

GBFB Helps Seniors in Need

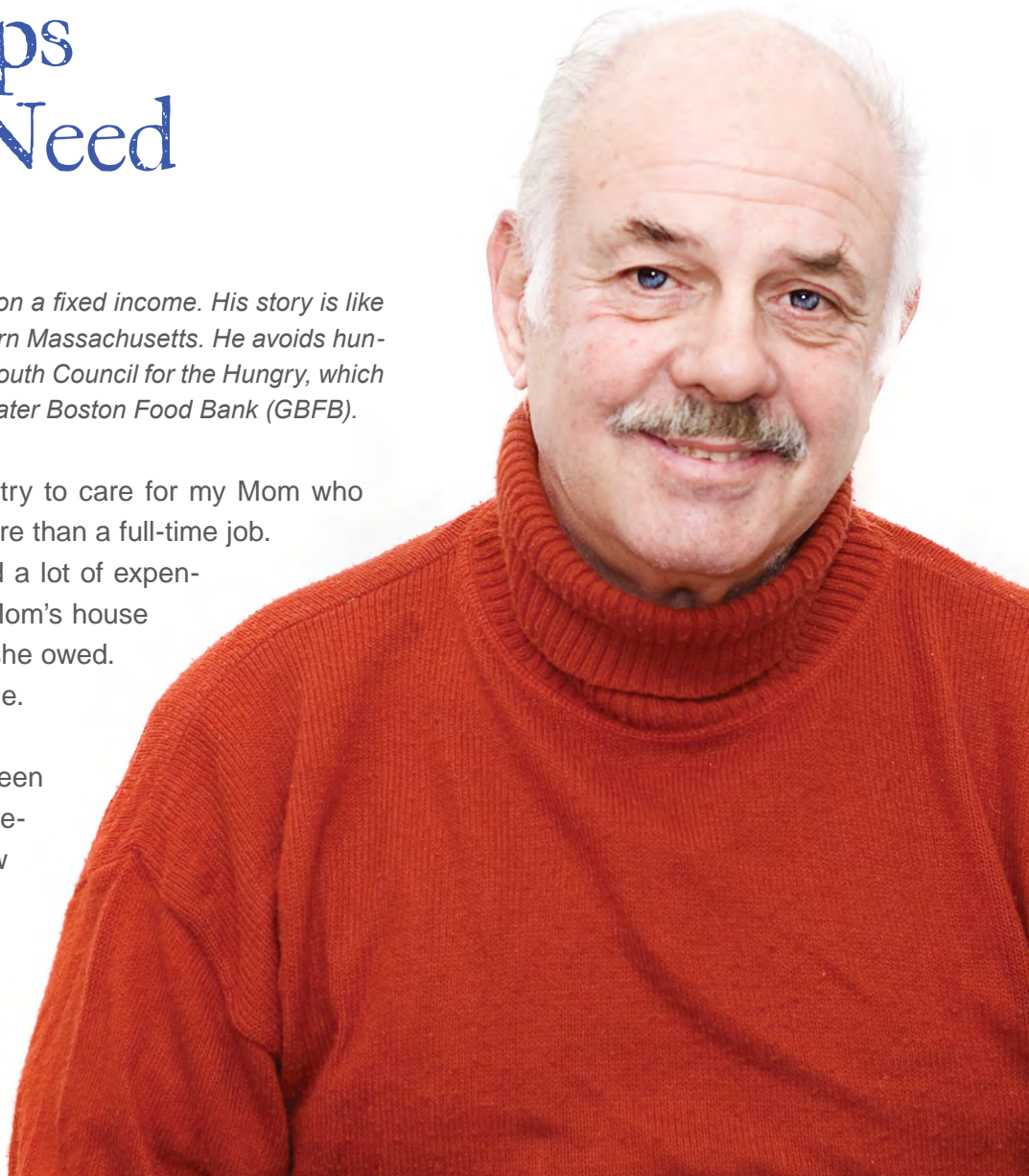
ROGER'S STORY

Roger is retired, in his 60's, and living on a fixed income. His story is like that of so many others in need in eastern Massachusetts. He avoids hunger by visiting the food pantry at Weymouth Council for the Hungry, which receives most of its food from The Greater Boston Food Bank (GBFB).

I retired from the newspaper industry to care for my Mom who had cancer. That was hard, and more than a full-time job. When she passed away, I inherited a lot of expensive medical bills and other debt. Mom's house sold for just enough to cover what she owed. All of a sudden, everything was gone.

I worked all my life, and should've been able to retire. But social security barely covers my monthly rent, and now I've got my own medical bills. I was exhausted, but had to go back to work to make ends meet.

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**inside
harvest:**

LEADING THE WAY

GBFB Maps Hunger to Provide ONE MEAL A DAY to Those in Need

GBFB Working Harder and Smarter to End Hunger Here

Dear Friends,

Just about every day, we're hearing about the political wrangling in Washington over the size of our food stamp program, "SNAP", Supplemental Nutrition Assistance Program. Here, in Massachusetts, 13% of our population relies on SNAP to have enough to eat. Almost half of those are children.

Since 2007 and the onset of the recession, the number of Americans on SNAP has increased by more than 80 percent. Congress approved expanding the program due to the recession and so many families facing the loss of a job, home **and healthcare. Today, even with a better economy, many find themselves in jobs that don't pay enough to keep up with the cost of living.**

With so many still struggling in our slow economy and food insecurity on the rise, our government should be working to maintain SNAP benefits. Instead, SNAP funding was cut last November, with the certainty of even deeper cuts in 2014.

When SNAP benefits are cut or lost, when prices for energy and housing continue to rise and incomes are fixed or stagnant, more and more can't afford enough food to feed themselves and their families.

That's why The Greater Boston Food Bank is distributing record amounts of food through local hunger relief partners and our own direct service programs that provide healthy food to children, seniors and families in need. We're working harder, and smarter, to achieve our strategic objective to provide at least ONE MEAL A DAY to every person facing hunger in eastern Massachusetts.

Join us. Your generous donation is needed to help GBFB meet the growing need in our community. With your support, together we can End Hunger Here.

Sincerely,

Catherine D'Amato
President and CEO



ROGER'S STORY

(Continued from p. 1...)

At my age, I was lucky and got a job at a local restaurant, but the recession closed it down. Right away,

the money ran out again.

Last winter, I was cutting my heart pills in half so I'd have enough money to pay my heating bill. I started skipping meals...

It's close to demeaning when you have to ask for help. But my neighbor brought me to the Weymouth Council pantry, and the bags of food I get there every month are saving my health. Not only pasta and cheese and other staples, but also fresh vegetables and fruits, and proteins like chicken and tofu.

I don't like just taking, so after a while I asked if I could help as a volunteer. It feels good when someone says thank you, or seeing the smile when you give a little kid a juice box when he's waiting in line with his mother.

This place was not only here when I was hungry, but now it gives me a place to go. The people here are like a family. We help each other.

GBFB Provides Healthy Food for Seniors in Need

Seniors are particularly vulnerable when it comes to hunger in the winter months. Many live on fixed incomes, so as prices for everything rise, they fall behind on their bills. Too often, older members of our community are skipping meals or buying poorer quality, less expensive food. They're being forced to choose between paying for groceries and paying for heat, rent and critical medicine.

Eating well is vital for people of all ages. And, for seniors, eating healthier foods can reduce their risk of heart disease, stroke, type 2 diabetes, and bone loss, as well as some kinds of cancer and anemia. Chronic diseases are also better managed with a balanced mix of high nutrient food.

The Greater Boston Food Bank's (GBFB) Brown Bag program is our response to the growing number of seniors in eastern Massachusetts who are facing hunger, and for whom eating well is critical to their staying active and healthy. Every month, we provide a carefully planned selection of nutritious food items to 14 local senior and community centers where they are bagged and distributed. A typical grocery bag weighs about 15 pounds and contains roughly \$30 worth of food items. Based on product availability, the bags include milk, cheese, pasta, rice, ground beef, tuna, green beans, peanut butter and oatmeal. Between 80 and 90 percent of the items distributed are high in nutrients and high in protein.

"We've expanded the Brown Bag program by one-third since the recession began and are now serving 8,624 seniors each month, but we still have a waiting list of sites where the program could really make a difference," explained Catherine D'Amato, President and CEO of GBFB. "More support is needed to help our older community members in need."



VISIT GBFB.org

to learn more about how you can help.

GBFB Maps Hunger to Provide ONE MEAL A DAY to Those in Need

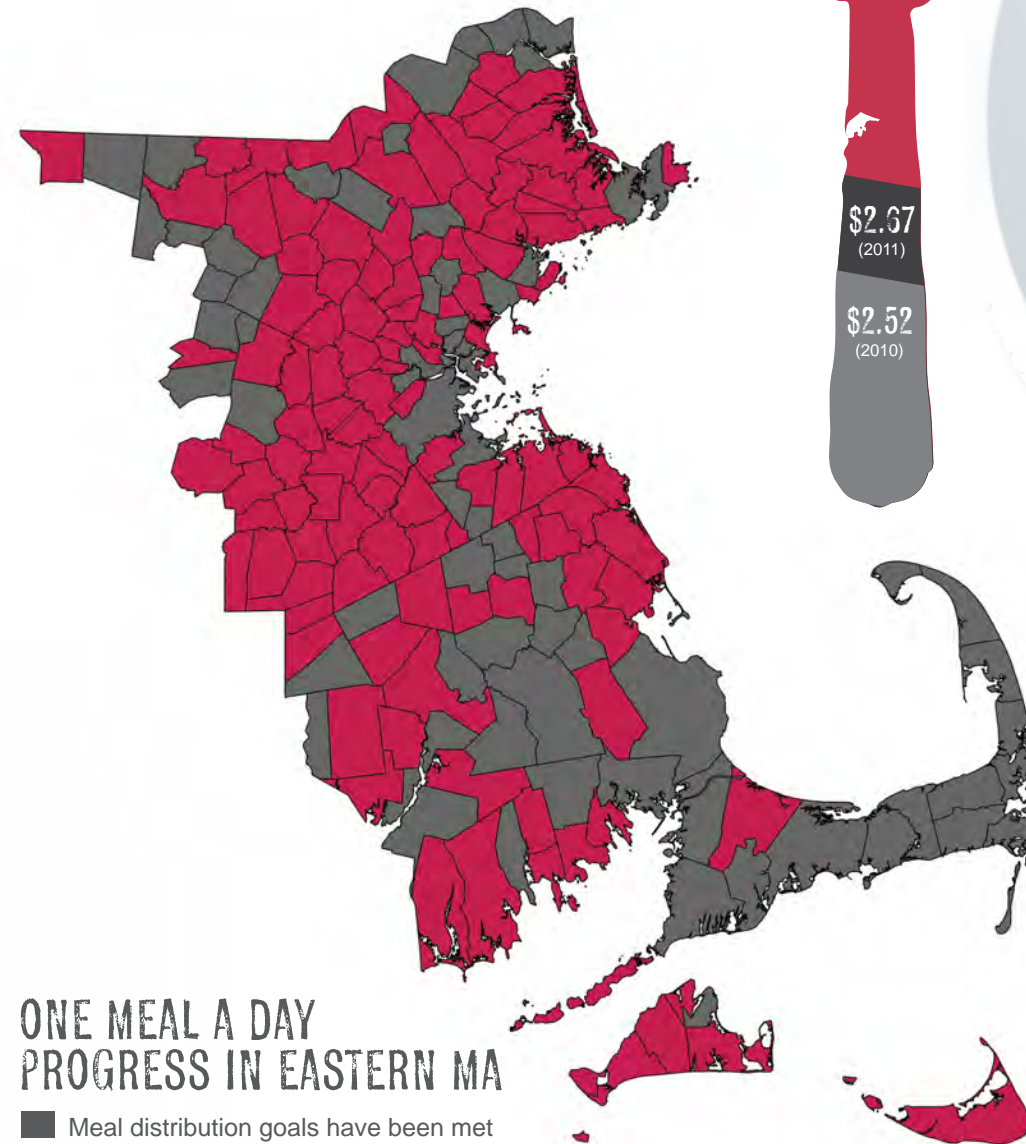
The Greater Boston Food Bank (GBFB) is constantly innovating and improving to address the growing problem of hunger in our community. As the challenges increase, we're working not just harder, but smarter. GBFB is a leader among US food banks in our use of geo-mapping technology to help reach our strategic objective of providing ONE MEAL A DAY to those in need in eastern Massachusetts.

"We're using the latest data from the United States Department of Agriculture (USDA), Feeding America and surveys of our 550 partner food pantries and community meal programs to map where people are facing hunger," explains GBFB's Capacity Analysis Manager, D.J. Taitelbaum. "Our maps show us county-by-county and even town by town where we're alleviating hunger, and where we aren't."

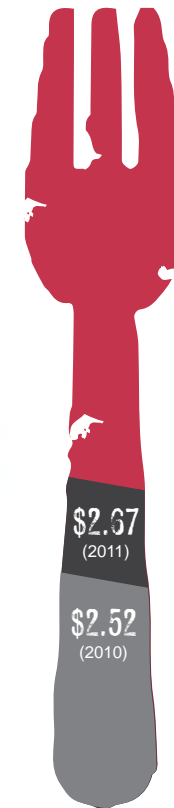
GBFB's sophisticated use of technology allows us to maximize every resource and help ensure we're distributing food to those who need it most. In a location with low food security and/or limited access to high quality food (i.e., food deserts), we work with our partners, government agencies and community groups such as hunger networks to increase food distribution. When local resources don't have the capacity to meet the need, GBFB introduces direct distribution programs, including mobile food markets, brown-bag distributions and school-based pantries – all of which have expanded significantly in recent years.

"Like any large and complex business operation – last year we distributed a record 48 million pounds of food – GBFB is using technology to guide decision-making and planning," notes Catherine D'Amato, President and CEO of GBFB. "Our 'hunger mapping' helps us to gauge progress toward our ONE MEAL A DAY objective, and ensures that every dollar donated to GBFB is spent efficiently and effectively."

Shifting environmental and economic factors impact hunger levels, and make our ONE MEAL A DAY objective a moving target. In 2014, we expect rising costs for food and other essentials of daily living, combined with higher unemployment, to increase need in eastern Massachusetts. To achieve our goal, GBFB will require more resources and support from the community.



NATIONAL AVERAGE COST PER MEAL (EST.)*



EASTERN MASSACHUSETTS AVERAGE COST PER MEAL (EST.)*



ONE MEAL A DAY

*Gundersen, C., Waxman, E., Englehard, E., Satoh, A., Chawla, N. Map the Meal Gap 2013: A report on county and congressional district level food insecurity and county food cost in the United States in 2011. Feeding America, 2013
 ** Approximately 15.5 million additional meals went to cities and towns where the ONE MEAL A DAY objective has been reached



CHAIN OF GIVING

(1) On November 7, 2013 GBFB team members and partners came together for the 8th annual Chain of Giving. The group formed a human chain to help unload a truck full of turkeys. Thomas Menino, former Mayor of Boston, and GBFB Nally Award Winner, Ben Lehv (pictured below) were on site to show their support. GBFB distributed 31,682 turkeys for the Thanksgiving holiday.

GRATEFUL HARVEST DINNER

(2) Harpoon Brewery partnered with GBFB to raise money during the holiday season. This year's event, The Grateful Harvest Dinner, was held on site at the brewery. Guests gathered for a Thanksgiving meal inspired by Harpoon's Grateful Harvest Ale. 100% of the event proceeds were donated to GBFB.



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BOSTON CELTICS DISTRIBUTION

(3) Just before Thanksgiving, Rajon Rondo, Celtic's Coach Brad Stevens, their families and Celtics volunteers, teamed up with GBFB for a special holiday distribution onsite. With their support, GBFB was able to provide a healthy holiday meal to 200 families in need.

RED SOX'S WALLY PAYS A VISIT

(4) Wally The Green Monster stopped by GBFB during the annual Turkey Express. Together with Stop & Shop, Wally helped deliver over 7,000 turkeys just in time for Thanksgiving distribution.



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LOCAL DJs RISE UP AGAINST HUNGER

For three frigid days in December, WAAF DJs Lyndon "LB" Byers and Anthony "Spaz" Parziale of WAAF's Hill-Man Morning Show held their annual fundraising event to benefit GBFB. For over two decades, the WAAF team has performed highly publicized physical challenges to call attention to the growing problem of hunger in eastern Massachusetts. This year, they rose up on two 60-foot boom cranes located outside GBFB's Yawkey Distribution Center and at the British Beer Company in Framingham. The event raised \$73,700 for GBFB, the Worcester County Food Bank and the New Hampshire Food Bank.



CENTINEL "BOSTON CHEFS TABLE" RAISES \$65,000

On October 26, Centinel Financial Group of Needham Heights, a corporate partner of The Greater Boston Food Bank (GBFB), sponsored a fundraising dinner held at our Yawkey Food Distribution Center. "The Boston Chefs Table" featured dishes from local chefs and restaurateurs, and raised \$65,000 in support of GBFB's mission to End Hunger Here.

Funds were raised by Centinel's Advisors and staff, with matching gifts from John Hancock in Boston. The 200 guests enjoyed a delicious meal prepared by chefs Andy Husbands (Tremont 647 & Sister Sorel), Jeremy Sewall (Lineage, Island Creek Oyster Bar and Row 34) and Christopher Coombs (Deux-ave and Boston Chops).

In welcoming Centinel's clients and staff, Managing Partner, Mark C. Sullivan, said, **"It is a privilege to partner with such a fine organization as GBFB to assist in the mission to feed the hungry."**

In her remarks, Catherine D'Amato, GBFB's President and CEO, stressed the critical importance of local business partners in achieving our objective of providing ONE MEAL A DAY to those in need. "Your generosity this evening will provide 195,000 meals to our neighbors facing hunger." She added, "We are so grateful for Centinel's support and dedication to our community."



Run to End Hunger Here

Several dedicated marathon runners will support The Greater Boston Food Bank (GBFB) during the 2014 Boston Marathon on Patriot's Day, April 21. Their support will help raise awareness of hunger in eastern Massachusetts as well as much-needed funding to help GBFB End Hunger Here.

VISIT GBFB.org/marathon to learn how you can sponsor this year's runners.

NEW ENGLAND PATRIOTS AND BANK OF AMERICA DAY OF SERVICE

(5) In December, New England Patriots Julian Edelman and Chandler Jones joined Bob Gallery (Bank of America-Massachusetts President) and the Bank of America team volunteering on the sorting line at GBFB. In an offense vs. defense sorting challenge, the group competed to package donated food and other products that were distributed to GBFB's network of hunger relief agencies.

CHEESEBOY CONTEST WINNER CHOOSES TO SUPPORT GBFB



Cheeseboy Restaurants, a local New England chain founded by Michael Inwald in 2009, recently held a contest for their customers, who were invited to write about a passion of theirs. The winning essay would win \$10,000 to be donated to the charity of the writer's choice.

The winner, Melinda Maryniuk, the Director of Clinical and Education Programs at Joslin Diabetes Center, chose The Greater Boston Food Bank (GBFB).

Melinda wrote about her passion for a grilled cheese sandwich after a hard day, or when she "feels a bit under the weather." She invited everyone to bring those benefits and "comfort" to those who need it most... hungry families.

"In a nation battling diseases of excess such as diabetes and obesity, those who are hungry and live in food insecure homes are ignored or misunderstood," she wrote.

This past October 11, Catherine D'Amato, President and CEO of GBFB, accepted the donation at a morning event held at Cheeseboy's location at South Station. She noted that \$10,000 enables GBFB to provide 30,000 high nutrient, high protein meals to those in need.

"Grilled cheese on whole grain bread paired with fresh fruit or vegetables is not only delicious, but nutritious," she added. "GBFB is providing these foods to help end hunger in eastern Massachusetts, and we're so grateful to have Melinda and Michael's support."



Longtime GBFB Volunteers Honored

For almost a decade, husband and wife, Sig Street and Derryl Irion, have been giving generously of their time and talents as volunteers at The Greater Boston Food Bank (GBFB). They are just two of the 25,000 volunteers who save GBFB over \$1 million annually in labor costs and make our work possible each year.

"I was a liaison to the Maine delegation at the 2004 Democratic Convention," Derryl remembered. "They wanted to give back to the city of Boston, and I thought that spending an afternoon sorting donated food at GBFB's warehouse would be meaningful – as well as fun. Sig joined us. We had a ball."

"After that, we continued volunteering," Sig added. "We knew it was a good fit after only four visits, when Kelly Sajous, GBFB's Volunteer Manager, told a new volunteer group that if they had any questions, they should just ask us."

Sig and Derryl have contributed as volunteers in a number of ways over the years. Now both retired, they come to GBFB's Yawkey Food Distribution Center every Friday morning, where they check donated food for quality and organize it for distribution to pantries and community meal programs throughout eastern Massachusetts. At our Partner Appreciation Day this past October, they were honored as GBFB Individual Volunteer(s) of the Year.

Derryl believes they've stayed with GBFB because its team is so wonderful. "Plus, they tend to have a great sense of humor. I love the people interactions!"

Sig has enjoyed learning about GBFB's operation and playing various volunteer roles. "I love that I can grow there. I see a job that needs to be done, and I'm able to do it."

INTERESTED IN VOLUNTEERING AT GBFB? LEARN MORE AT
GBFB.org/volunteer