

POWER PACKS POST

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IT'S SUMMERTIME!

We are over halfway through our 2022 Summer Distribution Program! We are currently distributing over 630 Power Packs to families in both Lancaster and Lebanon counties each week. That's around 5,000 pounds of food or two adult cows! The program is continuing through July and into Mid-August. Look for details on our School Year Distribution soon.

Thank you to our volunteers who come in every week to pack boxes, deliver, and spend many hours a week with us. We could not run this distribution without you! Moving into this Fall, we are looking forward to a school-year program with increased participation. If you are interested in volunteering with us, contact jeannie@powerpacksproject.org. Haven't enrolled in the summer program? There's still a few weeks left! Visit our website www.powerpacksproject.org to learn more.



ADDRESS FOR ALL CORRESPONDENCE

Our address is:

1915 Olde Homestead Lane
Suite 102
Lancaster, PA 17601



Thank you

NOTE FROM OUR EXECUTIVE DIRECTOR



I am very much a music aficionado. If you are like me there are some tunes, or maybe just snippets of songs, that stick in your memory. Sometimes it is because you hear it and can't get it out of your head, or maybe a certain time of year or activity triggers your recall. For me, one of those songs that has been pulled from my memory banks recently is Summertime Blues. "Ain't no cure for the summertime blues" is the catchy line of lyrics from the song that is hard to suppress once you hear it.

The song was recorded in 1958 and has been covered by many artists over the years, from the Beach Boys to Alan Jackson. I'm sure when Eddie Cochran penned the lyrics he wasn't thinking of hunger, but in 2022 summertime blues strikes me as the feeling parents have as they struggle to feed their children.

Power Packs started our 8-week summer program June 22 with a distribution of more than 600 packs. That is more than triple the number of packs distributed weekly last summer! We are hearing so many parents speak of the difficulties they are facing with the cost of food increasing dramatically. We also hear from these parents how thankful they are for what they receive from Power Packs each week, especially the fresh produce and fresh milk.

We are only able to provide assistance for these families because of the generosity of our community. We thank you for supporting our mission and investing in your neighbors who are facing hunger. While Power Packs may not be the cure for the summertime blues, we are here to lend a hand to families and give children the nutrition they need and deserve. Thank you!

Brad Peterson, Executive Director

A handwritten signature in black ink, appearing to read "Brad Peterson". The signature is stylized and cursive.

MEET REBEKAH: NEW EMPLOYEE SPOTLIGHT



Rebekah is our new Lebanon Region Program Coordinator!

Tell us a little bit about yourself.

I'm a Lancaster County transplant hailing from the state of Massachusetts. I moved to PA at the start of 2018 with my boyfriend, who was born and raised in Lancaster. We met in MA at a restaurant we both worked at all the way back in 2007- the rest is history! I've always had a personal passion for food, and that passion expanded to food and farm-related work when I was completing my undergraduate and graduate degrees while living in Greater Boston.

What were you doing before Power Packs?

Prior to moving to PA, I served as the Education Director at Wright-Locke Farm, a non-profit farm in suburban Greater Boston featuring small scale organic food production, and educational programs. Over the past 4 years in Lancaster, I worked in a variety of roles at Lancaster Farm Fresh Cooperative, an organic farmers' cooperative. Most recently at the Co-op, I managed its large-scale year-round CSA programs, which feature over 140 distribution sites throughout the mid-Atlantic region, from NYC to DC!

What made you choose Power Packs for a career?

Power Packs mission and programs are very near and dear to my heart. I have a Master of Science in Food Policy and Applied Nutrition with a specialization in operation, and management, so this role and organization feels like the perfect fit!

What excites you most about your new position?

I'm excited to refocus my professional career towards improving and expanding local food access programs. It's critical that communities develop different ways to help families, especially those with school-aged children, obtain supplemental foods they need to live productive and fulfilling lives. Power Packs is one of several local programs that does just that.

What do you like to do in your spare time?

I'm a low-key homebody if there ever was one! I love gardening and doing yardwork, including mowing Amish-style with a reel mower, shopping for seasonal foods at local farm stands, and cooking. I also enjoy the occasional night out with my boyfriend, whether going out to eat and/or catching some live music.

MEET KATIE: INTERN SPOTLIGHT

Katie is our new Summer Intern!



Tell us a little bit about yourself.

I am a rising Junior at Franklin and Marshall College, majoring in Government and Creative Writing! I lived in a tiny borough in rural North Central Pennsylvania for all of my life until about four months ago when my family relocated to Bethlehem, PA. I've enjoyed exploring both the Lehigh Valley and Lancaster. I'm trying to squeeze in everything I can before the semester starts back up again.

What were you doing before Power Packs?

Last summer, I worked at my local United Way in the Greater Susquehanna Valley as their Marketing and Development intern. I updated and overhauled websites, analyzed engagement on social media platforms, and created content for test trials and events. I interviewed community members that spoke to the five goals of the organization and designed testimonials and press releases as well!

What made you choose Power Packs for an internship?

I applied to participate in an 8-week Public Service Summer Institute through F&M's Ware Institute for Civic Engagement, where a cohort of fifteen juniors and seniors are paired with a non-profit that suits their interests. Power Packs immediately seemed like a great option for me! Having been raised in a rural town in PA, I have experienced food insecurity firsthand through volunteering at my hometown pantry.

What excites you most about your summer here?

I'm excited to interact with the volunteers, participants, and really anyone involved in keeping Power Packs up and running. As I've already seen, there is a lot to do around here, and every person makes a significant impact. I've enjoyed crafting volunteer spotlights and learning about the rich and diverse Power Packs community.

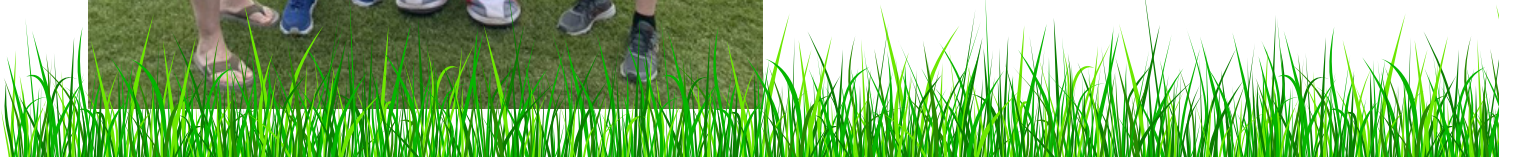
What do you like to do in your spare time?

I run a blog on Instagram which has become my new favorite activity! It's a coffee blog; so it entails many photos of me and friends getting caffeinated drinks and baked goods around Lancaster. I hope to have a website up soon!

BARNSTORMERS EVENT SMASHING SUCCESS

A big thank you to our Power Packs families and volunteers for joining us at our first annual Barnstormers night out! On June 10th, we celebrated the beginning of summer and enjoyed delicious BBQ while watching a Barnstormers game. Thanks to our sponsors, M&T Bank and Blakinger Thomas Law Firm, we were able to host over 500 Power Packs family members and volunteers!

Volunteers Kitty Logan and Karen Weaver, pictured right, have been volunteering with Power Packs Lebanon for over 7 years and were excited to attend the game. Both ladies hope this event will happen again next year and expressed their gratitude to Power Packs staff and sponsors for making it possible. Around the corner sat Cory Waite and her family, current participants in the program (pictured above). Waite said "I think this program has had a positive impact on my family. The recipe cards are our favorite, they're fun and easy!"



Arelis Rodriguez and her family, participants for three years, agreed as well on the importance of the program in the Lancaster community. Rebecca Ortiz added, "Our family appreciates the program and your effort toward giving goods that haven't expired." We are looking forward to meeting more PPP families and volunteers at future community events!

Arelis Rodriguez & family (pictured right)



Rebecca Ortiz & family (pictured left)



THANK YOU, SPONSORS!

M&T Bank

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Thank you to the Sponsors of our 2022 Barnstormers Event! Without you, we wouldn't have been able to celebrate the start of summer with our Power Packs families and our awesome volunteers!

We so appreciate you!



OPEN STREETS

Back in Mid-June, we attended our first Open Streets on Water Street in Lancaster. It was the 7th annual event through the Lancaster Recreation Commission. We enjoyed speaking to volunteers and participants alike and engaging with our community. We played corn hole with our families, and passed out snacks to the kids over lunchtime. The fun didn't stop there! Each family received a drawing and activity booklet to take home.



In between chatting about enrollment and our summer program, we tried dishes from local food trucks and spoke with other groups working to enact change in our community. Our friends at the School District of Lancaster were just a few blocks down also enjoying the festivities and music. After seven years, we are happy to have participated in such a significant event. From building relationships, and learning more about local resources, to explaining our own mission at Power Packs, we couldn't have asked for a better weekend. See you next year!

Power Packs Volunteers - we want to celebrate you!

If you'd like to, please email Jeannie Jeannie@powerpacksproject.org and opt in to be spotlighted in upcoming newsletters when it is your birthday! Don't worry, only months and days will be printed! We'd love to spotlight our volunteers and celebrate your birthdays!

Only those who opt-in will be featured, so it's up to you!

VOLUNTEER BIRTHDAYS



Thank you for reading! Find more pictures on our social media pages and look for our next edition in the next Quarter!