



**Conference
Co-Sponsors**

Bread For the World: A Christian voice for ending hunger, "Have Faith - End Hunger."

Catholic Charities: Strives to empower individuals, families, children, and couples to live healthy and meaningful lives. Catholic Charities of Buffalo helps people of all ages, races, faiths, and walks of life.

Food Bank of WNY: Serves Niagara, Erie, Chautauqua, and Cattaraugus Counties. They distribute over 12 million pounds of food annually and serves 100,000 people monthly through 400 member agencies.

Food For All: Envisions communities where all people, at all times, have access to nutritious, safe and culturally appropriate foods, that are produced in environmentally and socially just ways, and are available through local non-emergency sources.

Hunger Action of NYS: Is a statewide anti-hunger coalition that combines grassroots organizing at the local level with state level research, education and advocacy to address the root causes of hunger, including poverty.

Just Say Yes to Fruits and Vegetables: Is dedicated to improving the health and nutritional status of Food Stamp populations in New York State. This is done by providing free education programs in a variety of community settings, and include cooking demonstrations.

Food For All



Food For All
1272 Delaware Avenue
Buffalo, NY 14209

Phone: 716-882-7705
E-mail: ffanrc@gmail.com

**Thursday,
March 18, 2010.**



**Pay it Forward:
Learning how to build a
food secure community
through justice and
charity Conference**

**Guest Speakers:
Andrew Bienkowski and
Mary Akers, Authors of
"One life to Give, A Path
to Finding yourself by
Helping Others"**

**Co-sponsors: Food For All,
Food Bank of Western New
York, Hunger Action of New
York State, Bread for the
World, Just Say Yes to Fruits
and Vegetables, and Catholic
Charities**



About Andy Bienkowski and Mary Akers

Andrew Bienkowski began his life in Poland, and now lives near Buffalo, New York. His most formative years were spent in Siberia, battling constant hunger and poverty. His family survived because of their strength and dedication to one another. Andrew later served in the U.S. Air Force and worked as a psychologist for forty years. The lessons that he learned in Siberia and through his years of clinical work are highlighted in his first book, One Life to Give: A Path to Finding Yourself by Helping Others.

Mary Akers is also a resident of Western New York, although it is the Blue Ridge Mountains of Virginia that she calls home. Her fiction, poetry, and non-fiction have been published in numerous journals and anthologies. Mary gives life to Andrew Bienkowski's memories in their book : One Life to Give: A Path to Finding Yourself by Helping Others.

**Books will be
available at the
conference.**

**Pay it Forward!
Learning how to build a food
secure community through
justice and charity Conference
at:**

**Network of Religious Communities
1272 Delaware Avenue
Buffalo, NY 14209**

8:30 - 8:45 - Registration

8:45 - 9:00 - Welcome & Just Say Yes to
Fruits and Vegetables Demo

9:00 - 11:45 - Workshops by:

Bread for the World

Catholic Charities

Food Bank of WNY

Food For All

Hunger Action of NYS

Just Say Yes to Fruits and Vegetables

11:45 - 12:45 - Lunch

12:45 - 1:45 - Guest Speakers Mary
Akers and Andrew Bienkowski

1:45 - 2:00 - Questions

2:00 - Book-signing

**Conference Fee is \$15.00
per person and includes
lunch. Please RSVP by
March 11, 2010.**

Name: _____

Agency: _____

Address: _____

City: _____

Zip: _____

Phone: _____

Email: _____

**Please return with check and make
checks payable to the Network of
Religious Communities**

Return to:

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1272 Delaware Avenue
Buffalo, NY 14209

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Kelly Ann Kowalski: 716-882-7705