



FOOD FOR TODAY & FOOD FOR TOMORROW

WAYS WE CAN HELP!



MOBILE PANTRY

Our trucks go directly into underserved communities to distribute food. Distributions are scheduled and pop up.



SENIOR MEAL BOXES

We distribute free food boxes monthly through the Commodity Supplemental Food Program.



BACKPACK PROGRAM

We distribute weekly meal bags to children through schools, preschools and childcare centers.



HEALTHY PANTRY CENTER

Community members in need can go directly to the Food Bank in Newark or Milford for assistance.



HOME DELIVERY

Partnerships with Amazon enable us to deliver food directly to homes.



WAYS WE EMPOWER THROUGH WORKFORCE AND COMMUNITY DEVELOPMENT



TRAINING PROGRAMS

We train adults for careers in food service and warehousing/logistics.



NUTRITION EDUCATION

We educate neighbors about healthy eating, encourage nutritious food donations and work with food closets.



STAND BY ME

We provide financial coaching to help with budgeting, savings, debt-relief and more.



SNAP APPLICATION ASSISTANCE

We screen Delawareans for SNAP benefits and assist with the application process.



CÓMO OBTENER AYUDA:



DESPENSA MÓVIL

Nuestros camiones van directamente a las comunidades desatendidas para distribuir alimentos. Las distribuciones están programadas y aparecen.



CAJAS DE COMIDA PARA SENIOR

Distribuimos cajas de comida gratuitas mensualmente a través del Programa de Alimentos Complementarios de Productos Básicos.



PROGRAMA MOCHILA

Distribuimos bolsas de comida semanales a niños a través de escuelas, preescolares y guarderías.



CENTRO DE DESPENSA SALUDABLE

Los miembros de la comunidad que lo necesiten pueden ir directamente al Banco de Alimentos en Newark o Milford para recibir ayuda.



ENTREGA A DOMICILIO

Las asociaciones con Amazon y DoorDash nos permiten entregar alimentos directamente a los hogares.



PROGRAMAS DE ENTRENAMIENTO

Capacitamos a adultos para carreras en servicio de alimentos y almacenamiento/ logística.



EDUCACIÓN NUTRICIONAL

Educamos a los vecinos sobre la alimentación saludable, fomentamos las donaciones de alimentos nutritivos



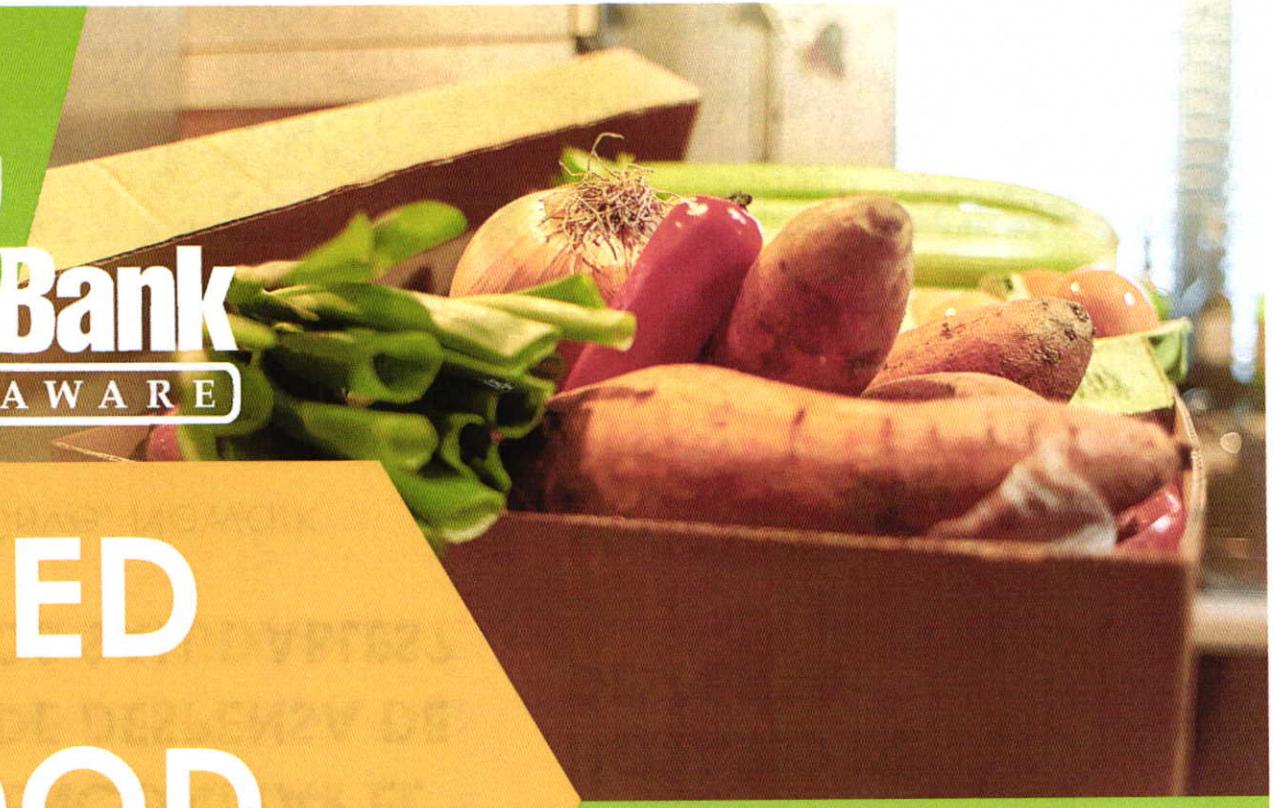
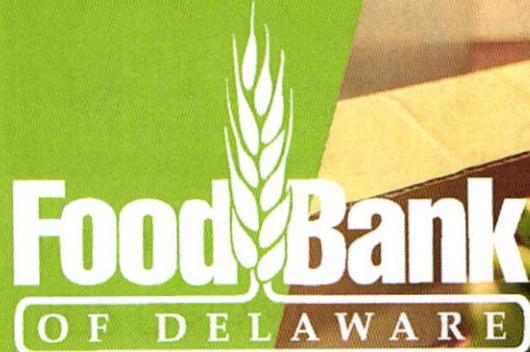
QUÉDATE A MI LADO

Brindamos asesoramiento financiero para ayudarlo con el presupuesto, el ahorro, el alivio de la deuda y más.



ASISTENCIA PARA SOLICITAR SNAP

Evaluamos a los residentes de Delaware para los beneficios de SNAP y les ayudamos con el proceso de solicitud.



**NEED
FOOD
HELP?**

**VISIT THE
HEALTHY
PANTRY CENTER**

**WHERE TO FIND THE HEALTHY
PANTRY CENTER?**

222 Lake Drive, Newark
OR
102 Delaware Veterans Blvd.,
Milford

**TO VIEW OUR
PANTRY HOURS,
VISIT
[WWW.FBD.ORG/
HEALTHY-PANTRY-
CENTER](http://WWW.FBD.ORG/HEALTHY-PANTRY-CENTER)**

**NEED A FOOD PANTRY CLOSER TO HOME?
DIAL 2-1-1 or TEXT Your Zip Code to 898-211**



¿Necesita
comida?

Visite la Despensa
de Alimentos
Saludables

¿DONDE ENCONTRAR EL
CENTRO DE DESPENSA DE
ALIMENTOS SALUDABLES?

222 Lake Drive, Newark

O

102 Delaware Veterans Blvd.
Milford

HORARIO DE
DESPENSA:

www.fbd.org/healthy-pantry-center

¿NECESITA UNA DESPENSA DE ALIMENTOS MÁS CERCA DE SU
CASA? MARQUE 2-1-1 O ENVÍE UN MENSAJE DE TEXTO
CON SU CÓDIGO POSTAL AL 898-211.



HAVE FOOD DELIVERED TO YOUR DOOR

Thanks to a partnership with Amazon, the Food Bank can deliver food straight to your front door! Amazon deliveries are made once a month.



LEARN MORE

JULIE WORD

JWORD@FBD.ORG
(302) 292-1305 EXT 143

www.fbd.org/home-delivery





HAGA QUE LE ENTREGUEN LA COMIDA ENSU PUERTA

Gracias a la asociación con Amazon, el Food Bank de Delaware puede entregar alimentos directo a la puerta de tu casa! Amazonas las entregas están disponibles cada mes.

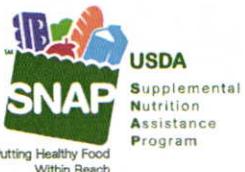


**PARA MÁS
INFORMACIÓN**

JULIE WORD
JWORD@FBD.ORG
(302) 292-1305 EXT 143

www.fbd.org/home-delivery





STRETCH YOUR GROCERY BUDGET WITH SNAP!

We can help you apply for food benefits!

INCOME GUIDELINES

Family Size

Maximum Gross Monthly Income
200% FPL

1	\$2,510
2	\$3,408
3	\$4,304
4	\$5,200
5	\$6,098
6	\$6,994
7	\$7,890
8	\$8,788
Each Additional Member	+\$898

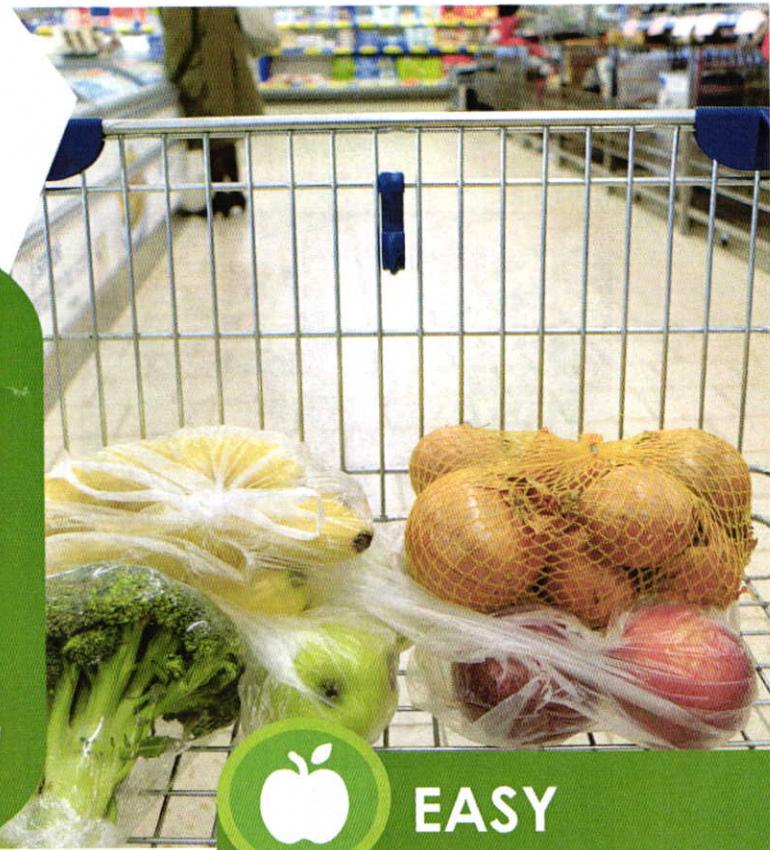


CONTACT:

snapoutreach@fbd.org

www.fbd.org/snap-outreach

This institution is an equal opportunity provider.



EASY

SNAP is easy to use. Benefits are loaded onto a card each month. SNAP is accepted at grocery stores, many farmers market and some online retailers.



CHOICE

SNAP gives you options. You can choose where to shop and what to buy.



HEALTH

SNAP helps keep healthy food on the table so you do not have to choose between things like medicine, rent or food.



SNAP HELPLINE
Call (302) 722-6470



FREE monthly food for Delaware seniors!

If you are over the age of 60 and have a qualifying income, you may be eligible to receive free food through the Food Bank of Delaware!

HOW DOES IT WORK?

1

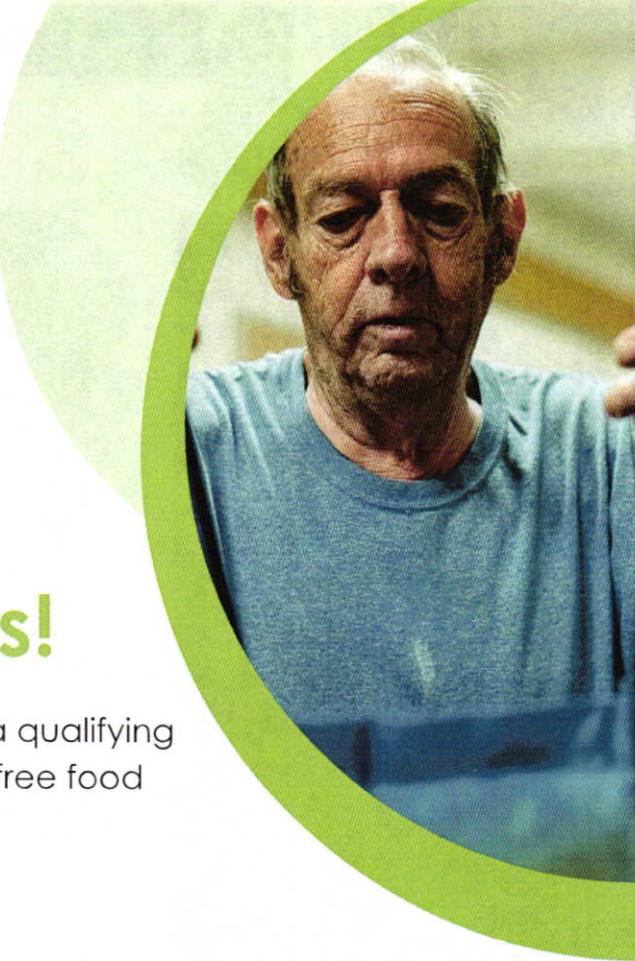
Sign up with the
Food Bank of
Delaware

2

Pick up your box from
a monthly pick-up
site

3

Enjoy shelf-
stable foods
like rice, pasta,
canned fruits,
vegetables and
more



INCOME GUIDELINES

FAMILY SIZE	ANNUAL INCOME
1	\$19,578
2	\$26,572
3	\$33,566
4	\$40,560
5	\$47,554
6	\$54,548
7	\$61,542
8	\$68,536
For each additional family member add:	\$6,994



For more information:

Britton Elwood
belwood@fdb.org
(302) 444-8129

We are an equal opportunity provider

WILL MORE MONEY HELP? INCREASE HOW MUCH MONEY YOU MAKE WITH OUR ECONOMIC MOBILITY PROGRAM!



REDUCE FOOD INSECURITY THROUGH INCREASED EARNINGS

The Food Bank wants to partner with you to help **INCREASE** your monthly earnings through employment services! Our Economic Mobility Program services are designed to help you **BECOME EMPLOYED** or locate **BETTER EMPLOYMENT**!

HOW WE CAN HELP:

CAREER/JOB SEARCH



We can help create a career plan that is focused on you and your needs!

FINANCIAL COACHING



We can help you create a budget, build savings, make a plan to get out of debt and more.

REFERRALS



We can make referrals to programs to help you gain additional skills for employment.

BENEFITS ASSISTANCE



We can help make referrals to state services to maximize your eligible benefits.

Contact: Ray Rojas, call (302) 292-1305 ext 154,
text (302) 722-6477 or email rrojas@fbd.org



FREE CAREER TRAINING



EARN YOUR CERTIFIED LOGISTICS ASSOCIATE AND CERTIFIED LOGISTICS TECHNICIAN CREDENTIALS!



Our FREE 14-week L.O.G.I.C. training program will help you gain the skills needed for a rewarding career in the warehousing/logistics industries! Earn four credentials for career growth opportunities!

- Learn how to use warehouse equipment like an electric pallet jack, stand-up deep reach, sit-down fork lift and more
- Earn Forklift, OSHA-10, Certified Logistics Associate and Certified Logistics Technician certifications
- Free transportation to and from class
Gas cards for student drivers
- Paid work experience at a local employer
- Meals, uniforms and protective equipment provided
- Field trips and industry guest speakers

LEARN MORE & APPLY ONLINE: WWW.FBD.ORG/LOGIC

Equal Opportunity Employer/Program
Auxiliary aids and services are available upon request to individuals with disabilities
Funded by Delaware Workforce Development Board and Department of Labor

Penni Enama (New Castle County)
penama@fbd.org
(302) 292-1305 ext 129

Trudy Pechin (Kent/Sussex)
tpechin@fbd.org
(302) 424-3301 ext 170

EARN SERVSAFE® CERTIFICATION AND LEARN BASIC AND HIGH-END KITCHEN SKILLS!



TRAIN NOW FOR A NEW CAREER



Superstar
in Education
WINNER

Our FREE 14-week culinary training program will help you gain the skills needed for a rewarding career in the food service industry!

Apply today!



HANDS-ON

Learn basic and high-end culinary skills in an industrial kitchen



WORK EXPERIENCE

Receive a two-week PAID work experience at a local employer



SUPPORTIVE

Transportation to and from class, uniform, knife and textbook provided



JOB MATCHING

We will use our industry connections to help you obtain employment

CLASS MEETS AT THE FOOD BANK IN NEWARK AND MILFORD!

Equal Opportunity Employer/Program

Auxiliary aids and services are available upon request to individuals with disabilities

Funded by Delaware Workforce Development Board and Department of Labor

New Castle County:
Briyana Freeman
bfreeman@fbd.org
(302) 292-1305 ext 130

Kent/Sussex Counties:
Ochia Cropper
ocropper@fbd.org
(302) 424-3301 ext 171

[WWW.FBD.ORG/
THE-CULINARY-SCHOOL](http://WWW.FBD.ORG/THE-CULINARY-SCHOOL)

THE KITCHEN SCHOOL - A FREE TRAINING PROGRAM FOR ADULTS WITH DISABILITIES



TRAIN NOW FOR A NEW CAREER

2022



Superstar
in Education
WINNER

The sky is the limit with the Food Bank of Delaware's new 12-week vocational training program, The Kitchen School! Gain the needed training and experience to land a new job in the food service industry!

HANDS-ON



Learn cooking skills, food safety and sanitation in an industrial kitchen.

SUPPORTIVE



Transportation cost assistance, uniform and textbook provided.

JOB COACHING



Students will spend four weeks transitioning to permanent employment through on-site job coaching and individualized job plans.

JOB MATCHING



We will use our industry connections to help students obtain employment.

WWW.FBD.ORG/THEKITCHENSCHOOL

Equal Opportunity Employer/Program

Auxiliary aids and services are available upon request to individuals with disabilities

Funded by Delaware Workforce Development Board and Department of Labor in partnership with the Delaware Restaurant Association

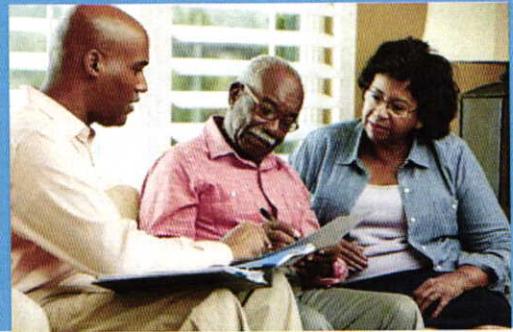
LEARN MORE:

Marie Frazier (Kent/Sussex Counties)
efrazier@fbd.org
(302) 424-3301 ext 149

Bendu Collins (New Castle County)
bcollins@fbd.org
(302) 292-1305 ext 142

TAKE CONTROL OF YOUR FINANCES

Free financial coaching is just a call away!



Stand by Me
is at your side

... in every
stage of your
life!



Powered by the State of Delaware & United Way of Delaware

Free Personal Financial Coaching

Managing your finances can be overwhelming. A personal financial coach can work with you to reach your goals of better credit, savings, money management, taxes, education, homeownership and more.

Budgeting and Credit

We can help you to understand your monthly income and expenses, so that these amounts match up. You and your coach can review your credit report and find ways to improve your credit score. We will help you develop a financial plan that meets your needs.

College and Financial Aid

College can be a reality for you and your loved ones! Get help with financial planning for post-secondary education, financial aid, FASFA, and student loan debt. We can provide you with assistance for all the financial aspects related to post-secondary education.

Financial Products

We work with financial institutions who offer consumer-friendly financial services. We have custom-designed savings, Visa/MasterCard debit cards, and loan products. We can also help you to compare all the offerings of banks and credit unions to get the ones that work best for you.

Public Benefits

You may be eligible for help with childcare, Medicaid, or food stamps. We can help you find out and apply on the spot!

Navigating the System

We work with a variety of community partners and can make referrals for specific services such as debt consolidation, free tax preparation, counseling for home ownership or foreclosure prevention, investments, etc.

No fees! What's the catch?

Our services are free because as we are powered by the State of Delaware and United Way of Delaware, and our mission is to create financial stability for the people of Delaware.

There are no hidden fees or an alternative agenda. We just want to help you gain control of your financial future.

Visit www.standbymede.org
Call Delaware 2-1-1 or 1-800-560-3372



Call your Financial Coach
to Schedule Today!





FBD PROGRAM CONTACTS

MILFORD – KENT & SUSSEX COUNTY

W.I.C. –	Chong Yi	CYi@fbd.org
Benefits Outreach –	Katrina Viddy	kviddy@fbd.org
Community Nutrition –	Alicia Vogel	AVogel@fbd.org
Stand By Me –	Ray Rojas	rrojas@fbd.org
Home Delivery –	Julie Word	jword@fbd.org
The Culinary School Coordinator –	Ochia Cropper	ocropper@fbd.org
Healthy Pantry –	Amanda Foulger	afoulger@fbd.org
L.O.G.I.C. Training Program Recruiter -	Trudy Pechin	tpechin@fbd.org

NEWARK – NEW CASTLE COUNTY

W.I.C. –	Alisha Beckford	ABeckford@fbd.org
Benefits Outreach –	Aubrie Rhoades	ARhoades@fbd.org
Community Nutrition –	Jamie Sherman	JSherman@fbd.org
Stand By Me –	Marilyn Ramirez	MRamirez@fbd.org
Home Delivery –	Denise Hurtado-Valdez	DHurtadoValdez@fbd.org
The Culinary School Coordinator –	Briyana Freeman	bfreeman@fbd.org
Healthy Pantry –	Evan Swirczynski	eswirczynski@fbd.org
Summer Culinary Exploration & The Kitchen School -	Marie Frazier	efrazier@fbd.org
L.O.G.I.C. Training Program Recruiter -	Penni Enama	penama@fbd.org

STATE WIDE

Community Engagement Coordinator –	Melissa Lopez	mlopez@fbd.org
Agency Experience Manager –	Lisa Gibbs	mgibbs@fbd.org
Volunteer Placement Manager –	Aaron Stone	ASTone@fbd.org
Commodity Supplemental Food Program (CSFP) –	Britton Elwood	belwood@fbd.org
Summer Culinary Exploration & The Kitchen School –	Marie Frazier	efrazier@fbd.org