



# WEST SIDE

## CAMPAIGN AGAINST HUNGER

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## NYP FOOD FARMACIA

West Side Campaign Against Hunger is proud to announce our newest initiative - the launch of the Mobile Food FARMacia. We are working in partnership with New York Presbyterian Hospital (NYP) and their Choosing Healthy and Active Lifestyles for Kids (CHALK) program to serve food insecure families with children under the age of 5 of the hospital's Washington Heights Family Health Center. Participating families will receive a three-day supply of healthy food for every household member (up to five people) and will have access to SNAP enrollment services, nutrition and culinary

workshops, meal preparation demonstrations, and information about WIC and other resources. Executive Director, Gregory Silverman said, "We are thrilled to partner with New York Presbyterian and its CHALK obesity prevention program, a collaboration with Columbia University Medical Center. The Mobile Market allows us to provide access to healthy food and supportive services in communities that need it most. We look forward to expanding our engagement with the NYC community of northern Manhattan with the Mobile Food FARMacia."

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## CULINARY PATHWAYS SPOTLIGHT



Recent Culinary Pathways graduate Melissa Rexach has been part of the WSCAH community for over a decade both as a volunteer and now as a member of the Spring 2019 Culinary Pathways cohort. Born and raised in New York, Melissa lives in Manhattan with her two children, a one year old son and a four year old daughter. Melissa found out about WSCAH at age 14. As a

student at Bronx Guild High School, Melissa was able to participate in an internship at WSCAH, working alongside longtime WSCAH volunteer and cook Martina Santos. Throughout her high school career, Melissa remained a dedicated volunteer, helping out in the kitchen and food pantry twice a week.

After high school, Melissa stopped volunteering at WSCAH but returned after being told about the organization's Culinary Pathways program during a visit to a NYC Human Resources Administration office. While Melissa has significant cooking experience, she acknowledged just how helpful the course was both in terms of teaching the hard and soft skills required to obtain a job in a kitchen as well as showcasing the many opportunities that existed for her post-course. On one instance, Melissa and the rest of the Culinary Pathways cohort had the opportunity to visit the catering company Great Performances. Of the visit Melissa noted, "It was awesome. I saw a pastry kitchen I could never imagine. It opened my eyes to a new career opportunity." One of the most essential pieces she learned was the importance of mise en place - or properly prepping all ingredients in advance of preparing a recipe. Melissa expressed that her favorite part of the course was pastry week which has initiated a passion for baking. She plans on continuing her culinary education and looks forward to working in pastry in the years to come.



## MISSION

West Side Campaign Against Hunger alleviates hunger by ensuring that all New Yorkers have access with dignity to a choice of healthy food and supportive services.

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## SPRING LUNCH THANK YOU



Board Members Ivy Newman (left), and Karen-Sonet Rosenthal (right) fundraise using our text to give campaign at the Spring Lunch.



Culinary Pathways students Melissa Rexach, Tameka Britt, and Tamares Perez (from left to right) serve up the tasty dishes they prepared for the lunch.

On May 7th, WSCAH celebrated its 9th Annual Spring Lunch. Over 180 people attended and enjoyed a fabulous lunch prepared by Chef Elizabeth, Chef Bianca, and the Spring 2019 Culinary Pathways students. Thank you to everyone who attended and donated! In total, over \$100,000 was raised. These funds will allow WSCAH to support our community of over 20,000 New Yorkers gain access to healthy food and supportive services in the weeks and months ahead. We greatly appreciate all who helped to make this happen!

## CUSTOMER SPOTLIGHT

Eunice first came to WSCAH in March of 2019 after losing her job due to an injury. Eunice is a single mom and the sole provider for her three year old son. She turned to WSCAH to find support while she was recuperating from her injury. Her loss of employment not only hurt them financially but left them both uninsured. The same day Eunice walked into WSCAH, she was able to apply for health insurance and SNAP for herself and her son. Shortly after this, they were approved for both benefits. Eunice received \$141 in expedited SNAP benefits within five days of applying. This, in addition to the three day supply of food from the food pantry, helped her feed herself and her son in March. She will continue to receive \$327 in SNAP each month until she is able to work again. The counselor who worked with Eunice also referred her to low-cost childcare providers for her son. This benefit will give Eunice more flexibility for when she begins to interview for jobs. Since March, Eunice has continued to shop from the food pantry on a monthly basis.

## DONATE TEXT TO GIVE

Want to help feed hungry New Yorkers? Simply text the word **PRODUCE** to 56512 and your generous contribution will go directly towards supporting our neighbors in need. Thank you for your support. You can also donate online at **[wscah.org/donate/](https://www.wscah.org/donate/)**. All donations are 100% tax-deductible.

## NEED HELP?

West Side Campaign Against Hunger's emergency food pantry is located at 263 West 86th Street in the basement of the Church of St. Paul & St. Andrew.

On your first visit, you will meet with a counselor who will conduct an intake assessment to determine what benefits you are eligible for prior to shopping in the food pantry. You should bring proof of income and household size. A list of acceptable documents can be found at [www.wscah.org/faq/](https://www.wscah.org/faq/).

## HOURS OF OPERATION:

Monday 8:00 AM – 12:00 PM; 1:00 PM – 6:30 PM | Wednesday to Friday 8:00 AM – 12:00 PM; 1:00 PM – 3:00 PM  
Phone: (212) 362-3662



*Front Row (from left to right): Chef Elizabeth Richards, Tameka Britt, Tamares Perez, Melissa Rexach, Chef Bianca Cuevas, Maricela Perez, Tomeka Taylor, Nairobi Evangelista, Charles Armwood*

*Back Row (from left to right): Joel Debord, Marshall Williams, Ralph James, Marisela Vanderhorst, Miguel Acosta, Arlenys Alfonseca, Rafael Lizardo*

## CULINARY PATHWAYS GRADUATION

On May 14th, West Side Campaign Against Hunger celebrated the graduation of our fourteen Spring 2019 Culinary Pathways students. The Culinary Pathways program is a comprehensive 12-week course that equips students with essential culinary and career readiness skills needed to effectively secure employment in the food service industry. It was a very moving ceremony, and all in attendance were truly touched by how impactful the program has been to not only the students but the WSCAH community as a whole. Congratulations graduates! We can't wait to see the amazing things they'll do!

## TASTE OF THE UPPER WEST SIDE



This year, West Side Campaign Against Hunger was the first ever non-profit honoree of Taste of the Upper West Side – a tasting event and fundraiser featuring 80 chefs from the Upper West Side's best restaurants that took place on May 17th and 18th. Chef Elizabeth and some of the Spring 2019 Culinary Pathways students hosted their own booth at the event, serving up some delicious summer vegetable tostadas to the attendees.

*Chef Elizabeth Richards (middle in black) and Culinary Pathways students Miguel Acosta, Maricela Perez, and Rafael Lizardo (from left to right)*

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## CONTINUE TO MAKE A DIFFERENCE

You can make a lasting impact in your community and city by making a bequest or other planned gift to West Side Campaign Against Hunger. Your gift will help us continue to provide nutritious food and support services to low-income families. If you are interested in making a bequest or other type of planned gift, contact Ryan Fajardo at (646) 284-8927 or rfajardo@wscah.org. Thank you in advance for your support.