

Hungry Away from School

TANIA'S STORY

Eleven-year-old Tania and her younger brother receive nutritious meals through The Greater Boston Food Bank's Kids Cafe program, held each weekday at the Dorchester Boys and Girls Club.

"My little brother, Jack, says he isn't looking forward to summer. Which is weird, because who doesn't like summer? It's warm and there's no school. But Jack's just a kid. What does he know?"

We used to have a great time when school was out, when my Mom was working. We had our own apartment, then. We'd go to the beach and have picnics. That's when I was little.

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GBFB Meets Increasing Need

Dear Friends,

After more than three decades of working to End Hunger Here, there have been many positive steps forward, yet there is still a great deal of work ahead. Cuts to the nation's Supplemental Nutrition Assistance Program (SNAP or food stamps) in November are just the latest in a series of developments that will continue to impact neighbors in our community and the work of The Greater Boston Food Bank (GBFB).

Here in eastern Massachusetts, the SNAP reduction means recipients will receive a decrease in SNAP funds for food. Families with already stretched budgets, will have to rely on other supplemental food sources even more to have enough to eat. The summer months and school vacation will be especially hard for families with children who depend on school meals to avoid hunger.

Remember, one in every nine members of the Commonwealth is at risk of hunger. And of that number, as many as one in four are children. Many are hard-working families that earn too much to even qualify for SNAP assistance.

Where do people turn when they can't afford to feed themselves and their family?

Fortunately, they are able to turn to the 550 food pantries, community meal programs and other local agencies that receive food from GBFB. And, they can turn right to GBFB and our direct distribution programs. Through programs such as our Mobile Markets, GBFB distributes bags of healthy groceries directly to those in need. This food makes the summer months easier for families with children who rely on school meal programs during the year.

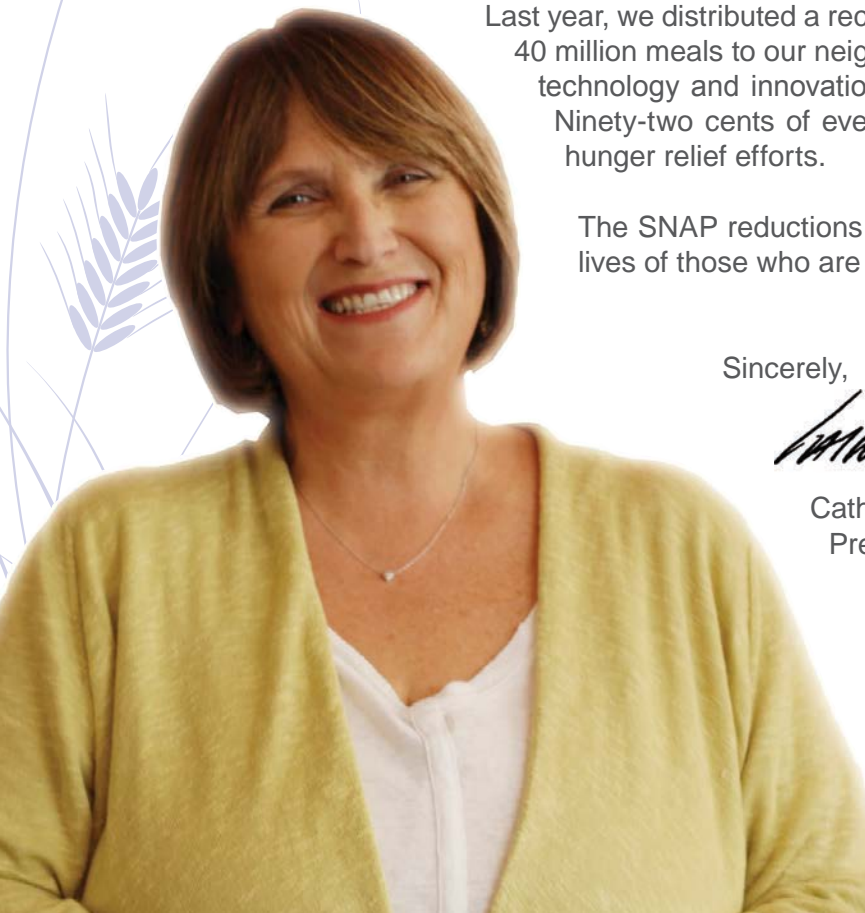
Last year, we distributed a record 48 million pounds of food, enough to provide 40 million meals to our neighbors in need. We're working through advanced technology and innovation to become even more effective and efficient: Ninety-two cents of every dollar donated to GBFB goes directly to our hunger relief efforts.

The SNAP reductions remind us that we can make a difference in the lives of those who are food insecure in our communities.

Sincerely,



Catherine D'Amato
President and CEO



Breaking Down SNAP

SNAP benefits that an individual or family receive vary based on numerous circumstances. However, the SNAP Challenge asks participants to live off a food allowance of \$4.71 per day per person. This is \$1.57 per meal.

Perspective:

\$5.00

Value of an average breakfast combo



With just

\$4.71 per day
and \$1.57 per meal

what could you purchase?



While eggs and bread can make up a meal, they lack in the diverse nutrients needed for a well-balanced diet and healthy life.

GBFB PROVIDES SUPPLEMENTAL FOOD

Programs offered through GBFB, such as our Mobile Market, provide families with bags of nutritious food each month. These programs are crucial because they supplement SNAP and other programs, helping families to have enough of the right food to lead healthy lives.



TANIA'S STORY

(Continued from p. 1...)

When my Mom lost her job, though, things changed. A lot! We had to move in with my Grandma, with all of us in one little bedroom, and no place to study or play. It wasn't so bad, but then my Grandma got sick and had to quit her job. All of a sudden, there was no money for food. I saw my Mom crying and worried all the time.

Sometimes, all we had for dinner was cold cereal. And a few times, not even that. When you go to bed hungry, you can't sleep. Your stomach hurts, and it wakes you up.

At least Jack and me started getting breakfast and lunch at school. Now, it's just the weekends and holidays that are still hard. Jack gets really grumpy when there's not enough to eat.

Maybe that's why he doesn't like summer so much. No school, no cafeteria.

But this summer is going to be better, because we're going to the Kids Cafe. We get breakfast and lunch, and learn about what foods are good for you, and even how to make healthy snacks like salsa and guacamole, which Jack likes, even though it's vegetables.

What's best is that my Mom doesn't have to worry so much about where our meals will come from. She can focus on getting a job, and helping Grandma. It feels good, because I know we'll stay together as a family. As long as we have each other, we'll be ok."

Farmer Dave Partners with GBFB to End Hunger Here

For David Dumaresq, it all starts with “a passion for growing things, and wanting to do work that makes sense and helps as many people as possible.”

Farmer Dave’s partnership with The Greater Boston Food Bank (GBFB) is through Mass Grown. Mass Grown is a program that promotes local agriculture, by providing Massachusetts Emergency Food Assistance Program (MEFAP) funds to enable GBFB to purchase locally grown Grade A produce at reduced prices. GBFB has acquired nearly 4 million pounds of fresh produce from this program since 2010. Dave also has a 90-acre farming and greenhouse operation through which he has donated fresh fruits and vegetables to GBFB, helping us provide healthy food to those at risk of hunger in eastern Massachusetts.

As a valued partner, Farmer Dave helps GBFB to meet our commitment to provide nutritious, fresh produce to vulnerable children, seniors and families in need. The partnership also reflects GBFB’s desire to support the local farming economy in eastern Massachusetts.

Dave got his first taste of farming in high school as a laborer at the Brox Farm in Dracut. After college, he joined the Peace Corps and worked with Ecuadorean farmers to transfer updated farm technology and new knowledge to help increase their seasonal crop yields. “My title was, literally, “Crop Extensionist,” he notes.

Today, he regularly travels to the Republic of Georgia with the USAID’s Economic Prosperity Initiative, where he is helping farmers rebuild greenhouses along with their farming economy.

“I started farming when I got back in 1997 because agriculture is sustainable,” he explains. “Growing things takes sun, soil and water, and – unlike, say, coal – we are never going to run out of those.”

“I have always worked to help feed those in need,” Dave continues. “Donating multiple pallets of excess cucumbers or apples to GBFB makes sense because GBFB has the capacity to store them safely, and provide them to the people who need nutritious food the most.”

“I’m a business owner with 50 employees,” he concludes. “I don’t want anything to go to waste.”

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- Farmer Dave



More Fresh Produce for Kids in Need: The Doe Family Foundation Supports Innovative New Program at GBFB

A recent, two-year grant of \$1,000,000 from the Doe Family Foundation enables us to launch an innovative and important new program at The Greater Boston Food Bank (GBFB). Our “Child Hunger Initiative” will identify and address barriers to children’s access to high nutrient, fresh produce; and GBFB will significantly increase its provision of fresh fruits and vegetables to families in need.

“Our parents, Charles and Shirley, were passionate about feeding people – at home, in their “99 Restaurants” chain, and in our community,” noted Amy Doe Noordzij, Trustee of the Doe Family Foundation along with her siblings Barbara, Charles Jr., Dana, Deborah, and William. “We’re honoring our parents and their generous charitable legacy through the work of the Foundation.”

The number of Massachusetts children who lack consistent access to a nutritious, well-balanced diet has increased by almost 10% in recent years, and the consequences are profound: Children who face hunger on a regular basis have poorer health and struggle in school.

GBFB’s “Child Hunger Initiative” is a comprehensive and collaborative child-feeding initiative, involving re-

search and the development and testing of new program strategies that will increase children’s intake of healthy, fresh fruits and vegetables.

The Doe family, as well as the Doe Family Foundation, is committed to GBFB’s mission to End Hunger Here in eastern Massachusetts. As Amy Doe Noordzij explains, “Like our parents, we strive to make deeper connections with our donor recipients. We want to serve, and we appreciate GBFB because we can also volunteer – as a family – and become more involved. It’s very powerful seeing all the nutrient-dense produce you’ve laid out at one of GBFB’s school-based pantries, and know that it will soon go to children in need. We have conversations about our experiences, and engage the next generation. All my kids proudly wear their GBFB t-shirts to school.”

Everyone has a role in ending hunger in our community.®

LEARN HOW YOU CAN HELP AT
GBFB.org



Home Market Foods Expands Partnership with GBFB

Home Market Foods of Norwood, a family-owned and operated provider of cooked and flash-frozen meal entrees, appetizers and snacks, has long been a generous food donor to The Greater Boston Food Bank (GBFB). Recently, the company and its employees have significantly expanded their support for GBFB.

“We are continually investing in our people and facilities to ensure an optimal work environment for employees and the highest quality products for consumers,” explained Doug Atamian, Home Market Foods CEO, and its co-owner with brother, Wes, who is its President. “We were looking for a way to increase our commitment to the local community, and nourish our neighbors in need. Our long-time partnership made GBFB the perfect choice to meet those goals.”

Home Market Foods brands include Cooked Perfect, Family Buffet and RollerBites. The frozen protein food items they donate due to excess inventory, distressed (but still-edible) products, or packaging errors have enabled GBFB to provide high nutrient food options to families facing hunger in eastern Massachusetts. In addition, company employees will now be volunteering their time at

least once quarterly to help sort and pack food for distribution at GBFB’s warehouse and will help out at our mobile market distributions. Home Market Foods also recently named GBFB its “charity of choice,” which means the company will match all employee donations – many made through payroll deductions – 100 percent.

“Representatives of Home Market Foods have volunteered and donated in our community where they have learned about GBFB’s operations and strategic objective to provide ONE MEAL A DAY to everyone facing hunger in our community,” said Catherine D’Amato, GBFB’s President and CEO. “Their generous response makes them an ideal corporate partner, because they not only provide nutritious food – which is so critical to helping those we serve stay active and healthy – but also donate their time and money. We could not be more grateful for their support.”

There are many ways you can play a role in ending hunger in our community – volunteer, advocate, donate food or financial support.

LEARN HOW YOU CAN HELP AT [GBFB.org](https://www.gbfb.org)

Photo above: Members of the Home Market Foods Team volunteering at GBFB’s School-Based Pantry at Hennigan Elementary School.

11th ANNUAL GREATER BOSTON FOOD BANQUET RAISES \$1.16 MILLION



On Wednesday, April 30, 500 guests, sponsors, and food industry partners gathered for The Greater Boston Food Bank’s 11th Annual Banquet. The event’s lead sponsors and co-chairs were Joe Kelley, President of Stop & Shop New England, and Rick Roche, CEO of Roche Brothers. Over \$1.16 million was raised – enough to provide food for 3,480,000 meals.

The Banquet took place in GBFB’s warehouse, which was transformed into an elegant banquet space.

Featured speakers included Brian Danz, who ran the Boston Marathon for GBFB and shared his story on what inspired him to do so, and Andrew Olsen, Vice President at the nonprofit-focused marketing agency of Russ Reid, who shared his personal account growing up in a food insecure household. Without organizations like GBFB, he would never have been able to rise above his beginnings.

“Money was always tight. The kind of tight that brings neighbors together when one only has milk and the other only has pancake batter – but they know that together they can feed their children for the night.”

Mike Wankum, meteorologist from WCVB Channel 5 News, was our energetic auctioneer and a musical performance by Alliance with pots, pans, wooden spoons and shopping carts ended the evening literally with a “BANG”. Thank you to the co-chairs, food industry, Board, sponsors and supporters who made the evening so special!



Red Sox Wives Support GBFB on August 1st and 2nd

Red Sox fans will be able to support The Greater Boston Food Bank (GBFB) at games against the New York Yankees on August 1st and 2nd. The Red Sox Wives and girlfriends will be at the 23rd annual Strike Out Hunger fundraiser at Fenway Park, accepting \$10 donations in exchange for autographed photos of your favorite Red Sox player. We invite you to enter our raffle for the chance to win a VIP Red Sox Experience, which includes tickets to see the Red Sox at Fenway!

ENTER THE RAFFLE AT
[GBFB.org](https://www.gbfb.org/strikeouthunger)
 /strikeouthunger

Sharing the Keys to Nutrition

GBFB's partnership with local Boys and Girls Clubs took another step forward recently with an innovative "train-the-trainer" program designed by our Nutrition Team.

To help ensure that more children receive important information about healthy eating, GBFB trains older Club members to engage and teach younger children about how such things as eating fruits, vegetables and whole grains, and exercising every day, can help keep them active and doing well in school.

"Keys to Nutrition" is a collaboration with Keystone, a youth leadership development program of the Boys and Girls Clubs. GBFB nutrition experts provide two 90-minute training sessions and an outline of five lesson plans to groups of Keystone teens. Each lesson comes in two modules, one for younger children, ages 5-7, and one for older kids, ages 8-12. Once trained, teen volunteer nutrition educators will help GBFB reach children attending all seven of our Kids Cafe program sites.

"Our new Keys to Nutrition program is a good example of how GBFB is always innovating to find more efficient and effective ways to achieve our mission to End Hunger Here in eastern Massachusetts," said Catherine D'Amato, President and CEO of GBFB. "Training teen leaders to provide nutrition education to children extends our resources and impact, and highlights our commitment to provide the high-nutrient foods so critical to the good health of our vulnerable neighbors, many of them children."

LEARN MORE AT

GBFB.org/nutrition



500 KIDS TO ATTEND GBFB SUMMER NUTRITION FAIR

As part of the local Boys and Girls Clubs' "Wellness Week" programming this summer, GBFB will hold four Nutrition Fairs, featuring information and activities designed for varied age groups of children. Five hundred children are expected to attend this summer's events.

Trained volunteers, including GBFB staff and donors, will run different stations, each designed to engage and educate children about healthy eating. Kids will learn how to make nutritious snacks and read and interpret food labels, as well as learn about the importance of hydration and exercise. They'll see how many sugar packet equivalents are in a soda or other sugary drinks.

"Through our Kids Cafe program, we're providing healthy meals to children. Our Nutrition Fairs help them to understand why nutrition is so important," explains Catherine D'Amato, GBFB's President and CEO. "GBFB is committed to providing children with the nutritious food and education they need to help keep them active and healthy."

