



harvest

Summer 2022

An Island of Care

“A food pantry is not just about providing food, it’s about providing love.”

—Sharon Brown,
manager of Island Food
Pantry, Martha’s Vineyard

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Catherine's Message

Dear Friends,

I am so grateful for supporters like you who are committed to ending hunger across Eastern Massachusetts through your support of The Greater Boston Food Bank (GBFB).

You understand that the food and healthy meals we help provide to individuals and families facing hunger is about far more than creating healthy communities, it's about nourishing them with support as well. I love what Sharon, manager of the Island Food Pantry, says: "A food pantry is not just about providing food, it's about providing love." That's the kind of difference you make on behalf of families in need.

This summer, as food insecurity continues to grow due to inflation, and rising food and fuel costs, we must continue to find innovative ways to build a future without hunger, such as our Grocery Card Program, which you can read about in this newsletter.

It will also take greater collaboration with donors like you, pantries like the Island Food Pantry, volunteers like Ted Truscott, and partners like MathWorks, which is once more offering their \$1 million Growing Healthy Futures match campaign.

When it comes to ending hunger, we all have a role to play. Thank you again for doing your part. Together, we can end hunger here.

Gratefully,



Catherine D'Amato
President and CEO



Nantucket, known as a luxury summer getaway, has food insecurity?



The Nantucket Food Pantry offers assistance year-round to approximately 1700 clients who live on the island.

As one of Massachusetts's top luxury destinations for summer vacations, it may surprise some that food insecurity exists on Nantucket. Like many communities with a regular influx of seasonal visitors, those who live on the island full-time, and those who come to work through the island's busy season, play a big part in supporting restaurants, hospitality, and other businesses in the community at the height of the tourist season. When the season shifts, so does many of the residents' employment and income, which is where The Nantucket Food Pantry steps in to bridge the gap for those who are impacted.

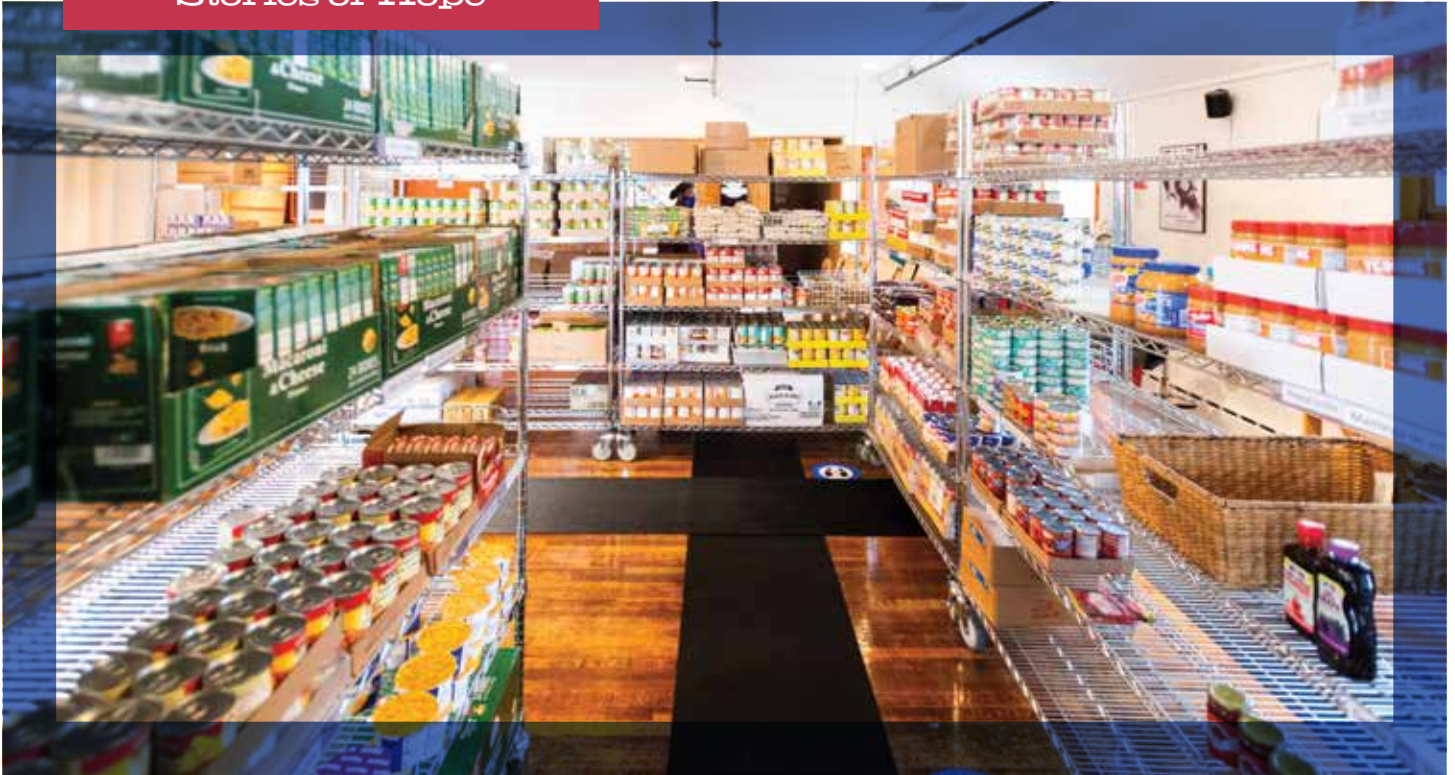
GBFB's network extends across Eastern Massachusetts. We operate several "cross-dock" sites so that agencies don't have to travel all the way to Boston to pick up their food orders from GBFB. For The Nantucket Food Pantry, the Cape Cod cross-dock in Harwich is where we begin to help those on the island who depend on the pantry to feed themselves and their families.

Working in partnership with GBFB, the pantry distributed as many as 20,000 bags of groceries to approximately 1,700 clients in the past year. The Nantucket Food Pantry also partners with Sustainable Nantucket through the Share your Harvest program inviting local backyard gardeners and small commercial farms to donate excess produce to the pantry.

With a combination of community partnerships and support for The Nantucket Food Pantry, your donation to GBFB helps further our mission to end hunger here in these seasonal communities.

Learn more at:

[GBFB.org/about](https://www.gbfb.org/about)



Island Food Pantry works to meet the needs of residents of Martha's Vineyard, including providing food to 700 people, as well as other critical community services. Photo courtesy of Ray Ewing and the Vineyard Gazette.

Meeting Needs on Martha's Vineyard

Most people don't normally think of poverty and hunger when they think of Martha's Vineyard, a community of luxury homes and wealthy summer vacationers. Yet, Sharon Brown, operations manager at the Island Food Pantry, sees another reality.

"A lot of people don't believe a food pantry should exist on Martha's Vineyard," Sharon says. What they don't understand, she explains, is how many people on the island are part of the low-wage service industry here, as well as seniors on fixed incomes.

"There are so many people here who are one step away from being homeless or hungry," she says. "I know because I was one of them. When the pandemic hit, I lost my job as a head chef in a big restaurant. Suddenly, I was out of a job for two months with no income and children to feed. If it wasn't for the food pantry, we wouldn't have been able to eat. Then, this position opened up, and here I am."

Every week, the pantry provides free food for up to 700 people—and that number is growing. In addition to canned goods, they provide meat, dairy, fresh produce, pasta, pet food and even connect people to critical community services, such as blood pressure checks, family planning and Alcoholics Anonymous. But they offer something more.

"I wish the donors could see it for themselves—the wide-eyed excitement in the children's eyes or the tears of joy in a senior's eyes."

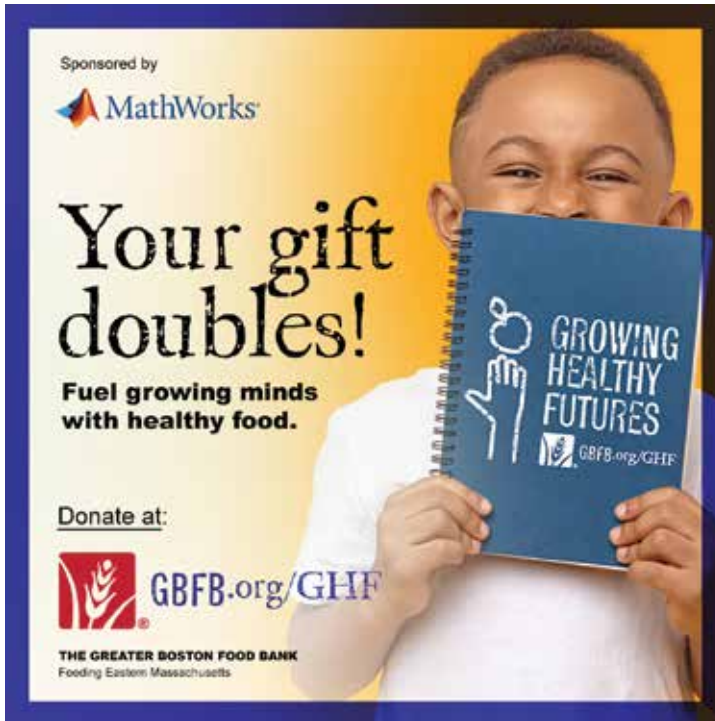
—Sharon Brown, Island Food Pantry

"When you see someone come to the pantry, they don't just need food," Sharon says. "Something else brought them here. A food pantry is not just about providing food, it's about providing love. It's about providing support. Many seniors come here knowing they'll find friendship and companionship. Several of our regulars come because they'll find someone who cares."

"I wish the donors could see it for themselves—the wide-eyed excitement in the children's eyes or the tears of joy in a senior's eyes. Then they'd understand the difference they're making," Sharon adds.

Partner for Impact: MathWorks Adds Up to Healthy Futures

“Giving back to the communities we serve is core to our social mission,” says Kevin Lorenc, director of corporate communications for MathWorks, sponsor of our \$1 million match campaign Growing Healthy Futures. MathWorks is the leading developer of mathematical computing software for engineers and scientists.



“When the pandemic hit, we started looking for a meaningful way to make a difference,” Kevin says. “That’s when we started discussions with The Greater Boston Food Bank. In 2021, GBFB launched the Growing Healthy Futures Campaign, and that was the perfect fit for us. Last summer, our \$1 million matching gift resulted in an additional \$1.8 million in donations, helping to provide more than 5.6 million meals.”

Funds from the campaign were used to distribute healthy meals to students and families facing hunger so they can continue to grow, learn and thrive.

“When the pandemic hit, we started looking for a meaningful way to make a difference.”

—Kevin Lorenc, MathWorks

“This summer, we see how inflation and supply chain issues continue to impact food insecurity in the Boston area,” Kevin adds. “Based on that, MathWorks is really happy to continue our corporate sponsorship with another \$1 million matching gift to Growing Healthy Futures.”

Click ‘N Cook® Recipe

This slaw is good for spring or summer. It makes a great side dish, but can also be used as a sandwich filling.



Raw Beet and Pear Slaw

Ingredients

- 1 teaspoon fresh ginger, grated
- 1 pound beets, peeled
- 1 large pear, washed (or apple)
- 1 small cucumber, peeled
- 2 tablespoons cider vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 teaspoons olive oil

Directions

1. In a medium sized bowl, grate fresh ginger using the smallest holes of a cheese grater.
2. Grate beets (3 cups grated), pears and cucumbers into the bowl with the ginger. Mix well until ginger is evenly distributed.
3. In a separate bowl, whisk the vinegar, salt, pepper, and oil using a fork.
4. Add dressing to salad and mix well.

For more healthy recipes, visit clickncook.org.

Cards That Care—Thanks to You!

Over the past two years, GBFB distributed more food than ever before in our 40-year history. The demand was so great, and we wanted to do more, but we had limited labor and warehouse space. So, in 2020, GBFB expanded our Grocery Card Program, purchasing gift cards from a variety of grocery stores across Eastern Massachusetts, which food pantries could distribute to their clients.

Thanks to your support, the grocery cards are preloaded with \$40, which people can use to purchase anything they need, from meat and dairy to baby formula, at markets like Stop & Shop, Shaw's, Star Market, Market Basket and Walmart. Clients can also purchase culturally responsive food that they may not get at their food pantry. The cards proved so popular, we jumped from distributing about 8,000 cards in 2020 to nearly 290,000 cards in FY21.

These cards are not intended to replace the critical food distributions at pantries, but they are a supplement to help individuals and families keep food on the table each month. They're also easy for our partners to store and distribute. Just as important, because the cards look like any other gift card, they ensure the dignity of the people we serve.



GBFB distributed almost 290,000 grocery cards last year, empowering clients to choose the foods that serve their needs best.

Volunteer and GBFB Board Member Is Out to Make a Difference



Ted has also been a volunteer and donor to GBFB for more than 10 years, and has served on our Board of Directors since 2020. He's passionate, not only about helping to provide food to people facing hunger, but about finding solutions.

"It's one thing to be outraged, but at the end of the day, I want to do something to solve this problem," he says. "I believe I have a moral obligation to make a tangible difference. Giving back to the community is big part of who I am, and what my company is all about, as well. Supporting The Greater Boston Food Bank as a volunteer or donor is one of those tangible ways to make a big difference in people's lives. At the end of the day, that's what drives me. There's nothing better in life than that."

Thank you, Ted, for all you do for GBFB!

"Frankly, I'm outraged. I believe that food insecurity is at the root of a number of different problems that afflict people in our society, and there's no excuse for it. It's also a problem that's not going away anytime soon," says Ted Truscott, CEO of Columbia Threadneedle Investments.

"It's one thing to be outraged, but at the end of the day, I want to do something to solve this problem."

—Ted Truscott



Your gift doubles!

You can help grow healthy futures with The Greater Boston Food Bank.

Help kids across Eastern Massachusetts eat healthy today so they can reach for the stars tomorrow.

When you donate by September 30, your gift will have **2X** the impact and help provide healthy food for students of all ages.

To help end student hunger, donate today at:

GBFB.org/GHF



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