PANTRY PLUS MORE 2021

Annual Report



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 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 is what HOPE is – a letter to all of our supporters:

We were all put to the test again as we plotted a course through the second year of the COVID-19 pandemic, trying to meet every challenge facing our community's most vulnerable. I am incredibly grateful for the continued compassion, commitment, and kindness of everyone who joined us and supported our efforts in so many ways to lift those less fortunate.

A key to our success this year was an ability to adapt and evolve programs to be more accessible and convenient for clients during the pandemic. Throughout this time, which has seen logistics on a personal and retail level become strained, we've had to find new ways to meet the increasing demand from the community while continuing to keep our families, ourselves, our volunteers, and our clients safe and healthy.

Our continued partnership with school Outreach Facilitators and Family Service Specialists remains key to connecting the most vulnerable students and their families with resources that fit their critical needs. Through this partnership we instituted a successful delivery program that reaches over 130 families every single week. Families with transportation come to our Saturday distributions at our pantry location on Rousch Drive. We've also been able to utilize this partnership to identify family needs in addition to food. PPM provided assistance such as pest extermination and hard goods including beds, heaters, sleeping bags, firewood, can openers, and microwaves.

Where and when possible, we've continued with our school pantry program and adapted it to fit. With schools facing a litany of new constraints and concerns during the pandemic, Pantry Plus More evolved our pantry program to provide more options so as to best fit our school communities' needs and capacities. These offerings include the classic stocked in-school pantries, produce bags, weekends food bags, individual classroom pantries, and specific fulfilled requests.

Other programs like the Back to School Bash and our monthly mobile food giveaways (the latter with the Mountaineer Food Bank) have continued from last year. We've increased the reach of these programs through multiple avenues to find the kids and families who would significantly benefit from resource assistance but struggle to find access on their own. This can happen from a host of factors and increased during the pandemic as families who have never needed assistance sought help for the first time.

One of the things we were most proud of this year was our partnership with the Monongalia County Health Department that enabled us to make vaccination access easier for our clients. The Health Department mobile unit set up at our Saturday distributions, satellite distribution sites, Mountaineer Mobile Food giveaways, and the Back-to-School bash. They made getting vaccinated quick, convenient, and easy for all of our clients.

With all these efforts to bring resources to children and their families, one grandmother reminded us of the importance of working so hard to help others. She said, "You aren't just bringing food to hungry kids. You aren't just bringing us soap and Christmas presents and laundry soap. You brought hope into our home. These kids have had a tough time – they miss their mom, and they were hungry all the time. But you brought us hope every single time you come here. Now they have hope and they are smiling again. We know we are going to be okay now because of you guys."

To all our donors, nonprofit partners, volunteers, and all others who share with us your generosity and care, on behalf of our Board, I thank you for helping us to give HOPE to so many, for supporting us, and lifting our community together.

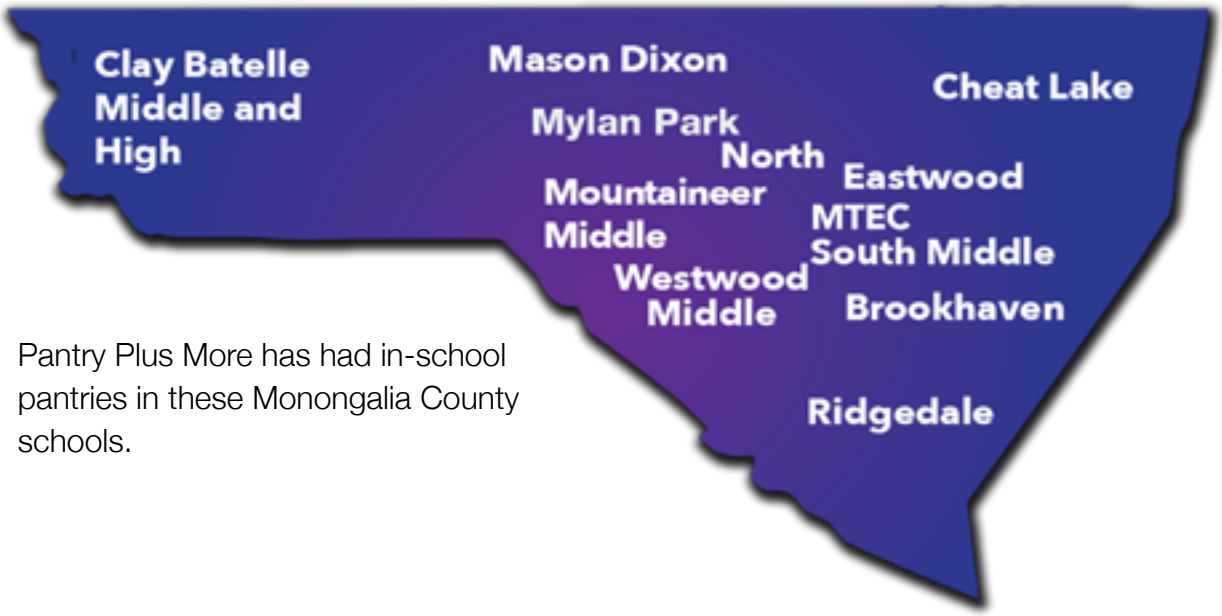
With kindness and hope,

Roark C. Sizemore
President

OUR PROGRAMS

IN-SCHOOL PANTRIES (DURING THE SCHOOL YEAR)

Our In-School pantries were one of the first Pantry Plus More programs. Despite the impact of the COVID-19 pandemic on school processes and procedures, many of the Pantries have regrouped and continue. Following are updates from some of our schools.



Pantry Plus More has had in-school pantries in these Monongalia County schools.

NORTH ELEMENTARY

North Elementary has been partnering with Pantry Plus More for many years. During this time, we have seen many benefits to our students and their families. Families are able to come to the school to receive items for their household - nonperishable food items as well as hygiene products. Students ask to go to the pantry anytime they need snacks or items for home. Teachers appreciate having the pantry to help supply snacks for their students who did not bring one from home. Additionally, PPM supplies students with weekend food bags so that students have food they can eat without the need of cooking.

We value our partnership with PPM and want it to continue for years to come.

MOUNTAINEER MIDDLE

We have teamed up with 6th grade teacher, Shelley Garlitz, to help distribute the food to the entire school. She and her students have developed a school supermarket. Students log in daily and select what they would like to have for the day. Students are then assigned numerous duties, such as picking up the food (walking up 3 flights of stairs), printing labels and placing them on the shelves, and stocking the shelves. Students set up their own computer program to manage product inventory and update needed items. However, the most coveted job is the Security Crew. These students monitor social distancing and verify what is included with their orders. Each day, the computer is updated and the shelves are restocked. The other major change is the need for weekend food bags at our school. We now provide 24 bags for our students who are most in need. Mrs. Garlitz reports, " My students want to make sure that ALL students have the opportunity to get something to eat. The children are so grateful and appreciative of everything. Running the supermarket program has been one of the best motivational tools for my students. They are thrilled to help distribute the food and this has changed the attitudes of many of my students.

MONONGALIA COUNTY TECHNICAL EDUCATION CENTER (MTEC)

The MTEC program is managed by students. Students distribute food and hygiene items delivered by PPM to pantry and mobile stations located throughout the facility. Fresh produce is especially popular with students. Faculty sponsor Cindy Bucy notes, “Pantry Plus More has been and continues to be a blessing to our students.”



MTEC Faculty coordinator Cindy Bucy ensures the MTEC-PPM program runs smoothly from start to finish.

WESTWOOD MIDDLE

Dealing with COVID-19 was difficult, to say the least; however, everyone pulled together to make the best of the situation. When the decision was made to go back to in-person attendance, we worked together to figure out how best to serve the students.

Pantry Plus More provided support in whatever way worked best for the school. We packed weekend food bags for enrolled students and stocked the school pantry with food, hygiene products, and clothing requests, as needed.

The strong relationship between Westwood Middle school and Pantry Plus More brings resources to students and their families and will continue as long as help is needed. We appreciate our relationship with Counselor Matthew Brosch to find ways to help the students.

MASON DIXON ELEMENTARY

Mason Dixon Elementary has now been working with the Pantry Plus More program for 5+ years. PPM has been such an asset for our students, families, and community. With this partnership, we have been able to connect resources with many students and help support them when times are tough. This past year has been even more critical as we’ve navigated the COVID-19 pandemic within schools. From boxed food deliveries to prepacked weekend food bags for students, PPM is always there for us at Mason Dixon. We are incredibly thankful to continue to have the opportunity to work with PPM to support the community in the western side of Monongalia County.

RIDGEDALE ELEMENTARY

Instead of operating an in-school pantry, the principal and two teachers arrive at every Saturday distribution and collect food for 24 families. This food is then brought to the school where the families pick up their items. The school has completed its new wing and is looking forward to reopening a school pantry on-site next year.



MYLAN PARK ELEMENTARY

Mylan Park is a Title 1 school, which means children from low income families make up at least 40% of enrollment. For Mylan Park, 45% of students are economically disadvantaged. PPM began serving students during the summer, bringing breakfast and lunch boxes, milk, and juice to kids participating in Summer Avalanche. We were happy to continue serving students throughout the school year with weekend food bags that included fresh produce. Together with school staff, PPM was able to provide bags filled with kid-friendly food each week.

WEEKEND FOOD BAGS (DURING THE SCHOOL YEAR)

The impact of the COVID-19 pandemic forced us to find ways to adapt and help students when they couldn't always access our pantries inside of their school. From families, we heard it was scary, confusing, and an unstable time, with the need for food and other resources rising when kids weren't in school. We knew we had to adapt and remain flexible so we could still bring help and hope.

We began packing Weekend Snack Bags to send home with kids. These bags ensured children received enough food on weekends and holidays when they couldn't depend on school meals. We were mindful of the weight of the bags for the younger recipients, and the need to pack bags with enough food for older kids. The task of finding foods that are not only nutritious but also what kids want to eat is tougher than it might seem. We asked parents and kids to identify the snacks they like to eat, especially those that are "healthy snacks." We also went on the hunt at grocery stores to find foods that fit our needs. We made the decision to try to provide some fresh produce each week and made sure we found 3 items that would not spoil as fast to put in the bags.

All of us like a good challenge, so we decided we would work to change the menu for the kids each week, too. Additionally, we made sure we consulted with Nutritional Experts to provide bags for students with special dietary concerns such as vegetarian, peanut free, and gluten free. We've provided bags to Ridgedale, Eastwood, Mason Dixon, Brookhaven, Cheat Lake, North, and Mylan Park Elementary schools; Westwood, Mountaineer, and South middle schools; and MTEC.





Education is the key to finding a way out of poverty. Students can't focus on learning if they are hungry. Thank you to everyone that helped us provide these weekend bags filled with life-saving and health-saving food.

MARJORIE GARDEN OUTREACH

Once a week, we worked with Marjorie Garden residents to bring fresh produce and food to their complex. Over 40 families receive the benefit from our supplies. The majority of these families have children who are not yet school age. As one parent stated, "You are a God send. I don't know what we would have done without your support." This program was offered on Fridays, with food from the United Way program.

SATURDAY DISTRIBUTIONS - FEEDING FAMILIES



In 2021, we continued the weekly Saturday Emergency Food Box distribution as the number of families coming to the Pantry Plus More Westover site, Bula Church in Wana, and Ridgedale Elementary School in Morgantown more than doubled from the first year we offered the program. The majority of clients were pre-registered through referrals from school Outreach Facilitators, other school representatives, neighbors, current clients, etc. Between all three distribution sites, children from all schools throughout Monongalia County and as young as Early Head Start through 12th grade were served.

Each family received a non-perishable food box with at least two packages of donated bread, produce, sweets, prepared foods, snacks, and frozen meat. Families with three or more children would receive additional items as needed to make sure they had enough.

We've also had several special visitors throughout the year set up in the registration area while the clients were waiting for the distribution to begin.

During the summer, we paired up with the Monongalia County schools to distribute the summer feeding program with several hundred kids. This distribution included a box of non-perishable kid-friendly snacks, a half-gallon of orange juice, and a half-gallon of milk for each child.

In the Fall, the Monongalia County Health Department set up a mobile vaccination location at both the Westover and Bula sites to administer COVID-19 vaccines and answer any questions or concerns.

In addition, the WVU medical students in the culinary tract program put together a demonstration and samples of nutritious, easy-to-prepare, kid-friendly snacks and recipes using ingredients commonly provided by a typical food bank.

Once schools were re-opened in late August and PPM in-school pantries once more accessible, the Saturday distributions moved to once a month. Each distribution included double the amount of non-perishable and perishable items for each family, with several additional pop-up distributions when fresh, nutritious items were available.

Throughout the entire year, we continued to maintain COVID-19 protocols to keep volunteers and clients safe. In 2021, we were able to make the holidays a little special for each family by providing complete meals to include a turkey or ham along with all the fixings at Easter, Thanksgiving, and Christmas.

SATURDAY VOLUNTEERS

Our volunteers were absolutely fantastic and worked in very hot and sunny weather, downpours, and sub-zero temperatures, always with a huge smile on their faces. Special thanks to Randy & Beth Stiles and the team at Bula Church, Koach Elliot and Principal Petitte and their team at Ridgedale Elementary School, and Emily, Tom, Vicki, Janna, Liz, Samantha, Nathin, Lekha, Hayley, Franklin, Braun family, LDS missionaries, HRCC, WVU & local high school students. We couldn't have done it with you!



TUESDAY DELIVERIES - RESPONSE TO A PANDEMIC



While schools are closed, students have no access to free school-provided hot meals, in-school pantries, and weekend food bags. Monongalia County School Outreach Facilitators and Early Childhood Family Service Specialists identify and provide support to the most vulnerable children and their families. Together, we developed a weekly delivery system to provide additional support during COVID-19. While some families do have cars, they are barely running enough to get them to work and often they have no way to purchase fuel. Most families do not have vehicles and their access to services is dictated by public transit routes and schedules. This problem acts as a complete roadblock.

To combat this during COVID-19, the Tuesday Delivery program began. Rain, snow or shine, we pack and deliver to 130 to 145 families. The deliveries include a nonperishable box of staples (peanut butter, pasta, spaghetti sauce, canned vegetables, etc.), a mixed fresh produce bag, a protein bag (3-5 items), prepared foods, bakery goods, desserts, and items like milk or eggs upon availability. Each week, we try to provide extras like hygiene bags, cleaning supplies, clothing, and books. As the program has developed, we began providing what we coined our “specials,” which include gluten-free, diabetic diets, vegan, vegetarian, and pescatarian food items. We try to provide diapers and wipes, formula and baby food when available.

Each week, families are added by social workers while some families move off the list. Routes are mapped and adjusted. Drivers are assigned to routes. All week, preparations are made by packing nonperishable boxes, specialty boxes, special, produce bags, meat bags and more. On delivery day, we relied on a dedicated crew of volunteers led by our Americorps members. Each route has its own list of 5-8 families; drivers are provided with directions, recipient cell number, and kids and ages. Most routes now have regular drivers that have formed support relationships with the families. These home deliveries continued weekly throughout the pandemic unimpeded and ranged from downtown Morgantown to the edges of the county.

Special bonuses of the deliveries have been allowing for more consistent and regular check-ins with clients. We have helped survivors of domestic violence and helped furnish homes for homeless families and other families needing support, including grandparents who suddenly were responsible for their grandchildren. One grandmother summed it up and told us we brought HOPE.

Hope is the key to life getting better.

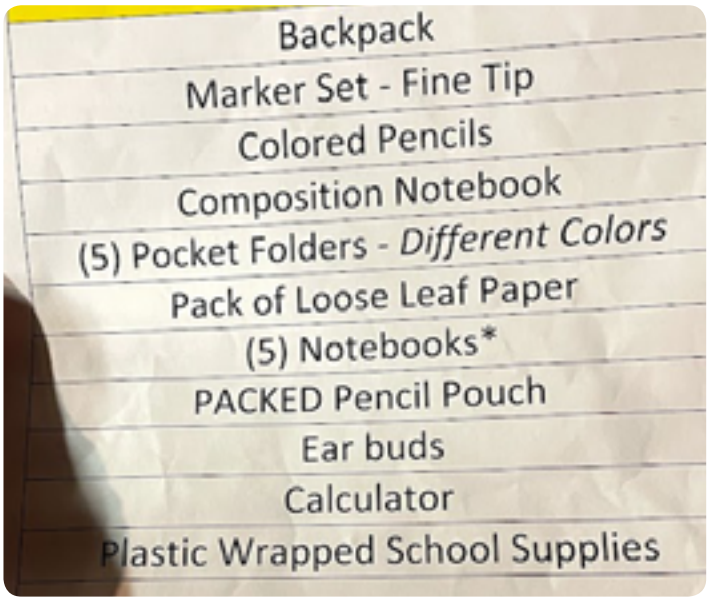
BACK TO SCHOOL BASH - EDUCATION IS THE KEY



While still working within the confines of the COVID-19 pandemic, we remained dedicated to our mission of ensuring all students are prepared for the new school year. WHY? Our why is because education IS the way out of poverty!

Each backpack was pre-packed with age appropriate school supplies such as notebooks, folders, ear buds or headphones, markers, and much more! Similar to our first socially distanced Bash, students were able to look at a wide selection of backpacks and choose their favorite. In addition to backpacks, students received pre-packed hygiene bags with items like toothbrushes, toothpaste, deodorant, and more. We also were able to provide t-shirts, socks, coats, and food. We were excited to welcome the Monongalia County Health Department to provide COVID-19 vaccines and free dental exams. Again, thanks to the help of Natalie Webb and Wendy Bloom, we distributed over 2,000 books!

We are so thankful for our partnerships with The Mountaineer Food Bank, Mon Health, Chestnut Ridge Church, WV Prevention Solutions, and hundreds of volunteers who made it possible for us to serve over 1,500 students with fully stocked backpacks, hygiene bags, produce, and books!





THANKSGIVING MEALS - OUR RECIPE

In 2021, PPM provided Thanksgiving meals to families in our Tuesday/Saturday programs. Our recipe was as follows:

- Over 600 turkeys were purchased from the Mountaineer Food Bank
- 500 homemade pumpkin pies made during a marathon of pie baking by an incredible team at Pugs Homemade Italian restaurant. This grass-roots project, started by Sarah Hoblitzell, Jo Q Nelson, and Ab Douglass, was supported by many volunteers. Many hours were spent gathering, loading and unloading supplies and eggs from generous local farmers
- Canned goods picked up from the United Way of Monongalia and Preston Counties Helpful Harvest program
- Emergency supplies ordered from Price Cutter, including 1,250 more pounds of potatoes
- Hours of organizing with the Monongalia County Outreach Facilitators and Early Childhood Family Service Specialists. Special thanks to Roark Sizemore, Emily Pertl, Amy Golden, and Michele Perozich for ensuring workable lists.
- Countless hours spent mapping out delivery routes and assigning drivers; 2 delivery days planned and scheduled: one with 51 deliveries and the other with 160 deliveries and One Final "LAST CHANCE" day for pick-ups and deliveries
- Distributions organized at our main Westover and satellite sites; Bula Baptist Church; Ridgedale Elementary; Marjorie Gardens
- Specialty meals assigned and prepared or delivered: Halal, Kosher, Vegetarian, Gluten-free, and Diabetic. Kosher meats donated by Rabbi Zalman Hindy Gurevitz.
- 25 assignments to cook entire Thanksgiving meals and deliver those feasts to families without working stoves/ovens and/or transportation
- New friendships made, new partnerships formed, and new awareness discovered

Thanks to our recipe above, 576 families enjoyed a complete Thanksgiving meal with their families.



"We were able to have this beautiful meal. My mother, my sister and her kids, and our neighbors all gathered together to eat this beautiful Thanksgiving meal. The driver from Pantry Plus came and had this big box. Then she went and got 2 more boxes full of all kinds of food and then this huge turkey. And when we looked there were plates, napkins, forks. We just sat down and ate. We even had enough to send people home with food. Everything was delicious and everyone had all the food they wanted. I wish I could thank everyone that made this possible. I can't believe how much you do to help people."

Grateful family with 3 young children and no stove.

"I think about delivering all of this – the turkey, the pumpkin pie, the cranberry sauce, the potatoes, butter, milk, fresh produce. I think I received more from seeing the happy faces and so many heartfelt thank you's at each house than I gave. It was simply my pleasure to deliver food and I plan on doing it any time I'm needed."

Pantry Plus More regular driver

CHRISTMAS FOR FAMILIES - OUR COMMUNITY COMING TOGETHER

In 2021, the pandemic continued to wreak havoc on many community programs, including those helping families at Christmas. With the support of many sponsors (who were the true Santa Clauses of the season), we tripled our numbers from “Pandemic Year 1” to serve 168 families. When we put the call out to our supporters, we had over 90 people willing to “adopt” families. Again this year, our angel and landlord Carol Atkins and her sons Chris and Nick were the first to step up to adopt 10 families. As soon as we knew we would have sponsors, we reached out to school social workers, Early Childhood specialists, principals, and teachers to help identify children and their families and gather wish lists. We asked that each child give us a full Christmas list of their wishes and clothing sizes.

Every supporter (including the Pantry, which stepped in when additional families were identified), fulfilled every single wish for every single child - including several new outfits and shoes. Presents poured in – new bicycles, weight benches, video game systems with games, Paw Patrol toys, and so much more. Parents received a big laundry basket of supplies to address basic needs, including towels, household essentials, detergent, sheets, new pillows, blankets, garbage bags and more.

It was amazing to fill Christmas wishes for kids that would not otherwise have any presents; we knew they were going to be excited with a small pile of wrapped gifts. We served single parents, grandparents, foster families, homeless families, and tried to tailor our gifts to their needs.

As parents received their car load of presents, they were overwhelmed with gratitude and surprise – a few just broke down in disbelief. The Pantry Plus More feels so blessed to live in a community of generosity and compassion.







WITH APPRECIATION

SPECIAL THANKS



As mentioned throughout this annual report, 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 6000+ square feet contains our inventory. It is where we pack emergency food boxes and hygiene kits, run our distributions, and stage our 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.

"I know you don't want me to keep thanking you, but I can't stop. I can't even explain how it feels to see my kids standing there trying to decide what snack to pick instead of telling me how hungry they are all the time."

Recipient family caretaker

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 Facilitator/Specialist mission is to promote and support students' academic and social success. PPM's partnership provides support in every way possible so these professionals can provide for Monongalia County's highest at-risk and 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 adequate nutrition. We are always ready with hygiene supplies including feminine hygiene products, as well as needed clothing. During the Pandemic, at Thanksgiving and Christmas we helped ensure families could celebrate these holidays with all the trimmings.



"There are kids on our route that 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. One little girl was so ecstatic over seeing a bag of apples that I drove back to the pantry when I was finished delivering to snag that family an extra bag, just for her. 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."
School Specialist

PARTNERSHIPS

MOUNTAINEER FOOD BANK - MONTHLY FOOD GIVEAWAYS



Our greatest resource for stretching our money to purchase food is the ability to get help from the Mountaineer Food Bank (MFB), which partners with over 460 feeding programs in 48 counties of West Virginia. Since COVID-19 began, MFB has seen an average of a 20% increase in the needs. MFB doesn't just work to provide any food, it offers nutritious healthy foods including fresh produce and protein sources for agencies to purchase at greatly reduced costs. MFB actively works to engage our state in the fight to end hunger. We are thankful for our relationship with them and applaud the difference they make in lifting all of us.

In partnership with MFB, we hold mobile food giveaways each month providing food to "food deserts" where food accessibility is limited and/or scarce. Fresh, healthy food tends to have a short shelf life. To make sure food gets to our clients quickly and as fresh as possible, food is transported by the MFB to different areas of need across Monongalia County and distributed by the Pantry Plus More team of volunteers. Mobile Pantries can provide a variety of fresh fruits, vegetables, dairy products, and baked goods and are always open to the public.

We continuted our distribution drive-through process instituted during the first year of the Pandemic. Again this year, we ran the Mobiles with Professor Daniel Brewster and his WVU Dental and Medical Brigades students, serving an average of 250-350 families (more than 1,100 individuals) at each one.

Our team adapts quickly and we continued to find new opportunities to help. New to the mobiles was the partnership with Monongalia County Health Department who brought a mobile unit for vaccinations. We are always on the lookout for ways to better serve our local community.

"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. We knew no one would go hungry. We had to exhaust our savings, and we get food at the Mobiles and on Saturdays, but things are starting to look up again. 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 completely on our feet again, we will donate both our time and money. Thank you all." .

LIFEBRIDGE AMERICORPS AT PPM

The mission of Lifebridge AmeriCorps is to bridge gaps and improve the quality of life for West Virginia's most vulnerable populations. This is a Federal program that provides a living stipend and an educational award at the end of service. The program runs from August to August.



James Deng

James Deng was the Pantry Plus More's first AmeriCorps member; he began serving in August, 2020. James successfully applied to medical school and upon completion of his service with PPM entered WVU Medical School Class of 2025. Reflecting on his time with The Pantry Plus More, James said, "I had no idea about the scale of poverty in what is supposedly one of the wealthier areas of 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."

PPM was fortunate to welcome two new AmeriCorps members in August 2021: Janna Nicholas and Zac Porter.



Janna Nicholas

Janna had already been a PPM volunteer before joining AmeriCorps. Her reflections on serving: "I had been a regular volunteer for a couple of years at PPM. So, when I accepted the AmeriCorps position I was familiar with some of our programs already, but I've still had to learn about a few! My Lifebridge AmeriCorps service has taught me to be flexible, you really have to learn to adapt as our programs react to the needs of our clients, the school system, and the social workers. An aspect of my service has been putting together our weekly specials. These are requests that we get from families that range from helping with dietary restrictions - vegetarian, diabetic, gluten free; getting new moms diapers; providing homeless families in hotels with food; putting food together for people without a stove or oven; everyone is different! What I like about this is it's a way to develop a better relationship with our clients."

Janna is also the registration lead for the Saturday Distribution program and the first person to arrive (often before 8 a.m.). She is the first smiling face (underneath the mask) that our families and volunteers see each week. Janna has packed thousands of food boxes and produce bags, unloaded several hundred-thousand pounds of donations and deliveries, and keeps Pantry operations running smoothly throughout the week.

Zac Porter

Zac's account of his time with PPM: "My service as a Lifebridge AmeriCorps member has helped change the direction of my life completely. In the midst of the pandemic I was stranded, working a couple of different jobs while I planned my next move. I applied to the PPM Americorps position, knowing nothing about PPM. The scale at which PPM operates is stunning…my first week I wasn't sure what I had gotten myself into! Yet Christine, Roark, Janna, and the board immediately impressed upon me the urgency of our mission and have been incredibly kind, patient, and instructive in helping me nail down all of the details of our programs. I grew up in an economically depressed area of West Virginia, so I had an intuitive grasp of the link between education, hunger, and poverty, but to be a part of an organization that strives to do something about it and make a difference has been incredibly rewarding and has taught me that people can make a difference."

Zac will be entering a Masters of Fine Arts program, studying Creative Writing. He says, "PPM has deepened my commitment to writing by allowing me to hear endless stories, all of them beautifully human. As an Americorps Member, I help lead anywhere from 5 to 10 volunteers every day. It is a diverse collection of college students, working professionals, and caring community members. The experience has given me repeated practice in communication, patience, and adaptation. It has taught me how to be patient when fielding questions, adapt to different abilities, and learn the right approach for particular people, invaluable skills I know I'll carry forward with me."



VOLUNTEER RECOGNITION



Micky Tinker

We can't say enough about our treasured partnership and friendship with Micky Ticker, Phyllis Vaughn Bruce, and the Wadestown Native American Pantry, which has continued to grow and strengthen almost from the time we began our pantry. We work together to make both of our programs stronger and to make sure we help as many as we can. The Wadestown Pantry not only serves the far western end of the county, a food desert, but recycles for many. It is not unusual for Micky to help unload every pantry's food orders from the Mountaineer Food Bank and to deliver their food if they can't make it. Micky helps with our truck driving and never misses a Mobile Food giveaway. The work we do together goes further and is stronger through our partnership together.



Daniel Brewster

Professor Daniel Brewster teachers in the Department of Sociology and Anthropology. He is the advisor for both the Global Medical and Global Dental Brigades for over a decade. Professor Brewster has partnered with us for 5 years now to run the Mountaineer Mobile Food giveaways all over the county. He brings his students to set up the mobiles and run the distribution line as part of their service learning. Brewster and his Brigades students work alongside us whether it is sleeting, raining or hot out and we are extremely grateful for his leadership, dedication, and compassion.



Nelda Gilmore Kimble

Nelda has been involved in service to our community for a long time. She serves as a liaison amongst all the food pantries in Monongalia County. No one understands how important it is for everyone to work together like Nel. She brings so much gentle wisdom with her wherever she goes. Nelda joined us this past year as a Tuesday delivery driver and has developed a close bond with her families. Whenever possible, she brings her grandchildren, Kinley and Corbin, with her. Nelda provides a support system for her families and for many of us devoting our lives to lifting the community. We are truly blessed to have Nelda on our team.



Christopher Hines

Chris Hines has been truly a lifesaver. Throughout the pandemic, any time we needed him, even on short notice, Chris rushes in to assist us. From driving our box truck to fixing equipment to moving pallets - Chris turned in herculean efforts to make sure our programs were picked up, unloaded, prepared and stocked. It doesn't hurt that he is incredibly strong too! We are extremely grateful for his hard work with us.



Mark Sanders

You can always count on Mark Sanders to be the first to arrive to get the work started. Whether it is moving boxes or cleaning the sidewalk, he gets it done. Mark comes every Tuesday morning to volunteer as a Team Lead for our Delivery Days. Mark is also a regular volunteer for our Mountaineer Food Bank deliveries helping to get everything unloaded which is sometimes up to 20,000 pounds. He is always thoughtful, organized, hard-working, and detail-oriented. To work together with Mark is to be infected with his positivity and kindness. He lifts everyone. We are thankful for his never-ending support.



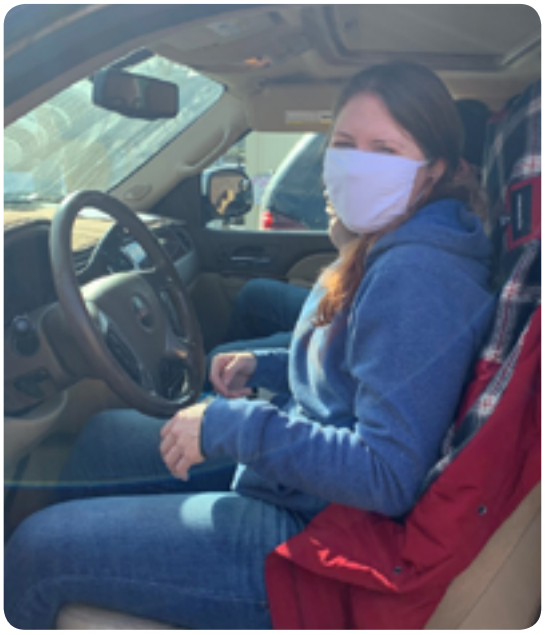
Wes Perdue

Wes Perdue began as a driver for our weekly Tuesday deliveries – willing to take any route we needed. When he saw we were struggling to have enough volunteers to load vehicles, he began coming early to help. Wes is easy to work with no matter what the task. He is great at helping us find solutions. He has fixed shelves for us, reorganized the walk-in, helped with repairs, and leads one of our loading teams. Wes is also a regular volunteer for our Mountaineer Food Bank deliveries! We love working with Wes and are thankful for his ready to work attitude.

SPECIAL RECOGNITION - JULIA HAMILTON

We said good-bye to Julia Hamilton-Cruze in 2021 as she relocated to California. Julia was instrumental in developing a way to reach families who fell through the cracks due to lack of transportation and lack of Internet access, especially during COVID-19. With every school in Monongalia County having an assigned social worker (Outreach Facilitator or Family Service Specialist), it needed someone to coordinate services. 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. Week after week, we worked together planning routes, distribution methods and sites, and drivers.

Thank you Julia and we sure miss you and your guidance!





Nathin and Lekha Hota

Nathin and Lekha Hota joined the Saturday distribution team in 2020 and continued throughout the pandemic until they moved to another state. Nathin and Lekha were usually the first to arrive and would immediately start sorting through the hundreds of pounds of bread and desserts. They figured out a system together that worked seamlessly every time. They both could always be counted on and endured extreme weather conditions with each season. You both will be missed and we wish you the best of luck with your new endeavors!



Samantha and Liz Vitullo

Samantha and Liz Vitullo quickly became regular volunteers on the Saturday distribution team. Samantha's favorite activity was the dessert station - she would organize hundreds of pounds of donated cookies, cakes, pies and hand deliver to each driver, as well as guide the 12 and under volunteers. Liz would lead groups of volunteers and would independently figure out a system to handle mass quantities of produce, meat, pet food, or other items. We are incredibly lucky to have them both as part of our team!



The Braun Family

Melanie and Dave Braun would often bring additional helpers whenever they volunteered at the Pantry. Their children (Dillan, Justin, Sadie, Aaron, and David) would help with various tasks including traffic control, loading heavy boxes as a team, packing food boxes, delivering food to families in need on a weekly basis, or anything that was needed. On many occasions, they would arrive and start setting up for the distribution. It was always wonderful to see the Braun family in action!



Bula Saturday Distribution and Delivery Team

Pantry Plus More is able to serve the western end of Mon County because of the generosity of the folks at Bula Baptist Church in Wana. They share their space which allows us to have a refrigerator and storage for emergency food boxes and they share their time and effort to make the Saturday food distributions happen. They also respond to emergency food needs when notified by Clay Battelle Middle/High School or Mason Dixon Elementary. We would like to thank the following church members who participate in our PPM events: Beth and Randy Stiles, Karen and Danny Church, Deb Carpenter, George Sanders, George Foley and Mike Roupe.

CLOTHING PROGRAM

The clothing project has grown and changed over the last two years in many positive ways. When COVID-19 hit, we reacted to students' needs and started working with the Monongalia County School Outreach Facilitators (OFs) to get new clothing and new shoes in the hands of our most vulnerable students. Our Clothing Committee worked to streamline our program by creating an electronic request form for the OFs to complete based on each client's specific needs. Volunteers work to fill the requests with items donated to or purchased by The Pantry Plus More; those requests are then picked up by the OF and delivered to Monongalia County students. Our mission is to provide students with clothing that will fulfill their basic needs, make them feel good, and help them focus on their education.

The Clothing Committee distributed the following items in 2021:

- 399 pairs of socks
- 378 pairs of pants
- 301 items of underwear
- 288 shirts
- 71 sweatshirts
- 44 pairs of shoes
- 34 shorts
- 18 pajamas
- 15 bras
- 7 coats



PPM HISTORY



Roark Sizemore was a senior in high school when he and his advisor, Tom Bloom, started the Pantry Plus More. 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." 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 together with Tom Bloom's support, Pantry Plus More was created.

PPM NUTRITION INITIATIVE

PPM has a Nutrition and Education Committee with a main mission to develop and provide cookbooks containing nutritious, delicious and mostly kid-friendly recipes using items from our stockroom and perishable items we often receive for weekly food giveaways. We distributed questionnaires about our cookbook; twenty two questionnaires were returned.

- On a scale of 1 (Awful) - 5 (Fantastic), the cookbooks were rated 4.4 overall and their appearance a 4.8.
- Clients checked recipes they would like to make or make again; this helps us see what types of recipes clients like.
- More than 55% of responding clients wanted eggs, chicken and salad dressing; less than 15% wanted black beans, dried fruit or eggplant.
- 50 - 77% of the clients wanted more recipes for all types of food except pasta.
- Can openers were by far the most needed, followed by measuring cups/spoons and microwaves.

Based on the comments about the initial cookbooks, we purchased mini-binders and printed recipes to create 260 cookbooks with 30 recipes and a section on how to prepare spaghetti squash and butternut squash. We also purchased 288 sets of measuring spoons/cups, using grant funds supplemented with some PPM financing. The new cookbooks, measuring cups/spoons, and cutting boards donated by Rob Wolfe were distributed to clients at the April 2021 food giveaways.

Thanks for all that you do. This is a great idea! =).
I think it's wonderful. Great job.



All cookbook recipes are found on the PPM web site, so anyone can access them digitally at any time.

Visit https://www.pantryplusmore.org/recipes/ to learn more.

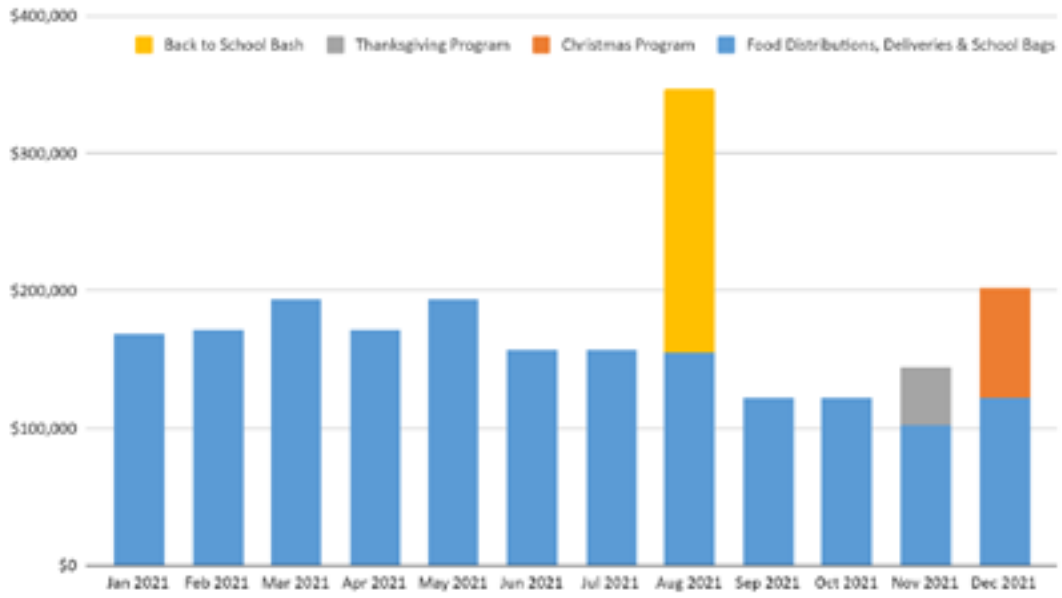
WVU NUTRITION AND EDUCATION INITIATIVE STUDENT VOLUNTEERS

WVU student volunteers continue to play a major role in our Nutrition and Education Initiative. Over the years, groups of Public Health students in Drs. Claydon's and Hamrick's classes, as well as some College of Business & Economics students, have developed recipes and prepared videos showing how to make recipes. Recently we partnered with students in WVU's Culinary and Lifestyle Medicine tract to develop more recipes, as well as nutritional information, and to assemble the new cookbooks. WVU students are an invaluable resource, bringing new ideas and much enthusiasm to the Nutrition and Education Initiative.

FINANCIAL REPORT 2021

GRANT AND DONATION FUNDING CONTINUES

Pantry Plus More relies on donations and grants to fund our programs. Every year, grant applications to local, regional, and national foundations and corporations are submitted with the hopes that these groups will find merit in our programs and provide financial support to enable us to continue our mission of ending child hunger in Monongalia County. With the exception of small operational costs, every dollar from every donation and grant is applied directly to the purchase of food and and other services for our children. We have been extremely fortunate that as our programs grow, the support from our community and others has matched that growth. PPM can maximize those donations to provide greater value to our community. The chart below illustrates the monetary value each program provides to the community.



FOOD DONATIONS FROM RETAILERS

Although it may sound strange to note anything “good” arising from a pandemic, this was the case in 2021 in regards to donations from food retailers.

As food neared its expiration date and the time it would be thrown away, organizations (including national retailers, local farmers, and others) reached out to PPM with the confidence that our organization could immediately move this food into the community to feed hungry children and support pandemic-ravaged families.



PPM was able to purchase a box truck to enable pick-up of these items throughout the county and distribute donations in a timely way.

PANTRY PLUS MORE 2021 DONOR LEVELS

With gratitude and appreciation we recognize Individuals and Organizations who donated in 2021

RED

Contributions of $5,000+

Ann Swisher
Anonymous
Mavis Grant & George Lilley
Mr. & Mrs. Fred Dering, II
William Weiss

GREEN

Contributions of $1,000 - $4,999

Barbara Woodford
Mr. and Mrs. Billy Atkins
Mr. and Mrs. Carey Butler
Claudia Goodwin Morgan
Mr. and Mrs. Darrell Summers
Mr. and Mrs. David Hinkle
Mr. and Mrs. Donald Ferguson
Elias Hishmeh
Emily Kurth
Ernest Friend
Mr. and Mrs. George Harper
Imad Matini
Jack Hammersmith
Joan Gorham
Mr. and Mrs. John Ely
Judith Osha
Leslie Lester
Martha Mullett
Mr. and Mrs. Matt Scott
Matthew Chapell
Nancy Abrams & Stanley Einzig
Nicole Postalwait
Penelope Patton
Philip Shuman
Priscilla Bell
Robert Griffith
Robin Asbury
Roger Barclay
Mr. and Mrs. Russell Kincaid
Mr. and Mrs. William Jackson
Mr. and Mrs. Zachary & Leah Toothman

BLUE

Contributions of $500 - $999

Alan Collins
Allen Poe
Mr. and Mrs. Barry Ryan
Charles Walbridge
Craig Sheldon
Cynthia Lewellen
Mr. and Mrs. David Atkins
Denae Barnett
Erin Griffin & Eric Rankin
Ernest Friend
Mr. and Mrs. Gary Carpenter
Gary Wilfong
Geri Dino
Gretchen Gutta
Imad Matini
James Namsupak
Mr. and Mrs. James Seckel
Jennifer Francis
Jerrica Moldowan
Mr. and Mrs. John McDevit
Mr. and Mrs. John Stolar
Judith Dinsmore
Machiko, Gary & Ademi Tinder
Megan Szczepanski
Mr. and Mrs. Michael & Michelle Klishis
Monroe Reed
Nicole Postalwait
Paul Hewett
Penelope Patton
Randall Levelle
Rebecca Stansbury
Dr. and Mrs. Richard Dattola
Dr. and Mrs. Richard Goldberg
Dr. and Mrs. Richard Turton
Robert Bastress & Barbara Fleischauer
Robert Griffith
Roy Wolfe
Russell Kincaid
Mr. and Mrs. Steven Woodruf
Mr. and Mrs. Thomas Slagel
Mr. and Mrs. Virgil Coulter
Mr. and Mrs. William Pell

Contributions of $100 - $499

Alan Peace
Alexa Harris
Alia Rai
Amanda Blake
Amy Habuda
Amy Hessi
Andrew Furbee
Andrew Kniceley
Andrew Rorabaugh
Andy & Emily Pertl
Angela Boyles
Ann Miller Sally
Ann Stroud
Ashley Campbell
Ashley Dolan
Mr. and Mrs. Ashok Aggarwal
Barbara Brown
Barbara Haddad
Barbara Neal
Bekah Aranda
Mr. and Mrs. Brad Moore
Brandon Hall
Brenda Ward
Brent Bailey & Elizabeth Cohen
Brian Bell
Bruce Spong
Mr. and Mrs. Bruce Summers
C'Anna Brown
Caroline Keicher
Carolyn Ryan
Catherine Tall
Charlene Kelly
Charles DiSalvo
Charmin Lerfald
Chris Yura
Christopher Bush
Christopher Edwards
Christopher Van Dyke
Claire Southerly
Mr. and Mrs. Clifford Sutherland
Colby Acri
Colin Ware
Colleen Murray
Darrell Saunders
Darren Page
Mr. and Mrs. David Bartrug
David Thomas
Deborah Brady-Mahe
Deborah Cole
Dolores John
Edward Moore
Eli Pollard
Elizabeth Claydon
Elizabeth Smith
Ella Grimm
Erika Pallie
Ernest Friend
Mr. and Mrs. Gary Carpenter
GBU Life c/o Mr. Wm. Hunt
Mr. and Mrs. George Harper
George Radabaugh
Geraldine Blakely
Geraldine Dudley
Glenn Adrian
Harry Rubenstein
Helene Headley
Mr. and Mrs. Henry Fooks, Jr.
Ian McAffer
Imad Matini
Ishonte Allar
J. Elise Soto
Jacques Williams
James Eastwood
Jared Logan
Jason Shepherd
Jeannie Zinn
Mr. and Mrs. Jeffrey Gunter
Jennifer Robertson
Jennifer Wagner
Jenny Tennant
Jesika Miller
Jessica Laurel O'Neal
Joanna DiStefano
Joanne Murphy
John Fahey
Mr. and Mrs. Jon Hendershott
Mr. and Mrs. Joseph Bennett
Mr. and Mrs. Joseph Martinelli
Judith Wilkinson
Julie Moore
Kaila Anderson
Kathy Evans
Kathy Nuzum
Mr. and Mrs. Kazunari Koike
Mr. and Mrs. Kelley Riddle
Kim Carr
Kristine Kullman
Kyle Hess
Lena Maynor
Linda Baer
Linda Herbst
Linda Jacknowitz
Linda Marden
Linda Wise
Lorena Wilson
Lori Maynard
Lucas Haley
Mr. and Mrs. Lucas McCulla
Lynn Ostrow
March Walker
Marjorie Wolfe
Mr. and Mrs. Mark Combs
Mark Lisle
Mr. and Mrs. Mark Reasor
Marsh Fletcher
Mr. and Mrs. Martin Sippin
Maryann Kokus
Merle Stolzenberg
Michael Allen
Michael Andrew
Michael Green
Mr. and Mrs. Michael Oliverio II
Mithra Kimyai-Asadi
Monroe Reed
Nancy Gallagher
Patricia Budinsky
Patricia Kisner
Mr. and Mrs. Patrick Martin
Penny Letts
Philip Carlson
Priscilla Bell
Rachel Byrne
Raymond Hagood
Rebecca Dougan
Rebecca Rogers
Mr. and Mrs. Reed Tanner
Mr. and Mrs. Rence Callahan
Mr. and Mrs. Richard Kerr
Rita Mulkeen
Robert Belhschmidt
Robert Henderson
Mr. and Mrs. Robert Hunley
Mr. and Mrs. Robert Lloyd
Mr. and Mrs. Robert Wolfe
Rose Webber
Rosemary Hathaway
Ruby de LaMata
Mr. and Mrs. Russell Lorince
S. Jamal Mustafa
Sandra Poulson
Sara Gainor
Sarah Anderson
Scheryll Richards
Mr. and Mrs. Scott Rotruck
Shari Cui
Sharon Turner
Stephanie Swaim
Steven Runfola
Steven Woodruff
Susan Adams
Tammie Alexander
Tara Scatterday
Tara Whetsel
Teresa Pershing
Terri Cutright
Thomas Rubenstein
Timothy Danser
Mr. and Mrs. Timothy Gerstnecker
Timothy Mashburn
Valerie Monick
Victoria Conner
Dr. and Mrs. Vincent DeLaGarza
W.C. Van Voorhis
Walter Byrd
Dr. and Mrs. Warren Myers
Wesley Metheny
Whitney Wheeler
Mr. and Mrs. Wilfred Ogden
William Lee
Mr. and Mrs. William Sibert
Zachary Patterson

ORGANIZATIONS, FOUNDATIONS, CORPORATIONS

A & J Sewing
Alpha Xi Delta
Anonymous
BCN Telecom
Benevity Fund
Beta Sigma Phi/XI Delta Chapter
Bossco Morgantown, LLC
Chaplin Apostolic Church
Cheat Lake Elementary PTO
Chestnut Ridge Church
City Crane and Equipment
Commercial Land Development
Cornerstone C&MA Church
Cub Scout Pack 64
Davis Home Inspections, LLC
Dotson Charitable Trust
Elks Lodge 411
Ellibell
Empty Bowls
Encova Foundation of WV
Enterprise Holdings Foundation
EQT Foundation
First Christian Church (Disciples of Christ)
First Energy Foundation
GBU Life
George D. Hott Foundation
George W Bowers Family Charitable Trust
Glenmark Holdings
Grafton Rd. Farmer's Market
H.T. Hackney Co.
Hasenpfeffer Farms
Hazel Ruby McQuain Charitable Trust
Herbert, Rowland & Grubic, Inc.
Howard Hanna
ICS Trust Fund
John Mathew Gay Brown Family Foundation
Jordan Miranda Memorial Foundation
Kappa Alpha Psi Fraternity
Kwyjibo Charitable Foundation c/o Community Foundation of Tampa Bay
Leslie L. Alexander Foundation
Longview Power Charitable Foundation
LulaRoe
Lynch Family Foundation
Maxwell Farms
Milan Puskar Foundation
Mon Health System IT Business Applications Dept
Mon Power Harvest 4 Hunger
Monongalia County Bar Association
Monongalia County Commission
Morgantown Accommodations LLC
Morgantown Board of Realtors
Morgantown Church of the Brethren
Morgantown Lodge #264
Mt. Union CEOs
MVB Bank
MVB Community Development
Renaissance Charitable Fund
Service League of Morgantown
St. Paul Lutheran Church
State Bancorp Inc
Teletech
The Foundry Church
Thy Holy Ministries
United Bank
University Motors
USW Local 8-957-WOS
Valley Hills Garden Club
Volunteer West Virginia
Weldon Family Foundation
WesBanco Bank, Inc
Wilson-Martino Dental
Women's Giving Circle
Woodmen of the World
Your Community Foundation

SUSTAINED GIVING
(Those who donated a minimum of four times during the year)

Ann Stroud
Barbara Brown
Barbara Woodford
Bekah Aranda
Ernest Friend
Mr. and Mrs. Gary Carpenter
Mr. and Mrs. James Seckel
Jennifer Robertson
Joanna DiStefano
Mr. and Mrs. Joseph Martinelli
Matthew Chapell
Monroe Reed
Nicole Postalwait
Penelope Patton
Priscilla Bell
Whitney Wheeler
William Lee
William Pell

IN MEMORY OF:

Dr. Roger Barclay in memory of Dr. Shen K. Wang
Mr. & Mrs. James Simpson in memory of Robert Lloyd
Mr. & Mrs. Martin Sippin in memory of Robert Lloyd
Mr. & Mrs. Michael Warforth in memory of Muriel Millstone
Mr. & Mrs. Wilfred Ogden in memory of Robert Lloyd
Nancy Jackson in memory of Robert Lloyd
United Bank in memory of Robert Lloyd

IN HONOR OF:

Brad Moore in honor of Bob & Joyce Moore
Cheat Lake Elementary School PTO in honor of Micah Weglinski
Christopher Vandyke in honor of Ruthellen Phillips
Denise & Warren Myers in honor of Chin Orih & Family
Erin Griffin and Eric Rankin in honor of WVU Behavioral Medicine



PANTRY PLUS MORE 2021 BOARD OF DIRECTORS

Roark Sizemore	President
Micah Weglinski	Vice-President
Elizabeth Kanosky	Secretary
Tammy Miller	Treasurer
Vicki Conner	Grant Writer/In Kind Tracking
Lauren Metheny	Fundraising Chair
Jerrica Moldowan	Fundraising
Heidi Specht	Marketing/Graphics
Michael Miller	Nutrition & Education Co-Chair
Lindsay Weglinski	Inventory Control
Janet Paine	Nutrition & Education Co-Chair
Amanda Bolyard	Back to School Bash Co-Chair
Cathy Cunningham	Nutrition & Education Committee
Krista Mitchell	Clothing, Shoes, Accessories Chair
Tammy Ann Satterelli	Clothing and Retail Donations Committees
Emily Pertl	Emergency Food Distribution Chair/ Warehouse Manager/Inventory Control
Justin Byers	Special Projects

EX-OFFICIO OFFICERS

Tom Bloom	Executive Director
Nickolas Marino	
Sarah Ott	
Natalie Sal	Legal Advisor
Mindy Salango	
Courtney Pyatt	
Christine Wang	Advisor to the Board
James Deng	Americorps Member
Janna Nicholas	Americorps Member/ Saturday Registrar
Zac Porter	Americorps Member

SCHOOL REPRESENTATIVES

Vicki Conner	South Middle & Clay Battelle Middle & High School
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

Samuel Moldowan	PPM Website
Mary Archer Koike	Nutrition & Education Committee
Nelda Kimble	Agency Liaison
Micky Tinker	Recycling