PANTRY PLUS MORE 2020

Annual Report



CARING DURING COVID

PANTRY PLUS MORE

OUR VISION:
TO INSPIRE, ENGAGE and LEAD our community in ending hunger and give every child an equal opportunity to succeed in learning – education is the great equalizer in life.

OUR MISSION
Our mission is two-fold:

To eliminate hunger in children by operating in-school pantries stocked with food, hygiene products, school supplies, and clothing. This eliminates the barriers of transportation, money, paperwork, emotional hardships, shame, and provides children with the resources they need to learn, grow, and develop.

To partner with local entities that are also committed to ending hunger in Monongalia County. This expands our reach to different areas and helps us provide sustenance to families and individuals.

OUR GOAL
The goal of the program is to minimize hunger and malnutrition and ultimately build the trust and self-esteem of children so they will be able to focus on learning instead of worrying about hunger issues. Each pantry will be stocked with enough food to last the weekend for every student who needs that food.

DIVERSITY STATEMENT

At the Pantry Plus More (PPM), diversity, equality and inclusion are at the core of who we all are as people and as volunteers. Our commitment as a group and as individuals to these values is unwavering – across our work and our personal lives. We believe that our fostering diversity demonstrates to everyone around us – volunteers, donors, clients, and students – the value of being included and valued. Whether it is age, gender identity, race, sexual orientation, physical/mental ability, or ethnicity, we celebrate differences and welcome variety. More than just an ideal, these differences are essential to our organization adapting and overcoming obstacles and allows us to see problems from many points of view.

PRESIDENT'S REFLECTIONS



This past year has been a maelstrom of churning emotions. The COVID-19 pandemic rocked everyone's world, but I knew that my team would find a way to meet every challenge head on so that we could be there for our most vulnerable during this crisis. I knew the community would rise to help us. All of us shared the determination to ensure there would be uninterrupted service to our kids and their families.

We quickly identified two main goals. First was developing a plan to keep everyone safe – our families, ourselves, our volunteers, and our clients. Second, we had to make sure we could provide continual assistance. Lindsay Weglinski, board member and doctor, made recommendations for stringent safety protocols that we immediately put into place. We are very thankful and so proud of everyone: there was not a single day that we had to close or quarantine. Wearing masks, using hand sanitizer and social distancing works. We developed a contact-less distribution plan with a delivery system and got started without missing a beat.

Working with the school Outreach Facilitators and Family Service Specialists was the key to identifying the most vulnerable students and the critical needs. Over the summer, distributions and deliveries swelled to 1000 a week as we partnered with The Mountaineer Food Bank, The United Way of Monongalia and Preston Counties, and Monongalia County Schools. The roller coaster of schools closing, partially reopening, and closing again proved to be challenging for everyone. To provide the best services to the most people, meant we had to be able to be innovative and adaptive - changing directions, adding services, and figuring out best practices on the fly at times. Throughout it all, we forged new partnerships and found different methods of keeping our pantry programs stocked and running.

COVID changed so much for us and pushed us to expand. As more and more people came to us for help and other nonprofits quarantined, slowed down, or closed, we knew we had to step it up and help as many as we could. Our belief that it was critical to continue providing services amidst the pandemic was felt from top to bottom in our organization.

By August, we had settled into a routine of a weekly drive-through distribution every Saturday. We were doing weekly deliveries on Tuesday together with our Outreach Facilitators, Family Service Specialists, and volunteer drivers. We filled requests from the social workers as well as any teachers, counselors, and principals for whatever families needed. We began to pack Weekend Backpacks for our schools. At the same time, we never stopped our partnership with The Mountaineer Food Bank holding monthly Mobile Food Giveaways.

We provided hygiene supplies, school supplies and clothing as needed along with special deliveries to students and their families diagnosed with COVID. This year, we provided more than 1300 stuffed backpacks, more than 12,000 masks and 2000 face shields, and more than 10,000 books. We have provided over 115,000 meals - over 450,000 pounds of food including tons of fresh produce. We have given out clothing and dozens of pairs of shoes. Gallons and gallons of hand sanitizer, hundreds of rolls of toilet paper, and hundreds of bottles of laundry detergent were distributed. The work has been difficult, physically and emotionally draining, sometimes heartbreaking.

Thank you all for working alongside of us and supporting us. It truly would be impossible to impact as many without each of you.

Roark C. Sizemore
President

RESPONDING TO A PANDEMIC



COVID IMPACT

On March 13, 2020, schools closed in West Virginia. We had to scramble to remove the food from our in-school pantries and develop a plan so that students would not go hungry. The Pantry Plus More board decided we would develop a drive-through distribution of Emergency Food boxes. We rolled up our sleeves and got to work. We added deliveries for families without transportation. We adapted to provide for families without a working stove or oven and we provided for students in shelters, homeless families, and foster families. We came up with solutions for families without water or who had COVID or were in quarantine. It has been a year that meant rolling with changes and being creative to meet needs.

Packing Emergency Food Boxes

PPM quickly devised a plan to be able to efficiently and safely pack emergency food boxes for families in need throughout Monongalia County. It was important to keep volunteers, Board Members, and clients as safe as possible, which required maintaining social distance of six feet, using hand sanitizer, soap (which was in short supply throughout the world), disposable gloves (for food handling), limiting occupancy, cleaning and sanitizing tables and rooms after each use, properly wearing masks, etc.

We converted the conference room (largest open space) into the main packing area and set up stations to pack separate bags full of breakfast, dinner, and snack items. Each packing station was restocked every week with new items from current stock and donations to make complete meals; it was imperative to keep track of every item that was being packed to keep inventory current and provide a variety each week that the kids would enjoy, as best as possible.

All of the components for the emergency food boxes were in continuous production, requiring packing every day of the week with multiple packing sessions a day to keep up with the increasing number of families in need.

The completed boxes contained a variety of perishable and non-perishable items to feed a family of four complete meals for three days.



SATURDAY DISTRIBUTION - EMERGENCY FOOD BOXES

In May 2020, the Emergency Food Box distribution transitioned to Saturdays starting with a total of fewer than 100 families between the Westover site at the Pantry Plus More Supply Center, Bula Church at the western end of the county, and Healthy Heights Mobile Home Park in Morgantown, WV. Since then, the number of families served has more than tripled and the amount of the food and other items being distributed has increased. Between all three sites, every single school across Monongalia County was served, which included all grades starting with Pre-K up to 12th grade.

Early every single Saturday morning (including holidays), a crew of volunteers would set up for the distribution across the Pantry Plus More parking lot, sort and bag produce, stack non-perishable boxes, unload morning deliveries, bag bread and sweets, unpack the walk-in cooler and freezer for fresh meat, fresh milk, cheese, and more! At the same time, we would load up two vehicles to go to Bula Church and another two fully loaded vehicles to go to Healthy Heights.



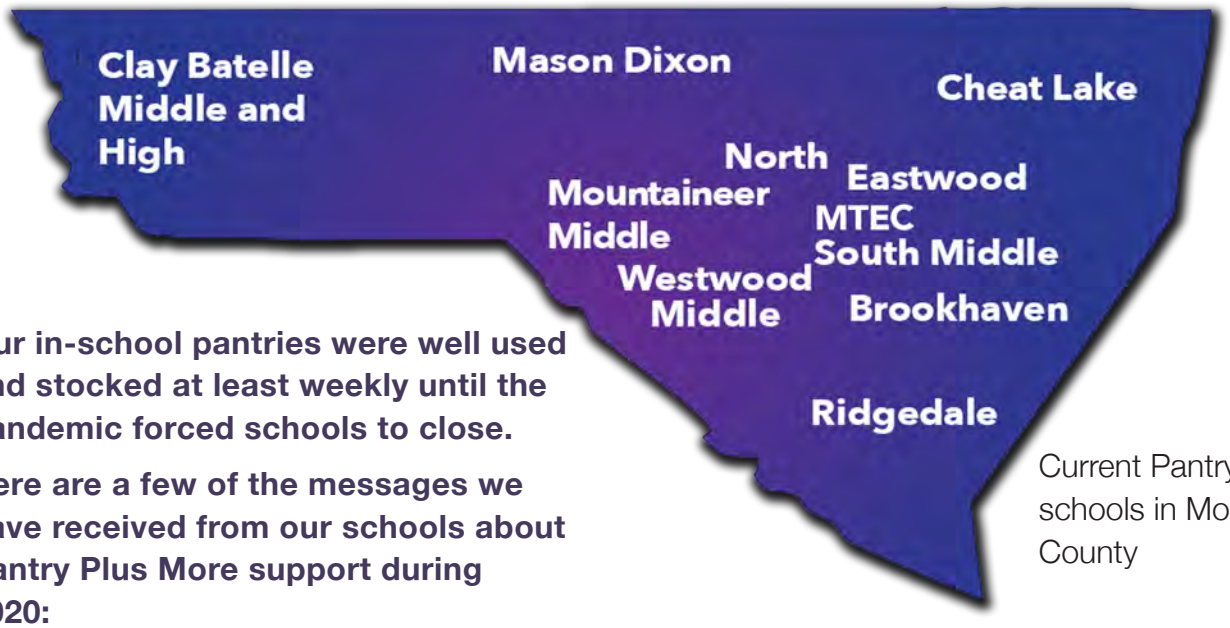
At the largest distribution site, we had separate stations spread out across the parking lot for every item to be loaded into the vehicles (two stations each) along with one volunteer assigned to each item for each loading zone. This layout quickly proved to be effective for keeping volunteers physically separated, stations organized, ensuring efficient loading into vehicles, and most importantly, keeping everyone safe.

Each vehicle would first check their name off the list with the registration team, be advised of any announcements (e.g., upcoming MFB mobile events, and receive an informational flyer or new food recipe), and then drive through for a contactless experience. We would provide a mask or a face shield to both clients and volunteers to keep our volunteers safe while they were loading the vehicles. Each family received a non-perishable box with at least two packages of bread, a jar each of peanut butter and jelly, fresh eggs, milk, produce, and meat each week. If a family was larger, multiple portions of each item were included in the weekly distribution.

Around the holidays or special occasions, we would try to make it a little easier for the families to have a special family dinner. For Easter, we prepared a special non-perishable box complete with a frozen ham as well as baking bags so the families could bake together. For Halloween, we distributed treat bags for each child in the family. For Christmas, each family received a ham or whole turkey plus all the fixings in addition to their regular items. We had a special visit from Santa with special gifts for each child at the Pantry since most kids did not get to see Santa in 2020 due to the pandemic.



Our volunteers were absolutely fantastic and in addition to food distribution tasks, have helped pull vehicles out of ditches, push vehicles out of the snow, jump a dead battery, you name it! They worked in temperatures ranging from sub-zero to sweltering, even on holiday weekends, whille always wearing a mask, keeping socially-distant, and greeting our families with kindness and positivity. We couldn't have done it with you! A huge thank you to each and every volunteer.



Current Pantry Plus More schools in Monongalia County

Our in-school pantries were well used and stocked at least weekly until the pandemic forced schools to close.

Here are a few of the messages we have received from our schools about Pantry Plus More support during 2020:

NORTH ELEMENTARY SCHOOL

Principal Natalie Webb writes, "During the pandemic, the Pantry Plus More was such a blessing to our North family. Not only did they provide food and hygiene products, but they helped us with masks, hand sanitizer and disinfecting wipes. The pandemic hit hard for many of our families and caused temporary loss of employment. The Pantry Plus More helped with furniture and household needs for many of our families and worked in conjunction with our Outreach Facilitators to get items to the families.

"As we work to adapt and are not able to put the in-school pantries back into place, PPM provided 95 weekend food bags to our students, including 25 vegetarian bags. We love the fresh produce that goes home with the students every week. The Pantry Plus More is a blessing to the Morgantown community."

BROOKHAVEN ELEMENTARY

COVID-19 dominated 2020 and disrupted everyone's normal way of life. However, students at Brookhaven continued to receive food, personal hygiene and cleaning supplies through the dedication of Dottie Devine, Outreach Facilitator, and all of our community volunteers. Every week, families were able to pick up food from our storage location in Westover, or a volunteer driver would deliver it to their door. We look forward to returning to a 'normal' 2021-2022 school year!

"It gives us food when we have no money to buy food."

RIDGEDALE ELEMENTARY

Due to the dedication of Ridgedale Elementary's principal, Sheri Petitte, and fellow teachers Koach Elliott and Amanda Garvin, our program continues to reach many of our student population. Because the school is still under construction with limited space, Sheri decided to bring the food to the community. Every Saturday, they picked up food and hygiene items for 30 families from the PPM which included fresh produce, bread, milk, cheese and so much more. This program has brought the community closer together and more support for the educational programs at our school. Ms. Petitte states, "It makes you feel good to give back to the community. This has opened doors for our teachers for more communication and trust. And the results help our students learn. We look forward to continuing this program."





WESTWOOD MIDDLE

Classroom teachers at Westwood continued working to provide lessons and counselors at Westwood provided continued access to mental health services for their students during the Pandemic. Throughout the year, Principal Conrad continued his weekly messages to families and students working to reach everyone keeping them updated. With all of the struggles with online learning, Westwood reminded everyone that it is the teacher who makes the difference, not the physical classroom.

The Pantry Plus More provided support in whatever way worked best. We began Saturday Emergency Food Distributions immediately and had a large number of our Westwood families participating. We made deliveries to many families in the Westwood district.

2020 was not the year everyone hoped for, but the strong relationship between Westwood and The Pantry Plus More continues working to bring resources to students and their families and will continue as long as help is needed. We appreciate Counselors Meredith Murdock and Matthew Brosch.

"It has really helped my family."

CLAY BATTELLE: BULA BAPTIST CHURCH DISTRIBUTION SITE

In March, when schools closed for in-person learning, the in-school pantry at Clay Battelle was closed. Within weeks, Pantry Plus More started working with the folks at Bula Baptist Church in Wana, WV to establish a weekly food distribution. Every Saturday, 30 families who have children in Mason-Dixon Elementary and Clay Battelle Middle/High School were served, about 80 children.
We are so fortunate that Bula Baptist loaned us space to store our boxes of non-perishable foods, a refrigerator/freezer to hold perishables and space inside and outside to do the work.

We are grateful to the following church members: Beth and Randy Stiles, Karen and Danny Church, George Sanders and Deborah Carpenter. Not only do they work with us at the church, but they deliver to about 11 families who can't come to the distribution site. Thanks also to the Pastor and Deacons who are so willing to share their beautiful church with us.



CHEAT LAKE ELEMENTARY

The year 2020 was a challenge for everyone. But, along with that came the opportunity for new ideas and creativity. We worked directly with the Guidance Counselors and Outreach Facilitators to sign up our families to receive food through our Emergency Food Box program. For those families who had transportation issues, we worked with community volunteers to deliver food right to their door! We are committed to providing nutritious and delicious food to any family in need.

OUTREACH FACILITATORS AND FAMILY SERVICE SPECIALISTS

Outreach Facilitators and Family Service Specialists (all social workers for Monongalia County schools) are the link between school and students / student families. The mission of these professionals is to promote and support students' academic and social success.

The PPM goal with the Facilitators and Specialists is to assist in every way possible so we can help them provide for the most vulnerable students. This group provides the vast majority of all the initial connections to the families that we serve.

Together with these incredible trained mental health professionals, we work to help students get the support they need -- beginning with providing food, including fresh meat, fruits, and vegetables. We are always ready with hygiene supplies including feminine hygiene products and clothing. When we can, we work together to get pest extermination and household items including furniture. At Thanksgiving, Christmas and Easter, we partner to help students in identified families celebrate holidays as their peers are able to do, so they can have those special family moments.



"There are kids on our route who know what day and time we are supposed to come, and we'll find them sitting at the window or by an open door eagerly waiting for us to pull up. They get so genuinely excited to see things like eggs or fruit. I think many of us take for granted how much joy something like fresh fruits and vegetables can bring. A truly good meal makes so much of a difference."
Outreach Facilitator report

AMERICORPS - MEMBER JAMES DENG



PPM was able to have an AmeriCorps member serving in 2020. AmeriCorps is a Federal program where members across the nation serve with organizations like ours that are dedicated to the improvement of communities. PPM was very fortunate to have James Deng serve as its AmeriCorps member.

"As some who studied public health in college, I had learned that poverty and health were intrinsically linked," says Deng. "It is primarily the poor and people of color who are affected by chronic illnesses such as obesity and infectious disease including COVID-19.

"However, that knowledge remained an abstract idea to me until my time working with the Pantry Plus More. I had no idea about the scale of poverty in what is supposedly one of the wealthier areas in our state. With that revelation, the urgency of our mission became clear. By working to combat poverty, we would also work to make West Virginians a healthier and more vigorous people."

Deng is entering medical school. He notes, "If I am to become the best physician I can be, I need to be prepared to work to improve health in all aspects which includes working to combat the root causes of health issues.

"Through my work as an AmeriCorps LifeBridge member, I have been able to give back to my local community in ways I never thought possible and transformed myself in that process. During this past year - through our efforts together - we have not only maintained our operational capacity during this time of crisis, but vastly increased the programs and the numbers of people that we serve weekly."

OUR PROGRAMS

2020 BACK TO SCHOOL BASH

Despite the setbacks presented by the COVID-19 pandemic, we remained dedicated to our mission of ensuring all Monongalia County students were prepared for the new school year. WHY? Our why is because education *is* the way out of poverty! We knew we would need to be creative to ensure our Back-to-School Bash was as successful as the year before. A drive-through event at the Morgantown Mountaineer Mall was our solution.

We created passage lanes with tables and formed two lines on either side. We utilized clothing racks to display the packs so kids would be able to see and choose their own bag. All bags were pre-stuffed with grade-specific supplies. We also made hygiene kits and had four categories – younger boys and girls and older boys and girls. At the end of the route, families received a box full of fresh produce! The highlight of the day was led by Natalie Webb, North Elementary principal, and Wendy Bloom, teacher, as they organized books and gave five to each student. We couldn't do hair cuts, but we gave out coupons for cuts. And to help keep everyone safe, every student was given masks.

We are so thankful for our partnerships with Natalie Webb, The Mountaineer Food Bank, MonHealth, Ashley Schifano, and the many volunteers who made it possible for us to serve more than 1,200 students with fully stocked backpacks, hygiene bags, produce, and books!





"I love books. I don't have any books."
From a first grader
We ended up giving him a few extra books!

"The people are all so friendly and caring... nice people make this great."

FRESH START PROGRAM

The wonderful partnership with MonHealth that began our Fresh Start program truly made getting fresh produce to our students possible. We often quote CEO David Goldberg who said, “Food IS Medicine.” COVID actually helped the Fresh Start program become more effective as we could load food directly into cars or deliver to homes, making it is easier to distribute all sorts of fresh foods. In 2020, we distributed everything from apples, broccoli, squash, oranges, cabbage, carrots, lettuce, and so much more. We will continue working to make sure we can get fresh foods into the refrigerators of families as much and as often as we can.



Photo taken before COVID

MORE THAN 1,000 THANKSGIVING MEALS

Thanksgiving and all that it represents becomes a stress-induced event for families who face hunger on a daily basis. That is why it is so important to all of us to provide those families a complete holiday meal including everything necessary to make it happen – pans, foil, spices, and more.

For our third annual Thanksgiving distribution this year, we teamed up with The United Way of Monongalia and Preston Counties, the Hazel Ruby McQuain Foundation, and the Monongalia County Board of Education Outreach Facilitators and Family Service Specialists to distribute and deliver more than 1,000 Thanksgiving meals.

Our incredible volunteers joined us packing boxes and preparing for both a drive through (400 families served) and delivery system (50 volunteer drivers hit the roads). Completely prepared hot meals were delivered to families without a way to cook. Each meal included a 12-16 pound turkey, fresh produce, pumpkin pie, bread, and all the other traditional Thanksgiving ingredients for a full meal. We were blessed to have Mylan Park open the doors of the Hazel Ruby McQuain Event Center as our center of operations. Thanksgiving is a holiday of being thankful for what we have and sharing with those who have less. We are so grateful to work together to share with so many.

“I think by delivering all of this – the turkey, the pumpkin pie, cranberry sauce, potatoes, butter, milk, fresh produce, I received more from seeing the happy faces and so many heartfelt thank yous at each house. It was simply my pleasure to deliver food and I plan on doing it any time I’m needed.” - Pantry Plus More driver





CHRISTMAS FOR FAMILIES

The pandemic forced many nonprofits to cancel programs and fundraising events, including the huge Monongalia County annual Toy and Food event. When teachers and social workers came to us concerned that students they knew would not have a Christmas, our entire board wanted to do what we could.



Our angel and landlord, Carol Atkins, was the first to step up and sponsor 10 families. Carol, her two sons, Nick and Chris, and the City Neon employees began shopping. As word got out, we were stunned as more and more people pledged their support to provide Christmas for entire families. We asked school social workers, principals, and teachers to provide us with the names of more families in need. We asked that each child give us a Christmas list of clothing sizes and "only-in-their-dreams" wishes. More and more generous supporters stepped up and suddenly we were sponsoring 52 families.

It was incredible and simply beautiful. Every supporter fulfilled every single wish for every single child plus several new outfits and shoes. Parents received a big laundry basket of basic needs – towels, household essentials, detergent, sheets, new pillows, blankets, garbage bags and more. Others stepped up like the law firm of Sal, Sellaro, Culpepper Legal Group spent a whole day just wrapping presents for us. Presents poured in – new bicycles, weight benches, video game systems with games, Paw Patrol toys, and so much more. It was absolutely unbelievable.

We received so many thank yous, but the real gift was never more apparent and felt by all who helped bring so much pure happiness to children and their families.

"We didn't think they would get everything on their lists. My kids have never had that. Everyone had so many presents and a Christmas meal too. Best Christmas in our lives."
Parents of a Recipient Child

"I was hoping I could have a weight bench. My grandparents found a place in the garage for me. And now I have a brand new one with all these weights. It's all I wanted!"
15-Year-Old Recipient



"I am so thankful for you all!"

PARTNERSHIPS AND VOLUNTEERS

SPECIAL THANKS



We continue to be blessed by Carol Atkins and her two sons, Chris and Nick, of City Neon and Commercial Land Development, Inc. who provide the space for our Distribution and Storage Center. The blessing of this space makes it possible for us to do everything that we do. The over 6,000 square feet contains our inventory. It is where we pack emergency food, pack hygiene kits, run our distributions, and deliveries. The Atkins' family also provided us a space at Christmas so we could organize our Family Christmas program this year. Every time we talk with Carol she says, "Let me know if you need anything." And she means it. We are grateful every single day to the Atkins Family who make everything that we do possible. Carol, Chris and Nick are our angels.

SUMMER FEEDING PROGRAM

As coronavirus began spreading, the decision to close schools to slow transmission caused a crisis for students who depend on having breakfast and lunch at school five days a week. For many students living in poverty, schools are not only a place for learning, but also for hot meals and nutrition.

With this realization, school boards tried several solutions to get food out to kids. First, families were tasked with picking up meals from schools, then from school bus stops on a daily basis; finally, families were able to obtain 5-day meal packages.

The PPM distributed food weekly from our storage location, serving about 350-400 families each week. We also began helping with the school food distribution efforts.

In May, as food was increasingly difficult to obtain in bulk, we formed a partnership with The Mountaineer Food Bank, the Hazel Ruby McQuain Trust, and The United Way of Monongalia and Preston Counties. Each week, together we packed 1,000 boxes of food and put together produce on Fridays. Every Saturday, we held a drive through pick up, set up distribution sites all over the county, and delivered 1,000 boxes of food, produce, and milk.





PPM STORAGE

While we have always relied on community volunteers to help us at the store room, the COVID-19 pandemic took that need to another level. In March when we found out schools were closing and we started our Emergency Food Box Program, we immediately had dozens of people asking how they could help. We started a volunteer email list that quickly grew to several hundred people. It was a challenge to figure out how we could get the volume of work we needed accomplished while maintaining social distancing. We have always required our volunteers to wear masks, maintain distance from other volunteers and use hand sanitizer and cleaning wipes. We have our facility sanitized weekly. We are proud that so many people felt safe volunteering with our organization during the pandemic.

We now have community volunteers at our storage facility seven days a week. They help to unload orders, organize and shelve donations, pack emergency food boxes and school bags, and help with two weekly food distributions on Tuesday and Saturday. We also have volunteers who deliver food weekly to our highest need families. We have been fortunate to have the help of groups such as LDS Missionaries, Scouts, WVU medical and nursing students, WVU fraternities and sororities, local professional organizations, and some WVU sports teams looking for a safe volunteer option during the pandemic.

We expanded our storage facilities during the past year. We purchased a shipping container to store our box packing and other durable supplies. We also were able to purchase both a walk-in freezer and walk-in cooler. With this capability we can now provide fresh produce, dairy, and meat to Monongalia County children weekly.

The freezer and cooler purchases were due, in part, to the numerous in-kind donations of fresh produce, meat, bread, and prepared foods that we receive now every week from Sam's Club, Sheetz, and Kroger. In March and April we were able to distribute fresh food that was donated to us by the many local restaurants and bars who were forced to close their doors due to the COVID-19 pandemic. We have been fortunate to continue to have numerous community organizations and churches support us by organizing food and hygiene product drives.





MOUNTAINEER FOOD BANK - MONTHLY FOOD GIVEAWAYS



One of our longest and most important partnerships is with the Mountaineer Foodbank. Along with the ability to buy in bulk at a much lower cost, our partnership brings mobile food giveaways to a different part of the county every month providing food to “food deserts” where accessibility is limited and/or scarce.

This year, just like everything else, the giveaways had to change. Instead of indoor community events, we adapted to keep everyone safe and socially distanced. We moved all the giveaways outdoors, even in the rain and freezing temperatures, and changed to a drive-through system. Items that required personal selection, such as clothes and books, have had to be done by request through other programs. We also had to limit volunteers. In 2020, we ran the Mobiles with Professor Daniel Brewster and his WVU Dental and Medical Brigades students serving an average of 300-350 families and 1,100 individuals at each one.

But, with challenges come new opportunities to help. Drive-through giveaways provide us the perfect opportunity to give out masks and other personal protective gear along with hand sanitizer and sanitation products to help our clients and volunteers stay safe. We are always on the lookout for ways to help our clients.

“I never thought I would need help from anyone let alone a pantry. My husband and I had great jobs. But I got laid off and he had to close his business. Suddenly we were counting down the weeks that we could keep paying the mortgage, the car payments, the utilities and feed our family. Coming to the mobiles saved us and helped stretch our money a little further. Not only did you save us from losing our home, but the care and kindness is wonderful from everyone. Talk about a no judgment zone. When we are on our feet again, we will donate both our time and money. Thank you all.”
Michelle, mother of 3.



MISSIONARIES

In the Summer of 2020, the missionaries from the Church of Jesus Christ of Latter-Day Saints joined our amazing team of volunteers to help with our Saturday Emergency Food Box distribution every weekend. They were so willing to help with whatever else we needed. They didn't mind going into the walk-in freezer or cooler to "get some things," which would usually require moving a lot of heavy items and reorganizing. They helped move shelves and lots of boxes around the building to make the flow more efficient, wrap presents for families in need to have a special Christmas, pack thousands of food boxes, do a complete end-of-year inventory, and anything else we needed. They were a huge help with so many large events which required hand-over-fist loading/unloading tractor trailers for the Back-to-School Bash, bi-monthly MFB deliveries (which ranged from 6 to 40 tons), Thanksgiving Giveaway, and lots of boxes of books!

The Elders and Sisters always brought a lot of positivity, willingness to work, friendliness, and always had a smile underneath the mask which is wonderful, especially during this pandemic. Thank you so much to each and every missionary with whom we've had the pleasure to work with at the Pantry Plus More!









VOLUNTEER RECOGNITION

The Pantry Plus More is indebted to the hundreds of volunteers whose kindness, compassion, and tireless support of the PPM mission enriches our community. Our families rate our volunteers as a near-perfect 4.9 out of 5!!

Special thanks to the following volunteers:



Jerry Steketee

Jerry has been an amazing friend to us. He makes sure that everything is safe – whether it is exposed wires or shelves starting to buckle. His sharp eye will catch problems that no one else sees. He can repurpose just about anything to make it useful for us – shelves found on the side of the road or behind a store, wardrobes into shelving units, pieces of wood he finds – they all get used. Jerry always has a list he is working on of all the things that need to get done. We are grateful for his advice and expertise.



Daniel Brewster

Professor Daniel Brewster teaches in the Department of Sociology and Anthropology. Daniel Brewster has also been the advisor for both the Global Medical and Global Dental Brigades for over a decade. He has partnered with us to bring Mountaineer Food Bank Mobile Food Giveaways to our community. There have been times when he and his group have flown all night from Ghana or Honduras and driven straight from the airport to get to the mobile to work with us for 4-5 hours serving clients. We are very grateful for his leadership, dedication, and compassion.



Micky Tinker

Our partnership and friendship with Micky Tinker, Phyllis Vaughn Bruce, and the Wadestown Pantry has grown and strengthened over the years. We count on each other and help each other in every way that we can. The Wadestown Pantry not only serves the community at the far western end of the county, a food desert, but recycle for many. Micky can always be counted on to help with picking up loads and deliveries. The work we both do goes further and is stronger through our partnership together.



Janna Nicholas

No task is too big or too small for Janna Nicholas. She is enthusiastic and willing to help wherever she is needed. Janna likes to come in early to roll up her sleeves and get to work. She'll pack boxes, back-packs, fold clothes, and sort through produce. Our clients love her as they come through on Saturdays. Janna knows them and knows what they need. If there is prep that needs done or an emergency (as we often have), we can always count on Janna being willing to help. We are thankful to have Janna on our team.



Nelda Gilmore Kimble

Nelda brings so much wisdom to our team as she has been volunteering and involved in the world of public service for a long, long time. She serves as a liaison amongst all of the pantries and knows everyone. No one understands the importance of all of us working together like Nel. Together we are so much stronger and can do so much more. Her gentle touch is felt by us and our community. We so appreciate Nelda.

SPECIAL RECOGNITION - JULIA HAMILTON



One of the conundrums of schools closing was how to reach families without reliable transportation or the fuel to get to the resources they need. Every school in Monongalia County has an assigned social worker now, but their case loads soared. Julia Hamilton, the Extended Day Coordinator, stepped up to implement, coordinate, and oversee a way that we could all work together to reach as many students and their families as possible. The main objective was to provide food weekly. The secondary objectives were to provide anything else needed whether it was school supplies, hygiene products, clothing, household essentials, and even pest extermination and furniture. Julia also coordinated the Thanksgiving boxes and the Family Christmas program. Week after week, we worked together planning routes, distribution methods, drivers, and dealt with mini crises and special issues that arose. Every week, Julia and her fiancé, Zackery Cruze delivered to 15 or more families with us. She has been instrumental in making the programs work, maintaining organization and sanity for all of us.

NUTRITION AND EDUCATION COMMITTEE

The Pantry Plus More Nutrition and Education Committee's main mission is to develop and provide cookbooks containing nutritious, delicious, and mostly kid-friendly recipes. The recipes use mainly non-perishable items in our stockroom. All final recipes are photographed for inclusion in the cookbook, and they are tasted, to ensure they are both nutritious and delicious.



By the end of 2020, 4 breakfast, 14 meal, and two snack/dessert recipes had been created, tasted and formatted in a schoolchild-friendly manner. An appealing cover was also designed. The recipes were proofread, printed, and placed in mini-binders to form cookbooks to which future recipes could be added.

WVU student volunteers have played a major role in our Nutrition and Education Initiative. For several years we have been working with groups of WVU students to develop these types of recipes. One group of WVU Public Health Students thought it would be useful to video the recipes as they were being prepared, as another way to engage schoolchildren and anyone else interested in the recipes. Several other groups of WVU students also prepared videos of recipes for inclusion on PPM's web page.

A questionnaire was developed by a group of WVU Public Health students in Dr. Elizabeth Claydon's class. The questionnaire was designed to assess client interest in this type of cookbook, the overall "appeal" of the cookbook, interest in specific recipes, ingredients clients needed to prepare recipes they wanted to make, non-food items clients needed to prepare recipes, which types of recipes clients wanted more of, and other suggestions clients had for us. This project will continue into 2021.

FAMILY VOLUNTEER NIGHT

In October we started a Family Volunteer Night at our Westover storage facility. We had some families express an interest in having their children volunteer in a COVID-safe environment.

No more than two families volunteer weekly in the evening so everyone could be socially distanced. Volunteer tasks included packing backpack bags for the schools, packing food boxes, organizing donations, and packing baking bags for Christmas.

"Great supply of food for the week. My child always finds something special she is excited about."



PPM HISTORY



Roark Sizemore was a senior in high school when he and his advisor, Tom Bloom, started the Pantry Plus More.

At that time, Roark was working with a community group that provides free hot meals to people in need on weekends, when most meal programs and pantries are closed. Roark was shocked to see some of his high school classmates and younger children coming to these meals. He researched the topic and learned that while elementary school children are happy to pick up weekend "back packs" containing food donated by local churches, older students in middle- and high-school often preferred going hungry rather than risk being identified by their peers as being "poor." With additional research, Roark learned about in-school pantries in several other states, where donated food is discretely housed in a counselor's office or other on-site location. Roark decided this was a good idea and launched the Pantry Plus More.

The Pantry Plus More goal is to provide food, clothing, hygiene products and classroom supplies in schools so that children have access as needs arise. Since its inception, the PPM continues to meet Roark's original vision and has expanded to serve children and their families in additional ways.

Message from Roark Sizemore

This year has brought PPM diversity values to an acute focus. As a Chinese American, 2020 was also a year characterized by hatred and bigotry. I wrestled with including this, but it is critically important to not be silent about the realities of racism in our communities. As my mother and I shopped for supplies, we were faced with multiple incidents of racial animus. We were spit at, followed, told to go back to our own country, had things thrown at us, and called about every slur under the sun. I have had to take deliberate measures to shield my mother and Asian volunteers from exposure to hate and potential violence. This sort of ignorant and sometimes violent behavior has significantly risen in frequency during the pandemic but is not a new phenomenon. There are no easy solutions to racism, but we can guarantee that we will always provide services regardless of race, ethnicity, religion, gender identity/expression, or sexual orientation.



The majority of PPM items are delivered. When COVID shutdowns necessitated in-store visits, accusations of hoarding were frequent. Signs were developed to reassure other shoppers of our purpose.

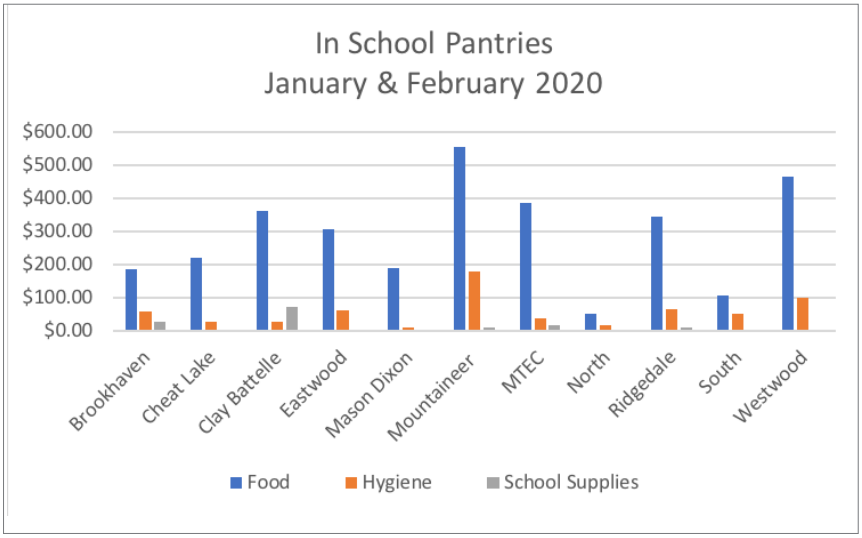
"Everyone is so friendly. They don't judge you and food is provided every weekend so it's fresh."

FINANCIAL REPORT 2020

The Pantry Plus More stepped up to meet the accelerated needs of the children in our community during COVID-19. Our organization could not have assumed responsibility for this enormous task if not for the generosity of our community. We are dedicated to making sure that the children in our community are provided for while in school or at home during this pandemic.

JANUARY and **FEBRUARY** of 2020 looked similar to previous year distributions. We still had our pantries in the schools.

During the months of January and February, PPM was providing clothing choices at the monthly food giveaways supported by Mountaineer Food Bank. This effort was placed on hold in March due to COVID-19.

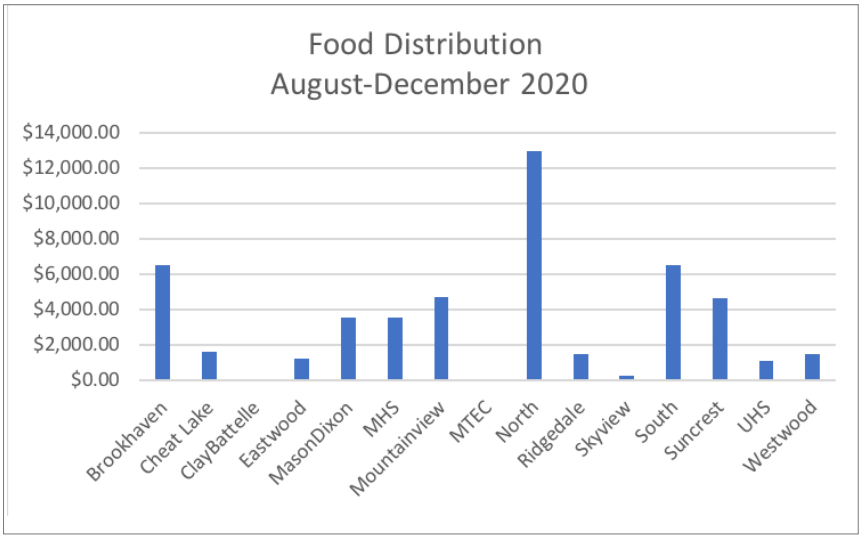


MARCH – MAY: The Pantry Plus More began distributing food boxes weekly from the PPM storage facility in Westover. We distributed 300-400 boxes per week. Each box contained approximately $40.00 worth of non-perishable foods (pasta, sauces, canned meats, canned fruits, and vegetables) and approximately $40.00 worth of perishable foods (meat, fruits, vegetables, milk, cheese, etc.). PPM continued this for 13 weeks. The value of this support was $364,000.

MID – MAY THROUGH MID – JULY: PPM began a brief partnership with United Way of Monongalia and Preston Counties as an effort to expand food distribution to the entire county. In addition to the non-perishable food funded with a grant from Hazel Ruby McQuain to United Way, PPM supplemented with additional non-perishable foods and added perishable foods to the distributions. PPM's support for the continuation of produce was more than $3,000.00. During this same period, PPM continued to distribute boxes of food (non-perishable and perishable) from the PPM storage facility in Westover.

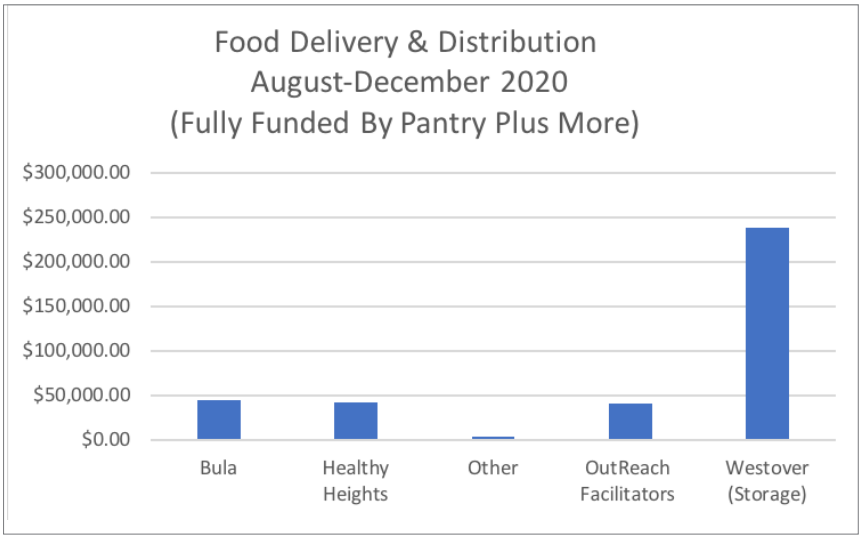
IN JULY, PPM returned to fully funding and distributing non-perishable and perishable foods directly from the PPM storage facility as well as from two satellite locations, Bula Church and Healthy Heights Mobile Home Park. This included weekly drive throughs at the facility along with "no contact" home deliveries for those clients who could not attend the drive throughs.

AUGUST – DECEMBER: With school not in session and children having no access to school meals or pantries, PPM continued to support children by providing food, hygiene products, and clothing items.
The following chart includes food distribution, school supplies, and hygiene products per school for the months of August through December. These distributions were given to the Outreach Facilitators for either our Tuesday distributions or when needs occurred during other days of the week. North Elementary began getting backpacks in November. The 2020 distributions per school are reflected as shown in the chart to the right.



Total estimated value of food distribution = $49,694.00

Weekly PPM Food Delivery & Distribution from **AUGUST – DECEMBER 2020** continued at the PPM storage facility in Westover, Bula Church, and Healthy Heights, through the school Outreach Facilitators, Family Service Specialists, and other avenues of outreach which encompassed all schools in Monongalia County.



DONATIONS

JANUARY – DECEMBER 2020: The Pantry Plus More received in-kind food donations in the amount of $326,750. Most of the food contributions included healthy, nutritious meats, produce, bread, and milk. In addition, we received an in-kind donation of 3,059 perishable food boxes from Preston County Workshop valued at $110,124.

VOLUNTEER CONTRIBUTION

In 2020, the PPM Board Members donated 11,291 volunteer hours. Additionally, members of our community donated 10,828 hours. The value of volunteer hours for 2020 was $508,958.19.

MASKS & HAND SANITIZER: PPM required all volunteers to wear masks. Pantry Plus More purchased masks and many people generously made and donated masks so that everyone would have access to one. Over 12,500 masks and 2,000 clear face shields were provided to volunteers and distributed with food boxes that went to families. In addition to providing masks, PPM distributed 3,000 7.5-ounce bottles of hand sanitizer and 500 additional gallons of hand sanitizer to the community.

2020 was a difficult year but through MUCH hard work and community support, we were able to successfully support hundreds of vulnerable school children and their families in Monongalia County.

"I am grateful to have PPM. Even working, with bills it's hard to afford healthy food for my kids."



October - December: Efforts to provide clothing to students resumed.



PANTRY PLUS MORE 2020 DONOR LEVELS

With gratitude and appreciation we recognize Individuals and Organizations who donated in 2020

YELLOW

Contributions of $10,000+

Jedd & Karley Gyorko

RED

Contributions of $5,000+

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Ernest C. Friend
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Neva R. Feck
Toni Dering
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(Those who donated a minimum of four times during the year)

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Angela Thompson
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Betty Canter
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Carolina Aguilera
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Robert Henderson
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Terrance Blosser
Timothy Danser
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ORGANIZATIONS

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Carol & Tony Glover/WVU School of Dentistry
Chapter P, WV, PEO
Cheat Lake Rotary Club
Elks Lodge 411
Empty Bowls Monongalia
First Baptist Church - Am. Baptist Women
First Christian Church
Grafton Road Farmer's Market
Hindu Religious & Cultural Center
Mon County Dep.Sheriff's Association
Morgantown Church of the Brethren
Morgantown North Rotary
Morgantown WV Pride
Mountaineer Women's Club
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Rotary Club of Morgantown
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Suncrest United Methodist Church
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WesBanco Bank
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West Virginia University
Women's Giving Circle
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IN MEMORY OF:

Denise Myers	In memory of Roy Zinn
Linda & Kenneth Maynard	In memory of Roy Zinn
Thomas & Denise Fowler	In memory of Karen Davis
Calla M. Fullmer	In memory of Roy Zinn III
John or Laura Lewis	In memory of Betty Atkins
Gloria & Gary Rowan	City Neon Employee for Atkins Family
Toby & Brenda Grogg	In memory of Sandra Shapiro
Shirley J & Louis J Giuliani	In memory of John Miller (Lisa Giuliani's Father)
Donald & Cheryl Shane	In memory of Roy Zinn
Jay & Gerri DeFabio I	In memory of our friend Vivian
Betty D Malcomson	In memory of my two brothers
Arnett Carbis Toothman LLP	In memory of Betty Jo Atkins
James M. Jamison	In memory of Betty Atkins
Scott Payton Smith Agency	In memory of Betty Jo Atkins
WesBanco Bank	In memory of Betty Atkins on behalf of WesBanco Bank
Ida Mullins	In memory of Herschel Mullins

IN HONOR OF:

Cheryl Melfi & Daniel Eichenbaum	In honor of Maxwell Eichenbaum
Stuart & Joan Mills	In honor of Lindsey McDevit and her family
Harry & Margaret Rubenstein	In honor of Roark and his spirit of giving
Lekshmi Ramalingam & Swaminathan Ram	In honor of Dr. Kumar Pillai & Family
Harry & Deborah Mathewson	In honor of Sally Musick
Susan & Peter Heydon	In honor of Friends and Neighbors who appreciate the work that PPM is doing

ON BEHALF OF:

On behalf of me, Jeannie Zinn on behalf of son Roy Zinn
On behalf of Gene Dongweck
On behalf of Ida Mullins, Wife and Sons, Christopher Mullins & Family, Hershel Mullins, Jr & Family
Suttle & Stalnaker, PLLC, "On behalf of our 85 employes"

Final Note: The Pantry Plus More conducts surveys to ensure we are meeting the needs of our families and to gather information.

Is anyone in your home employed?
65% yes ...and of those who are employed, 80.8% are employed full time

Reasons why people do not always have enough to eat (multi-select question).
Primary Responses:
89.1% not enough money for food
20.3% someone in my household needs special food due to a medical condition

Do you receive SNAP? 68.8% No

Did you receive food from any pantry or pantries before COVID? 67.5% No

In the past year in your home...
50% We have had enough food to eat
35.9% We often do not have enough good to eat
14.1% We have had to skip or reduce meals

Is Pantry Plus More where you get most or all of your food? 93.4% Most

PANTRY PLUS MORE 2020 BOARD OF DIRECTORS

Roark Sizemore	President
Micah Weglinski	Vice-President
Elizabeth Kanosky	Secretary
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Lindsay Weglinski	Inventory Control
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Mindy Salango	
Courtney Pyatt	
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SCHOOL REPRESENTATIVES

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Jerrica Moldowan	Mason Dixon Elementary
Micah Weglinski	Brookhaven Elementary
Roark Sizemore	Westwood Elementary
Heidi Specht	MTEC
Lindsay Weglinski	Cheat Lake Elementary
Janet Paine	North Elementary
Cathy Cunningham	Eastwood Elementary
Tom Bloom	Mountaineer Middle/ Ridgedale Elementary

COMMITTEES

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Samuel Moldowan	Website Management
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Janna Nicholas	Registrar and Clothing Donations
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Micky Tinker	Recycling

