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Lifelong Love of Gardening

YOU CAN GROW YOUR OWN FOOD, TOO

Nadine Ford has a long and significant history with Friendship Trays, going back to her days serving as an environmental health specialist with Mecklenburg County. She loved our pristine and efficiently operating kitchen on Distribution Street! As an avid gardener, she was an invaluable adviser in developing our Friendship Gardens program.

Today she is on our board of directors, serving as board president for two years. Thank you, Nadine, for your service to the community. And thank you for sharing Friendship Trays' passion to increase healthy food access to ALL people in our community. ■

Nadine runs two community gardens that not only nourish her neighbors, but shows them they can grow their own food, too. Nadine has given produce to her neighbors and mentored young people, including pregnant teens, on the importance of nutrition. She sees her mission of getting healthy foods into the hands of her neighbors as something bigger. "If you don't get food in your body, then you're going to get sick, which means you'll miss work, which means you won't get a paycheck, which means you can't move up the economic ladder," she says.

You can read more about Nadine in *Real Simple Magazine*. ■

From the start, Ford knew she wanted to give away the bounty. Ford partners with Friendship Trays, a local agency that delivers meals to seniors and people with disabilities.

E. NADINE FORD
Board of Directors
Friendship Trays, Charlotte's Meals on Wheels

Friendship Facts

Friendship Trays is 100% supported by donations and community investments.

- An estimated 89% of those we serve receive subsidized meals.
- \$1,846 will provide the subsidy so that one person can receive meals each weekday for one year.
- It takes 120 faithful volunteers each weekday to prepare the trays and deliver the meals.



Our organization runs on:

- the service and dedication of 1,300 volunteers,
- a small but extremely talented staff,
- the harvests from Friendship Gardens and its expansive network of gardens and an urban farm,
- and—most importantly—the financial support of our community.

Since the program is neither a government entity nor a United Way agency, **Friendship Trays depends on individual, foundation, faith, and corporate support** to balance its \$2 million budget. It keeps costs low by coordinating more than 100 volunteers daily to package meals and deliver routes. ■



Our **Urban Farm at Garinger High School** is alive with activity. Farm Manager and Program Director **Thomas Elijah** is busy harvesting and planning for the fall garden.

Over 11,000 pounds of produce were grown in the network of community gardens and at Garinger in 2018 and then donated to Friendship Trays. Friendship

Trays' kitchen staff incorporates the fresh produce into our meals.

Volunteer opportunities at Garinger are plentiful at this time of year too! Visit friendship-gardens.org to sign up. ■



Subaru South Blvd Delivers Subaru Of America, Inc. Donation to Friendship Trays

Subaru of America, Inc. ("SOA") and Subaru South Blvd presented a check for \$32,820 to Friendship Trays as a local beneficiary in the **2018 Subaru Share the Love Event**. This donation brings Friendship Trays' total to \$58,128 over the last two years of the program.

From November 2018 to January 2019, customers who purchased or leased a new Subaru vehicle could select from a list of charities to receive a donation of \$250 from SOA. For 2018, SOA selected the four national charities: ASPCA®, Make-A-Wish®, Meals On Wheels America® and National Park Foundation. Subaru retailers could also elect to add a local charity and Subaru South Blvd selected Friendship Trays as its hometown charity.

The check for \$32,820 was presented to Executive Director, Lucy Bush Carter by Eric Swanson, District Sales Manager, Subaru of America, Bill Musgrave, Wanda Musgrave and Gary Porter, of Subaru South Blvd. ■

From the Executive Director

HELP US TURN BELIEF INTO ACTION

Friendship Trays works hard to help hundreds of individuals and families daily by meeting the basic need of nutritious and health responsive meals. We aim to feed and nurture our community each and every day.

We are in our fifth decade of serving individuals in our community who are unable, because of age or infirmity, to obtain or prepare their own meals. We provide a nutritious meal and personal contact. According to data from Meals on Wheels of America, the cost of providing a senior Meals on Wheels for one year is roughly the same cost as one day in a hospital. Our program provides individuals in our community a diet-specific, home delivered meal regardless of their ability to pay. Your financial support enables us to feed more people who need healthy meals to remain at home. We appreciate your help. ■

A handwritten signature in cursive script that reads "Lucy".

LUCY BUSH CARTER
Executive Director

Experience the joy of providing food, friendship and compassion for your Charlotte neighbors. **GIVE TODAY**.

Meet Martha, Annie, "Moon" and Otis

"THEY ARE COMMITTED TO THE MISSION"

by Elizabeth Leland

Like other well-run organizations, Friendship Trays depends on dedicated staff members who work quietly behind the scenes to keep everything running smoothly.

Meet Martha, Annie, "Moon" and Otis.

"I am insignificant compared to what those guys do," said Executive Director Lucy Bush. "They are committed to the mission and understand each other's styles and way of thinking. They know what to do to keep us on track and moving forward."

Of the four, Frandetta "Moon" Barnes has worked for Friendship Trays the longest —20 years. She's director of operations, responsible for managing the routes. When she took the job in 1999, she was a single mother with four young children. Some days, when she didn't have child care, the littlest ones slept on a pallet beneath her desk. Other days, she took all four on deliveries so they could learn about "giving back."

Otis Hemphill wears "the most hats" in the group at Friendship Trays. His official title after 18 years is facilities/utility manager and delivery driver. "But if there's something you need," Bush said, "then Otis is your guy." He picks up donated food from Trader Joe's. He repairs machinery. He makes deliveries.

"I just jump in," he said, "when something needs to be done."

Annie Cotten, intake coordinator, has worked for Friendship Trays 13 years and has a mind for details. "So in addition to doing the interviews on the phone with new clients, she also manages the changes in the day care meal delivery numbers," Lucy said. "If Lakewood Preschool calls and says they're going on a field trip Friday and need 40 bag lunches, then Annie goes into the kitchen and keeps the board up to date. On Friday, Otis would deliver the bag lunches."

Annie also does Moon's job if Moon is away.

Rounding out the team is Martha Cochrane, who has been volunteer manager and grant writer for nearly 10 years. The key to how well these four work together, Martha said, is communication. On a busy morning, you'll find them going back and forth to each other, letting everyone know about any issues.

"If I find someone is running late, I'll tell Annie," Martha said. "Or sometimes she asks me. We all work well as a team."



From L to R; Otis, Martha, Annie and Moon

Though each person has distinct responsibilities, they're cross-trained to help if needed. Lani Lawrence, assistant director & kitchen volunteer coordinator, came up with that idea.

"So Moon does Annie's job when she is away and Otis's job when he is out," Bush said. "When Otis is out, Annie has to cover for Moon so Moon can 'be Otis'!"

If you're confused, they aren't.

"It sounds kind of crazy and I don't know how we do it but we just do it," Moon said. "We just make it happen. Like today, I'm doing Annie's intakes. And yesterday, I was Annie and did breakfast deliveries to Lakewood for Otis."

There's another reason why they work together so seamlessly: They all said they believe in the mission. They're dedicated to making it work. ■

To volunteer for a delivery route, please contact Martha Cochrane at 704.333.9229 or email her at mcochrane@friendshiptrays.org.



Charlotte Hornets Foundation Donates \$20,000 to Friendship Trays

The Charlotte Hornets Foundation donated \$20,000 to Friendship Trays as part of its Hunger Grant. The surprise donation was made while a group of more than 20 Hornets employees volunteered with the organization.

"Friendship Trays plays a vital role in our community and we are pleased to have this opportunity to offer them our support," said Hornets President & Vice Chairman Fred Whitfield. "Hunger is an important issue facing so many of our neighbors, and Friendship Trays does tremendous work ensuring that home-bound individuals get healthy meals and see smiling faces." ■

Food Lion Feeds is the presenting partner of the hunger pillar of the Charlotte Hornets Foundation.

Pass It On

Not interested in our organization? Then just drop this off at your local church, coffee shop or gym. This newsletter might reach someone who needs our services or knows someone who does.

Not ready to give right now? That's just fine. We just want to keep you in the loop about our latest endeavors. Perhaps you'd like to share our news with others? Please pass me on!

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Bringing Produce to the People

IN PARTNERSHIP WITH FRIENDSHIP TRAYS



The Bulb has partnered with Friendship Trays' staff and manages the Mobile Market at the Charlotte Transit Center.

For more information, please visit thebulb.org to see how you can help, or find out where you can obtain fresh local produce.

Great Golf. Great Cause.

25TH ANNUAL "DRIVING AWAY HUNGER" TOURNAMENT



The 25th Annual "Driving Away Hunger" Golf Tournament was held Monday, May 6th at the Golf Club at Ballantyne with great success. Golfers who played this tournament enjoyed the beautiful course knowing their donations will feed their neighbors throughout the year. Each weekday our volunteers deliver a friendly greeting and a nutritious meal to more than 700 neighbors who are no longer able to prepare their meals due to age or infirmity. Many of them would be forced into far more costly assisted-living facilities if not for these meal deliveries.

We are so thankful for all who played, and all who volunteered. It was a beautiful and very productive Monday for Friendship Trays! ■

