

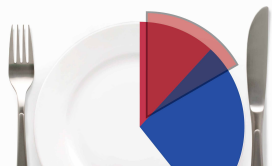
GBFB's Brown Bag Program Helps Seniors Avoid Hunger

LYN'S STORY

86-year-old Lyn is like many vulnerable seniors in our community living on a fixed income as living expenses climb. To help ensure she gets the food she needs to stay active and healthy, Lyn receives a variety of groceries each month – including fresh fruits and vegetables – through The Greater Boston Food Bank's (GBFB) Brown Bag program, in partnership with Our Neighbor's Table in Amesbury.

"I was born and raised in Lynn, the tenth of thirteen children. My father was a baker, and he always said he wanted 'a baker's dozen.' I moved to Amesbury in 1972, and began living in my apartment with the Housing Authority about ten years ago.

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**inside
harvest:**

WHEN THE GOOD NEWS IS STILL THE CHALLENGING NEWS:

GBFB distributed a record 51 million pounds of food last year, that's enough for 43 million healthy meals.

When the Good News is Still the Challenging News

Dear Friends,

I have some good news, and some challenging news.

The good news first: The Greater Boston Food Bank (GBFB) distributed a record 51 million pounds of food last year! That's enough to provide 43 million meals to people facing hunger in eastern Massachusetts. With critical help from our volunteers, generous financial and food donations from the community, and our member agencies, we're working harder than ever to meet the challenge of increased hunger in our community.

Now, the challenging news: GBFB distributed a record 51 million pounds of food last year. That huge number represents a huge problem in our community.

In 2009, when we moved into our state-of-the-art, 117,000 square foot distribution facility, we distributed 31.5 million pounds of food. We did not anticipate needing to reach 51 million pounds for another 5 years.

More and more of our neighbors are facing hunger. Many families are struggling to pay higher living costs with fewer resources, which often means their food budget suffers. Children don't get the fresh produce and other high-nutrient food that keeps them active and healthy. And seniors living on a fixed income are skipping meals to pay for medicine or their heating bill.

With your help, GBFB is committed to achieving our strategic objective of providing ONE MEAL A DAY to every person in need in our community. We are constantly thinking of new and innovative ways to continue to keep our warehouse efficiently storing and distributing food. We're also leveraging our sizeable network to lead advocacy efforts, such as our important campaign to increase the Massachusetts Emergency Food Assistance Program (MEFAP), which would finance an additional 23 million meals.

Together, we're achieving so much. But, sadly, it is still not enough. Please join us with your support. Visit GBFB.org to learn more about how you can help us achieve our mission to End Hunger Here.

Sincerely,



Catherine D'Amato
President and CEO



GBFB PARTNERS WITH ZONTA CLUB OF MALDEN



In 2012, when The Greater Boston Food Bank (GBFB) and Hallmark Health System agreed to partner in establishing a new food distribution in the parking lot of Malden's Women, Infants & Children (WIC) location, the members of the Zonta International Club of Malden stepped up to volunteer to make the monthly "mobile market" work. Since then, the "Zonta Ladies" (as they are known) have taken ownership of unloading and organizing a truckload of healthy food, and distributing it to families in need.

"We're always looking for service projects that will make the most impact in helping local women and girls," explained Joanne Puopolo, a long-time Zonta member. "Given GBFB's trusted reputation, we were happy to volunteer, and have become passionately committed to the WIC distribution, which takes place rain or shine!"

GBFB's partnerships with community businesses and volunteer organizations are critical to meeting our strategic objective of providing ONE MEAL A DAY to every person facing hunger in eastern Massachusetts. More than 550 families come to the WIC mobile market each month, where they can choose from a variety of food staples and nutritious items, including fresh produce. That couldn't happen without the contribution of local volunteers like Zonta International.

Zonta Club member, Liz Hart, recalled her experience: "At first, when I realized that I knew some of the people standing in line to receive a bag of groceries, I felt a bit uncomfortable. But then we made contact, and they became friends – friends I was helping."

LEARN HOW YOU CAN HELP END HUNGER HERE AT

GBFB.org



LYN'S STORY

(Continued from p. 1)

"The food from the Brown Bag program is very good, especially when you're not feeling well and can't get out.

My favorite item is a whole chicken, because then I can make my cacciatore. I have food in my freezer for the whole month, which is very good.

"I sort of fell into volunteering at the food distributions. I walked into the room and they needed help, so I started helping. It is a big operation, and we're working hard from when the GBFB truck arrives with the food at 10:30 in the morning, when it gets unloaded and laid out, to around noon when we're helping the final clients choose and bag their food items.

"Now, they have me at the sign-in table where I greet everyone and explain how things work. It's fun! I'm the first one they see, so they know they better be good to me."



LEAVITT CORP HELPS GBFB END HUNGER HERE

Everett-based Leavitt Corp, known for its all-natural Teddie Peanut Butter, has long been a strong and generous partner to The Greater Boston Food Bank (GBFB), donating high-nutrient, high-quality food, as well as financial resources. The family-owned and operated company is also a long-time vendor to GBFB through the Massachusetts Emergency Food Assistance Program (MEFAP). Since 2001, GBFB has used MEFAP funds to purchase, at cost, over 1.7 million pounds of nutritious, protein-rich peanut butter to distribute to neighbors in need.

“Like us, GBFB is in the business of feeding people and has a total commitment to food safety and quality,” explains Mark Hintlian, Leavitt Corp’s third-generation President & CEO, and a member of GBFB’s Food Industry Council. **“As an important community effort in our own backyard, we’re glad to back GBFB in a big way.”**

Last year, Leavitt Corp executives assisted GBFB in developing new food safety standards for MEFAP vendors, leveraging the company’s expertise and reputation (the company has a GFSI third party SQF level 3 - the highest food safety certification) to help ensure the highest levels of quality and safety of every food item we distribute.

“The food business is competitive and can be hard-edged, and we can be proud of the tremendous support we provide to GBFB,” continues Hintlian. “But we can do more! I encourage every member of the local food industry – producers, wholesalers and retailers – to get involved, increase their product and financial donations, and look into becoming a MEFAP vendor.”

Advocate for MEFAP!

GBFB administers the Massachusetts Emergency Food Assistance Program (MEFAP) for the Food Bank Coalition of Massachusetts, which includes the four food banks in the state. MEFAP is a critical piece of legislation that provides funding to purchase a consistent supply of quality, nutrient-rich foods and locally grown fresh produce for families in need. One hundred percent of MEFAP funding goes directly to the Food Bank Coalition of Massachusetts and is essential in GBFB’s work to End Hunger Here.



Each year, GBFB and its network of friends and supporters raise our voices to advocate for increased MEFAP funding. In 2014, MEFAP funds provided more than 16 million meals, or 12% of all meals provided. This year, the Food Bank Coalition of Massachusetts is engaging decision-makers and advocating for an increase in MEFAP funding to \$20 million, which could enable GBFB to provide another 7 million meals.

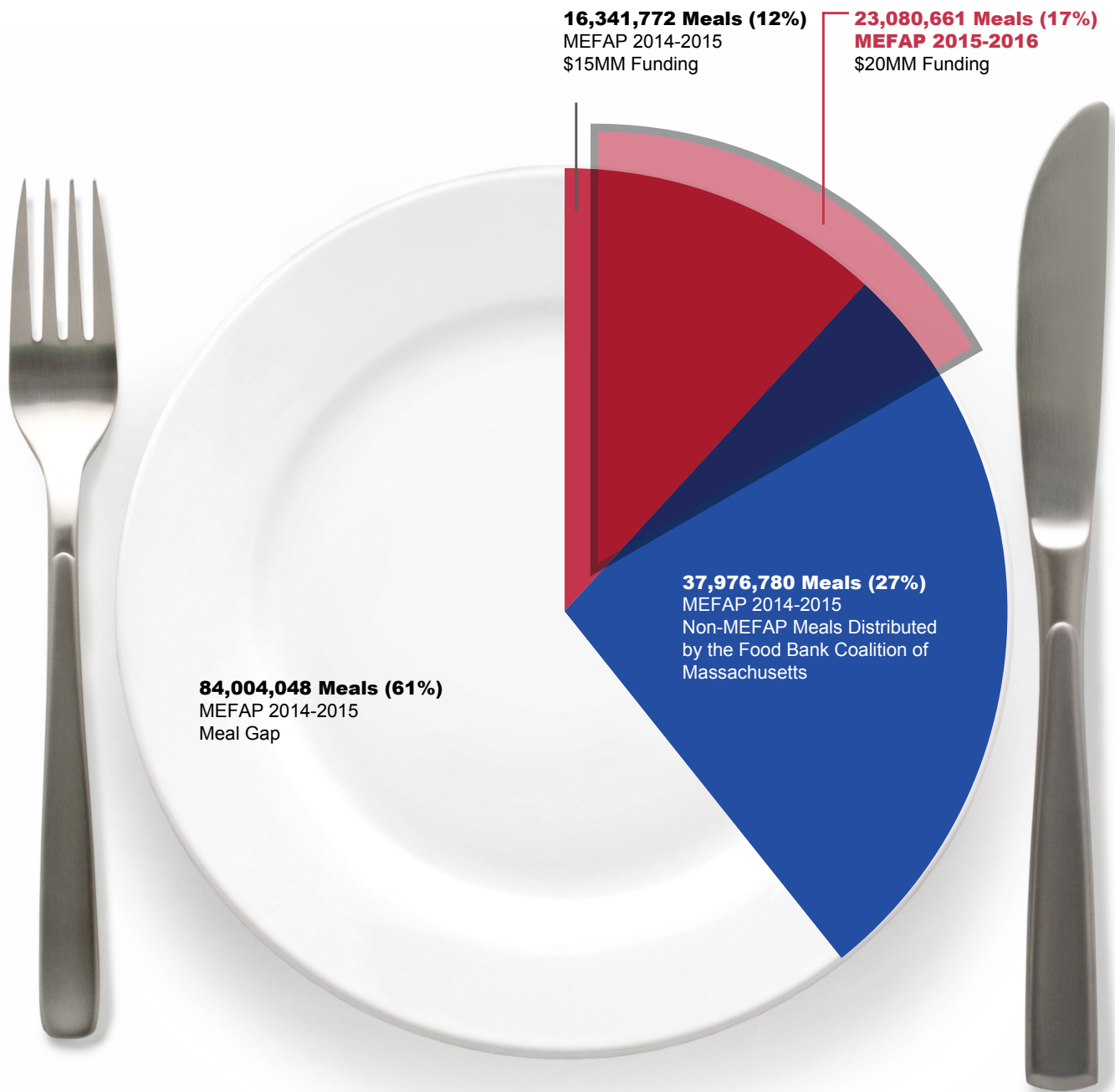
JOIN US! VISIT

GBFB.org/how-to-help/advocate.php

TO LEARN HOW YOU CAN HELP ADVOCATE FOR MEFAP.

THE MEAL GAP IN MASSACHUSETTS

The Meal Gap represents the meals missing from the homes of families and individuals struggling with food insecurity. The total Meal Gap in Massachusetts is estimated at 84,004,048 meals. An increase in MEFAP funding will provide an additional 6,738,089 meals. Paired with meals provided through the four food banks of Massachusetts, this will bring us closer to closing the gap.



Data Sources:

Gundersen, C., E. Engelhard, A. Satoh, and E. Waxman, *Map the Meal Gap 2014: A Report on County and Congressional District Level Food Insecurity and County Food Cost in the United States in 2012*. Feeding America, 2014
 Feeding America Map the Meal Gap Research: www.feedingamerica.org/hunger-in-america/our-research/map-the-meal-gap/
 Feeding America *Map The Meal Gap: Highlights of findings for overall and child food insecurity*: www.feedingamerica.org/hunger-in-america/our-research/map-the-meal-gap/2012/2012-mapthemealgap-exec-summary.pdf



A generous team of FedEx volunteers sorted 10,012 pounds of food during Hunger Action Month this past September.

FedEx is Committed GBFB Partner

FedEx has been a dedicated corporate partner with The Greater Boston Food Bank (GBFB) since 2009, when it supported the move into our then-new Yawkey Distribution headquarters. The company regularly provides generous financial donations, and a group of employees volunteer annually.

“Over the years, FedEx has become like family,” noted Suzanne Battit, GBFB’s VP of External Affairs and Advancement. “On their day of service to help us sort and organize donated food, FedEx takes over the volunteer area with their wonderful energy and generosity. We are so grateful for their partnership.”

FedEx provides \$50,000 each year to support GBFB’s mission to End Hunger Here, and last year put \$20,000 of that gift toward leveraging additional donations for Giving Tuesday. That helped us raise another \$50,000 – funding that enabled GBFB to provide an additional 150,000 meals to families in need! Since 2009, FedEx donations have enabled GBFB to provide well over a million healthy meals to families in need in eastern Massachusetts.

“FedEx is proud of the ways in which we connect people and possibilities around the world, and is committed to supporting the communities we serve,” explained Tabatha Stephens, Manager, FedEx Global Charitable Giving.

Since 2009, FedEx donations have enabled GBFB to provide well over a million healthy meals to families in need in eastern Massachusetts.

“We commend GBFB on its critical work to help the most vulnerable of our neighbors facing hunger, and applaud their many efforts to distribute basic necessities to those in need.”



1



EVENTS

2



3

Brunch (and other meals) for a Cause.

1 - The culinary team at 80 Thoreau in Concord were among the participants in Boston magazine's 5th Taste event held at the Boston Children's Museum to benefit GBFB. Members of GBFB's Kitchen Cabinet, a group of greater Boston-area professionals dedicated to helping End Hunger Here in our community, hosted a silent auction for their annual Fall into Fall fundraiser for GBFB. **2** - Serving to a packed house, and with 100% of the proceeds donated to GBFB, Harpoon Brewery hosted their annual Grateful Harvest Dinner at their Boston Seaport location during the holiday season. **3 (L+R)** - Over a dozen restaurants participated in GBFB's annual fundraiser Super Hunger Brunch on January 24 and 25, including Kirkland Tap & Trotter in Somerville (photo right). Among the brunchers spotted enjoying a meal at Kirkland were members of Team GBFB: VP of External Affairs and Advancement, Suzanne Battit (far left), President and CEO, Catherine D'Amato (third left), and Board Chair, Woody Bradford (second from right) along with special guests and supporters of GBFB - Debbi Ford, Rick Musiol and Denise Leyhe from Citizens Bank, and Wendy Carruthers from Boston Scientific.

GBFB's Nutrition Team Keeps Seniors Active and Healthy

Adriene Worthington (photo - left) is one of three Registered Dietitians at The Greater Boston Food Bank (GBFB), who ensure that the food we distribute is highly nutritious, and that clients are aware of the importance of eating well to stay healthy. Here, Adriene shows campers at a summer nutrition fair the benefits of good nutrition.



"I found my way to GBFB after I worked for a semester at the "Cooking Matters" program of Share Our Strength. I realized that a big barrier to people eating better is they often don't know how to budget and shop for the best grocery items, or cook high-nutrient food in ways that promote health (and taste good). I saw that there's a need to make healthier food less intimidating and more accessible.

"Here at GBFB, I'm focused on our Brown Bag Program, which distributes food directly to seniors in need. Food is a clinical medical necessity for seniors: If they can't afford to purchase proteins and other high-nutrient foods, they lose weight in the forms of muscle mass and bone density. That, in turn, means a loss of mobility and stability, with sometimes disastrous consequences.

"Through our Brown Bag program, each month 8,600 seniors receive a 20 pound bag of groceries, including high protein items such as chicken and tofu, and at least 5 pounds of fresh produce. We provide a balance of perishable and non-perishable items to help ensure (along with their own food budget and SNAP benefits) that seniors will have food each month.

"An important aspect of my work is to evaluate the nutritional value of each food item we distribute. I love to engage the men and women at our Brown Bag distributions, to en-

courage them to choose foods that are good for them, and to try new ways to prepare them that are tasty as well as highly nutritious.

"Food is a clinical medical necessity for seniors: If they can't afford to purchase proteins and other high-nutrient foods, they lose weight in the forms of muscle mass and bone density. That, in turn, means a loss of mobility and stability, with sometimes disastrous consequences."

"I know the food GBFB provides is helping to keep our vulnerable, older population healthy and active. What also resonates with me is the way communities have embraced the chance to help. Many Brown Bag volunteers at our 15 sites across eastern Massachusetts are seniors themselves. Seniors helping seniors is a beautiful thing to see."