



The Cape Henlopen Food Basket (CHFB) is the local emergency food resource serving Delaware residents. We are located at 37510 Oyster House Road, Rehoboth Beach, DE 19971. Phone: 302-227-3528 Learn more about our services at capehenlopenfoodbasket.org.

A Blockbuster Year of Support and Giving

Many thanks to all the **individuals, homeowner associations, churches, local businesses, and community organizations** for their generosity during this past year marked by the challenges of the pandemic. With their help, and the work of our volunteers, the **Cape Henlopen Food Basket** provided direct support to local families through these difficult times.

Approximately 220 women attending the local charity event, **Lunch with a Purpose**, donated vanloads of canned goods to the Food Basket. Visit the **Community Support** link on our website for information on other generous donations of food and personal care supplies.

Area **Weis Markets, Giant Food, Safeway**, new addition **Aldi** and local favorite **Surf Bagel** are regular food donors. The **Delaware Community and Schell Family Foundations, the Coastal Corvette Club and local churches, St. Edmond’s, Bethel UMC, and All Saints’** provide generous financial support. Combined, all our donors usually provide enough for the families who come each week to receive as much as they can use. **Thanks to all our local friends and supporters.**

Turkeys and Hams for Holidays

The **Cape Henlopen Food Basket** is unique in that we provide frozen meats, poultry and/or fish routinely in the 2 weeks’ worth of groceries we supply our patrons. This year we were able to surprise our clients with vouchers to Safeway to purchase turkeys for Thanksgiving and hams for the Christmas holiday season. It was heartwarming to see the smiles and hear the grateful comments the vouchers elicited!

Promoting Healthy Eating



This year, as well, with an increased investment in refrigeration, the **Food Basket** greatly expanded its offerings of fresh fruits and vegetables. It was gratifying to watch the enthusiasm of clients selecting these healthy options—from oranges to onions to blueberries and tomatoes, and so on!



VOLUNTEER PROFILE: Tom & LaVonne Wontorek

The Cape Henlopen Food Basket has been fortunate over many years to have the dedicated service of LaVonne and Tom Wontorek. They both recently retired from their CHFB volunteer duties, and their replacements know the level of work they will have to pick up. LaVonne was a Board member, and in recent years she managed the inventory by ordering food, coordinating deliveries from the USDA, and shopping for extra supplies. Tom was our statistics guru— he maintained client information and filed required reports. “I like spreadsheets,” he says. Good thing for us! He recently converted our old paper-based client in-take system to a computerized one, and he helped train our volunteer staff to use it.

These two Midwesterners (LaVonne, Wisconsin and Tom, Indiana) met while completing Air Force training in Texas. From there, they had full and interesting careers in different parts of the country while raising their two sons and a daughter. LaVonne trained as a nurse, and in addition to working in that profession, she volunteered for hospice, main street organizations, cultural societies, and service agencies wherever she happened to live. “I’ve been volunteering my entire life,” she comments. “Support is usually available—people want to help.” Tom spent almost all of his working life in local government. With a Master’s Degree in Public Administration, Tom has been in city management in Tennessee, Connecticut, Wisconsin, and most recently, as City Manager in Lewes, Delaware from 2004 to 2006. Now, they will take time to enjoy themselves. With a son in the theater business, they may have many more trips to New York on their agenda.

Tom and LaVonne live within walking distance of the Cape Henlopen Food Basket, and on any given day, whether they were scheduled for volunteer hours or not, they would walk over and help out. We will miss that. **Thank you, LaVonne and Tom!**

Note: In 2021, **90 dedicated CHFB volunteers** served clients, ordered food, bagged groceries, stocked shelves, and picked up food donations. This amounted to **almost 4,900 volunteer hours!**

WE LOVE OUR VOLUNTEERS!

REFER A FAMILY IN NEED

During **2021**, the Cape Henlopen Food Basket distributed **3,595 food allotments to families and individuals**. If you know a family in need, do not hesitate to refer them to the **Food Basket** for two weeks’ worth of groceries, including fresh fruits, vegetables and meat.

OPEN

Mondays Wednesdays Fridays
10 AM to 2 PM

Donate Online!

In 2020, the CHFB initiated a successful online donation feature through the *Cape Henlopen Food Basket website*. We look forward to its continued success as a convenient way to allow the *Food Basket* to serve greater numbers of hungry families in our region. **Donations to the Food Basket, a 501 C 3 organization, are tax deductible.** To try it out, visit capehenlopenfoodbasket.org.

