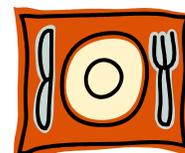
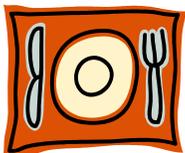


Bringing More to the Table

Greater Berks Food Bank

July 2017



Our Staff:

Peg Bianca,
Executive Director

Tim Becker,
Operations Manager

Deb Gehris,
Business Manager

Doug Long,
Marketing &
Development
Manager

Lori Lowery,
Agency and Volunteer
Services Coordinator

Deb Mest,
Agency and Volunteer
Services Manager

Herb Schultz,
Operations Director

Jamie Sheriff
Data Entry Specialist

Jane Vitalo
Customer Service Rep.

David Bradbury,
Warehouse/Driver

Francis Delauretis
Warehouse/Driver

Phil Demeo
Warehouse/Driver

David D'Ginto
Warehouse

Ronny Perez
Warehouse/Driver

Alex Putt
Warehouse/Driver

Jesus Rodriguez
Warehouse

Rob Wertman
Warehouse Supervisor

VOLUNTEER RECOGNITION PICNIC 2017

On Wednesday, June 7, we had the opportunity to recognize and say thank you to all of our amazing volunteers at our annual Volunteer Recognition Picnic. We presented our "Vicki Krick Above and Beyond" Award to Becky and Carl Boltz who tirelessly help us each month at our Auburn, Schuylkill County, Mobile Market distributions. We also honored Ken Heiser, who spends many hours each week assisting in our warehouse and many other programs, with our "Volunteer of the Year" Award. The food was delicious, the prizes were wonderful and our donors helped to make the event a huge success! Special thanks to the Highlands at Wyomissing who was our premier sponsor as well as Woodforest Bank, our

supportive sponsor, for helping to make this picnic possible.

We appreciate all our GBFB volunteers as well as our Agency volunteers who help us to get the food out to those in our communities who need it. Thank you to each and every one of our lifesavers! We could never do what we do without you!



Becky and Carl Boltz with Deb Mest, Agency and Volunteer Services Manager

Ken Heiser with Lori Lowery, Agency and Volunteer Services Coordinator

GBFB Volunteer Recognition Picnic
June 7, 2017
Special Thanks to Our Donors

- Applebee's Neighborhood Bar and Grill
- Bailey's Port O Potty
- Bell-Tower
- Clover Farms Dairy
- Crowne Plaza Reading
- Deka Battery
- Dieffenbach's Potato Chips
- Dunkin' Donuts
- European Medical Massage and Spa
- Fightin' Phillies
- Kistler O'Brien Fire Protection
- Lori Endy
- Mister Car Wash
- Railroad House
- Reading Public Museum
- Reading Royals
- Shady Maple
- Sweet Ride Ice Cream
- The Highlands
- Vickie Kintzer
- Woodforest Bank
- Yogo Crazy Frozen Yogurt

THANK YOU!

YOU'RE THE BEST!

Don't forget to change your toothbrush

It's easy to know when to replace worn out shoes or faded clothes. But how often should someone change their toothbrush? It all depends on usage, health and preferences. Before someone brushes again, ask whether it is time for a new toothbrush.

When to Get a New Toothbrush

Replace toothbrushes every 3 to 4 months. Folks are advised to get a new toothbrush sooner if they have been sick, especially if the toothbrush is stored close to other toothbrushes. When in doubt, look at the bristles. If they are frayed, they won't clean teeth as thoroughly. Because children often brush more rigorously than adults, they may need their toothbrushes replaced more often.

Types of Toothbrushes

There are two styles of toothbrushes to consider: manual and electric. Folks should choose what feels comfortable and makes them want to brush their teeth regularly. A manual toothbrush is portable and ready to use every time you need it. It makes no noise, and you will have complete control over the pressure it puts on your teeth and gums.

An electric toothbrush requires charging and is a bit more cumbersome to take along when traveling. However, the rotating movement of the bristles makes it easier to clean between teeth and at the gum line. Many electric toothbrushes have built-in sensors to make sure you brush long enough and don't press too hard.

Maintaining Your Toothbrush

No matter which type of toothbrush you use, keep it clean. The [American Dental Association](#) recommends rinsing the toothbrush under tap water after you brush to wash away lingering toothpaste and saliva. Then, store the toothbrush in a vertical position, with the bristles positioned so they can air dry. Storing a toothbrush in a closed container can cause bacteria to build up, so it's best to let the bristles of the toothbrush fully dry between each usage. How often should you change your toothbrush? Get into the habit of buying new toothbrushes for everyone in the family several times per year. How often you change your toothbrush depends on several factors, but it's best to always have a new, fresh toothbrush waiting in the bathroom cabinet for each family member.

Don't forget that the **Greater Berks Food Bank** has toothbrushes for your clients! They are Oral B toothbrushes with multiple in a pack—enough for all their family members to have a replacement over time. The item number is #519437—Toothbrushes—Oral B—12/ 6 count. At only \$1.14 for a case of 72 (.2 a toothbrush) this is a great option to offer folks. Especially as the school year will be here before you know it and it will help them get prepared for a new year, with a new start!

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SAVE THE DATE...

AGENCY ORIENTATION

Monday July 10, 2017, 9:00-10:00am

Held at GBFB, RSVP is required...(for new agencies, new personnel or for those who need a refresher)

Please contact either Deb Mest ext. 205 or Lori Lowery ext. 206

VOLUNTEER ORIENTATION

Thursday July 6—9:30-10:15

Tuesday July 11—1:00-2:00

Thursday July 20—1-2pm webinar



Make a note!!!

The Food Bank will be closed on Tuesday July 4, 2017 – Orders for pickup on Wed., July 5 should be received 2 working days (48 hrs.) from the scheduled pickup time & orders for delivery the week of July 4th, should be received 3 working days (72 hrs.) from the scheduled delivery time, please! **NO EXCEPTIONS ALLOWED!!** Happy Independence Day to everyone! Have a great holiday!

Greater Berks Food Bank
117 Morgan Drive, Reading, PA 19608
610-926-5802

Bringing More to the Table
Greater Berks Food Bank



Bringing More to the Table is brought to you by a joint effort of the Greater Berks Food Bank Staff

We'd love your input

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ext. 206
(610) 926-5802
117 Morgan Drive
Reading, PA 19608

Weekender Program (previously the backpack program) Summary

This past October through June, the Greater Berks Food Bank started packing the Weekender program bags for sites internally. With this program being packed internally, we were striving to eliminate times when the sites did not give the students food. We were uncertain how the program would go but it seemed to be well received. At the end of the school year we sent out random surveys to folks who participated and out of the 18 sites that were active in the program, we had responses from participants at 10 sites. An overwhelming majority preferred the green bag packed with food vs. the backpack (especially the fact that they did not have to return it to school to receive additional food assistance the following week). The items that were liked the most were the individual cereals, little treats, the dinners, pudding, apple sauce, mac and cheese, juices, instant potatoes, raisins, tuna, spaghetti and pretzels. This year we did not include any peanut butter or peanut type products in the bags because more and more sites were going "peanut free". Although peanut butter or peanut butter snacks are great sources of protein we honored this request. Many of the families had good feedback for us—such as “Thank you for helping my family with food”; “Every little thing matters in my home – god Bless”; Program is very appreciated” and “Thank you for helping families in need to feed their children during tough times”. We also received some good criticism—”Sometimes weight could be a little lighter”. The Greater Berks Food Bank will continue to run this program in the fall of 2017 internally and might be adding additional site locations that are in need as we do have a waiting list for places that would love to be a part of it! Thank you to all the coordinators and volunteers who helped to make this a success!!!

