



Teaming Up. Doing Good.

2013 C&S Community Involvement Report

Teaming Up to Do Good. The C&S Way.

At C&S, our goal is to consistently deliver the very best service and value to our customers. These goals, along with our ongoing innovations in supply chain and logistics, would not be possible without tremendous teamwork.

This spirit of teamwork is also used in our approach to community engagement in the 50+ cities and towns nationwide in which C&S and our affiliates operate. Our belief is that engaging with local nonprofits and business partners offers the opportunity to bring about change for children, families and communities.

I'm proud that our teammates' strong spirit of collaboration on the job also fuels them as volunteers. They roll up their sleeves together, and share their time, energy and skills to make their communities a better place to live, work and thrive.

This report offers a look at how we work as a team to balance high ideals with bottom-line accountability. Within these pages, you'll get a glimpse of projects completed, works in progress, and our vision for the future. I hope you'll be inspired to join us to team up to do good.



Richard B. Cohen
Chairman & Chief Executive Officer,
C&S Wholesale Grocers, Inc.



Perry Cohen
Vice President of Corporate Learning,
C&S Wholesale Grocers, Inc.





Rick Cohen and his daughter Perry, Vice President of Corporate Learning.

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The Four Pillars



Eliminating Hunger

Addressing both the immediate needs of Americans affected by hunger, as well as the advancement of innovative, long-term solutions to food insecurity.



Photo: Share Our Strength

At C&S we believe that companies have the responsibility to serve as engaged, values-driven citizens and private sector leaders. C&S supports initiatives to stop hunger and to promote the health and enrichment of communities that are the homes to our employees and facilities.



Protecting our Environment

Investing in organizations that are dedicated to the conservation of land and natural resources.



Strengthening Communities

Creating strong, healthy families and vibrant communities through support of diverse nonprofit organizations in our operating area.



Our programs and partnerships are focused within the four “pillars,” shown here, which guide our philanthropic investments in local communities across the nation.



Encouraging Volunteerism

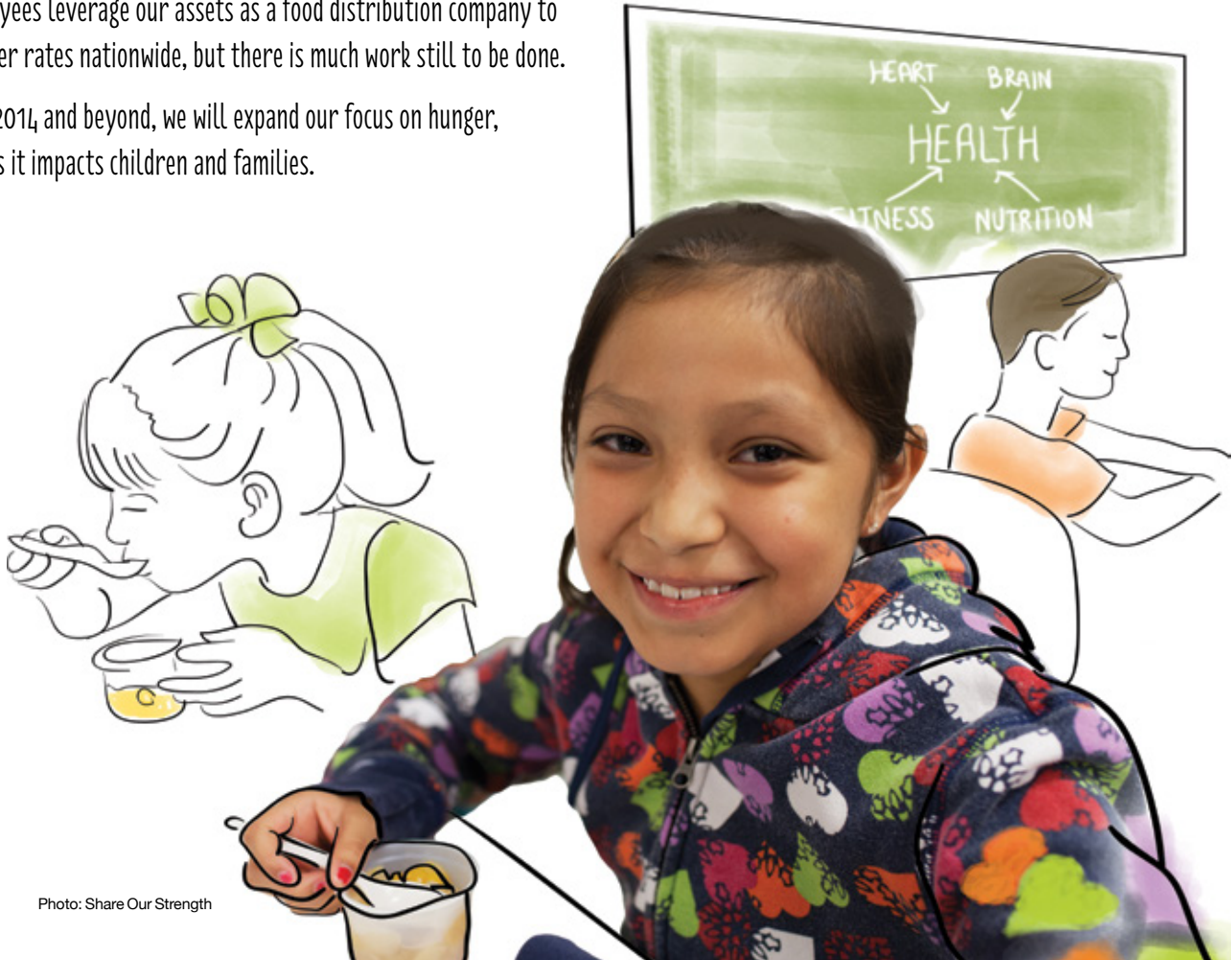
Rolling up our sleeves, teaming up to make a difference, and inspiring our employees and their families to serve in the communities where they live and work.

Hunger

We believe that no one should go without nutritious food. Further, we believe that hunger is a solvable social issue.

C&S teams up with nonprofit partners to tackle hunger from multiple angles, from food assistance programs in neighborhoods and schools to policy action in states or at the national level. Feeding America, Share Our Strength and the Congressional Hunger Center help C&S and our employees leverage our assets as a food distribution company to decrease hunger rates nationwide, but there is much work still to be done.

As we look to 2014 and beyond, we will expand our focus on hunger, particularly as it impacts children and families.



The 2013 "Food for Kids" food drive yielded the approximate weight of 15 compact cars.



On September 5th, National Hunger Day, we joined millions of people around the country to "go orange" to raise awareness around the social issue that is most important to us.

Teaming Up to Bring Change

One key initiative is our sponsorship of Share Our Strength's annual Conference of Leaders. The 2013 conference attracted more than 500 hunger activists to learn, share best practices and to be inspired about getting involved locally on behalf of kids at risk of hunger. For the fourth year in a row, C&S provided funding for Share Our Strength's *Hunger in Our Schools: The Teachers Report*, a view of hunger as told by public school teachers and principals. The report is used by school boards and parent/teacher groups to start in-classroom breakfast and summer meal programs. C&S also invested in Share Our Strength's No Kid Hungry campaigns in MA, SC, PA, NH, VT and IN.

Teaming Up to Get the Word Out

C&S Wholesale Grocers, including our entire family of companies and our employees, rally every year during Hunger Action Month in September. Together, we raise awareness about the need, think about the solutions, and strive to do something about it.

2013 represents the 11th year of the "Food for Kids" food drive at C&S and our family of companies. C&S matched each pound donated by employees with a \$1 contribution to Feeding America's Backpack Program. This year, a record breaking amount was donated: 29,774 pounds (almost 15 tons)!



Hunger



“With 49 million people in the United States — including 16 million children — struggling with hunger, we know that we can’t fight hunger alone. We are honored and proud to work shoulder to shoulder with C&S as we make sure that no parent, senior or child worries about their next meal.”

-Bob Aiken, CEO of Feeding America

Teaming Up to End Childhood Hunger

Hunger does not discriminate by age or geography. The USDA reports that nearly 17 million children nationwide live in food insecure households. This year, C&S supported programs that reach vulnerable children through these nine food banks in our operating areas:

- Fresno Community Food Bank, CA
- Vermont Food Bank, VT
- Central Pennsylvania Food Bank, PA
- Food Bank of NW Pennsylvania, PA
- Food Bank of San Joaquin & Stanislaus Counties, CA
- Food Bank of Western New York, NY
- Food Bank of the Hudson Valley, NY
- Harvest Hope Food Bank, SC
- Food Bank of the Lehigh Valley, PA

Photo: Feeding America

Teaming Up to Provide Meals

We follow through on our commitment to providing food to families in need through our in-kind donations. In 2013, we estimate that our food donations to 24 food banks within the Feeding America network provided the equivalent of five million meals. An impressive 26% was fresh vegetables and fruits, and 17% was dairy such as yogurt, cheese, milk, and butter.

Feeding America's BackPack Program

Feeding America's BackPack Program, which places food in children's backpacks to tide them through weekends and times when school meals are not available, is a program we believe in strongly. This simple, yet impactful, program makes a big difference for families. Last year 346,000 children received 36 million meals through this program across the country.

"For six years, C&S has been a key supporter of Share Our Strength's No Kid Hungry campaign to end childhood hunger in America. We are grateful to the employees and leadership of C&S for their tremendous dedication to being a part of this movement."

-Billy Shore, Founder of Share Our Strength/No Kid Hungry



Strengthening Communities and Kids

If you want to go fast, go alone. If you want to go far, go with others. - African proverb

Partnering with people and groups in the places where we operate is at the core of our values. Our support to nonprofit organizations drives change at the local level and strengthens families and communities.

Here are several examples of connections we made to help change people's lives for the better:



Gift of Life

Imagine a line of people stretching longer than a New York City block. Then imagine every person standing there with their sleeves rolled up. That's what happened during the C&S Blood Drive during the dog days of August. In a dozen locations, 142 employees donated blood, and in doing so, maybe gave the gift of life.

Mini Grants

In the neighborhoods, cities and towns where our employees live and work, C&S donates food and funds through the company's Mini Grant program. Teams of employees are engaged in the decision making process, reaching hundreds of local nonprofits, schools and community organizations.

Golf Outing

Our 28th annual event attracted 900 golfers who "teed up for kids" on two beautiful summer days. Proceeds of \$1.3 million were donated through C&S Charities to organizations that restore hope, raise spirits and do important work on behalf of children who are facing cancer or food insecurity.



generationON

generationON, the youth division of the Points of Light Institute, connects young people to ways they can best solve our nation's social issues. C&S is proud to have supported generationON's initiative, "What Will You Bring To The Table?" introduced in 2013, which connects more than 100,000 young people to the issue of child hunger. Youth volunteer their talents, time and ideas on creative projects such as organizing food drives, developing cookbooks and coloring books for families on limited budgets, or writing essays and filming videos to spread awareness about child hunger.

Food for the Body, Food for the Mind

Through a donation to First Book, C&S made possible the donation of 21,000 brand new children's books in 2013 in four of our communities: Mauldin, SC; Stockton, CA; Upper Marlboro, MD/Washington, DC; and York, PA. The books were distributed through schools, reading programs, and through the local food banks' BackPack Programs.



Protecting Our Environment

Minimizing and offsetting our footprint.

C&S Wholesale Grocers is committed to becoming a better environmental steward and to reducing our environmental impact. As an entire company, and as teams of employees, we are working to improve our environmental practices and procedures. Here are some examples of what we accomplished in 2013.



- Reduced waste output by 10%
- Composted 886 tons of food waste
- Recycled 37,753 tons of material, diverting from landfills:
 - 31,092 tons cardboard
 - 3,905 tons plastic
 - 1,457 tons metal
 - 413 tons paper





Improved the energy efficiency of our distribution centers when we installed high bay LED lighting in our Pennsylvania and Maryland distribution centers.

In our Bethlehem, PA facility alone, this will save an estimated 5,998,000-kilowatt hours of electricity per year, equating to more than 4,000 metric tons of CO₂, or the annual greenhouse gas emissions from 882 cars.



Photo: The Conservation Fund/Ivan LaBianca

Participated in The Conservation Fund's Go Zero program to:

- Offset annual CO₂ emissions associated with the electricity and propane use at six C&S facilities (including two corporate headquarters buildings)
- Offset emissions calculated from the annual round-trip commutes of more than 1,600 employees*
- Planted more than 11,000 trees on 36 acres at Louisiana's Upper Ouachita National Wildlife Refuge. As the trees mature The Conservation Fund estimates they will trap approximately 12,000 metric tons of CO₂ (estimated at 100 years).

"C&S Wholesale Grocers' commitment addresses climate change and also leaves a lasting legacy by improving important wildlife habitat, cleaning our air and waterways, and enhancing recreational areas. These tangible results affect people, wildlife, and water."
- Jena Thompson Meredith, Go Zero Director



The Great Blue Heron is one of the many birds commonly sighted in the Louisiana's Upper Ouachita National Wildlife Refuge

*US EPA Greenhouse Gas Equivalencies Calculator

Volunteerism

Our employees are doers.

C&Sers demonstrate collaboration, leadership, innovation and talent in their daily work. It's no surprise that these same values are applied when C&Sers roll up their sleeves and become involved in volunteer projects. Their passion for the communities where they live has improved the lives of thousands of individuals and families across the nation.

We offer programs like Dollars for Doers to support the local organizations where employees volunteer, and Team Up and Make Strides to support participation in walkathons, bike rides and road races that raise funds and awareness for charities and causes.

Making A Difference

Each year, hundreds of C&S employees participate in our Make a Difference Day volunteer events. Held in October, this nationwide effort encourages Americans to work alongside each other to improve their local communities. Projects included packing groceries at local food banks, cleaning up ballparks, painting community centers, and more. In 2013, our commitment was recognized by the Hands On Network and USA Weekend (organizers of Make A Difference Day). C&S was the sole corporation honored with a national award.

Rebuilding After The Storm

C&S organized a hands-on volunteerism project with NJ-based Coastal Habitat for Humanity, committed to post-Superstorm Sandy restoration. C&Sers from New Hampshire, Massachusetts and New Jersey donated their time and energy to convert former military barracks into dormitories, which will accommodate groups of volunteers expected for the multi-year reconstruction.



Engaged Where We Work

Here are just five examples of our volunteerism:

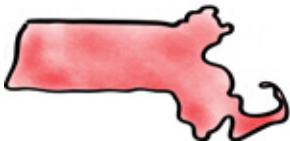
New Hampshire

The Human Resources team from our C&S headquarters in Keene participated in the Martin Luther King Jr. Day of Service by reading books to preschooler children at a local Head Start.



Massachusetts

C&Sers from our distribution center in Westfield accomplished a variety of volunteer projects in the last year, including park clean-up, rail trail maintenance, and fundraising walks.



California

Stockton employees volunteered at the local Second Harvest Food Bank to sort food and complete a variety of outdoor projects.



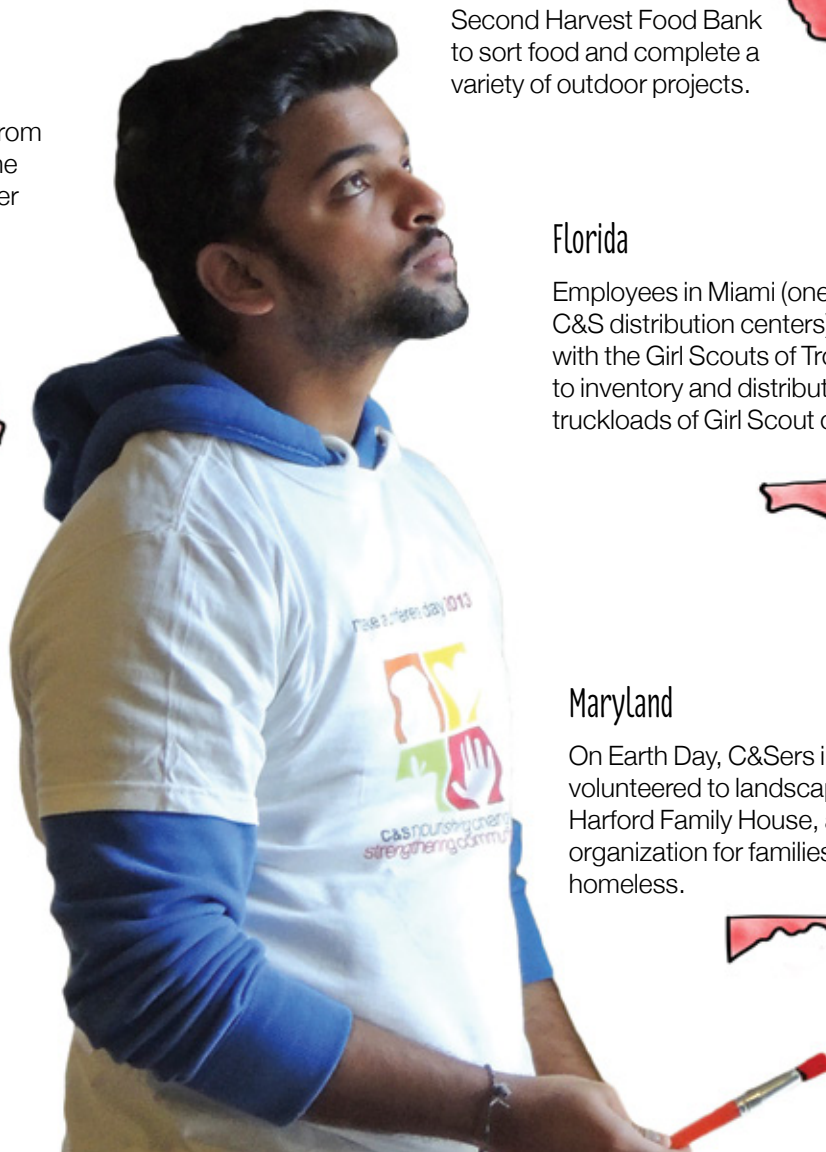
Florida

Employees in Miami (one of the newest C&S distribution centers) collaborated with the Girl Scouts of Tropical Florida to inventory and distribute several truckloads of Girl Scout cookies.



Maryland

On Earth Day, C&Sers in Maryland volunteered to landscape at Harford Family House, a nonprofit organization for families who are homeless.



Volunteerism

Volunteer of the Year: Russell Hurd

Each year since 2005, C&S has honored an employee that exemplifies the spirit of volunteerism, leadership and a desire to make a difference in people's lives. The 2013 honoree is Russell Hurd, a Perishable Quality Control Manager in the company's North East, MD food distribution center.

Russ and his wife Kim established the Heather L. Hurd Run/Walk at Harford Community College in memory of their daughter, Heather, who was killed in an accident in 2008 by a tractor-trailer driver who was distracted while texting.

Russ dedicates more than 1,000 volunteer hours to the College to organize the Walk/Run, now in its fifth year.

The event raises awareness of the dangers of texting while driving, including consequences, costs and prevention strategies. It also acknowledges the critical work of first responders – police, fire and ambulance personnel – in keeping our communities and roads safe. Additionally, the Walk/Run raises money for scholarships.

Russ speaks nationwide at events that include “give back nights,” safe driving summits and school assemblies about distracted driving. He is a leading advocate against distracted driving and has lobbied for legislation to prevent distracted driving in a number of states. Russ was instrumental in passing Heather's Law in Maryland in 2010 that bans the use of hand-held cell phones while driving. His commitment is an inspiration to us all.



“Right now, we are losing over 3,000 people per year due to cell phone use and texting while driving, while an additional 600,000 are injured. I hope that people will understand how dangerous distracted driving is. I'd give anything not to be Volunteer of the Year. I'm Volunteer of the Year because I love my daughter. I'm trying to help prevent another family from going through this.”

-Russ Hurd

What Can You Do in Six Hours?

It took just six hours and more than 300 people on Friday, September 27th to transform children's drawings into a state-of-the-art playground. C&S and its affiliate ES3 collaborated with national nonprofit KaBOOM!, the City of York, PA, and a local initiative called Bring on Play to create a new playground for kids and families in an underserved neighborhood.

Those six hours were the culmination of months of planning; in the spring, we hosted a Design Day for local children and community leaders to share ideas about their dream playground. These visions were then used to develop the unique, final playground design.

With great enthusiasm, lots of laughter and smiles, we joined together as volunteers to build climbing structures

and slides, install bouncy things, make benches, raise garden beds, and move mountains of mulch in order to make a wonderful and safe place for kids to play.

Our support fostered a healthy community, and will enable children, families and local schools to celebrate the power of play.





“United Way could not make the impact that it does in communities without C&S Wholesale Grocers and its employees demonstrating their commitment to improving lives and strengthening communities.”

-Brian Gallagher, president and CEO of United Way Worldwide

Decades of Teamwork

C&S began its relationship with the United Way back in 1974, representing the company’s first official charitable relationship and corporate giving program. Nearly 40 years later, C&S is recognized by United Way Worldwide as a Global Corporate Leader. By teaming up with the United Way and other partner companies, we are able to improve lives and create long-lasting, sustainable community change in the areas of education, income and health.

During the 2013 campaign, in the face of our country’s economic challenges, employees from C&S and our family of companies pledged a record \$734,000 to benefit 87 United Ways nationwide. More than 42% of our employees donated, representing an increase of 10% participation over 2012. This collective investment of our employees was then matched dollar-for-dollar by C&S, ES3 and Symbotic, bringing our companies’ total contribution to \$1.49 million.

C&S was recently honored nine times by local United Way chapters for our exemplary corporate campaigns.



We are especially proud to support these major market United Ways in C&S locations:

Alabama

River Region United Way
United Way of Central Alabama

California

United Way of California Capital Region
United Way of Fresno County
United Way of San Joaquin County

Connecticut

United Way of Central and N.E. Connecticut
United Way of the Pioneer Valley

Florida

United Way of Northeast Florida
Heart of Florida United Way
United Way of Miami-Dade
United Way of Palm Beach County

Hawaii

Aloha United Way

Indiana

United Way of Delaware County
United Way of Central Indiana

Louisiana

United Way of Southeast Louisiana

Maryland

United Way of Central Maryland
United Way of Cecil County
United Way of Charles County
United Way of the National Capital Area

Massachusetts

United Way of Central Massachusetts
United Way of Hampshire County
United Way of Pioneer Valley

New Hampshire

Monadnock United Way

New Jersey

United Way of Central Jersey

New York

United Way of Buffalo and Erie County
United Way of Central New York
United Way of Dutchess-Orange Region

Pennsylvania

Dubois Area United Way
United Way of the Greater Lehigh Valley
United Way of York County

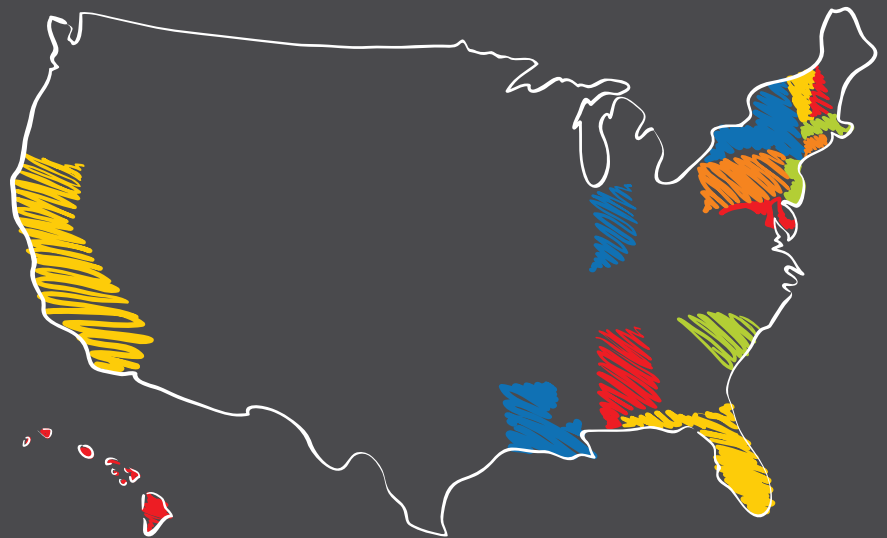
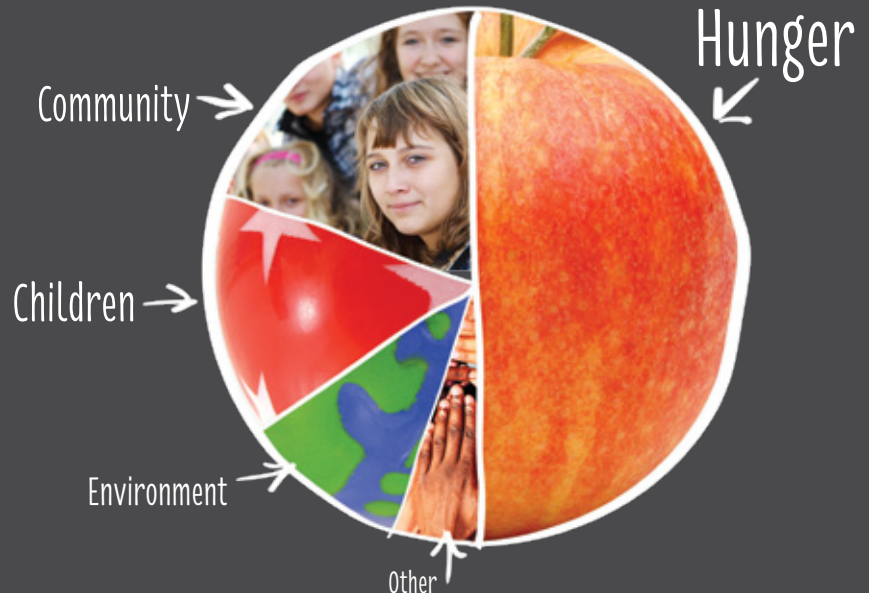
South Carolina

United Way of Greenville County

Vermont

United Way of Windham County

How We Focus Our Giving:



The following pages represent an overview of C&S' commitments to the communities where we operate across the nation, arranged by region.

Mid-Atlantic Region – Giving in Maryland/DC

▼ SOME CHARITABLE GROUPS WE SUPPORTED

Caring Hands
Adopt A Block
Boys & Girls Club of
Cecil County
Dundalk Eastfield Rec. Council
Family & Youth Initiative
Food Link
Girls on the Run -
Greater Chesapeake
Harford Community College
Foundation
Linking All So Others Succeed
Marlboro Volunteer Fire Dept.
North East Fire Company
Partners In Care
Patuxent Valley Middle School
Reaching the World
St. Leonard Volunteer
Fire & Rescue

Adopt A Block

Adopt A Block is a nonprofit coalition that provides support to more than 200,000 low-income individuals each year in Greater Baltimore. Comprised of government agencies, individuals, nonprofits and businesses, they collaborate to restore their inner city – block by block. Adopt A Block hosts block parties throughout the city, providing everything from free food to free clothing. The goal is to build the community up, bringing a sense of pride and much needed resources to residents. C&S partnered with Adopt A Block on its “A Can Can Make a Difference” program, which distributes food, clothing and household items to people in need. www.adoptablockinc.com

Caring Hands

C&S provides ongoing operating support to Caring Hands, an organization founded to ensure that everyone has a place to call home. Serving adults with disabilities, Caring Hands has been providing warm homes, kindness and care for 25 years. Individuals with a range of medical and physical challenges are welcomed and empowered so that they may enjoy full lives in the community.

www.caringhandscommunity.com

North East Fire Company

Volunteer firefighters play a critical role in keeping our communities safe. They are not only our protectors, they are our neighbors, family and friends. In alignment with C&S’ commitment to volunteerism and supporting local needs, we provided operating funds to the North East Fire Company.

The Company provides fire protection, ambulance and rescue services for North East and the surrounding area. www.nefc4.com





Mid-Atlantic Region – Giving in New Jersey and New York

▼ SOME CHARITABLE GROUPS WE SUPPORTED

RAINE Foundation

RAINE (Reaching All in Need Everyday) supports individuals in seven New Jersey towns by providing families in crisis with food, clothing, as well as assistance during the holidays. This organization works in one of the areas hardest hit by Hurricane Sandy in 2012. C&S made a contribution to RAINE to help families begin to rebuild their lives after the storm. Among other actions, RAINE established a “command center” with hundreds of volunteers distributing hot meals, water, ice and clothing.

www.rainefoundation.com

Rolling Thunder Charities

The Newburgh, NY chapter of Rolling Thunder supports veterans and their families by providing assistance in many ways. Depending upon needs, they'll cover the cost of medical bills, transportation expenses and modifications required to make homes accessible for disabled veterans. C&S' grant supported the 14th annual Salute to Veterans Ride, which is Rolling Thunder's largest fundraising event. www.rtnych3.com

Humane Society of Port Jervis-Deerpark

For many of us, dogs and cats are an important part of our lives. The Humane Society of Port Jervis-Deerpark serves the tri-state area by offering shelter, medical care, socialization programs, and especially finding “forever homes” for four-legged friends. Such an operation is not possible without the dedication of volunteers like Mario D’Ambrosio, an employee at the C&S facility in Chester, NY. He contributes his time as a dog walker and organizes adoption events. C&S supports his efforts through the Dollars for Doers program.

www.pjhumane.org



American Cancer Society
American Heart/Stroke Assn.
American Red Cross
Autism Speaks
Bowmansville Volunteer
Fire Assn.
Buffalo & Erie Co. Public Library
Buffalo City Mission
Chester Academy
Chester Elementary School
Children's Rights Society
Coastal Habitat for Humanity
Food Bank of the Hudson Valley
Food Bank of Western New York
Habitat for Humanity -
Greater Newburgh
Hogs & Heroes Foundation NY
Chapter 1
Hugh O'Brian Youth Leadership
Humane Society of Port Jervis
& Deerpark
March of Dimes
National Center for Missing &
Exploited Children
New Day Food Pantry
Niagara Frontier Search
& Rescue
Orange County Arts Council
RAINE Foundation
Rolling Thunder Charities
Town of Montgomery Volunteer
Ambulance Corps
Walkill River School of Art
Will Spay Pets

Mid-Atlantic Region – Giving in Pennsylvania



▼ SOME CHARITABLE GROUPS WE SUPPORTED

Agape Youth Homes
American Cancer Society
American Red Cross
Arc of Jefferson &
Clearfield Counties
Central Pennsylvania Food Bank
Clearfield County Area
Agency on Aging
Dubois Regional Medical Center
Eastern PA Down Syndrome Center
Friends of Martin Memorial Library
Junior Achievement of Berks Co.
Junior Achievement of
South Central PA
Make-A-Wish Foundation
of Philadelphia
Make-a-Wish Foundation of York
Meals on Wheels of Lehigh Co.
Meals on Wheels of
Northampton Co.
Northampton Co. Special Olympics
Northern York Co. Regional Police
PA Hunger Action Center
PA Wildlife Habitat Unlimited
Red Lion Area Community Services
Roberto Clemente Charter School
Second Harvest Food Bank
of NWPA
The Children's Hospital
of Pittsburgh
Truth for Women
York Co. Food Bank
York Co. SPCA
YWCA of York

Junior Achievement of South Central PA

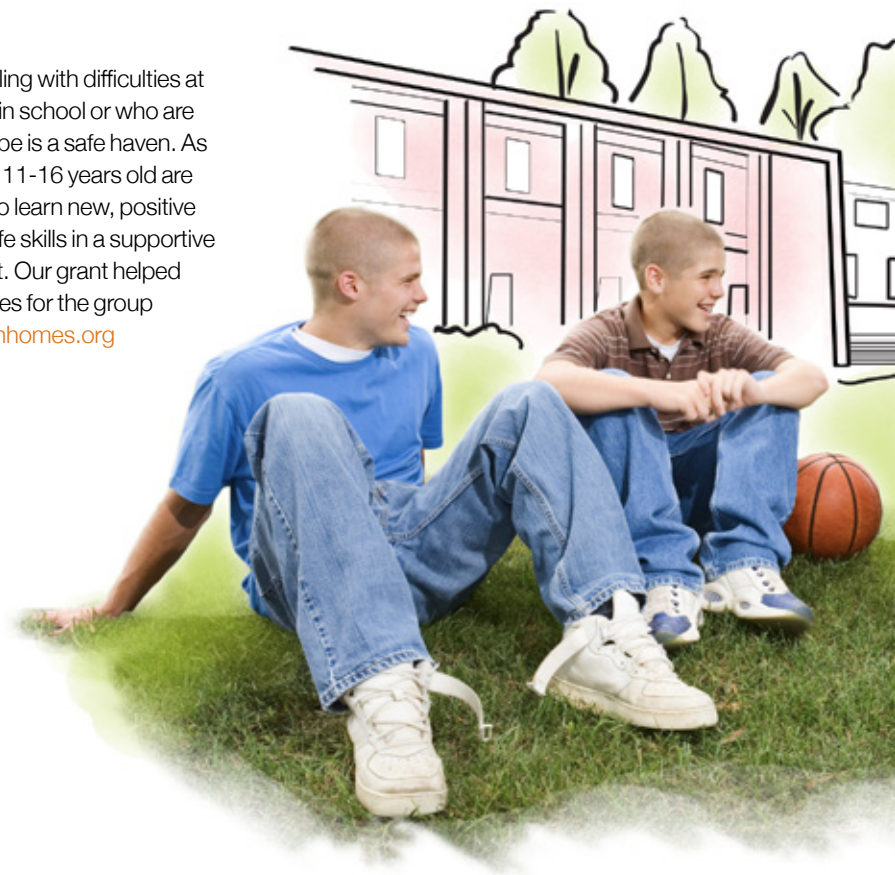
Junior Achievement prepares young people for the real world. C&S supports Junior Achievement's "Economics for Success" program, which helps middle school students understand financial responsibility and inspires early thinking about career options. www.jascpa.org

Agape Youth Homes

For boys who are struggling with difficulties at home, having problems in school or who are in getting in trouble, Agape is a safe haven. As a group residence, boys 11-16 years old are offered the opportunity to learn new, positive behaviors and develop life skills in a supportive and healthy environment. Our grant helped purchase needed supplies for the group home. www.agapeyouthhomes.org

Dubois Regional Medical Center

Located in the heart of Dubois, PA, and three miles from a C&S distribution center, the hospital provides a wide range of medical services. It has a rare combination of technically advanced health care and a warm, friendly environment. C&S' grant supported the hospital's community outreach and fundraising initiatives. www.drmc.org





Northeast Region – Giving in Connecticut

▼ SOME CHARITABLE GROUPS WE SUPPORTED

Educational Resources for Children

For nearly twenty years, Educational Resources for Children has worked with families and communities to provide children with safe and constructive afterschool activities. The C&S donation supported the Summer Lunch Bunch, a free, nine-week program that provides nutritious food for children and parents in Enfield's Thompsonville neighborhood. www.erfc.us

Connecticut Children's Medical Center

Located in Hartford, Children's Medical Center is the region's only academic hospital dedicated exclusively to children. More than 1,000 premature infants are cared for each year in the Neonatal Intensive Care Unit (NICU). C&S' investment supports NICU research with the goal of helping very fragile, very special babies and their families.

www.connecticutchildrens.org

[CT Children's Medical Center Educational Resources for Children](#)
[Emergency Aid Assn.](#)
[Enfield Fire Department](#)
[Foodshare](#)
[Nutmeg Big Brothers Big Sisters](#)
[Untouchables](#)
[Windsor Locks Fire Department](#)
[Windsor Locks High School PTO](#)



Northeast Region – Giving in New Hampshire

▼ SOME CHARITABLE GROUPS WE SUPPORTED

Alstead Fire Department
Alzheimer's Assn.
American Cancer Society
American Red Cross
Animaterra Women's Chorus
Antioch University New England
Apple Hill Center for
Chamber Music
Art for Water
Benjamin Franklin
Elementary School
Big Brothers Big Sisters
of Western NH
Branch River Theatre
Cedarcrest Center for Children
with Disabilities
Chamber Singers of Keene
Cheshire Children's Museum
Cheshire County 4-H
Cheshire Medical Center
Chesterfield Fire & Rescue Assn.
Chesterfield Public
School Foundation
City Year NH
Colonial Theatre
ConVal Regional High School
Cutler Elementary School
Dublin School
Fall Mountain Food Shelf
Fast Friends Greyhound Rescue
Fitzwilliam Recreation Department
Friends of Chesterfield School
Friends of Norris Cotton
Cancer Center
Gilsum Fire Department
Girl Scouts of the Green &
White Mountains
Grapevine Family & Community
Resource Center
Greater Monadnock
Medical Reserve Corps
Hannah Grimes Center
Heading for Home
Hinsdale Cal Ripken League
Hinsdale Fire Department
Hinsdale Middle & High School
Historical Society of Cheshire Co.
Home Healthcare, Hospice &
Community Services
Hundred Nights Emergency Shelter
Jonathan Daniels School
Joy's Network
Keene High Project Graduation
Keene High School Athletics
Keene High School Social
Skills Collaborative
Keene Montessori School
Keene Public Library
Keene State College
Keene Swamp Bats
Keene Youth Hockey Club
Keene Youth Lacrosse Festival
Kelley's Cause
Let It Shine
Linda's Closet
Maple Avenue Nursery School
March of Dimes
Mariposa Museum
MoCo Arts
Monadnock Center for
Violence Prevention
Monadnock Community Early
Learning Center
Monadnock Conservancy



Photo: Big Brothers Big Sisters of America

Big Brothers Big Sisters of Western NH

Start something! That's the slogan of Big Brothers Big Sisters. The BBBS chapter in Western New Hampshire has been doing just that since 1974. During that time hundreds of children ("littles") have started meaningful one-on-one mentoring relationships with volunteers ("bigs"). Outcomes have been positive and life-changing. Four employees serve on the organization's Board of Directors. In 2013, the company made a grant toward an innovative program to address violence and bullying in schools. Trained adult mentors will roll out the program at an elementary school and at three middle schools in early 2014. www.bbbswnh.org

Shelter From The Storm

Small towns are unfortunately not immune to the problem of homelessness, where often resources to support such individuals are scarcer. In Jaffrey and Rindge (each with populations of about 6,000 people), Shelter From the Storm provides homeless people a place to turn. By providing support services and transitional housing to bridge the gap between having no home and a place to live. C&S was pleased to provide a Mini Grant for general operations, and to help purchase a computer. The computer will be used by residents for job searches and school work.

www.shelterfromthestormnh.org

Stonewall Farm

Picture a classic, New England farm with a big barn, a silo and fields. That's what Stonewall Farm in Keene looks like. In agricultural use for the past 250 years, Stonewall Farm is now a nonprofit organization that connects people to the land and to the farming way of life. Open year round, it offers educational programs for school groups and the public, camps for children, and special events. C&S made a donation to support Stonewall's annual Farm Fare, which attracts hundreds of families to the property. Last year, C&S donated an antique corn crib (used to store and dry corn) that had been on land owned by the company so visitors can see another piece of local history when they visit the Farm. www.stonewallfarm.org



Monadnock Cycling Club
Monadnock Developmental Services
Monadnock Family Services
Monadnock Humane Society
Monadnock International Film Festival
Monadnock Marauders Football Club
Monadnock Music
Monadnock Regional High School
Montessori Schoolhouse
Nelson Fire Department
NH Charitable Foundation
NH Food Bank
Old Homestead Assn.
Pathways for Keene
Peterborough Players
Project Linus
Rindge Recreation Department
Shelter From The Storm
Southwestern Community Services
Stonewall Farm
Surry Village Charter School
Surry Volunteer Fire Department
Swanzy Fire Department
Symonds Elementary School
The Community Kitchen
The Keene Senior Center
The River Center
The Samaritans
The Winchester School
Walpole Artisans Cooperative
Westmoreland School
Westmoreland Youth Sports
Winchester ACCESS
Winchester Girl Scouts

Northeast Region— Giving in Massachusetts

▼ SOME CHARITABLE GROUPS WE SUPPORTED

3 County Fair
AIDS Foundation of Western MA
Amelia Park Children's Museum
Amelia Park Ice Arena
American Cancer Society
American Red Cross
Amherst Regional HS
Athletic Boosters
Autism Speaks
Baystate Children's Hospital
Baystate Visiting Nurse Assn. & Hospice
Belchertown Little League
Bernardston Elementary School
Big Brothers Big Sisters of Hampden Co.
Boys & Girls Club Greater Westfield
Cancer Connection
Cummington Fire Assn.
Dare Family Services
Forest Park Zoological Society
Forum House
Greater Boston Food Bank
Greater Westfield Medical Reserve Corps
Grow Food Northampton
Hadley Elementary School
Hampshire Regional High School
Hatfield Education Foundation
Hatfield Elementary PTA
Homes For Our Troops
JFK Middle School PTO
Kestrel Land Trust
Look Memorial Park
March of Dimes
MA Army National Guard
New England Food Foundation
Noble Visiting Nurse & Hospice Services
Northfield Better Start
Pioneer Valley Youth Hockey Assn.
Pocumtuck Valley Memorial Assn.
Project 351
Riverside Industries
Robinson Park PTO
Ronald McDonald House - Springfield
Shutesbury Elementary School
Springfield Rescue Mission
Stanley Park of Westfield
W. Hampden Co. Medical Reserve Corps
Whole Children
Wings of Love
Women's Fund of Western MA



Ronald McDonald House of Springfield

When a child is sick, we believe that parents should be able to focus on caring for their well-being, not worrying about paying for a motel or sleeping in hospital waiting rooms. We are proud to support the Ronald McDonald House of Springfield, a welcome “home away from home” for families whose child is in the hospital. Our donation helped raise funds through the fun, family-friendly Pasta Supper & Auction. Employees and family members from our Hatfield and Westfield, MA distribution centers devote time during Make a Difference Day in October and at other times of the year to landscape, paint, and perform small construction projects. www.ronmcdhouse.com

Stanley Park of Westfield

More than 60 years after Frank Stanley Beveridge donated 25 acres of park land to the community of Westfield, Stanley Park has grown to include 300 acres of gardens, trails, sports fields and a nature area. This beautiful gathering space is a gem, but in past years was only accessible for those traveling by foot. Infrastructure improvements of wheelchair-accessible ramps and other changes have created a new, inclusive environment. C&S is proud to support the annual Wheel Walk event to celebrate Stanley Park's accessibility for all. www.stanleypark.org



Northeast Region – Giving in Vermont

▼ SOME CHARITABLE GROUPS WE SUPPORTED

Green Street School PTO

Throughout the year, the Parent Teacher Organization at Brattleboro’s Green Street School pitches in to make the school community more academically enriched, active and fun. C&S supported the PTO’s first Tulip Trot 5K Run/Walk and kids’ Sprout Run. The event raised funds to support initiatives that might not otherwise have happened, including field trips and parenting workshops. www.greenstreetschool.com

Bonnyvale Environmental Education Center

For the many young people in southeastern Vermont who are passionate about protecting natural resources, the Bonnyvale Environmental Education Center is the “go-to” resource. Operating for more than 20 years, Bonnyvale offers hands-on, innovative environmental education programs for school children and their teachers. C&S was pleased to support the organization’s “Forest of Mystery” event that attracted hundreds of people to candle-lit trails through the woods and fields. www.beec.org



American Cancer Society
Arts Council of Windham County

Big Brothers Big Sisters of Windham Co.

Bonnyvale Environmental Education Center

Boys & Girls Club of Brattleboro

Brattleboro Area Drop In Center

Brattleboro Area Hospice

Brattleboro Fire Department

Brattleboro Heat

Brattleboro Housing Authority

Brattleboro Kids Fair

Brattleboro Memorial Hospital

Brattleboro Museum & Art Center

Brattleboro Music Center

Brattleboro Outing Club

Brattleboro Recreation & Parks

Brattleboro Senior Corporation

Brattleboro Senior Meals

Brattleboro Union High School

Brattleboro Walk In Clinic

Brattleboro Winter Carnival
Brattleboro Women’s Chorus
Camp Waubanon

Connecticut River Watershed Council

Deerfield Valley Food Pantry

Friends of Music at Guilford

Girls on the Run VT

Green Street School PTO

Guilford Central School

Guilford Volunteer Fire Dept.

Harris Hill Ski Jump

High Five Adventure Learning Center

In-Sight Photography Project

Jessica’s Closet

Kayla’s Playground

Latchis Arts

Leland & Gray High School Project Graduation

Leland & Gray Union High & Middle School

Main Street Arts

March of Dimes

Morningside Shelter

Neighborhood Schoolhouse

NewBrook Elementary School PTO

Prouty Center for Child Development

Putney Community Center

Putney Community Food Shelf

Putney Family Services

Putney Historical Society

Putney Mountain Assn.

River Gallery School of Art
Saxtons River Recreation Area
SIT Graduate Institute
Southeastern VT Community Action

Southern VT Dance Festival
Southern VT Therapeutic Riding Center

Strolling of the Heifers

The Family Garden

The Grammar School

The Manitou Project

Townshend Elementary School

University of VT & State

Agricultural College

VT Assn. for the Blind & Visually Impaired

VT Foodbank

VT Foster/Adoptive Family Assn.

VT Interpreter Referral Service

VT Theatre Company

Wardsboro Volunteer Fire Dep.

Westminster Cares

Westminster Volunteer Fire & Rescue

Windham & Windsor Housing Trust

Windham Child Care Assn.

Windham Co. Humane Society

Windham Northeast

Supervisory Union

Women’s Community Center

Write Action



Southern Region – Giving in Alabama

▼ SOME CHARITABLE GROUPS WE SUPPORTED

Alabama Shakespeare Festival
Rebirth Community Development
Sickle Cell Disease Assn. of
Central AL
Southern Community Assn.
Three Hots & A Cot
Valley Elementary School
Wylam Community Services

Three Hots & A Cot

There are an estimated 3,000 homeless people in Birmingham, and almost one-third are veterans. To help them move into transitional housing, and eventually permanent homes, Three Hots & A Cot offers connections to mental health counseling, medical treatment, food, lodging, clothing and transportation. C&S supported an event to raise funds and public awareness. www.cotsforvets.org



Harvest Hope Food Bank

Leaders at Harvest Hope's upstate branch in Greenville have their finger on the pulse of the community; they're especially familiar with neighborhoods where poverty and unemployment levels are high. Earlier this year, the food bank reached out to two elementary schools to offer the weekend Backpack Program. The program reaches young students at risk of hunger over weekends and school vacations. To make the program happen, Harvest Hope asked C&S for help. Our funding will support the Backpack Program in both schools for two academic years. www.harvesthope.org

Meals on Wheels of Greenville

For nearly 1,500 homebound individuals, Meals on Wheels of Greenville is a lifeline – providing hot, nutritious meals, personal contact and a support system to help homebound seniors. The volunteers that team up to prepare and deliver the meals provide the human touch that means so much, as well as a regular check-in, and referrals to transportation, healthcare, and home repair services. C&S' operating support will help ensure that Meals on Wheels can continue to help people remain living independently in their own homes. www.mealsonwheelsgreenville.org



Harvest Hope Food Bank
Domestic Violence Assistance
Fall for Greenville
Fountain Inn Parks & Recreation
Greer Middle College Charter
High School
Honor Flight -Upstate SC
Loaves & Fishes
Mauldin Fire Dep.
Meals on Wheels Greenville
Project Host
Ronald McDonald House
Charities of the Carolinas
Washington Center

MidWest Region – Indiana

▼ SOME CHARITABLE GROUPS WE SUPPORTED

Anderson Soap Box Derby
Animal Rescue Fund
George Washington Carver
Montessori School
School on Wheels

School on Wheels

Children who are homeless face many challenges. Within a single year, more than 40% attend two different schools, and 28% attend three or more schools.* Considering the impact of changing schools so often, it's no wonder that homeless children are twice as likely to repeat a grade. School on Wheels in Indianapolis provides free tutoring, advocacy and mentoring to homeless children in schools and shelters – where they live and learn. C&S provided a grant for their afterschool program that offers one-on-one tutoring, educational assessment, backpacks, school supplies, and school uniforms to homeless children.

www.indyschoolonwheels.org



* "Educational Achievement Is Lower for Homeless Youth at All Grades." Chapin Hall at the University of Chicago, 2009.



Western Region – California

▼ SOME CHARITABLE GROUPS WE SUPPORTED

Boys & Girls Clubs of Manteca & Lathrop
 CA Assn. of Food Banks
 Children’s Museum of Stockton
 Fresno City College
 Fresno Community Food Bank
 Friends Outside
 Girls on the Run – Greater Sacramento
 Kennedy Community Center
 Lifedriven Foundation
 Manteca Heat Boys Basketball
 Muscular Dystrophy Assn.
 New Directions Alcohol & Drug Awareness Program
 Sacramento Food Bank & Family Services
 San Joaquin Co. Child Abuse Prevention Council
 Second Harvest Food Bank of San Joaquin & Stanislaus Co.
 Special Recreation Services
 Stagg High School
 Taft Community Center
 The Hill Foundation
 Tree Fresno



Photo: Girls On the Run, Greater Sacramento

Girls On the Run, Greater Sacramento

Learn. Dream. Live. Run. Helping girls take charge of their lives and celebrate being their unique selves, Girls On the Run empowers, inspires, and encourages healthy habits through running, education, and mentoring. More than 500 girls participate each year in a 12-week program, culminating with a celebratory race. C&S was pleased to help underwrite the family-oriented 5K event.

www.gotrsac.org

Second Harvest Food Bank of San Joaquin and Stanislaus Counties

Children who don’t have access to healthy food suffer physically and intellectually. Studies show that they have reduced ability to learn and they get sick more often. To help, the food bank’s Food 4 Thought Program provides nutritious groceries to more than 3,700 children at 42 sites in and around Stockton. Students who participate in the afterschool program receive a large bag of food twice a month to take home.

www.localfoodbank.org

Western Region – Giving in Hawaii

▼ SOME CHARITABLE GROUPS WE SUPPORTED

Aloha Harvest
Down Syndrome Ohana of
Hawaii
Leukemia & Lymphoma
Society
Special Olympics Hawaii
The Private Sector

Special Olympics Hawaii

Special Olympics provides a unique opportunity for individuals with intellectual disabilities to participate and compete in sporting events in a supportive environment. C&S supported the Special Olympics' annual Summer Games, which brought together more than 700 athletes participating in challenging events including powerlifting, swimming, and track & field. Participants were recognized for their physical abilities, and also demonstrated courage, determination and developed life-long friendships. www.specialolympicshawaii.org

The Private Sector

The Private Sector delivers meals to people who are physically and/or economically unable to obtain food. Their Purple Van Food Distribution Program reaches those who are struggling, including senior citizens, homeless people, disabled people and families with no transportation. In operation for more than two decades, the Van is the only program of its kind on Oahu's North Shore. A C&S grant enabled more than a month of deliveries.

www.theprivatesectorhawaii.org



Photo: Special Olympics Hawaii

Disaster Response

Saving Lives

Like the rest of the nation, the C&S family watched in shock as the images of the Boston Marathon terrorist attack came across our televisions in April 2013. Despite the horror and chaos, we were awed by the bravery of first responders and ordinary citizens who worked together to save hundreds of lives. In the aftermath, C&S was proud to provide financial support to the Boston First Responders Fund. The Fund was established by Boston police, fire and emergency medical services organizations to help survivors by providing home modifications, artificial limbs, and meeting other needs. The First Responders Fund will also support research into the long-term impact of rehabilitative care for people following severe traumatic injury.

Helping to Heal

The City of Moore, OK became the focus of attention in May 2013 when it was at the epicenter of a devastating tornado. With estimated wind speeds of 200 mph, a width more than a mile and a path of 17 miles, the tornado destroyed entire neighborhoods. Two schools were in the direct line of the storm while classes were in session. In the months after the tornado, C&S made a donation to Moore Youth and Family Services, Inc., which provides mental health counseling. The support helped local families to emotionally heal and cope with the damage caused by storm. www.mooreyouthandfamily.org

Rebuilding After the Typhoon

In November 2013, Typhoon Haiyan tore through the Philippines, becoming one of Asia's most destructive natural disasters ever. Thousands of lives were lost and millions of people were affected. It will take years to rebuild. C&S made a contribution to Heifer International to help rural farmers recover from the storm with emergency, short term aid: water, medicine and shelter. Heifer will also focus on long-term recovery through support to rebuild their homes, farms and livelihoods.

www.heifer.org

PREPARING AND TRAINING:

Providing support after a disaster is important, but so is being prepared ahead of time. That is why C&S provided a grant to the American Red Cross chapter in New Hampshire to provide disaster response training. Ranging from Shelter Fundamentals to Disaster Assessment Basics, training will be offered for free to volunteers and community leaders in the towns near the company's headquarters.



Photo: Heifer International



C&S Wholesale Grocers, Inc.—95 years

Much has changed since 1918, when C&S Wholesale Grocers was founded and had:

- 3 employees
- 1,200 products
- 1 warehouse — 5,000 square feet

Today...

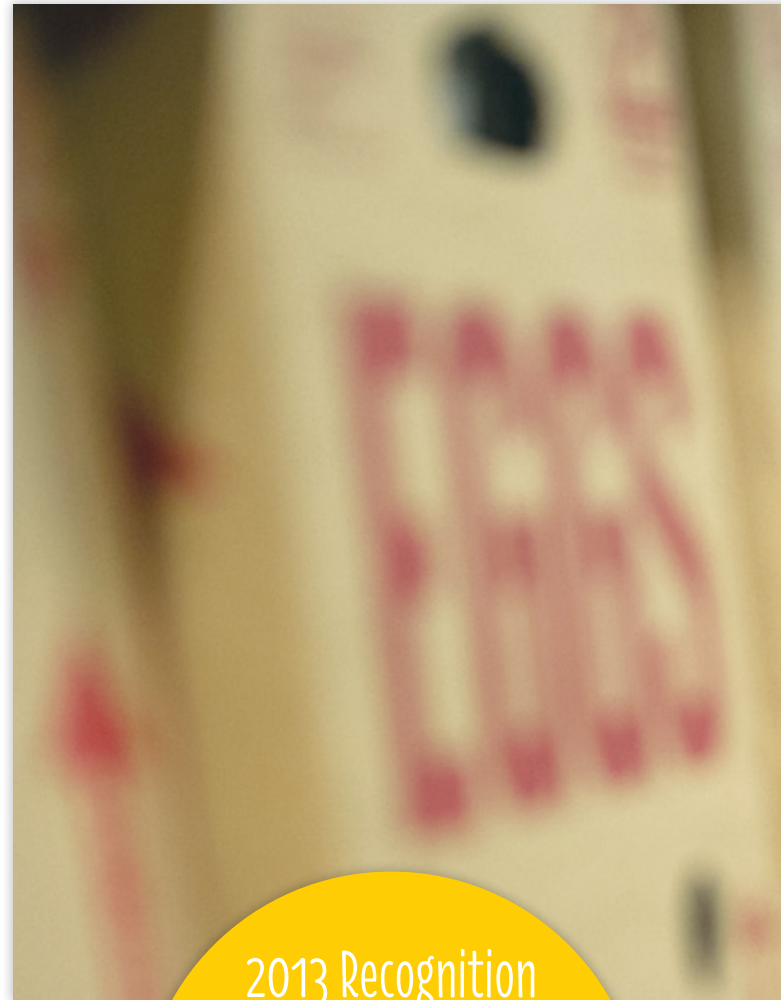
our family of companies has:

- 14,000+ dedicated employees (including hundreds welcomed in 2013 in Florida, Alabama and Louisiana)
- 95,000+ food and non-food items inventoried and delivered
- 48 high-tech locations in 14 states
- 24/7 operations
- 4,000+ customers — independent supermarkets, chain stores, and institutions

And Tomorrow...

C&S is at the forefront of developing innovative technologies that will change the way the grocery supply chain operates. We are actively engaged in:

- Cutting edge research and design
- Development of automated logistics systems that accurately, affordably and safely deliver impeccable service to our customers



2013 Recognition

National Make A Difference Day Award

Points of Light Foundation

Wholesaler of the Year Award

Progressive Grocer

Rising Star Award

Stay, Work, Play – NH

Best Adoption Friendly Workplaces — Top 100 List

Dave Thomas Foundation
For Adoption



The C&S Vision

- ✓ Braggingly happy customers
- ✓ Braggingly happy team members
- ✓ Quality in everything we do
- ✓ Everyone involved in everything
- ✓ Have fun in the process

The Cohen Family of Companies

C&S Wholesale Grocers, Inc. is the lead supply chain company in the food industry today, and the largest wholesale grocery distribution company in the U.S.

ES3, LLC operates the largest automated, multi-manufacturer warehouse in the world. The company provides efficient storage, shipping and just-in-time distribution and delivery services to retail distribution centers and stores across the nation – saving manufacturers significant money and time every day.

Symbotic, LLC has developed proprietary and innovative robotics and software to deliver an advanced automation solution to make the supply chain faster, more efficient and more profitable for manufacturers, distributors and retailers of all sizes.



C&S nourishing change
strengthening communities™



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Stockton CA | Suffield CT | Upper Marlboro MD | Westfield MA | Windsor Locks CT | Yorktown IN

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