



The Banana Box

VOLUME 1, ISSUE 4

SUMMER 2010

Volunteers Make a World of a Difference!

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Volunteers came out in full force to attend our first annual volunteer appreciation event with the theme “Volunteers Making a World of a Difference”.

This event featured an exciting cooking demo from Chef Sean Thomas, who also won the award for Operation Frontline Rookie of the Year. We heard a heartfelt and warming speech from long-time volunteer Mary Dancy, now employee, of the CAFB. We also had a lively packing relay, with two randomly selected volunteers from the

audience. We wanted to test their packing skills and they did great!

This event was a small token of our appreciation of your generous efforts, commitment and dedication to serving at the food bank. By giving your time to volunteer in our warehouse, office and in our programs, you make completing our mission that much easier.

If you missed out, don't worry. Just make sure you're in attendance next year!

Highlights from the night:



Two brave volunteers participated in our packing



Chef Sean Thomas whipping up delicious parfaits.

Saturn Road Volunteers Sort and Sing!



Saturn Road volunteers showing their strength with banana boxes.

Every summer the food bank can almost guarantee to have a group of volunteers from the Saturn Road Church of Christ in Garland, TX.

Each year over 40 students and adults travel to Washington, DC, donating their time and skills to community organizations throughout the area, one-stop being

Capital Area Food Bank. Despite succumbing to the boiling temperatures in our warehouse, these volunteers passionately sorted over 20,000 pounds of donated food that would be distributed in the community. But not only did they sort food, they also serenaded the staff singing sweet uplifting music in our ears; just what we needed

after a long day of working!

We are so thankful for groups like Saturn Road who consistently show their commitment to the food bank. It's because of the dedication of volunteers like these that the food bank is able to provide assistance to a community that is in great need.



Saturn Road volunteers pose after a long day of volunteering and singing.

Volunteers Help With Fresh Food Initiative

A volunteer inspects and packs squash.



Over the past few months, the food bank has had an increase of fresh produce, like cucumbers, zucchini and cherry tomatoes

delivered to the food bank.

Our volunteers have been there along the way in making sure more nutritional options are being provided to our agencies.



CAFB Summer Fun!



White House interns help prepare Weekend Bags



*Corporate Volunteer Group of the Year—
Deloitte Consulting, LLP*



Choptank Transport volunteers



*A group of Saturday volunteers packing
Senior Brown Bags*

September is Hunger Action Month

September is Hunger Action Month and Feeding America is asking all Americans to take action towards the elimination of hunger.

Feeding America is calling on all communities to take part in its “30 Ways in 30 days” campaign. You can donate your time or funds to local organizations or simply raise awareness about the realities

of hunger.

To find the right way for you to participate in Hunger Action Month or for more information on this campaign click [here](#).



HUNGER ACTION MONTH

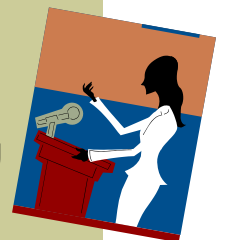
WE NEED YOUR HELP!!

Are you passionate about raising awareness on issues of hunger?

Do you enjoy speaking in front of crowds?

If so, we are in need of an ambassador to represent the food bank at special events and fairs.

Click [here](#) for more information and to sign up!



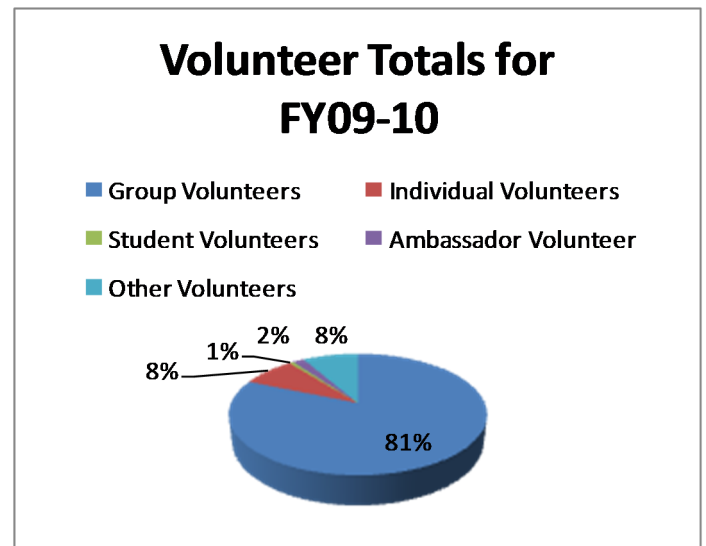
Volunteers end FY09-10 with a bang!

Have you ever wondered what we do with all that information we make you all record on those sign up forms? Well among other things we use it track our volunteers hours and totals for the year. This year you all came out and truly showed your dedication to the mission here at the food bank. Last year we had:

- A grand total of 13,918 volunteers !**
- You all donated close to 70,000 hours!**
- This translates to 1.7 million dollars saved!!!**

That's amazing! Thank you so much for all of your hard work, dedication and creativity that you bring to the food bank.

The majority of our volunteers consist of groups, however, we have many individual, student and Ambassador Volunteers that donate their time on a consistent basis.



Mark your calendar...

Thursday, September 28th
Face Hunger workshop

Are you interested in exploring the realities of hunger? If your answer is yes, Face Hunger is the workshop for you. Face Hunger is a role play discussion and workshop that aims to raise awareness and understanding of hunger. Free pizza provided!



When: Thursday,
September 28th
6pm-8pm
Where: MLK Library Room A-10

Please click [here](#) to RSVP.

Other ways to get involved...

Skip Lunch Feed A Bunch

September 22, 2010

Give a day's lunch money and help end Hunger.

Visit CapitalAreaFoodBank.org for more information.

Check Out Hunger with Giant

August 1-September 10, 2010

Visit any Giant store and donate \$1, \$3, or \$5 at the cashier upon checkout. All donations will benefit the CAFB.



Quote Corner

"Service to others is the payment you make for your space here on earth."

~Mohamed Ali

"If you don't like the way the world is, you change it. You have an obligation to change it. You just do it one step at a time."

~Marion Wright Edelman

"WE are the leaders we have been waiting for."

~Sweet Honey in the Rock