

The Human Needs Food Pantry was established in 1982 by the First Baptist Church of Montclair and later incorporated as an independent 501(c)3 non-profit organization. *Our mission is to provide groceries, clothing and other services to people in need who live in Montclair and neighboring communities in Essex County.* The pantry provides over 2,000 bags of groceries each month and the number is rapidly growing. Our diverse client base includes the unemployed and underemployed, single parents, the elderly, the disabled, the homeless and homebound, as well as others with food insecurities. Our organization includes 5 paid employees as well as over 60 volunteers.

Food Distribution: Tuesday and Thursdays from 12:30 - 2:15 p.m.;
Thursdays from 5:30 - 6:30 p.m. (special hours for working clients)

Donations Accepted: Tuesdays and Thursdays from 8:30 a.m. - 12:00 p.m.

Monetary Donations: Donations from individuals, organizations, foundations, businesses, schools and religious groups are always appreciated and help us achieve our mission and work of providing food to our clients on a weekly basis. Donations can be made by mailing a check to:

Human Needs Food Pantry
9 Label Street
Montclair, NJ 07042

Please make checks payable to HNFP. All donations are tax deductible.

Contact Information:

9 Label Street; Montclair, NJ 07042
973-746-4669
www.humanneedsfoodpantry.org

“Go Green”

If you wish to receive this newsletter via email please email director@humanneedsfoodpantry.org so we can add you to our email list. Please use “newsletter” as subject line. All email addresses will be kept confidential.

Become a fan of us on Facebook to keep up with events, news and to share your interest in the HNFP with friends.



HUMAN NEEDS FOOD PANTRY
9 Label Street Montclair, NJ 07042

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Newark, N.J.
Permit No. 7061

SUMMER, 2010

HUMAN NEEDS FOOD PANTRY

“We Are Your Neighbors, We Are Your Friends and We Are Your Community Food Pantry”



Spotlight on Deanna London, Executive Director of Human Needs Food Pantry (HNFP)

Deanna London has a faded quote taped to her computer that sums up her life’s mission: “You can’t live a perfect day without doing something for someone who will never be able to repay you” (John Wooden, college basketball coach). For the past 22 years, 15 of them as Executive Director, Deanna has been a dedicated presence at the Human Needs Food Pantry. Her role is multi-faceted - she oversees a staff of 5 and over 60 volunteers, maintains the physical building, manages large and growing donor and client databases, and refers clients to other assistance agencies for housing, family services, food stamps. The HNFP serves 11 Essex County communities, and Deanna spends time in these communities building awareness of the HNFP’s mission and giving thanks through visits to churches, synagogues, schools and community centers.

Her philosophy is simple and straightforward: “We are all one step away from needing help, and we do what we do with no bells and whistles.” Furthermore, Deanna and her team exist with no federal, state, county or town funding. She notes that none of the HNFP work could be accomplished without the enormous support and generosity of the community. She gets great joy out of seeing what people are capable of doing to help their community and believes there is room at the table for everyone both metaphorically and in reality. Deanna also credits her assistant Janet Nau for invaluable support. Janet started at the HNFP as a delivery person for homebound clients in Bloomfield and is now on staff, responsible for coordinating food deliveries for the homebound (160 bags/week), accounts payable, and most importantly for being an all around kind soul to all those she encounters. She still maintains her own volunteer delivery route too.

Deanna has worked in the non-profit sector for most of her career and has a B.S. in Political Science from SUNY. On a personal note, Deanna lives in Glen Ridge with her husband and they have one grown son, Steven. Deanna is also involved with Montclair Cares Committee and the Human Services Advisory Committee.

Needed Donations

Monetary

Monetary donations are always welcomed and appreciated!

Food

Nonperishable, unopened packaging, please check expiration date

Back-to-School!

NEW school supplies - -Backpacks, lunchboxes, notebooks, folders, paper, pens, pencils, scissors, glue sticks, colored pencils, crayons, rulers, calculators

Clothing

-Clean, new or gently worn, in season; all sizes, but Adult XXL sizes are most in demand.

-NEW socks & underwear for kids and adults, including XXXL adults sizes

Housewares/Linens

-New or gently used sheets, towels, blankets, dishes, silverware, small appliances in working order

Toiletries

-Full size or hotel-size shampoo, soap, deodorant, toothpaste, toothbrushes, feminine supplies, etc. in unopened packaging. *Please no medicines/ vitamins, etc.*

Baby Supplies

-Diapers, pull-ups, wipes, new bottles, pacifiers.

COMMUNITY PROFILE

Steve Crooks believes it's important to use your own life story to inspire others. A graphic designer for 20 years, like many his livelihood took a downturn in the recent recession. Needing a way to support his family and wary of the weak job market, Steve went to a job fair at a home improvement chain and asked "for a position that no one else wanted". He got one, working the 9:00 p.m. to 6:00 a.m. freight shift for 1 1/2 years until he was let go recently. During these difficult times Steve had sought out the HNFP to help his family. He is very thankful and appreciative of their services.

Recognizing how leading a fit lifestyle helped his self-esteem in these challenging times, Steve decided to teach his methods to others. Calling his program FELIS Fitness (for Flexibility, Energy, Life, Inspiration and Strength) he likes to do things differently, teaching what he calls "fitness for real life" - such as scheduling exercise around your personal and family time versus arranging your life around a fitness regimen.

He wants people to be ready for the challenges life throws at them as well as understanding how personal fitness can be directed to inspire and improve the health of a community. From this philosophy Steve created the FELIS 50 fitness event, held annually to call attention to public health and exercise.



Sam Buttari, Janet Nau, Lior Gruda, Steve Crooks and Peter Kaplan at Felis 50 Food Drive on March 7, 2010 at Foley Field, Bloomfield. Photo credit: Steve Moctezuma.

Begun in 2008 to celebrate his 50th birthday the FELIS 50 challenges people to carry any comfortable amount of weight for 50 yards, 50 times. Like the Felis 50, the past couple of years have been a challenging road for Steve and his family. Receiving generous help from the HNFP has reinforced his desire to help others through motivational fitness training, and also to give back to his own community. And naturally, he used the FELIS 50 to stage a successful food drive as a way to give thanks to the HNFP! (see photo above).

Food For Thought

- 15% of the HNFP's food is received from USDA and State Funded Purchase Program, 20% comes from community food drives and the remaining 65% must be purchased with individual donor funds.
- 2,000 bags of groceries are given out each month and the number is quickly growing.
- Meat, fresh fruits and vegetables as well as non-perishable groceries are given to clients every Tuesday and Thursday.
- The value of each food bag distributed ranges from \$30-\$40. Households with more than 3 members receive 2 to 4 bags per week.
- In 2009, 37,739 bags of groceries were given to those in need in the 11 communities served by the HNFP.
- HNFP is the only food pantry in the 11 communities it serves: Montclair, Bloomfield, Glen Ridge, Verona, Cedar Grove, Fairfield, the Caldwells, Roseland, Short Hills, Livingston, Millburn.



Volunteers pack fresh produce for distribution at the Human Needs Food Pantry, Montclair, NJ.

WE GIVE THANKS TO...

Our Volunteers who tirelessly pack and distribute our food packages, pick up food from suppliers, sort donated clothes and housewares, unload delivery trucks and deliver food to the elderly and disabled.

Our Board of Directors for their guidance and leadership in policy-making direction for the organization.

Coldwell Banker for their recent food drive.



Verona's Lanning Avenue School Community Association for their incredible donation of 2,942 pounds of non-perishable food from all six district schools (see above photo).

The Montclair Times for their generous promotion of the Mother's Day Diaper Drive.

The Kiwanis Club, Glen Ridge Women's Club and Glen Ridge High School Key Club for their efforts to collect diapers and wipes and cash donations.

The Junior League of Montclair-Newark for their food and housewares drives and for providing volunteers to sort clothing.

Kimberly Broatch Ligotti for her help in developing the first edition of the HNFP newsletter.

MKA Upper School for their produce drive which brought in over 300 pounds of fresh produce. Thank you also to A&J Produce in the Bronx who donated additional cases of apples, pears and other produce in conjunction with this drive.

The Verona Cub Scouts for their March 27th food drive.



Vivian Broadfoot of Bloomfield held a lemonade stand this past Fall to raise money for Kid's Corner. She and her sister donated their proceeds to the HNFP.



Thank you to all the individuals and organizations that help the pantry be able to continue feeding our neighbors in need.

Volunteer Opportunities

Volunteers are a necessary and vital component of the HNFP and are always welcome. If you can assist us in any way, please contact Deanna London at 973-746-4669.

Volunteer at the Pantry

- Bag the fresh fruits & vegetables that we get in bulk from our wholesaler, as well as breads that come from various bakeries.
- Drive for home deliveries to disabled/elderly clients. Time commitment - on going weekly commitment on either a Tuesday or Thursday. Generally mid-to late morning, totaling about an hour.
- Sort donations for clothing/housewares area, stock the giveaway room and discard what cannot be used and/or volunteer on giveaway day. Time commitment: Sorting - flexible; chose from Tues. or Thurs. a.m. Giveaway day - one Tuesday and/or one Thursday per month.
- Help accept/sort large community food drive.
- Holiday food drive - sort food and pack groceries.

Organize Your Own Drive

We always welcome volunteers who would like to organize a food drive or another targeted drive (e.g., toiletries, linens, back-to-school supplies) especially in the summer months when kids are not in school receiving lunch programs and food drive donations dip to lower levels. Please call 973-746-4669 to discuss arranging a drive.

Lend a Hand With a Special Skill

Volunteers who have special skills in public relations/publicity, fundraising or writing are also needed and appreciated.