food bank
of the Southern Tier

Working together to build and sustain hunger-free communities throughout the Southern Tier.

WWW.FOODBANKST.ORG

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BOARD OF DIRECTORS

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REMEMBER THE FOOD BANK

Create a legacy and support families facing hunger beyond your lifetime. For more information or to inform us of your intentions to include the Food Bank of the Southern Tier in your estate plans, contact Meghan Parsons at mparsons@feedingamerica.org or 607-796-6061.

Our tax ID number is **20-8808059**.

OUR VISION

The Food Bank of the Southern Tier is committed to creating a future without hunger, where access to healthy food by all is recognized as fundamental to the well-being and success of individuals and the foundation of a strong, vibrant society.

WORKING TOGETHER

FEED NEIGHBORS. FEED HOPE.

Our Community

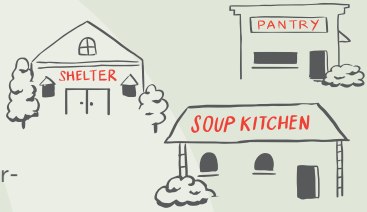
Food is acquired through manufacturers, retailers, wholesale purchases and farmers

The Food Bank of the Southern Tier

Inspects, sorts, safely stores and distributes food through direct-service programs and 165 partner agencies

Network Partners

Partner agencies include food pantries, soup kitchens, shelters, youth and senior meal programs, churches, and other hunger-relief organizations across six counties



Clients

Each month, more than 96,000 individuals now have a meal on their table

Every day, people across the Southern Tier go hungry. Children go to school with empty bellies, trying to hide the pain. Hardworking parents struggle to put food on the table, often going without so their kids can eat. Seniors on fixed incomes are forced to choose whether to pay bills or buy groceries. But thanks to you, our neighbors in need are not alone. Because you care, men, women and children can count on the meals you help provide every day to nourish their bodies and spirits.

HOW THE COMMUNITY HELPS

Volunteers

- Sort and pack food for neighbors in need or distribute food at Mobile Food Pantries in the community.
- Bring your work team or service organization to our facility for a team building and volunteer shift.
- Visit foodbankst.org and click Volunteer to sign up!

Donations

- Make a secure donation online at foodbankst.org. Every $10 provides 30 meals.
- Consider becoming a Full Plate Partner by making your gift a monthly donation to feed neighbors all year long.
- Double your impact! Ask your employer to match your donation.

Community Involvement

- "Like" us on Facebook and follow us on Twitter for the most current news and highlights.
- Host an event or food drive with your neighborhood, office or community organization.
- Share your voice. Advocate for legislative policy that supports nutrition assistance.

Your donation results in food on the table for kids like Kate. Kate is an ordinary girl, but she is one of the 25,960 children in the Southern Tier facing hunger. Sometimes Kate's tummy hurts because she doesn't have anything to eat. Her dad lost his job, and they had to spend their savings and max out their credit cards. Thanks to you, Kate's family is able to visit a pantry and stock their shelves until they get back on their feet.

PROGRAMS THAT WORK

We serve as the bridge between available food sources and families who are struggling to put food on the table.

- **BackPack Program**
- **Mobile Food Pantries**
- **School Food Pantry**
- **Kids' Farmers Markets**
- **Community Food Distributions**

food bank of the Southern Tier

We work to develop and implement strategies to end hunger through policy, education, community organizing, and community development.

- **Speakers Bureau**
- **Summer Food Service Program**
- **Hunger Action Month (HAM)**

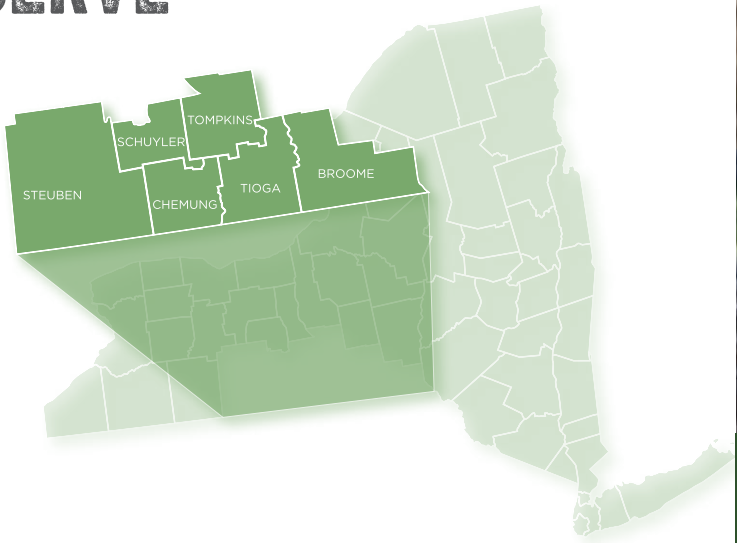
Through a number of collaborative partnerships, we provide direct food assistance, nutrition education, and promote wellness and healthy lifestyle.

- **Healthy Harvest Program**
- **Just Say Yes to Fruits and Vegetables**
- **Hunger 101**
- **SNAP Outreach and Assistance**

FOR MORE INFORMATION VISIT WWW.FOODBANKST.ORG

WHO WE SERVE

- Over **96,000** people visit our network partners each month
- **165** partner agencies are part of our hunger-relief network
- **1 in 8** neighbors is at risk of hunger across the Southern Tier
- **1 in 5** children is at risk of hunger.



Last year we provided 12.5 million pounds of food and grocery items – the equivalent of 10.5 million meals – to neighbors in need across the Southern Tier.

Contact us

Food Bank of the Southern Tier
388 Upper Oakwood Ave
Elmira, NY 14903
T: 607.796.6061
www.foodbankst.org

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FOOD BANK OF THE YEAR 2017

MEMBER OF FEEDING AMERICA

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