamins so now I defrost meat in other ways,” Naila said.

“Many people have no idea how much sugar is in soda. Now we don’t drink it as much,” she added.

The class of 16 students learned to shop for healthy, affordable food, touring two local markets. The remainder of the six-week course was spent in the kitchen, where students took part in hands-on lessons to prepare simple, healthy dishes. Students take home a bag of groceries after each class and are given a recipe book so they can practice what they’ve learned at home. Naila continues to make several favorites—pasta, eggs and roast chicken.
Gleaners’ vision is to end hunger in southeast Michigan. It’s a big goal that will require massive community support. Fortunately, thousands of people in our community find fun and creative ways to get involved and advance hope for our hungry neighbors.

Take Laura Papenhagen, a lawyer who began volunteering with Gleaners five years ago through her employer, First Recovery Group. Today she is the facilitator for the company’s 80 volunteers who work in the Gleaners distribution center and in its gardens during the summer.

But Laura wanted to do even more. Using her specialized skills as a trained yoga instructor, Laura leads classes for children served by Gleaners. She also used her connections in the yoga community to organize a fundraiser that brought in over $4,000 to support Gleaners school-mobile pantry program. Plans are already in the works for her 2014 “YogaLove” event.

Her motivation is simple and compelling—“I think that anyone being hungry is really a tragic thing. As a child, we never utilized Gleaners per se, but we definitely had some tight years. There was a lot of hot dog and macaroni and cheese dinners over and over again. I felt that if I had the time and capability of supporting this cause, then I should do so,” Laura said.
Change is constant. Gleaners continues to respond to our communities and adapt to the changing environment. In the past three years, we have adapted by increasing our food distribution and introducing new programs that have lasting impact in eliminating hunger.

We increased our overall distribution from 76,000 to 106,000 meals per day. We doubled our fresh produce distribution. We increased our direct distribution, reaching our most vulnerable community members, by establishing a mobile pantry program and expanding our summer feeding programs for children.

Now we have new challenges. Impending reductions to the food stamp and other federal programs. Potential pension reductions. Less food and more demand.

To address these challenges, Gleaners has set out on a new strategic plan for the next three years. I sum up this plan as “evaluate, innovate and collaborate” — in all aspects of our mission: distribution, programs and fundraising.

On our distribution front, we will continue to seek a higher efficiency in serving our most vulnerable: children and seniors. We are buying smarter, distributing quicker and providing more nutritious food. But we need to innovate further, finding new sources for food and retooling our methods of distribution.

On our programs front, we will perform more in-depth evaluations and make prompt adjustments to ensure our efforts are effective. We will work with our partners in the community to help them institute changes that better allow them to serve the community.

As we enter the holiday season, a time of elevated need, we thank you for your steadfast support, whether volunteering or contributing — or both! The dedicated Gleaners staff appreciates your help in making this season healthy and joyous for us all.

Walt Young, Board Chair
Iron Chef Event Dishes Out 300,000 Meals

More than 500 Gleaners fans packed Bordine’s kitchen stadium in Brighton for the 9th annual Iron Chef Event, raising over 300,000 meals for hungry Livingston County families. If you missed the action, you can find out who took home the title, what the secret ingredient was and more of the event highlights at IronChefEvent.com.

Don’t miss the 10-year celebration of Gleaners’ Iron Chef! Receive updates on the 2014 event by texting CHEF to 51555.

Children’s Hospital Cereal Drive Collects 680,000 Servings for Hungry Kids, NEARLY DOUBLING PREVIOUS YEAR’S COLLECTION!

Read how local nurses made the drive a success, both locally and nationally, at www.gcfb.org/cereal.

Food Fight Brings In Over 240,000 Meals, HELPING GIVE KIDS A HUNGER FREE SUMMER.

A special congratulations to category winners: Fifth Third Bank, Plex Systems, Rehmann, Michigan Design Center, George Washington Carver Academy, and Enterprise Rent-A-Car. View the list of all 33 participating organizations at www.gcfb.org/foodfight.
Bernie Smilovitz Harvest Classic Golf Outings

TAKE A SWING AT HUNGER

Commemorating 10 years of premier charity golf, a second outing was added to the 2013 Harvest Classic.

Thank you to our presenting sponsors, Andiamo Restaurant Group and Epoch Hospitality Group. And to Bernie Smilovitz, WDIV-TV 4, our other generous sponsors and golfers who made these outings a success, allowing us to reach our goal of providing 2 million meals to hungry kids through Gleaners’ Hunger Free Summer campaign.

ANDIAMO CHARITABLE GOLF OUTING
August 26, 2013 at Detroit Golf Club


10TH ANNUAL BERNIE SMILOVITZ HARVEST CLASSIC
September 16, 2013 at Tam-O-Shanter Country Club

Kevin Aspinall, Bernie Smilovitz and Paul Hess

Find more info and event photos at BerniesGolf.org. Receive updates on the 2014 Harvest Classic by texting BERNIE to 51555.
Upcoming Events

SUNDAY, NOVEMBER 17
Birdie Day
Enjoy a complimentary round of golf in exchange for your donation of a frozen turkey (15 lbs or greater). Find participating golf courses at www.gcfb.org/birdieday.

THURS, DEC 5 – FRI, DEC 13
Canstruction
View colossal structures made entirely of cans to feed hungry neighbors, at Wayne State University’s Welcome Center. Special evening viewing during Noel Night on Saturday, Dec 7. www.gcfb.org/canstruction

SATURDAYS & SUNDAYS IN JANUARY
Kroger Bringing Hope to the Table
Help replenish pantry shelves after the holidays. Donate money or nonperishable food at any metro Detroit Kroger store during weekends in January between 10am – 6pm. www.gcfb.org/kroger

NOVEMBER 1–25
Art Van, Together We Can
Join with Art Van and WXYZ-TV; together we can make a difference! Drop off nonperishable food donations at any southeast Michigan Art Van location now through November 25. www.gcfb.org/artvan

WEDNESDAY, FEBRUARY 12
WOMC Radiothon for Gleaners
Tune in to the 104.3 WOMC Radiothon for Gleaners from 6am – 8pm and make your pledge to become a Hunger Hero! Thanks to supporters of the 2013 radiothon, nearly 2.8 million meals were provided for hungry kids. Help us do it again! www.gcfb.org/radiothon

 › FIND MORE DETAILS on these and other upcoming events at www.gcfb.org/events.
You can make a difference!

• Each $1 you donate helps Gleaners feed one hungry person for one day.
• 93¢ of every dollar you give goes directly toward feeding hungry people.

1 SEND A CHECK:
Gleaners Community Food Bank of Southeastern Michigan
2131 Beaufait St., Detroit, MI 48207-3410

2 CALL IN A CREDIT CARD OR INSTALLMENT GIFT:
Alyce Sclafani, 1-866-GLEANER, ext. 319

3 DONATE ONLINE:
www.gcfb.org

4 TRANSFER STOCK:
Ask your broker to contact John Dennison, 1-866-GLEANER, ext. 233

5 ASK YOUR EMPLOYER FOR A MATCHING GIFT:
Tell your employer you donated to Gleaners and request a matching gift. If your company does not have a matching gift program, ask about starting one.

6 PROVIDE A MEMORIAL OR TRIBUTE GIFT FOR A SPECIAL OCCASION:
Alyce Sclafani, 1-866-GLEANER, ext. 319, or asclafani@gcfb.org

7 LEAVE A LEGACY:
Anne Schenk, 1-866-GLEANER, ext. 242, or aschenk@gcfb.org

8 CONSIDER A CORPORATE CONTRIBUTION:
Tracey Cholish, 1-866-GLEANER, ext. 321, or tcholish@gcfb.org

9 HOLD A FOOD DRIVE:
Stephanie Melnick, 1-866-GLEANER, ext. 270, or smelnick@gcfb.org

10 SUPPORT A FOOD DRIVE OR EVENT:
Visit gcfb.org/eventfood or sign up to stay updated at gcfb.org/info.

11 VOLUNTEER:
You can help with food packing, mailing or at one of our special events. Individuals, families and groups are welcome. To help, contact a Gleaners’ volunteer coordinator:

Detroit and Taylor: Karen Rogensues, 1-866-GLEANER, ext. 239, or detvol@gcfb.org

Warren: Bill Jambeau, 1-866-GLEANER, ext. 354, or wjambeau@gcfb.org

Pontiac: Jenna Yuhase, 1-866-GLEANER, ext. 403, or oakvol@gcfb.org

Howell: Karen McNally, 1-866-GLEANER, ext. 332, or livvol@gcfb.org

Special Events: Julie Ptasznik, 1-866-GLEANER, ext. 245, or eventvol@gcfb.org

Cooking Matters: Rebecca Blauw, 1-866-GLEANER, ext. 202, or cookingmatters@gcfb.org

Gleaners Community Food Bank of Southeastern Michigan is a 501(c)(3) organization. Your donation is 100% tax deductible to the extent allowed by law.
Gleaners Community Food Bank of Southeastern Michigan
2131 Beaufait St.
Detroit, MI 48207-3410
313-923-3535 or 1-866-GLEANER
313-923-2247 Fax
www.gcfb.org

Gleaners Distribution Centers:
Gleaners Detroit Headquarters & Distribution Center
2131 Beaufait St., Detroit
Gleaners Livingston County Distribution Center
5924 Sterling Dr., Howell
Gleaners Oakland County Distribution Center
120 E. Columbia Ave., Pontiac
Gleaners Taylor Distribution Center
25698 Northline Rd., Taylor
Gleaners Joan & Wayne Webber Distribution Center
24162 Mound Rd., Warren

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www.gcfb.org
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IN OUR OWN BACKYARD

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for children at risk of hunger.

mowdownhunger.org

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EVERYTHING FROM LAWN TO SNOW