YEAR IN REVIEW

MOVE FOR Hunger™
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th></th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mission &amp; About Move For Hunger</td>
<td>Board &amp; Staff</td>
<td>Mover Action Committee</td>
<td>Executive Director's Message</td>
</tr>
<tr>
<td></td>
<td>Why We Fight Hunger</td>
<td>Events &amp; Food Drive Highlights</td>
<td>Food Waste &amp; Food Rescues</td>
<td>Mover Program Highlights</td>
</tr>
<tr>
<td></td>
<td>Multi-Family Program Highlights</td>
<td>Team Move For Hunger Highlights</td>
<td>In the Media</td>
<td>Grants &amp; Awards</td>
</tr>
<tr>
<td></td>
<td>Internship &amp; Fellowship Program</td>
<td>Our Favorite Fundraisers</td>
<td>Partners</td>
<td>Donors &amp; Financials</td>
</tr>
</tbody>
</table>

**Move For Hunger**
4 Hendrickson Ave, Ste. 4
Red Bank, NJ 07701

**Let's Get Social**
Facebook
LinkedIn
Instagram
Twitter

**Give Us A Call**
(732) 774-0521

**Shoot Us An E-mail**
info@moveforhunger.org
About

More than 41 million Americans are food insecure, yet 40% of all food grown, processed, and transported in the United States is wasted. Move For Hunger provides a simple solution to this massive problem.

Move For Hunger is a network of more than 1,000 relocation companies that rescues unopened, non-perishable items from people who are moving and delivers them to food banks and pantries across the United States and Canada.

Move For Hunger mobilizes the relocation industry to fight hunger & reduce food waste.
BOARD OF DIRECTORS

Rick Schwartz
Owner, Schwartz Consulting Group, LLC

Pat McLaughlin
Contractual Consultant, Illinois Movers’ and Warehousemen’s Association

Benjamin Samuels
Executive Consultant, Victory Packaging

Keith Lowy
President, Lowy’s Moving Service

Stephan Lowy
CEO, Lowy’s Moving Service

Jenna Weinerman
Marketing Director, Updater

STAFF

Adam Lowy
Executive Director

Meghan Longo
Chief Operating Officer

Alexandra Sales
Partnership Manager

Kelly DePinho
Program Manager

Raquel Yuhas
Program Coordinator

Bridget Foley
Program Coordinator

Carly Sinnott
Program Coordinator

Dan Beam
Communications Manager

Kara Sendell
Events Manager

Kasia Lenart
Events & Intern Coordinator

Emily Cebulski
Team Captain

Dana Paslowski
Art Director
Members of the Mover Action Committee are passionate about Move For Hunger’s mission and have proven to be exceptional leaders. Members are nominated for their savvy diplomatic skills, their natural affinity for cultivating relationships, and their ability to build consensus. They are valued for their integrity, credibility, and dedication to improving the lives of Move For Hunger’s beneficiaries. In 2018, they organized 4 major fundraising events, raised more than $72,000, and held more than 150 food drives.
Dear Friends,

Where does the time go?

Move For Hunger will celebrate its 10th anniversary this year, and we have come a long, long way since our modest beginnings. It started with an impromptu family brainstorm. My brother, Max, doodled the logo on a napkin. When I was sitting alone in my dad’s conference room with my college laptop and a yellow legal pad, I could only hope to one day have an entire office and be surrounded by the best team anyone could ever ask for. Yet, here we are. The successes you will read about in the following pages are, in many respects, the culmination of a decade’s work.

In 2018, we organized nearly 1,000 food drives, which is more than we ever have in a single year. The runners and walkers who turned their miles into meals with Team Move For Hunger raised $82,760, also a new record. And our network of multi-family apartment communities expanded from 129 properties to 700, a 442% increase.

Each of those accomplishments are a product of the foundation we have been building since 2009. We would not have been able reach any of those milestones without the moving companies who believed in our cause from day one. Move For Hunger could not have become the organization it is today without the partners who have provided us the support we needed to grow the network, introduce new programs, and scale our operations.

We can’t discuss our progress, however, without acknowledging that hunger and food waste are still as prevalent as they have ever been. There are still more Americans facing hunger today than there were before the Great Recession. Despite all of the attention our food waste epidemic has received, we are still throwing away 40% of the food we produce every year.

It would be impossible to solve these problems without collaboration. Fortunately, that is something we do extremely well. Move For Hunger is fostering community partnerships that will continue to grow organically for years to come. We are changing the way entire industries do business. We are challenging millions of people to confront the issues and providing them with an opportunity to do something about it. And, collectively, day-by-day, we are creating a more sustainable future.

Move For Hunger may have started at my desk, but it has always been about you. I am so proud of what we have accomplished together, but our focus must remain on the road ahead. Although we have a lot of momentum heading into 2019, that alone won’t carry us where we need to go. It’s time for us to take that next step. It’s time to move forward.

Thank you,

Adam Lowy
Executive Director
Why We Fight Hunger

More than 41 million Americans are food insecure. The loss of a job, an illness, or an unexpected rent hike could be catastrophic for people who are living paycheck to paycheck. And the impact of such widespread hunger extends far beyond individual households.

For example, food insecurity among children has been linked to poor academic performance, and the long-term consequences of sending kids to class hungry are substantial. Children who experience food insecurity in kindergarten fall behind and tend to stay behind.

People who are hungry are also 2.9x more likely to be in poor health, are more susceptible to chronic conditions like diabetes, and have much higher rates of obesity. Low-income households are more likely to be uninsured and have to pay for the extraordinary costs of healthcare out of their own pockets, which drives them even deeper into poverty.

If millions of children can’t learn because they haven’t eaten breakfast, we are squandering the future of the next generation. If we consign illness onto an entire class of people, we are denying them their opportunity to succeed. Hunger is not simply an obstacle to be overcome, it is a formidable barrier to a person’s, and, by extension, our country’s prosperity.

We fight hunger because we believe everyone should have an equal opportunity to reach their full potential.

Click here to visit our NEW About Hunger page to learn more!
We organized **927** food drives in 2018!

**Top 5 States**

1. Florida
   - **118 Food Drives**
   - 354,353 lbs. = 295,294 Meals

2. California
   - **106 Food Drives**
   - 174,122 lbs. = 145,101 Meals

3. New Jersey
   - **75 Food Drives**
   - 56,813 lbs. = 47,344 Meals

4. Texas
   - **66 Food Drives**
   - 195,857 lbs. = 163,214 Meals

5. Illinois
   - **48 Food Drives**
   - 462,743 lbs. = 385,619 Meals

**Food Drives Year by Year**

**2,449,271** LBS. of food were donated during those events

**2,041,059** Meals

**60** Food Drives over 10,000 LBS.
Fill-A-Truck
Pete’s Moving Services held their first fill-a-truck food drive in January and collected nearly 500 lbs. of food.

One Backpack...
High school student Lauryn Hinckley collected more than 10,000 lbs. of PB&J for food insecure children in her community.

Can the CEO
Our partners from MSI Global Talent Solutions filled Timm Runnion’s office with more than 1,200 lbs. of food!

100 Can Challenge
House to Home Relocation was one of more than 30 members of the National Association of Senior Move Managers to take part in this year’s challenge.

Stamp Out Hunger
Coleman Worldwide Moving of New Orleans/Baton Rouge volunteered to pick up and deliver 7,900 lbs. of food as part of this year’s Stamp Out Hunger food drive.

Shark Week
Atlas Van Lines took a bite out of hunger this summer by collecting canned tuna & other items during Shark Week.

CA
FL
NH
IN
ND
LA
Food Waste & Rescue

It’s hard to believe that we could waste 40% of the food we produce while 41 million Americans face hunger every day. Perfectly good food is being wasted at every level of the supply chain: on the farm, during distribution, at the store, and in our homes.

In addition to the enormous humanitarian cost, our food waste epidemic also has profound economic and environmental consequences. American consumers, businesses, and farms are spending $218 billion each year on food that is never eaten. And the resources that we expend to grow, process, and dispose of that food is leaving behind a massive carbon footprint.

Food waste is a massive problem, and that is why Move For Hunger is always searching for new opportunities to make an impact beyond our traditional programs. In 2018, we rescued hundreds of thousands of pounds of food and beverages from marathons, triathlons, and other endurance events all across the United States. We also partnered with Philabundance on a gleaning program that provided residents in Camden, NJ with more than 14,000 lbs. of fresh-picked New Jersey corn.
Total LBS. Rescued
Gleanings + Post-Race Pick Ups
= 284,539 LBS.

LBS. Rescued From Gleanings
15,265

CORN
#1 Food Rescued from Gleanings

269,274 LBS.

GLEANINGS
7

27 Race Pick Ups

Meals Provided From Races
224,395

CORN
27 Race Pick Ups

269,274 LBS.

Rescued From Races

224,395

GLEANINGS
7
Gentle Giant is proud to partner with Move For Hunger nationwide, from food rescues at marathons to gleaning projects in Philadelphia.

- Jennifer Flanagan, PR & Marketing Specialist, Gentle Giant Moving Company

This event exceeded our expectations and reminded us that people truly do care about helping the less fortunate. Move For Hunger is a blessing for the recipients and our employees, who enjoy being part of a program that helps out people in need.

- Robert Reeves, Sinclair Moving & Storage
### Top 10 Movers

1. Hampton Roads Moving & Storage  
   212,854 lbs. = 177,378 Meals

2. Hillier Storage & Moving Co.  
   178,615 lbs. = 148,845 Meals

3. Reebie Storage & Moving Co. of Franklin Park  
   120,000 lbs. = 100,000 Meals

4. Bayshore Moving & Storage  
   113,794 lbs. = 94,828 Meals

5. Apex Moving + Storage  
   91,692 lbs. = 76,410 Meals

6. Lighthouse Movers, Inc.  
   90,198 lbs. = 75,165 Meals

7. Bekins of South Florida  
   82,545 lbs. = 68,787 Meals

8. Little Guys Movers of San Marcos  
   80,189 lbs. = 66,824 Meals

9. Reebie Storage & Moving Co. of Naperville  
   76,000 lbs. = 63,333 Meals

10. Ace Relocation Systems of Orlando  
    68,059 lbs. = 56,715 Meals

### Mover Participation

<table>
<thead>
<tr>
<th>Year</th>
<th>Participating Moving Companies</th>
</tr>
</thead>
<tbody>
<tr>
<td>2018</td>
<td>930</td>
</tr>
<tr>
<td>2017</td>
<td>838</td>
</tr>
<tr>
<td>2016</td>
<td>694</td>
</tr>
<tr>
<td>2015</td>
<td>645</td>
</tr>
<tr>
<td>2014</td>
<td>587</td>
</tr>
</tbody>
</table>

### Truck Wraps

- Apex Moving + Storage loaded donations from Kittrell Elementary School's holiday food drive onto their Move For Hunger wrapped truck.
"It’s not about the size of your company or the van line you represent, it’s about doing something good for your community."

- Carlo Pertot, Director of Sales, Palmer Moving Services

"Fighting hunger is something I feel I have been called to do. I have been that hungry child depending on the food pantry to eat. I know firsthand the difference these donations make."

- Don Henson, Co-Owner, Brandon Moving & Storage
## Movers of the Month

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Jan</td>
<td>Pete’s Moving Services</td>
<td>Modesto, CA</td>
</tr>
<tr>
<td>2 Feb</td>
<td>Carolina Moving &amp; Storage</td>
<td>Beaufort, SC</td>
</tr>
<tr>
<td>3 Mar</td>
<td>Apex Moving + Storage</td>
<td>Antioch, TN</td>
</tr>
<tr>
<td>4 Apr</td>
<td>Jobbers Moving &amp; Storage</td>
<td>Bismarck, ND</td>
</tr>
<tr>
<td>5 May</td>
<td>Colorado Hi-Tec Moving &amp; Storage</td>
<td>Denver, CO</td>
</tr>
<tr>
<td>6 June</td>
<td>Royal Hawaiian Movers</td>
<td>Honolulu, HI</td>
</tr>
<tr>
<td>7 July</td>
<td>AMS Relocation</td>
<td>Burlingame, CA</td>
</tr>
<tr>
<td>8 Aug</td>
<td>Gentle Giant Moving Company</td>
<td>Philadelphia, PA</td>
</tr>
<tr>
<td>9 Sept</td>
<td>Simply Moving</td>
<td>Bronx, NY</td>
</tr>
<tr>
<td>10 Oct</td>
<td>Lighthouse Movers</td>
<td>Jacksonville, FL</td>
</tr>
<tr>
<td>11 Nov</td>
<td>Wayne Moving &amp; Storage</td>
<td>West Chester, PA</td>
</tr>
<tr>
<td>12 Dec</td>
<td>Beltmann Relocation Group</td>
<td>Pompano Beach, FL</td>
</tr>
</tbody>
</table>

## Mover of the Year

**Apex Moving + Storage**
Antioch, TN

- **Pounds Collected To Date**: 102,632
- **Meals Provided**: 85,526

Apex Moving + Storage, an Atlas Van Lines agent, helped organize more than 20 food drives in 2018.
Our Multi-Family Program grew exponentially this year. Residents at 774 properties in 38 states now have the opportunity to donate their food when they move. And members of the industry provided additional support by hosting food drives, holding fundraisers, and joining Team Move For Hunger!

Move For Hunger is the official charity of the following multi-family associations:

- CHPA
- Multi Family Housing Association
- RHA
- CAA
- Space Coast Apartment Association
- SDCAA
- San Diego County Apartment Association
Entrata made a generous donation to our cause and provided us with an opportunity to introduce our program to many of the leaders in the multi-family industry.

The staff and residents at Estuary Apartments collected 300 lbs. of canned tuna & others items during their Shark Week Food Drive.

"This is a natural alliance for CORT. It’s the right thing to do and a cause that everyone can get behind."
- Paula Newell, Executive Vice President, CORT

We try to go above and beyond every year to organize a fun event and really drive those donations. Our team members, residents, and partners are so generous.
- Lea Anne Welsh, COO, Korman Communities, President, AVE

Entrata made a generous donation to our cause and provided us with an opportunity to introduce our program to many of the leaders in the multi-family industry.
Thomas Bailey from ReloTrans raised more than $2,000 at the Rock ‘n’ Roll Chicago Half Marathon.

Team Move For Hunger participated in 16 races nationwide with distances ranging from 5K to Ultramarathon.

142 Runners and Walkers

Average Amount raised per race was

$5,172

Amount Raised Each Year

2,655 MILES

Turned Into MEALS
The Marc, Palo Alto raised more than $8,000 at the San Francisco Marathon, 1/2 Marathon, and 5K.

Pikes Peak Moving & Storage joined Colorado Hi-Tec Moving & Storage at the Colfax 5K for the first time.

Carrie Hamilton raised $500 at the Garry Bjorklund Half Marathon in June.

Employees from Horizon Blue Cross Blue Shield of NJ raised more than $600 at RunAPalooza Half Marathon and 5K.

Jordan Bute turned miles into meals for the 7th time at the Country Sole Half Marathon.

IAM held a 5K Fun Run at their annual conference and proceeds went to support Move For Hunger.

National Van Lines had a team of 13 runners/walkers and raised nearly $11,000 at the Rock ‘n’ Roll Chicago Half Marathon, 10K & 5K.
In the Media

On the average day, there are no cameras, no microphones, no reporters. Our network recorded thousands of acts of generosity this year - most with little or no fanfare. But, sometimes, the important work we do draws an audience. This year, Move For Hunger was mentioned in the media more than 2,800 times. Here’s a look at some of the headlines we made in 2018.

Click images to see more!
Grants & Awards

Move For Hunger was fortunate to receive a number of generous grants in 2018. Thank you to the following organizations for supporting our cause:

- **The OceanFirst Foundation**
  - Awarded Move For Hunger $25,000 in 2018.

- **OL Pathy Foundation**
  - Awarded $10,000

- **The Yum-O Organization**
  - Awarded $10,000

- **Russell Berrie Foundation**
  - Awarded $5,000

- **StopWaste Grant**
  - Awarded $10,000

- **William Gross Foundation**
  - Awarded $10,000

- **Enterprise Holdings Foundation**
  - Awarded $2,000

- **Gannett Community Action Grant**
  - Awarded $2,000

- **Campbell Family Foundation**
  - Awarded $1,000

The OceanFirst Foundation awarded Move For Hunger $25,000 in 2018.
Move For Hunger is committed to creating an internship program that provides students, recent graduates, and lifelong learners with an introduction to the practical components of the non-profit industry. We believe that by empowering our interns, we can provide them with a valuable experience that will provide them with the skills they need to actualize their career goals.

In 2018, our Programming Interns helped manage our ever-expanding network of relocation companies. Our New Media Interns researched and wrote outstanding content for our brand new About Hunger page. Did you watch our Life of a Can and Food Drive Explainer videos? Those wouldn’t have been possible without our incredibly talented Graphic Design, Videography & Animation Interns. And, of course, our indispensable team of Events Interns played an essential role in helping us organize a record number of food drives this year.

Our Fall Interns helped us organize 451 food drives from September-December.

34 # of Interns
IN 2018

“Interning at Move For Hunger ignited a passion for fundraising and event planning while nurturing my pre-existing passion for public health. Everyone was extremely easy to talk to and I never felt silly speaking up or asking a question. I left feeling more confident in myself and have a clearer picture of the next steps in my future career. I could have not asked for a better experience!”

- Sarah Meade, Summer 2018
Fellowship

We know that there are highly-qualified candidates in our community who do not even apply to our traditional internship program because they would not be able to accept an unpaid position. The Move For Hunger Fellowship Program was designed to address that problem and provide a student from New Jersey with an opportunity to gain experience in every aspect of our organization. Thanks to grants from New Jersey Natural Gas, the OceanFirst Foundation, The Russ Berrie Foundation, and Gannett, we were able to launch the program this year, and we welcomed our first fellow to the team in June.

David Rivera is from Ocean Grove, NJ and is currently pursuing his Associate’s Degree at Brookdale Community College. After completing a 2-week rotation with each of our 8 departments, David chose to spend the remaining 8 weeks of his Fellowship working with our Events and Communications teams.

We view this Fellowship as an investment in our community and in the future of the anti-hunger movement. It is important to give people who are underprivileged or underrepresented a chance to lend their voice to the conversation. We believe this fellowship will both empower and open doors for potential leaders.

My fellowship at Move for Hunger allowed me to learn the ins and outs of a non-profit and to gain work experience while earning a stipend to help pay for my college expenses. The staff was kind and helpful and that made the office a comfortable place to be. Programs like this are crucial for introducing students to professional environments and providing them with the skills they'll need to succeed. I am honored to be the first fellow and I would encourage anyone to apply as a stepping stone for their career.
Our partners from Updater created and sold limited edition t-shirts and other SWAG to help support their Team Move For Hunger fundraiser.

Brookfield Residential of Northern California raised $500 AND collected 240 lbs. of food during Hunger Action Month.

Hall Lane Moving & Storage raised $250 this Valentine’s Day by hosting a Feeding Hearts fundraiser.

The Aztec Corporation raised $11,775 at this year’s “Knights of the Green Table” golf outing.

Ace Relocation Systems raised more than $6,100 at the first-ever DKCU Shoots Out Hunger foot darts tournament.

**Top 5 Fundraisers**

1. **$11,775** - Aztec Corporation Annual Knights of the Green Table Fundraiser
2. **$6,825** - Atlas Van Lines Big Blue Boo Bash Fundraiser
3. **$6,166** - DKCU Shoots Out Hunger Foot Darts Tournament
4. **$5,450** - International Autosource May Leads Match Fundraiser
5. **$4,250** - Crown Relocations Can-Building Luncheon
Truck Pulls are Move For Hunger’s signature fundraising event. In 2018, we organized 5 truck pulls and raised **more than $67,000 combined**!

What is a Truck Pull, exactly? Here's the deal: we tie a big rope to a moving truck and teams of 5-10 people compete to see who can pull it 100 feet in the fastest time. Trust us, it's as much fun as it sounds! More importantly, Truck Pulls are a great way to support our cause AND raise awareness about hunger and food waste in your community.
Updater raised more than $6,000 at this year’s Tunnel to Towers 5K.

CORT of Houston held a food drive in conjunction with a comedy improv show in January and collected 1,200+ lbs. of food.
DONORS

$10,000+
Aztec Corporation
Entrata
Equity Residential

$5,000 - $9,999
The Kroger Co. Michigan Division
Preferred Corporate Housing
Rental Housing Association of Boston
Ryder
Brianna Saputo
Vanliner Insurance Company

$1,000 - $4,999
The Ahearn Agency, Inc.
AIT Worldwide Logistics, Inc.
All American Relocation
Albert Artigas
P.J. Bayless
Richard Bruns
Brennan Burke
Canadian Association of Movers
Colonial Van Lines, Inc.
Cornerstone Relocation Group
Dewitt Move Worldwide
Brad Dierking
Mark Duke
Dwellworks
GDK Logistics
Eric Goldstein
Ron Grove
Tom Hannon
Heart of America Relocation Council
Tim Helenthal
Andrea Immelt
JLL
Kapnick Insurance Group
Dan Lammers
Dianne Meyers
MiniMoves
Emmy Newdelman
Hing Yi Pang
Paxton Van Lines, Inc.
Pegasus Sports, LLC
PetRelocation
QuickenLoans
Realogy Charitable Foundation
Relocation America International
Relocation Movers’ Services, Inc.
Jim Rodi
Mark Russell
Shanghai Tongmin Packaging Technology
Laura Smith
Mark Southerland
Southwest International Trucks, Inc.
Rob Sowinski
The Suburban Collection
Transervice Logistics, Inc.
Victory Packaging
V-Suites
Yardi

$500 - $999
Alliance Bernstein
Erin Almand
Appell Striping & Seal Coating, Inc.
Molly Armanino
Autobahn Motorcar Group
Thomas Banahan
Bay Area Mobility Management
Benjamin F. Edwards & Co.
Berkshire Hathaway HomeServices of N.E. Prime Properties
Jennifer Breen
Misty Burns
CDX Moving Equipment
Charles River Associates
Chevron
Julia Costa
Colin & Regina Fechter
Firefighting’s Finest Moving & Storage, Inc.
Fan Man Fong
Frost Bank- Clearfork Financial Center
Shellye George
The Glick Fund
Rachael Hoffhines
Katie Hunt
Rob Kreuter
Kathryn Laux
Ruth & Gene Lowy
Diane Madden
The Malta Family
Patrick McAleenan
New Haven Moving Equipment
Bill Paxton
Tripp Pettigrew-Rolapp
Pioneer Packaging of Chicago
Raymond of New Jersey
Michael Scherer
Eric Scorzeili
Cathy Spencer
Cindy Staley
Karl Thuge
Syosset Truck Sales, Inc.
Troy Container Lines
Jeffrey Wanger
Jenna Weiner
David Witzerman

$250 - $499
Ace Worldwide
Patrick Alvermann
Bald Birds Brewing Co.
Jeff Barber
Jon Bennett
Bill & Melinda Gates Foundation
Jenna Bruno
Tammie Burns
John Burrows
Wade Bute
David Carley
Robert Cellini
Edwin Cohen
Troy Colmer
Johnson Controls
Judy Cravens
Saundra de Montano
Lisa Dibenedetto
Jennifer Dowden
Samantha Elliott
Kyle Faragher
Randall Fitzpatrick
Gina and J.R. Gondeck Family Foundation
Melissa Goleb
Gordon Keene
Hall Lane Moving & Storage
William Holtz
Tim Hughes, Jr.
Kaye Hyatt
J. W. Cole & Sons, Inc.
Samuel Kibwaa
Ted Konstantopoulos
Sheri Ladley-Calamusa
Janet Lations
Mary Lesko
Judd Levine
Kim Martin
David Marx
Joanna McGee
Ronald McKee
Marc McStay
Chris Micheludis
Vicki Minden
Mogo Korean Fusion Tacos
Anthony Molzahn
John Morris
Whitney O’Neill
Terri Palmer-Burton
Ryan Pate
Julie Payne
Julie Petrik
Premia Relocation Mortgage
Miriam Prieleau
Peter Reinhart
Sandra K. Rieckmann
Monte Shives
SignZoo
Abby Simon
Matt Singley
Stephen Staley
Conrad Steller
Donald Tampubolon
The Suter Company
Thurston Transportation
Total Military Management
Twin Forks Moving
Weichert Transportation Solutions
Andrew Whatley
96% of donations go back into programming

Move For Hunger’s Financial Report

Help us feed 3 million people in 2019

DONATE TODAY