



Partnering to End Hunger

FMC Newsletter: March 2021

Greetings!

Women's History Month: Spotlight on Jennifer Apostol

As we come to the end of Women's History Month, we want to take the time to celebrate a true hero in the fight against food insecurity in Middlesex County - MCFOODS Network Director, Jennifer Apostol!

Jennifer began coordinating MCFOODS around 1998 when the Middlesex County Improvement Authority (MCIA) took over responsibility for the day to day operation of the program. Jennifer continues to oversee MCFOODS, which has grown under her direction, to a network of over 140 food pantries, soup kitchens and social service organizations. Under her leadership, the pantries work together to collaborate, and



share resources, volunteers and best practices to more efficiently serve our community.

Jennifer's efforts never ceased as the pandemic made things all the more challenging since March of last year. Her dedication to this work has remained steadfast since her early days with MCFOODS and we remain proud and humbled by her everyday. Thank you, Jen, for everything you do!

Follow Your Dollar: What does FMC Money Buy?



Welcome back to our behind-the-scenes series, Follow Your Dollar! With this column, we hope to illuminate the process following your donation to FMC. We have talked a bit about our revenue and expenses, as well as the way we are able to use your donations to help MCFOODS provide nonperishable food and necessities to the food insecure in Middlesex County.

As we've noted before, **one (1) dollar can buy three (3) meals**. But, this month, we want to give you an insider's look at a typical food order purchased with FMC monies.

Let's look at an order placed earlier this month; priced at just under \$13,000, this purchase brought 200 cases of each of the following items to the MCFOODS warehouse: peanut butter, jelly, shells/meatballs, macaroni and cheese, tuna, spaghetti, and rice. Let's break that down even further:

- 2,400 jars of peanut butter
- 2,400 jars of jelly
- 4,800 cans of shells/meatballs
- 4,800 boxes of mac & cheese
- 2,400 cans of tuna
- 4,000 boxes of spaghetti
- 2,400 packages of rice

Another order, delivered Monday, included similar amounts of items such as canned spaghetti, mandarin oranges, tomato sauce, different varieties of beans, rice, and tuna. This latest order costed just under \$22,000.

That's a LOT of food! But, we assure you, these items get distributed to the pantries and partner organizations in the network as quickly as they get delivered to the warehouse. Each order will last for about two weeks. It is our priority to make the most of the money that comes in but the need is still so great. Thank you for your continued support at this crucial time! Check back next time as we continue to follow the path of an FMC donation.

April Food Drive

Thanks to everyone who came by Lowe's in Piscataway on the 27th to donate! Every little bit helps and we are so grateful that you all keep showing up and giving what you can! If you missed it, here's the next one:

Saturday April 17th
10am to 2pm
at the Park & Ride on Applegarth Rd., Monroe Twp.

You know the drill: drive on up, pop your trunk, and volunteers will be there to retrieve your donations (safely and contact-free). Non-perishable food donations will be collected - no glass containers accepted. Monetary donations payable to Feeding Middlesex County will also be collected. Check out the [Facebook event page](#), let us know you're coming, and tell your friends to stop by, too! Visit the [FMC website](#) for more upcoming event details.

Don't forget...

If you find yourself shopping online, we invite you to make your Amazon purchases through Amazon Smile. This is another great and easy way to support our organization! You can log into your Amazon account via smile.amazon.com and designate Feeding Middlesex County. Amazon will donate a portion of the price of your eligible purchases to FMC! "You shop. Amazon gives."



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