

# One Child at a Time

*H.O.P.E. on mission to help end hunger in Winston-Salem*

BY CHANEL DAVIS  
THE CHRONICLE

Ben and Marty Tennille are on a mission to feed every child in the city who is hungry.

Ben, a retired judge and his wife, a retired pediatrician, created H.O.P.E. (Helping Our People Eat) of Winston-Salem after feeling like they needed to do more than simply participate in their church's Backpack childhood feeding program.

After some research, they pinpointed the city's food deserts — places where fresh fruits and vegetables are not easily accessible or affordable. They decided the best way to deliver fresh food to those places was with a mobile food truck. They purchased one and began doing just that. On their first run in 2013, they delivered 100 meals.

The agency gets its food from the Second Harvest Food Bank and business partners like Vernon's Fresh Produce, PET Dairy and US Foods. Lunches are bagged and packed on Saturdays. On Sundays, the couple power up the brightly-colored truck to deliver meals, making stops at 16 sites, mostly low-income housing complexes. Most weeks, nearly 800 children receive meals. H.O.P.E. feeds anyone 18 or younger. Meals include a turkey and cheese sandwich on whole wheat bread, a piece of fresh fruit or yogurt, cake brownies made from black beans, and milk or bottled water. They are required to eat the meals at the churches and rec centers where H.O.P.E. distributes them.

"We have children here that we know are hungry. Statistics here in Forsyth County says that 40,000 children are hungry. I know that from my years of being a pediatrician in town. I took care of the children that are in these communities," Marty Tennille said.

The agency gives adults bags of fresh produce and nutrition information.

"We have so many young moms that are not familiar with fresh vegetables and how to fix them," Marty said. "We are making a difference in the



The Wake Forest University Track team gives out bags to children in Lakeside Villas.



Marty Tennille

eating habits for the families by giving out these bags."

Anne Griffin, a board member and H.O.P.E. volunteer, said the term food desert is apt. In the areas the agency serves, many are not even familiar with some kinds of fresh produce.

"One of the mom's picked up a zucchini and said, 'What is it?' We are educating them on different foods," she said. "One little boy had never seen blueberries before. Now that he has found them, he eats them by the handfuls."

Griffin said it helps that many of H.O.P.E.'s volunteers are college students from Wake Forest University, Salem College and Winston-Salem State University. The students talk to and play games with the kids before and after they eat their bag lunches.

"They just have a great time," said Griffin.

Tennille said the nutrient-packed Sunday meals propel the kids when they hit the classroom Monday morning.

"If they don't get food it's impossible for them to learn on Monday," she said. "Often it's Tuesday, Wednesday or Thursday before they've gotten enough food at school that they are ready to learn. That was one of the things we wanted to change."

Since 2013 the agency has grown to include new technology and cooking classes. A mobile app that links all food service providers, including pantries and churches, where residents can get food can be downloaded at the agency's website, [www.hopews.org](http://www.hopews.org). Cooking classes are held at Cleveland Avenue Homes in conjunction with the Junior League.

Tennille said H.O.P.E. is looking to expand its efforts.

"By the end of next year, we hope to double the number of lunches that we're serving, increase the amount of fresh produce that we are taking out into the neighborhood and have more cold storage," she said. "What we do isn't charity, but community."

To volunteer or donate, visit the website or call 336-703-5262.

# Sanchez to speak in Greensboro

SPECIAL TO THE CHRONICLE

Poet, educator and activist Dr. Sonia Sanchez will deliver the keynote address at the 2015 MLK celebration sponsored jointly by UNCG and NC A&T. This year's celebration is titled "Arts and the Civil Rights Movement: An Evening with Sonia Sanchez."

Sanchez will speak beginning at 7:30 p.m. on Wednesday, Jan. 21 in Aycock Auditorium on the UNCG campus. Doors open at 6 p.m., and the event is free and open to the public.

A moderated Q&A session with Sanchez follows her speech at 8:15 p.m. A meet and greet and book signing with Sanchez is scheduled for 8:30 p.m.

The celebration marks the third year of collaboration between UNCG and A&T for the King remembrance. Both institutions will present MLK awards before the Sanchez address.



Sanchez

One of the most prominent writers of the Black Arts movement, Sanchez speaks internationally on black culture and literature, women's liberation, peace, and racial justice. Finding her voice in poetry, Sanchez evolved from a shy child with a stutter into a force of the Black Power movement of the 1960s. She was also in the forefront of the Black Studies movement and taught the first course in the country on black women.

A prolific author, Sanchez has written more than 16 books. Sanchez is one of 20 African-American women featured in "Freedom's Sisters," an interactive, traveling museum exhibition, which brings to life African-American women who have fought for equality for all Americans. The first presidential fellow at Temple University, Sanchez held the Laura Carnell Chair in English at Temple from 1977-1999. Sanchez has traveled extensively, reading her poetry at campuses across the globe.

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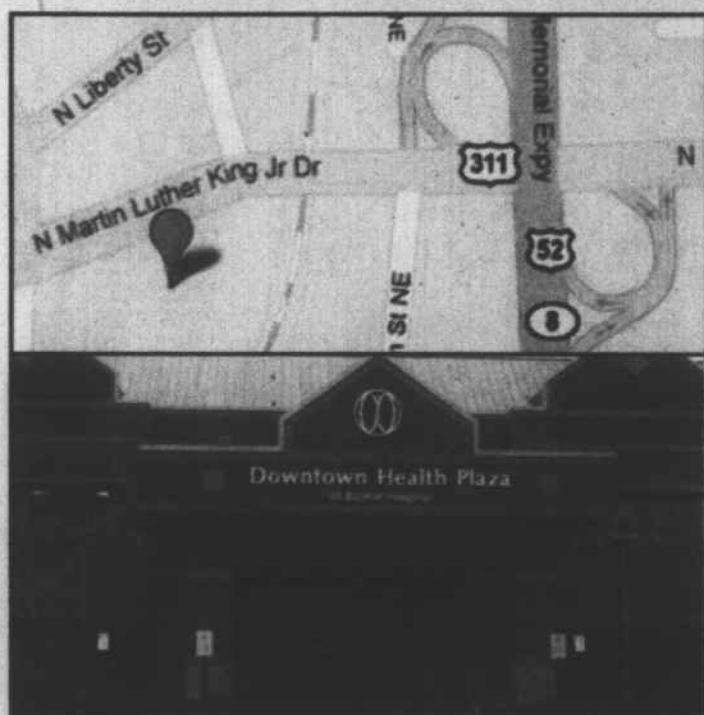
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## Free Health Screenings

**Saturday, January 10th, 2015. 10am-4pm**  
Downtown Health Plaza

1200 N Martin Luther King Jr. Drive, Winston-Salem, NC 27101

Join us to receive free health screenings and to learn more about health and wellness! Physicians from Wake Forest School of Medicine will be present. Kids are welcome!



- Hearing
- Vision and glaucoma
- HIV and syphilis
- Blood pressure
- Cholesterol
- Diabetes (blood sugar)
- Skin Cancer (Dermatology)
- Asthma (lung function)
- Physical therapy / Mobility
- Bone density (osteoporosis)
- Body mass index (BMI)
- Oral Cancer Screening
- Nutrition and healthy eating
- Flu vaccines
- Physician consults

For a complete list of what will be offered, including information on activities for kids, directions to the Downtown Health Plaza, and how to contact us, please visit us on the web at : [www.wakehealth.edu/STHF](http://www.wakehealth.edu/STHF) See you at the fair!

