



The Cape Henlopen Food Basket (CHFB) is the local emergency food resource serving Delaware residents.

We are located at 37510 Oyster House Road, Rehoboth Beach, DE 19971. Phone: 302-227-3528

Learn more about our services at capehenlopenfoodbasket.org.

Cape Food Basket Expands its Service Area

Many thanks to all the **individuals, homeowner associations, churches, local businesses, and community organizations** for their generosity during this past year still marked by the challenges of the pandemic. With their financial and in-kind help, and the work of our volunteers, the **Cape Henlopen Food Basket** provided direct support to hungry local families through these difficult times.

The Board of Directors, during the height of the pandemic, **permanently broadened its eligibility policy for those who are served by the Food Basket to any Delaware resident**, expanding beyond just the Cape Henlopen School District.

As well, the Board has expanded its mission to serve food insecure individuals and families, as well as our homeless neighbors, by partnering to support local food banks beyond the Cape area. Combined, all our donors usually provide enough for the families who come to *receive as much food as they can use. Thanks to all our friends and supporters for helping the Cape Food Basket to broaden our reach.*

Promoting Healthy Eating



The Cape Henlopen Food Basket strives to provide healthy food choices. Our client surveys have told us that having the availability of fresh fruits and vegetables was important to them. We formed a produce committee 2 years ago. This committee of 7 volunteers shops local grocery stores looking for the best prices and quality of produce. **We do not limit the amount of produce clients may take at each visit.** Our volunteers shop 3 times a week to keep up with the demand. As well, we are grateful to local Farmers' Markets for supporting us with generous in- season produce donations.

SPOTLIGHT: *Frederick L. Doughty*



"Hey, is Freddie in today?" This question is asked regularly by CHFB volunteers in need of help, information, or know-how. The Freddie in question is Frederick Lee Doughty, the **go-to guy** for the Cape Henlopen Food Basket (CHFB) and the Community Resource Center (CRC). "Every time somebody needs something, they holler for me," Freddie says. "I'm here."

Freddie has been here with the CHFB and the CRC for about "10 or eleven years, as I recall," he says. Back then, through word of mouth, Freddie found out about a general maintenance job at the CRC. This has evolved into a jack-of-all-trades position for both organizations.

Born into a big family in Exmore, Virginia, Freddie grew up doing farm work. He also worked for a concrete plant in Cape Charles, Virginia and for Perdue in Accomack, Virginia. He is an Eastern Shore guy. He came to Sussex County, Delaware about thirty-five years ago to visit, and he stayed. "I went back home for a little while, but I missed it here so much I came back," he comments. "I like to hang out with the guys." Also, he has family not far away in Newark, Delaware.

Freddie says he's seen lots of changes in his time working here. "People know we're here now and that's a good thing. More people are coming and if they need help, we're here to help them. There's a lot here for them." He works Monday, Wednesday, and Friday. "I enjoy working here," he says. And on his days off? "I work in the yard—work my tomatoes. And sleep!" It's tough duty being the **go-to guy**. **Thank you, Freddie, for all you do!**

Note: In 2022, **86 dedicated CHFB volunteers** served clients, ordered food, bagged groceries, stocked shelves, and picked up food donations. This amounted to **almost 5,100 volunteer hours!**

WE LOVE OUR VOLUNTEERS!

REFER A FAMILY IN NEED

During **2022**, the **Cape Henlopen Food Basket** distributed **5,357 food allotments to families and individuals**. If you know a family in need, do not hesitate to refer them to the *Food Basket* for two weeks' worth of groceries, including fresh fruits, vegetables and meat.

OPEN

Mondays Wednesdays Fridays
10 AM to 2 PM

Donate Online!

In 2020, the CHFB initiated a successful online donation feature through the **Cape Henlopen Food Basket website**. We look forward to its continued success as a convenient way to allow the *Food Basket* to serve greater numbers of hungry families in our region. **Donations to the Food Basket, a 501 C 3 organization, are tax deductible**. To try it out, visit capehenlopenfoodbasket.org.

