

Gleaners Harvest

SUMMER 2014

Food lays
the base for
**A Better
Future**

pg. 2

A founding
member of
**FEEDING
AMERICA**



Moving Our Mission

A day in the life
of a Gleaner
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what our followers think of it.

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Cost per issue: 29¢



IRON CHEF 10

Celebrate 10 years of culinary battles as Iron Chef champions return to Gleaners' Kitchen Stadium, benefiting Shared Harvest Pantry.

August 7th, Bordine's of Brighton
IronChefEvent.com

WHAT WE DO

Collect 41.6 million pounds of food a year, either donated from farmers, food manufacturers, retailers and volunteer food drives or purchased at deep discounts to meet the dietary requirements of those served.

Distribute food for 95,241 meals each day to 562 partner agencies in five southeastern Michigan counties. Partner agencies include schools, food pantries, shelters, soup kitchens and senior centers that provide prepared meals or pantry supplies directly to hungry people to help them stabilize and secure a brighter future.

Nourish and educate nearly 252,000 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 healthy food 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 end hunger, the importance of nutrition to community health, and the people making a difference in the lives of our hungry neighbors.

HOW WE DO IT

Cultivate outstanding relationships with farmers and food companies, 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 serving Livingston, Macomb, Monroe, 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 29 million pounds of food to partner agencies for free. The other 12 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 2012-13 fiscal year.*



Letter from OUR PRESIDENT



You are ending hunger by helping me and my team at Gleaners reach kids and families with much needed food. Even more, you are supporting people while they get through a crisis in their lives.

In many cases a family goes into crisis because of unemployment.

I am inspired by the schools, churches, pantries, community centers, and neighbors who are doing their part every day to make the world a little better.

But other very common stories that I hear from people getting help are about health problems or the loss of a breadwinner from the home. The most heartbreaking stories come from families who are living very close to or below the poverty

line where something as simple as needing to fix a flat tire might mean skipping meals.

I see these hardships as I work with people who receive emergency food, but I also see so much that is positive. I see many people striving to put their lives back together piece by piece. And I am inspired

by the schools, churches, pantries, community centers, and neighbors who are doing their part every day to make the world a little better. This and more gives me hope for the future of our community.

From this hope comes the drive to do more. And in this newsletter, you will see some of how we understand three key areas of Gleaners' impact: household stability, personal health, and helping people do as much as they can for themselves. These three outcomes need to be joined together to provide the most return — and relief — from our work.

Let me know if what you read helps you as you advocate on our behalf. And thanks so much for being part of our hunger relief efforts in southeast Michigan.

You are making a difference!

A handwritten signature in cursive script, reading "Gerry".

Gerald F. Brisson, President

FOOD

LAYS THE BASE FOR A

BETTER FUTURE

"The food help shows our kids that there are people that care about them and want them to succeed."



School social worker Mary Reilly sees the impact of hunger on students every day. “If children are hungry and their mind is on their growling stomach, they’re not learning. Kids become lethargic or irritable, the same way you and I would be when we miss a meal.”

James, a fourth grader, says, “I’m tired. I can’t concentrate. When I get my snack, I have more energy.” And that energy helps him to participate in class and learn. When he’s hungry, he’s testy, fights with classmates, and gets sent to the social worker or the principal.

When students come to her office, Mary gives them a snack. “They sit and eat, and we talk. Healthy food has a nurturing, calming effect. For one child, we even wrote it into his behavior plan. He needed to have a daily snack.”

Lincoln Elementary School in Warren participates in Gleaners’ SmartBites program where healthy snacks such as granola and dried fruit are delivered to the school every other month. But the highly-demanded program doesn’t have enough funding to fill all of the need. Once the supply runs out, teachers spend their own money to keep their classrooms stocked with snacks. “We see fewer kids with heads on desks or falling asleep. Attendance improves, behavior improves.”

“Some kids will hide their snack to take home because they’re afraid of not having food later that day. Kids will tell me ‘there’s no food in our house. My mom hasn’t gotten her check, she can’t go shopping.’”

At Lincoln Elementary, 100% of the students qualify for free breakfast and lunch programs. “These programs fill a great need,” Mary says, “but it’s simply not enough for many kids. All students

*“We see fewer kids
with heads on desks
or falling asleep.
Attendance improves,
behavior improves.”*

K-5 get the same meal, the same quantity, even though a 5th grader generally eats more than a kindergartner.” Lincoln’s principal, Justin Cabe, says, “We see all clean plates here, especially on



Providing Stability



Thursdays, Fridays, and Mondays.” Students know that food will be limited on the weekends at home, and they return to school on Monday hungry.

“We’re grateful for the assistance Gleaners provides to the families at our schools,” Mary says. In addition to the SmartBites program, Gleaners also provides food to families in Van Dyke Public Schools, Lincoln Elementary’s parent district, through a mobile pantry program. “We have the mobile food pantry once per month. Families walk here with strollers or wagons. They really depend on this food.”

Across town in Lincoln Park, Claudia Diaz picks up food from a Gleaners’ Mobile Pantry offered through her children’s school, Keppen Elementary. Claudia and her husband earn most of their income from seasonal landscaping work. When winter hits, they survive off of savings and occasional work plowing snow.

“If Gleaners’ mobile pantry wasn’t at my kids’ school, I don’t know how we’d always make it. I don’t know what bill I would be able to stop paying. We’re at our limits. We just have what we need.”

Keppen Elementary’s school social worker, Norma Schropshire says she often talks to students who say they can’t concentrate in class because they’re hungry. “Having the food help is very important. It shows our kids that there are people that care about them and want them to succeed.”

As a child, Erica Karfonta struggled with food insecurity. Today, she is the director of Oakland Livingston Human Service Agency which shares a facility with Gleaners. “I care deeply about this issue because Gleaners was there for my family when we needed it.”

In elementary school, Erica benefited from the free lunch program, but by junior high she was skipping lunch to avoid social stigma. She tried to arrange her days and activities to be able to go home with friends where she got the food and rest she needed. She was fixated on finding ways to take care of herself, even if this meant putting her own needs before her siblings.

“I remember my oldest brother, who bussed tables in high school, eventually bought a refrigerator with a lock on it. One night, another brother and I broke

the lock and ate all his food before the other kids awoke.” Other times, she attempted to manipulate her parents into leaving lunch money just for her. “A full refrigerator broke the hold of shame and guilt around my household. When we had food, hope would increase and anxiety would go away.”

When Erica began working for Gleaners, she saw her name on old log sheets for the food bank — from those times in her childhood that her family needed help. “That really hit home. This work keeps me humble.”

*“When we had food,
hope would increase
and anxiety would
go away...”*



BUILDING HEALTHY COMMUNITIES WITH FRESH FOOD SHARE

Eating fresh fruits and vegetables is important for good health. However, families living in low-income neighborhoods often have to make do with processed foods available locally or traveling many miles to the nearest grocery store.

That's where Gleaners' Fresh Food Share program comes in.

The program delivers boxes of fresh produce to 250 households per month through 35 distribution sites in Detroit, Hamtramck and Highland Park neighborhoods. Participants place an order for a small or large box of produce containing items purchased by Gleaners from farmers at wholesale rates. Anyone can sign up, and SNAP benefits and Double Up Food Bucks can be used to purchase boxes.



www.freshfoodshare.org

American Indian Health and Family Services in southwest Detroit offers Fresh Food Share to their clients. As a health services provider focused on Native American and other area residents, AIHFS offers a free medical clinic to those without insurance as well as a variety of health education and referral programs.

Fresh Food Share fits into that mission like a hand-in-glove, according to Nina Eusani, maternal and child nurse at AIHFS.

“We place an emphasis on healthy eating in all our programs, and have a lot of clients who don’t have access to fresh produce, either because they are living in areas that are food deserts, or they don’t have good transportation,” says Nina. “Having fresh produce available at wholesale prices is great for many of our clients who are low-income and need access to affordable produce.”

AIHFS and other site partners appreciate Fresh Food Share because it’s a real help to their clients while not requiring a big investment on their part.

“It’s a great opportunity for community members, and it doesn’t take a huge amount of work on our end,” says Nina. “It’s so great to have someone create that infrastructure so that we don’t have to.”

Nickole Fox is a wife, mother and director of health education and prevention at AIHFS. She has participated in Fresh Food Share since her organization became a site partner.

“My family loves the food. It’s fresh, it’s cheap, and there’s a great variety,” says Nickole.

She has learned a lot from the unfamiliar items that arrive in her shipment. “I’ve been able to enjoy the food I usually eat while also trying new things, like kale.”

Nickole says, “My daughter is super-excited when I bring home the food. It’s like a present.”

Patt Taylor Braxton coordinates a distribution site at O’Hair Park Community Association in northwest Detroit, where she serves as president. The association is less than a year old and currently focuses on connecting people in the community around O’Hair Park, an 80-acre underutilized neighborhood park.

Patt sees Fresh Food Share not only as a way to improve the eating habits of her community, but also as a way to build relationships between neighbors.

“One of the things that is really remarkable about Detroit are the neighborhoods,” says Patt. “There are working class and middle class neighborhoods all over the city that fight to hold on. People come to pick up their food and it breaks down barriers.”

She sees Fresh Food Share as a way for people to take charge of their own destinies.

“We’re going to have good food, and we’re going to take better care of ourselves.”

The program delivers boxes of fresh produce to 250 households per month through 35 distribution sites in Detroit, Hamtramck and Highland Park neighborhoods.

COOKING MATTERS HELPS MOTHER AND DAUGHTER SUCCEED IN MAKING LASTING CHANGES

When Sonya Rucker took a Cooking Matters™ class at her daughter's school last year, she wanted to build her knowledge of healthy, low-cost food options to feed her family. In the end, the class helped her family in ways she couldn't predict.



Deborah and classmate, Paulette, prepare a veggie-filled turkey burger.

"They described that we would learn ways to prepare healthy food and learn how to budget," says Sonya. "I'm always looking to learn more, so I signed up."

Through the class, Sonya learned strategies for maximizing the value of her grocery purchases, such as packing healthy food to avoid buying unnecessary and sometimes unhealthy food throughout the day, reading labels, and avoiding prepared foods, which cost more.

"Now I do it myself and it saves a lot of money," she says. "I take precautions now when I shop. I read labels so I know if the food is really healthy, and if it's a good value based on servings."

But the knowledge Sonya gained in Cooking Matters took on a new importance last July, when her mother, Deborah Moore, unexpectedly suffered a stroke.

"I needed her to keep healthy," says Sonya. "I can't lose my mom. I lost my dad to health issues. He was hardheaded and ate all the wrong stuff."

At first, the stroke was devastating for Deborah.

“One whole side of my body was affected. I was dragging it,” Deborah recalls. “It changed our lives. I knew I had to turn everything around.”

As luck would have it, Deborah’s medical clinic, Mercy Primary Care Center, hosted a Cooking Matters class this past winter. Encouraged by both her doctor and her daughter, she signed up. Now, Deborah is making changes to help regain her health, like sticking to lean meats and low-fat milk, and adding in a lot of veggies.

“Having a stroke made me go cold turkey,” says Deborah. “I quit cigarettes. I quit potatoes chips, pop. The things I didn’t want to give up before, I gave up one-hundred percent.”

Deborah recovered from her stroke and returned to her job at the Jefferson North Assembly Plant, where she is inspiring some of her coworkers to get healthy.

“They’re proud of me and they listen to how I’m making changes,” says Deborah. “I helped three people stop smoking.”

Before the stroke, Deborah usually skipped breakfast. Now, she makes sure she has a healthy meal before starting her day.

“I actually wake up looking forward to breakfast,” says Deborah. “It makes a big difference to my day. I work mornings and by getting up early and eating, I’m taking care of myself. My day has more energy.”

Eating well has brought mother, daughter and granddaughter closer together.

“My daughter checks to see if I’m eating and what,” says Deborah. “I’m learning to listen. She says she doesn’t want to lose her mother, and I don’t want to go. Grandma, mommy and daughter—we like to get together in the kitchen. Cooking has become a family thing.”

*“I needed her to keep healthy.
I can’t lose my mom.”*



Sonya Rucker and her mother, Deborah Moore

Moving Our Mission

FOR THE LOVE OF IT: A DAY IN THE LIFE OF A GLEANERS EMPLOYEE.

Whether he's spearheading a volunteer day, leading food pantry tours or educating people on food support resources – James Martin does what he does for the love of it. A Gleaners distribution coordinator, James single-handedly runs the Gleaners distribution center in Taylor, Michigan, serving 48 agencies and seven surrounding cities.

"I was born to do this," James says. "I worked in a steel mill before this, and I was dying inside because I knew it wasn't me. I've been at Gleaners for six years and it's been a blessing every day."

From the time he was young, James felt drawn to helping others. It wasn't uncommon to find him defending friends from bullies or giving food to neighbors.

"I've been there before so I know how it feels," he says. Raised by a single mother in a family of eight, his family struggled to make ends meet. It's a memory that both reminds him of where he's been and motivates him to do more.

"I want to continue to help others," he says. James says the best days on the job are the volunteer days because he sees how the experience transforms people. "People come back and tell me about the positive changes they've made in their lives. It's rewarding."

Working at Gleaners has been transformative for James too. "Compared to working in the steel mill, I go home and I sleep well every night," he says. "It brings me back to: 'this is what I'm supposed to be.'" We couldn't agree more.



James with student volunteers from Cabrini High



Gleaners' facility in Taylor adjoins to Fish & Loaves, a client choice pantry serving families in the downriver community.

Letter from OUR BOARD CHAIR



Summer has finally arrived to Michigan! While we enjoy the warmth, summer also brings us challenges for our kids. As schools wrap-up, many of our children will miss the assurance of daily school lunches.

Hunger Free Summer is our campaign to counter this gap, giving all children the chance to enjoy a happy and healthy summer. Fueled by individual and corporate donations,

Hunger Free Summer allows Gleaners to reach hungry children with two million more meals, all of which depend on the support of a variety of community partners, including:

- Site partners that provide safe, nurturing environments where children in high-need neighborhoods can gather and enjoy a healthy meal;
- Volunteers, who provide essential labor that allows us to commit every possible penny to feeding children;
- Our matching partners, including the Charter One Foundation, who leverage community donations by matching gifts to the Hunger Free Summer campaign;
- And donors like you, who give generously to ensure no child goes without the nourishment they need.

Reviewing the past year, our 37th, was one of the more memorable

of our history. In only our fourth leadership change, we recognized DeWayne Wells for his contributions over the past six years, and welcomed Gerry Brisson as our new leader. We achieved our financial goal to stabilize our balance sheet to assure long-term service. We also wrapped up a three-year strategic plan and created a new three-year plan to further our mission. Another busy year!

Our current focus is “Evaluate, Innovate and Collaborate.” We are creating new ways to end hunger in our community by providing longer-term solutions to help our clients provide for themselves, as well as providing short-term, emergency food. As such we are becoming more efficient, creative and collaborative with our partners.

As my two-year term as Gleaners’ Board Chair draws to a close, I have many outstanding memories to reflect upon. Thanks to folks like you, I’ve had the experience of seeing our community’s compassion and fortitude up-close. I’m deeply proud of the work we’ve accomplished together and have forged remarkable memories that I will never forget.

Again, thank you for your partnership in Gleaners’ mission.

A handwritten signature in black ink, appearing to read "Walt Young".

Walt Young, Board Chair

Hunger Free Summer allows Gleaners to reach hungry children with two million more meals.



THANK YOU HUNGER HEROES!

At Gleaners, we are passionate about our work of “feeding hungry people and nourishing our communities,” and we are so grateful for the thousands of men and women who stand by us in this mission.

It takes massive support to provide nearly 100,000 meals to hungry neighbors each day. Every volunteer, donor and advocate is essential to making this happen.

Also essential are those supporters who make major contributions, such as donating large amounts of product, making major monetary gifts, and volunteering thousands of hours of time.

THANK YOU TO OUR **BIGGEST** HUNGER HEROES OF 2013

TOP INDIVIDUAL DONORS

Michael & Adele Acheson
Donald Abrams
David & Cherie Bazzy
Jeannette Berry

TOP FOUNDATION & CORPORATE DONORS

Ford Motor Company Fund
W.K. Kellogg Foundation
United Way for Southeastern Michigan

TOP FOOD DONORS

Mastronardi Produce/SUNSET®
Kroger
General Mills
Walmart

TOP FOOD DRIVES

National Association of Letter Carriers -
Stamp Out Hunger
DMC Children's Hospital - Cereal Drive
Faurecia - Faurecia FUELS

TOP VOLUNTEERS

Jewish Vocational Service (JVS)
General Motors Co.
Ford Motor Co.





A Million Thanks

to Metro Detroit's most powerful women leaders who came together to provide 1 million meals for hungry children through the 21st Annual Women's Power Breakfast and the inaugural Women's Power Happy Hour.



Mary Kramer and
Ruth Ellen Mayhall*



Karen Mazo, Patricia Andrews, Sandy Andrews,
Pat Ganzberger and Marianne Malone



Maureen Gallagher, Dawn Rassel, Dick Rassel and
Kathleen Dalton*



Gerry Brisson, Debbie Dingell and Leslie Murphy*



Monica Barbour, Angela Emmerling Boufford,
Jennifer Consiglio

*Photo credit:
Elayne Gross
Photography

PRESENTING SPONSOR



CHILDREN'S HUNGER CHAMPIONS



CHILDREN'S HUNGER ADVOCATES



Additional support provided by Amergent, Art Van Furniture, Barton Malow Co., Blue Cross Blue Shield of Michigan, C&B Scene, Comerica Bank, Health Alliance Plan, Henry Ford Health Systems, Huntington Bank, Linda Kohlenberg, PVS Chemicals, Inc., St. John Providence, Towers Watson, Wells Fargo Advisors, and Wolverine Packing Co.



Find more info and event photos
at WomensPowerBreakfast.org



Hunger Heroes Save the Day

The 104.3 WOMC Radiothon provided 4.5 million meals to hungry kids, thanks to heroic listeners and our dynamite match sponsors!

POW! Kroger shocked the airwaves, announcing their gift of \$1.3 million in food and funds to help feed local families. Read more at www.gcfb.org/radiothon.

MATCHING SPONSORS



Dietz Trott

1 MILLION POUNDS

of food collected from doorsteps across southeast Michigan during the 22nd annual **NALC Stamp Out Hunger** food drive. www.gcfb.org/nalc



22nd **Annual Pewabic Pottery Empty Bowls** event raised **30,000 meals**.



Upcoming Events

► **FIND MORE DETAILS**
on these and other upcoming
events at www.gcfb.org/events.



THURS, AUG 7 Iron Chef 10

Bordine's of Brighton

Be part of the action as our champion chefs return to Gleaners' Kitchen Stadium for the 10th annual Iron Chef Event! Delectable cuisine, cocktails, live art performances and a silent auction add to the evening. Proceeds benefit Gleaners' Shared Harvest Pantry, feeding hungry neighbors in Livingston County.

IronChefEvent.com

SAT, AUG 9 Detroit Burger Brawl

Eastern Market

Taste your way through Detroit's greatest burgers at this family-friendly street fair, benefiting Gleaners.

www.gcfb.org/BurgerBrawl



WED, SEPT 17 Vine & Dine

Cranbrook Institute of Science, Bloomfield Hills

Raise a glass of wine to solving hunger in southeast Michigan. Hosted by the Birmingham Bloomfield Chamber.

www.gcfb.org/VineNDine

SAT, OCT 4 Gleaner Day at Henry Ford's Greenfield Village

Greenfield Village, Dearborn

Donate five or more nonperishable food items and receive buy one, get one free admission. Sponsored by Gleaner Life Insurance Society.

www.gcfb.org/GleanerDay



SAT, NOV 8 Scouting for Food

Metro Detroit

Help the Boy Scouts, Cub Scouts and Venturers provide food for hungry families. Scouts will be delivering bags to homes across metro Detroit. Fill your bag with nonperishable food and leave it at your doorstep on November 8th for the Scouts to collect. Have a reminder sent to your mobile phone by **texting SCOUT to 51555**.



You!
can make a
difference

- **Each \$1** you donate helps Gleaners feed one hungry person for one day.
- **94¢** 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. 306

3 DONATE ONLINE:

www.gcfb.org

4 TRANSFER STOCK:

Ask your broker to contact
John Kastler, 1-866-GLEANER, ext. 240

**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. 306, 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 www.gcfb.org/eventfood or sign up to stay
updated at www.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, Warren and Taylor: Karen Rogensues,
1-866-GLEANER, ext. 239, or detvol@gcfb.org

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

Howell: Bridget Green, 1-866-GLEANER,
ext. 335, 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.*

NOURISHING COMMUNITIES BY FEEDING HUNGRY PEOPLE

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

25678 Northline Rd., Taylor

Gleaners Joan & Wayne Webber Distribution Center

24162 Mound Rd., Warren

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Hunger Free

summer '14

Give our kids a Hunger Free Summer!



When schools close their doors for the summer, more than 300,000 children lose access to school meals. Many of these kids will go without.

But you can make a difference.

Every dollar you give is **MATCHED** and provides **6 MEALS** for a hungry child.



HungerFreeSummer.org

Underwriting Partner and Match Donor:



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*David and Cherie
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Eunice Stone
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