



The Cape Henlopen Food Basket (CHFB) is the local emergency food resource in Rehoboth Beach serving the residents of the Cape Henlopen School District. Visit us at capehenlopenfoodbasket.org.

Emphasizing Healthy Foods

Madison Hines, RDN, LDN, is the Community Nutrition and Health Coordinator for the Food Bank of Delaware. On Friday, November 1, 2019 Cape Henlopen Food Basket (CHFB) board members Jennie Hansen, Susan Schranck and Becky Weaver met with Madison at the CHFB center in Rehoboth Beach. The purpose of the meeting was to discuss the progress of the *“nudge” campaign—ways to “nudge” our clients toward making healthy food choices and to ensure that those healthy choices were available at the CHFB.* Madison had visited the CHFB in September to do some preliminary “nudging”—doing food grouping and putting up display signs to alert clients to nutritional values.



As a result of these efforts, the board made some modifications to food purchasing practices and donation requests. Board member Becky Weaver noted, *“By being more organized in this way, I feel our clients can have a more informed and healthy ‘shopping’ experience.”*

Thank you, Madison!

HOUSEHOLDS IN NEED

During the **Year 2019**, the Cape Henlopen Food Basket served **2,107 households** representing **6,214 individuals**, including almost **2,000 children**. This is on par with **Year 2018** when the Food Basket served **2,160 households** representing **6,313 people**. There is great need in this region and with your help we are meeting *our mission to provide emergency food to needy people within the boundaries of the Cape Henlopen School District.*

VOLUNTEER SUPPORT

The CHFB is fortunate to **have 85 dedicated volunteers** who serve clients, order food, bag groceries, stock shelves, and pick up donations. In 2019, this amounted to **almost 4,500 volunteer hours.**

Thank you, volunteers!

VOLUNTEER PROFILE:**Nancy Steele**

In January 2020, volunteer Nancy Steele completed her tenure as Vice-President of the Cape Henlopen Food Basket (CHF) Board. "It's time for some new blood and new ideas," she said. However, it may be a challenge to come up with as many helpful ideas as Nancy has had for the management of the Cape Henlopen Food Basket. Many of the CHF practices currently in place, such as client record-keeping, volunteer training and board procedures, bear the mark of Nancy's thoughtful expertise.

When Nancy and her husband Rick settled in Rehoboth Beach in 2001, Nancy became a "telecommuter" – continuing her career as an economist with the Federal Reserve in Washington, DC. She retired in 2006 with thirty years of service. A native of Baltimore, Nancy received

her undergraduate degree from Bucknell University and then completed the requirements for an MBA at George Washington University. Nancy's position as Deputy Assistant Secretary of the Federal Open Market Committee for the Federal Reserve required an exactness of thinking and planning which she has applied to her volunteer work. When Nancy was a hospice volunteer in Maryland, she went on the speaking circuit to ensure that community members understood the specifics of this at-the-time new concept. As vice-president of the CHF, Nancy worked to ensure that the processes in place to serve our clients provided good experiences and good resources. "We're meeting people at an important time in their lives," she noted. "We have to listen and respond."

*Nancy will continue to contribute as a CHF volunteer; she enjoys interacting with her fellow volunteers and with the clients. And, since she knows the how and why of all things "food basket," she will be a great source of institutional memory. **Thank you, Nancy,** for your leadership and commitment to the mission of the Cape Henlopen Food Basket.*

Local Businesses Care: The CHF and more importantly our clients enjoy a special relationship with local grocery stores and bakeries. Each week our volunteers pick up and deliver a variety of products from our generous stores. **Giant Food, Rehoboth Beach**, donates \$400-\$500 of meat every week of the year: beef, chicken, pork, cold cuts and other items. Secondly, the **Giant** keeps a basket by the front door for customers to give dry food items. The "basket" is routinely full several times a week—for pickup by volunteers.

The two area **Weis Markets, Old World Breads** and **Surf Bagel** supply bread and pastry items weekly. Total quantity is usually enough to give the 45-60 families who come each week as much as they can use. During the 2019 holiday season, **Safeway, Rehoboth Beach**, ran a program with their customers that resulted in over \$6000 of various grocery items for the Food Basket. This surprise donation helped us through a high demand period. **The Cape Henlopen Food Basket is very grateful for the support. Thank you, local grocers and bakers!**

WANT TO DONATE? Make a tax-deductible donation to our 501 (C) 3 organization, the **Cape Henlopen Food Basket, PO Box 168, 37510 Oyster House Road, Rehoboth Beach, DE 19971**. Or to contribute in-kind, you may drop off food donations directly to the Food Basket. Items needed include: **cereal, condiments, cooking oil, crackers, pork & beans, peanut butter, coffee and tea, sugar or other sweeteners, salt, pepper, spices, pancake mix & syrup, taco shells & sauce, cornbread or muffin mix, salad dressing, snacks (chips, pretzels, etc.), cake mixes, other desserts.**