



The Banana Box

VOLUME 2 ISSUE 3

SUMMER 2011

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AmeriCorps NCCC Moose 1 help CAFB Programs

On May 2nd, the Capital Area Food Bank was overrun by Moose. Not the animal but the AmeriCorps NCCC team Moose 1, who worked for the entire month of May at the Food Bank on special projects with our various programs.

AmeriCorps NCCC —National Civilian Community Corps—is a full-time, team-based residential program for men and women ages 18-24. Each team member works together as a team to complete community service providing integral support to their host organization’s mission.

The goal of NCCC members is to strengthen communities and develop leaders through direct, team-based national and community

service. In partnership with non-profits members complete service projects throughout the region they are assigned.

The 11 volunteers that made up team Moose 1 worked 40 hour weeks supporting the food bank’s Supplemental Nutrition Assistance Program (SNAP) outreach program, Kids Cafe/Weekend Bag programs and even worked at Claggett Farm in Upper Marlboro, MD.

Whether they were packing at the Food Bank or working in the garden at Claggett; each volunteer worked with enthusiasm and completed every task assigned to them. We at the Food Bank would like to thank them for their hard work and hope that they enjoyed working with us as much as we enjoyed hosting them!



Super Bowl Champ Volunteers at CAFB!



Usama Young signing a food bank apron.

Last month the Capital Area Food Bank hosted New Orleans Saints player, Usama Young and a group of over 30 high school students that packed bags of food distributed to the Langley Park community. The students were participating in Young's **Stay Focused Weekend**— a weekend held for

students that participate in his foundation, **The Usama Young Foundation**.

The foundation serves as a vehicle for fostering positive academic and social skills through sports to youth within the Washington Metropolitan community. The bags packed were

distributed to over 300 families!

We were so thrilled to host Usama, an individual that truly understands what it means to give back and serve his community. We look forward to the opportunity two work with him again!

QUOTE CORNER

“Society comprises two classes: those who have more food than appetite, and those who have more appetite than food.”

~Sébastien-Roch
Nicholas de
Chamfort

Usama, youth from his foundation and CAFB staff members.



You're An Essential Piece!



You are invited to CAFB's 2nd annual volunteer appreciation event, themed "Everyone is an Essential Piece!" The event will be held on

Thursday, September, 22nd from 6pm-8pm.

Come out to mingle, enjoy a little bit of food, and of course a time to recognize You!

If you haven't already RSVP'd, you can do so [here!](#)

Also, has you or another volunteer provided outstanding service over the past year? If so, we are still accepting nominations for volunteer awards! Take a moment to [nominate someone today!](#)

Washington Nationals Team Up With CAFB!

For the past three years, the [Washington Nationals](#) have partnered with the Capital Area Food Bank to organize food drives during the summer months when our food donations are typically at it's slowest. But not only do they assist in donating food, the Nats team players put the food where their mouth is and donate their time by volunteering in the warehouse!

Recently, [Ryan Mattheus](#), pitcher for the Nationals, visited the food bank along with [Harris Teeter](#) team members – Ronnie Cash, Bob Smith, Duanne Inskeep, Renne

Kifus, Chris Pyne, and CAFB Board Member Dan Marett – to help pack bags for our [Weekend Bag Program](#). We even had a surprise visit from Harry the Happy Dragon, Harris Teeter's mascot!

Ryan and the Harris Teeter team helped to pack 500 Weekend Bags that were distributed to [Kids Cafe](#) sites in the DC Metro area. The Weekend Bag program is a national program of [Feeding America](#), where we work with partner sites to distribute bags of food to youth for the weekend. We send 5-7 pounds

of food including breakfast, lunch/supper and snack items, as well as a mix of the food groups. The bags have kid-friendly items and items that a parent or caretaker is able to prepare.

We thank the [Washington Nationals](#), Ryan Mattheus and Harris Teeter for their commitment to serving the individuals in our community and look forward to hosting them again next year!



Congrats to our First CAFB Leader Trainees!

Congrats are in order for our first graduates of our CAFB Leader Training!

The CAFB Leader is an Ambassador Volunteer position that truly serves an integral piece to the food bank. Volunteers go out into the community as representatives, getting the word out about what exactly it is that we do at the food bank and how other's can

get involved.

Another component of this volunteer opportunity, is helping to lead Saturday volunteer projects in our warehouse.

If you're interested in becoming a CAFB Leader please [click here](#) for more information.



New CAFB Leaders!

Volunteer Summer Fun!



Skip Lunch Feed A Bunch!

SKIP LUNCH
FEED A BUNCH

Feed a Bunch is a one-day Capital Area Food Bank campaign that asks individuals to donate the equivalent of what they would normally spend on lunch to help feed the region's hungry kids and their families.

Participants are asked to skip lunch as a symbolic gesture. Since its inception in 2009,

CAFB has raised over \$50,000.

Skip Lunch Feed a Bunch will be held on **September 14, 2011**. However, since September is National Hunger Action Month, donations to the CAFB will be accepted throughout the month.

To learn more information and to get involved please visit our website [here](#).



September is Hunger Action Month. To learn more information and to find out how you can get involved [click here!](#)