



2008 Northern Virginia Hunger Summit

"FINDING HOPE IN THE MIDST OF CRISIS"



FRIDAY, SEPTEMBER 26, 2008
COLUMBIA BAPTIST CHURCH
103 WEST COLUMBIA STREET
FALLS CHURCH, VIRGINIA 22046



EMERGENCIES, DISASTERS, AND THE ROLE OF FOOD PANTRIES

*J. Lewis Saylor
Community Disaster Education Team
American Red Cross*

Is your food pantry prepared for an internal emergency (fire, blackout, etc.) or to function during a major disaster (flood, terrorist attack, etc.)? Will your volunteers, staff, and food suppliers know how to respond? This workshop will help your organization assemble the elements of an emergency and disaster preparedness plan so that you can answer “yes” to both of the above questions.



FACE HUNGER: THE TRUE FACE OF HUNGER

*Reuben Gist
Director of Advocacy & Community Outreach
Capital Area Food Bank*

This workshop will look beyond the stereotypes to uncover the “true” face of hunger. We will discuss the realities of poverty and hunger in the metropolitan area as well as the place of emergency food providers in this reality. There will also be an introduction to the Face Hunger™ program.



FIND & APPLY GRANTS

*Michael Pellegrino
Grants.gov Program Management Office*
Grants.gov is your source to FIND and APPLY for federal government grants. The U.S. Department of Health and Human Services is proud to

be the managing partner for Grants.gov, an initiative that is having an unparalleled impact on the grant community. The Grants.gov session will cover how to find and apply for federal grants. The session will walk you through the various options to search for grants. The next step in the process is to apply. This session will discuss the key components of the Apply process.



CONOZCA EL BANCO DE ALIMENTOS (MEET THE FOOD BANK—SPANISH)

*Roberto Melara, Northern Virginia Agency
Relations Manager*

*Kendra Rowe, Director of Children & Nutrition Programs
Becky Handforth, Operation Frontline
Kristin Boehne, Agency Relations Manager
Capital Area Food Bank*
¿Sabía usted que el Capital Area Food Bank ofrece clases de cocina y nutrición a padres y niños de escasos recursos? ¿O que ofrece programas que van desde cursos y talleres completamente gratis hasta tours a fincas libres de químicos? El Banco de Alimentos provee una gran cantidad de servicios que pueden ayudarle a fortalecer y expandir su programa de alimentos a la vez que le permitirá atraer más clientes. Asista a esta sesión para que aprenda cómo puede obtener más de su membresía en el Banco de Alimentos.



3 R'S OF VOLUNTEER MANAGEMENT + VOLUNTEER FAIRFAX 411

*Sara Chapman - Agency Relations and
Alternative Community Service Coordinator,
Volunteer Fairfax*

Would you like to learn how to better recruit, recognize and retain your volunteers? Volunteer Fairfax, a local volunteer center, is ready to help. Come learn about the basics of volunteer management, as well as how Volunteer Fairfax can help your organization find and use volunteers.



KEY INGREDIENT COOKING

*Jodi Balis, RD
Director of Nutrition Education Programs
Capital Area Food Bank*

Trim down your grocery list and your grocery bill by learning how to incorporate basic ingredients into many meals throughout the week. In this workshop you will: Identify spending leaks in your grocery budget, Develop strategies to stretch ingredients that are used up quickly or are expensive, Develop strategies to use up non-perishable foods that often remain unused and Develop menus using the “key ingredient cooking” method. A food demonstration and tasting will also be provided.



LA INFLUENCIA DE LOS COLORES EN LA SALUD

Ana Morán

Frutas y Vegetales, dos palabras muy importantes para una buena salud. ¿Pero qué tienen que ver los colores? Participe en este taller y aprenderá la importancia de los colores en las frutas y los vegetales. Conozca sus beneficios y como le pueden ayudar a curar y a prevenir enfermedades.



THE ART OF ADVOCACY

*John Horejsi, Founder and Coordinator of SALT
(Social Action Linking Together)*

Learn how to get involved in the work of public policy advocacy. This workshop will stimulate discussion and motivate participants to develop strategies for taking action in the arena of public policy. Learn how you can take part in some of SALT’s latest campaigns to secure rental assistance for the homeless and for families on public assistance seeking to become self sufficient.



CLIENT CHOICE

*Alice Howard, Nehemiah Food Pantry
Ruth Wade, Mt. Vernon Food Pantry*

Come learn about Client Choice, the innovative approach to running a maximum efficiency food pantry designed by food bank luminary John Arnold. According to Arnold, Client Choice can double the capacity of your pantry while greatly increasing client satisfaction. This workshop will feature a panel of pantries that employ client choice in their feeding programs and can provide insight into how your pantry can benefit from this innovative method of food distribution!



WRITING AN EFFECTIVE BUSINESS PLAN

Enrique C. Brito, SCORE

Starting and operating a non-profit organization requires a clear written plan that will guide not only the implementation of your solution to a community need, but also the search for funders and clients. This workshop is designed to provide you with an overview of the different elements that comprise a business plan for non-profit organizations. You can then guide your team, partners, community leaders and potential sources of funds about ways to develop your idea and the path your organization will follow in the immediate future.

AGENDA

8:15 am — 8:45 am
Registration and Refreshments

Noon – 1:00 pm
Lunch

8:45 am – 9:10 am
Welcome & Invocation
Sheri L. H. Link
Board Member
Capital Area Food Bank

Introduction of Keynote Speaker
Lynn Brantley
President and CEO
Capital Area Food Bank

Keynote Speaker

State of the Food Bank Address
Lynn Brantley
President and CEO
Capital Area Food Bank

Door Prize Giveaway

1:15 pm - 2:30 pm

9:15 am – 10:30 am
Workshop Session I

Town Hall Meeting with
Congressman Frank Wolf

10:45 am – Noon
Workshop Session II

Grand Prize Drawing

DOOR PRIZES*

19 INCH FLAT SCREEN TELEVISION
GPS CAR NAVIGATION SYSTEM
AIR MATTRESSES (2)
LARGE CAPACITY CROCKPOT
ZERO RESTRICTION WINDSHIRTS (11)
TOASTMASTER ELECTRIC TEAKETTLE
**you must be present to win.*

**At the conclusion of the
town hall meeting, a drawing for a
19 inch flat screen TV
will be held. You
must be present dur-
ing the town hall
session to win!**



TOWN HALL MEETING



You are invited to meet with Congressman Frank Wolfe in a town hall meeting. Traditionally, a town meeting is a time when community members come together to legislate policy and budgets for their area. However, our town hall meeting with Congressman Wolfe will be an informal meeting to discuss issues around hunger, ask questions and gain from the wealth of knowledge that Congressman Wolfe has accumulated in his 14 terms in Congress.

2008 NORTHERN VIRGINIA HUNGER SUMMIT

Please fax or send registration form to the attention of:
HUNGER SUMMIT REGISTRATION COORDINATOR

645 Taylor Street Northeast
Washington DC 20017-2063

202.526.5344 x. 237 Fax: 202.529.1767

REGISTRATION DEADLINE IS Tuesday, September 22, 2008

Register online: www.CapitalAreaFoodBank.org

Member Agencies!

A coupon for 75 lbs of reclaimed product will be issued to the first 100 member agency representatives to arrive!

Name: _____

Phone: _____

Fax: _____ Email _____

Agency: _____

Address: _____

City, State, Zip _____

(Confirmation letters will be sent to the fax number or email address you provide)

Session I Workshops (please check only one)

- Emergencies, Disasters, and the Role of Food Pantries Face Hunger: The True Face of Hunger
 Find & Apply Grants Volunteer Fairfax
 ¡Nuevo! — Conozca al Banco de Alimentos (Meet the Food Bank—Spanish)

Session II Workshops (please check one)

- Client Choice Key Ingredient Cooking The Art of Advocacy Writing an Effective Business Plan
 ¡Nuevo! La Influencia de los Colores en la Salud (Spanish)

Meal Selection (Check one) ___ Tuna ___ Chicken ___ Ham ___ Vegetarian

This is a free conference. However registration is required in order to make proper preparations for you.

About Congressman Wolfe



Congressman Wolf, the most senior of the 11 members of the House of Representatives from Virginia, is serving in his 14th term in Congress. He represents the 10th District of Virginia, which stretches from McLean to Winchester.

Congressman Wolf sits on the powerful House Appropriations Committee, where he is the senior Republican on the State and Foreign Operations subcommittee. He also serves on the Transportation and Housing and Urban Development subcommittee.

Congressman Wolf was born in 1939 in Philadelphia, Pennsylvania. He received his B.A. degree from Penn State University in 1961 and his law degree from Georgetown University in 1965. He lives in Vienna with his wife, Carolyn. They have five adult children and 13 grandchildren.

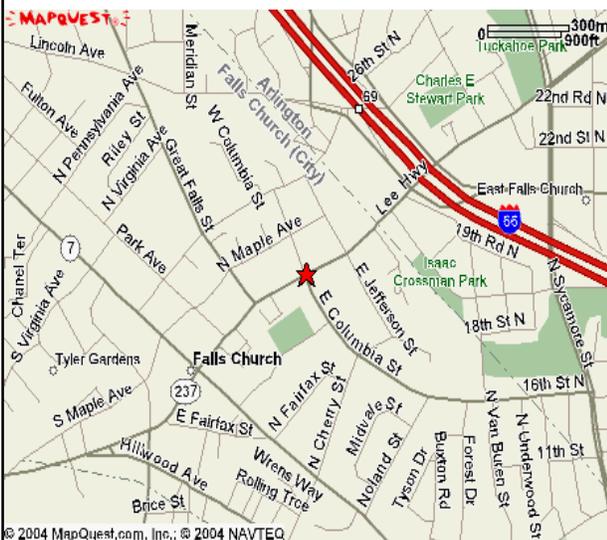
About the Summit Site



Columbia Baptist Church was founded in 1858 by a group of seven men and women, and the first building for worship services was located on Broad Street and referred to as "the old box church." This first building was used as a hospital for soldiers during the Civil War; by the turn of the century, the church listed more than 100 members. In 1910, a new building was dedicated on the site of the current Hodge Chapel. The buildings and additions at the current site have grown as the church community has grown, as can be seen in the new brick sanctuary (1956), additional education space (added in 1956 and again in 1963), as well as the Children's Building (1987).

Columbia Baptist Church cooperates with the Baptist World Alliance (whose offices are located across the street from CBC), the Southern Baptist Convention, the Virginia Baptist General Association, and Northstar Church Network. In the past 30 years, the CBC has begun numerous ministries, including a retreat center, child development center, ESL classes, a partnership with Central Baptist Church in Moscow, the Columbia Center for Missions, the John Leland center for Theological Studies, and worship services in Russian, Vietnamese, Korean and Spanish. The current pastor is Dr. James E. Baucom, Jr., who has been with the congregation since 2003.

Map & Directions



Columbia Baptist Church
103 W. Columbia Street
Falls Church, Virginia 22046
703-534-5700
columbiabaptist.org

Located on the corner of Lee Highway (Rt. 29) and W. Columbia Street **Directions:**

From Washington, DC and Arlington area: I-66 West to Sycamore Street. Exit right on Sycamore, proceed to 2nd traffic light; turn left on Rt. 29 South (Lee Hwy/Washington Street). Proceed on Rt. 29 South approximately 6 blocks to church on right at W. Columbia Street.

From I-495 (the "Beltway"): Take exit 49B onto I-66 East (toward Washington). Exit I-66 at Rt. 29 South (Lee Hwy/Washington Street); immediately move to right lane. Turn right onto Rt. 29 South (Lee Hwy/Washington Street) at traffic signal. Proceed approximately 3 blocks to church on right at W. Columbia Street.