

GBFB Helps Veterans in Need

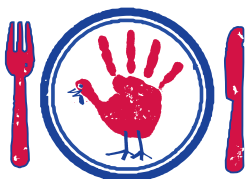
TINA'S STORY

Forty-four-year-old Tina is a disabled Air Force Veteran and client of the Fall River Veteran's Center food pantry, which receives most of its food from The Greater Boston Food Bank (GBFB). She is like so many in eastern Massachusetts who are struggling and can't afford the food they need to avoid hunger and stay active and healthy.

"I was born and raised here in Fall River, and am a die-hard Bruins fan. Members of my family were in the military, and I wanted to serve. So, since I loved flying planes I entered the Air Force. That's where I met my husband. We had two daughters, and lived all over. Life was challenging, but good.

"But, injuries forced me to stop working, and a few years back I went through a tough divorce. I needed help, and moved back to Fall River to be near my family. Now, I'm completely disabled, and it is very hard to make ends meet.

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**inside
harvest:**

DONATE TO OUR HOLIDAY MEAL DRIVE! \$20 PROVIDES HEALTHY HOLIDAY MEALS FOR FIVE.

Forced to Choose Between Hunger and Heat

Dear Friends,

Many of our neighbors in eastern Massachusetts dread the holidays. For them, the onset of colder weather means a higher heating bill and making hard choices. More than 60% of the families served by The Greater Boston Food Bank (GBFB) had to choose between buying food and paying utilities last year.

Imagine having to choose between hunger and warmth for your family.

This telling statistic is from the Hunger in America 2014 study, conducted in cooperation with Feeding America, and the most comprehensive survey of hunger ever undertaken. Its findings paint a searing picture of growing food insecurity in our community. One in twelve people – 8% of the population in eastern Massachusetts – uses a GBFB member agency food pantry or community meal program to avoid hunger. One in three is a child, and one in five a senior, two vulnerable groups for whom proper nutrition is critical.

Sixty-four percent of GBFB's partner agencies reported an increase in clients last year. Only four percent saw a decrease. Too many in our communities still struggle with un- and underemployment, and can't afford the high costs of living in our area. They are our neighbors, family members, co-workers and friends.

At GBFB, we're working harder than ever to keep up with this rising need. We're distributing unprecedented levels of food – this year we have distributed over 50 million pounds, enough to provide more than 42 million healthy meals. And we've steadily expanded our direct distribution of food through our own programs targeting low-income families, children and seniors.

This holiday season, as you turn up the heat and sit down to a nice meal, remember those who can't afford to feed themselves and their families. Be grateful. And if you can, join GBFB in our annual Holiday Meal Drive. This year, every \$20 donation will provide a full holiday meal complete with a turkey, a variety of healthy vegetables, cranberry sauce, stuffing and gravy for a family of 5. With your financial or volunteer support, we can End Hunger Here.

Together, we will reach our strategic objective to provide ONE MEAL A DAY to every person in need in eastern Massachusetts.

Sincerely,



Catherine D'Amato
President and CEO



GBFB VOLUNTEER DEDICATED TO HELPING OTHERS



Pat Danner has always liked to help others. She started volunteering as a tutor in second grade, and has continued giving back in meaningful ways all her life. For many years she lived in New Jersey. When she retired from her corporate accounting job in 2012, she moved to Cambridge to be near her daughter and two young grandchildren, and found The Greater Boston Food Bank (GBFB).

"I was used to donating money to Feeding America and my local food pantry, so GBFB felt like a good choice in my new community," she explained. "I just believe that having a roof over your head and enough food to eat are basic entitlements. In America, people should not be homeless or hungry."

Every Monday morning, Pat arrives at GBFB's Yawkey Food Distribution Center very early to sort donated food, and get set up to lead a crew of volunteers who will organize and bag groceries for distribution. She also participates in GBFB's Mobile Markets and School-based Pantries. "That was my first 'physical' job," she notes. "All my life I sat behind a desk, pushing paper. I'd never helped unload a tractor-trailer of food before!"

Pat is passionately motivated by the great need she sees in our community. "At the school pantry, I love to interact with the children who are helping their moms select food. But I also feel badly that they are in such need," she said. "I remember thinking at the Bunker Hill Veteran's Mobile Market, 'These men and women could've lost their lives in defense of this country, and here they are standing in line outside – no matter whether it's freezing cold or brutally hot – because they need help to avoid hunger.' That's wrong."

For her dedication and inspiration as a Volunteer Leader, Pat was named GBFB's 2014 Individual Volunteer of the Year. She encourages everyone to play their role in ending hunger in our community. "Join us," she concludes. "It's fun!"



TINA'S STORY

(Continued from p. 1)

"When I reached out to the Veteran's Association of Bristol County, I learned about their food pantry and other services. The groceries I get there every month, including fresh produce, really make a difference to my very tight food budget.

"I've also been able to give back by using my degree in programming to help with the Veteran's Center computers. Lately, I've also been volunteering at the food pantry sorting, organizing and distributing food to local Veterans. We're serving more than 160 men and women every month! It feels good to be around different people and to be helping others. Personally, I could never give back as much as these people have given me, and I would do anything for them. It's therapeutic.

"You know, sometimes you give and you can't see whether you actually help someone. But here at the Veteran's pantry, you see how you're helping. People are so happy when they pick-up their bag of groceries. It brings a smile to my face. I'm so grateful."

LEARN MORE, AND HOW YOU CAN HELP, AT GBFB.org



A volunteer takes inventory of fresh product at the Franklin Food Pantry Healthy Futures Market.

GBFB Helps Franklin Food Pantry Grow

Erin Lynch is the Executive Director of the Franklin Food Pantry, one of the 550 hunger relief agencies throughout eastern Massachusetts that receives food from The Greater Boston Food Bank (GBFB). The Pantry serves 600 Franklin households in need, who pick-up groceries once a month and can access more healthy foods through new programs.

“When I was a kid, my parents ran a ‘soup kitchen’ in inner city Baltimore where I helped out. The Franklin Pantry’s mission is one I’m passionate about.

“GBFB is a tremendous resource for us. Though we are a small organization entirely funded by individual donations and grants, we get to leverage GBFB’s huge ‘buying power’ to acquire quality food we might not be able to afford otherwise. This is especially true for expensive frozen meats and other high-protein, high-nutrient items.

“In addition, GBFB shares best practices and connects the Pantry to needed resources, potential partners, and important information. Its system of ranking food items by their nutritional value helps us ensure we provide

healthier, more balanced food choices to our clients. Inspired by GBFB, we’ve implemented a ‘Healthy Futures Market,’ that collaborates with local farms for a weekly distribution of fresh fruits and vegetables in season, and features a chef who offers samples of nutritious recipes using the items offered.

“GBFB’s leadership and support are helping the Franklin Food Pantry to increase our capacity. Using their model, we’ve implemented a regular Mobile Pantry which allows us to bring food to those who might have a hard time getting to and from our location: seniors, families with small children, and individuals who are disabled. These, along with other new programs, have increased our annual food distribution by 30,000 pounds.

“I’m really excited about our recent GBFB capacity-building grant that will pay for a new walk-in refrigeration unit for the Pantry. It will allow us to safely store much more food so that we can serve even more of the Franklin community.” All of the work that the Franklin Food Pantry does (along with GBFB’s 550 member agencies) is critical to achieving our strategic objective of providing ONE MEAL A DAY to everyone in need in eastern Massachusetts.

\$20 Provides Healthy Holiday Meals for Five

This year, through GBFB’s annual Holiday Meal Drive, we’re raising funds to provide those in need with holiday meals, a tradition many might not be able to afford otherwise. Full holiday meals will be distributed, complete with a turkey, a variety of healthy vegetables, cranberry sauce, stuffing and gravy.

“Just as we have in past years, we are engaging and challenging our network of supporters and friends to help ensure struggling families have enough to eat during a season when most of us are celebrating with maybe more than we need,” explained Catherine D’Amato.

Join us to raise enough funds to provide 45,000 nutritious meals to those in need this holiday season. You can get involved by donating, fundraising or setting up a corporate team. And, we encourage you to ask your family, friends and co-workers to help give the gift of holiday meals to those in need this season.

Your donation of just \$20 will provide healthy holiday meals – including leftovers – to a struggling family of five. Join us to help our neighbors in need this holiday season.

DONATE AT
GBFB.org/holidaymeals

WATCH US CLIMB TO 45,000 MEALS!
Our online “Holiday Meal Ticker” counts every donation toward our goal of 45,000 holiday meals.

SPECIAL THANKS TO THIS YEAR’S HOLIDAY FOOD DONORS:

NUTRITION SPOTLIGHT

GBFB LAUNCHES NEW NUTRITION EDUCATION PROGRAM FOR AGENCY PARTNERS

The Nutrition Team at The Greater Boston Food Bank (GBFB) has launched a new program to build nutrition awareness and promote healthy lives and communities among our partner agencies and their clients. The program utilizes Feeding America’s Nutrition Education “train the trainer” model, and is designed to instruct GBFB’s agency partners how to educate their clients about the importance of healthy eating.

The approach teaches agency leaders how to present information, lead educational activities and field questions. Participants receive all the resources and tools they need to launch a nutrition education program for their clients. This includes simple nutrition tips that families can apply to their daily lives to stay active and healthy.

“Our ‘train the trainer’ approach is an innovative effort to extend our reach and impact,” explains Senior Manager of Nutrition, Adriene Worthington, who is one of three

Registered Dietitians at GBFB. “We’re both responding to a need expressed by agencies and proactively encouraging nutrition awareness by providing science-based, practical information and accessible, interactive activities that will help people make healthier food choices.”

To develop the program, GBFB’s Nutrition Team conducted a survey of our partner agencies to assess the need. Responses informed lesson topics: fruits and vegetables, heart healthy food choices, how to read a food label, and shopping on a budget. Content was developed for adult learners, and can be presented in one-hour or twenty-minute segments for maximum flexibility.

GBFB is committed to acquiring and distributing quality food that meets the highest nutrition standards. And, we consider nutrition education a critical component of our responsibility so our struggling neighbors can lead healthy lives.



Joined by GBFB President and CEO Catherine D'Amato (left) and Board Chairman Woody Bradford (right), Director of Public Affairs and Government Relations Chris Buchanan (center) accepts the Leadership Award on behalf of Walmart at GBFB's Partner Appreciation Day.

Walmart is GBFB's Corporate Partner of the Year

Walmart and its employees support GBFB's mission to End Hunger Here in eastern Massachusetts in three critical ways: providing funding, donating food, and giving of their time as volunteers. In total, they have donated enough to provide over 520,000 healthy meals. As a result of this generous "trifecta", GBFB named them their 2014 Corporate Partner of the Year.

"We consider it our responsibility to make a positive impact on the communities we serve, and are passionate about helping people live better," noted Chris Buchanan, Walmart Director of Public Affairs and Government Relations. "Working with food banks, pantries, and shelters to end hunger in Massachusetts is a priority for Walmart."

Walmart's regular financial support makes them a member of GBFB's prestigious Leadership Circle for donors providing \$100,000 annually. The company's State Giving Program has most recently funded an expansion to GBFB's Mobile Markets, and provides outreach to help vulnerable seniors access the Supplemental Nutrition Assistance Program (SNAP), or food stamps, benefits. In addition, two Walmart-donated refrigerated trucks allow GBFB to pick up and distribute millions of pounds of food annually.

In Massachusetts last year, fifteen Walmart stores donated 1.3 million pounds of food to GBFB and other local food banks, enough to provide over one million meals to families in need. Regularly donated products include high-nutrient foods, such as frozen meats and

fresh produce, which are so important to helping our clients stay active and healthy.

Walmart employees have voted for grants to GBFB through Walmart's Associates Choice Program, and regularly donate their time as volunteers. In August, GBFB hosted a leadership forum for 35 top Walmart Associates, which included a team volunteer session of sorting and packing donated food for distribution.

"Walmart and its employees really understand what their generosity means to our neighbors facing hunger," acknowledged Catherine D'Amato, GBFB's President and CEO. "Their dedication to the most vulnerable in our community is a motivation to every business in the Commonwealth to do the same." Walmart, like so many other GBFB partners, is donating their time, money, and food, and GBFB is so thankful to them for playing their part to End Hunger Here in eastern Massachusetts.



Partner Appreciation Day Honorees:
FOUNDER'S AWARD
BNY Mellon

LEADERSHIP AWARD
Walmart

FOOD DONOR OF THE YEAR
BJ's Wholesale Club, Inc.

COMMUNITY PARTNER OF THE YEAR
Elder Services of Merrimack Valley

VOLUNTEER OF THE YEAR (INSTITUTION)
Vecna Corp.

VOLUNTEER OF THE YEAR (INDIVIDUAL)
Patricia Danner

PUBLIC ADVOCATES OF THE YEAR
Representative Stephen Kulik
Senator Sal DiDomenico



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Thank you to our partners for all you do to help End Hunger Here.

1 - GBFB celebrated all of their partners and supporters at Partner Appreciation Day on October 17th. Partner Appreciation Awards were given to those who have demonstrated outstanding commitment to GBFB's mission. (List of honorees above.) 2 - More than 250 women joined The Greater Boston Food Bank at the Mandarin Oriental for the 5th Annual Women Fighting Hunger breakfast. GBFB honored Congresswoman Katherine Clark, and the event raised enough funds to provide more than 225,000 healthy meals to those in need. 3 - A loyal GBFB friend from Beth Israel Deaconess Medical Center, Dr. Allen Hamdan, and 200 supporters from the Boston medical community gathered at GBFB for the 2nd Annual Food is Medicine Event. The theme was the vital connection between health and access to nutritious food. This year was a huge success and doubled in funds raised, providing over 135,000 healthy meals to those in need.

FALL INTO FALL WITH THE **Kitchen Cabinet**

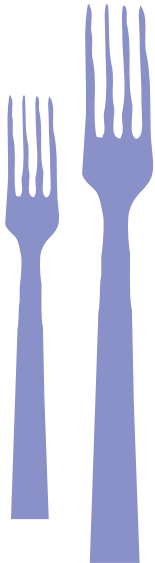
Celebrate fall at Boston Magazine's annual Taste event. Enjoy a sampling of dishes prepared by some of Boston's hottest chefs. A portion of the ticket proceeds will benefit GBFB. You can also help to End Hunger Here by bidding on an array of silent auction items.

WHEN:
Monday, November 17, 2014
6-7:00PM VIP
7-9:00PM General Admission

TICKET INFORMATION
Event tickets are limited.
\$75 for General Admission. \$115 for VIP.
Purchase at kitchencabinettaste.eventbrite.com

WHERE:
Boston Children's Museum
308 Congress Street
Boston, MA 02110

The Kitchen Cabinet is a group of greater Boston-area professionals, dedicated to ending hunger in our community.



Super Hunger Brunch



WHEN:
January 24-25, 2015

WHERE:
Local restaurants throughout Greater Boston donate their time, food and fine services to offer brunch for \$25, \$35 or \$50.

Brunch for a cause for an annual tradition to benefit
The Greater Boston Food Bank.

GIFT CERTIFICATES AVAILABLE ONLINE STARTING MID-NOVEMBER
GBFB.org/superhungerbrunch



FOR MORE INFORMATION ABOUT EVENTS, contact Carlen Singmaster at 617.598.5050 or email csingmaster@gbfb.org