



GBFB.org

harvest

Spring 2024

Here to Help During Tough Times

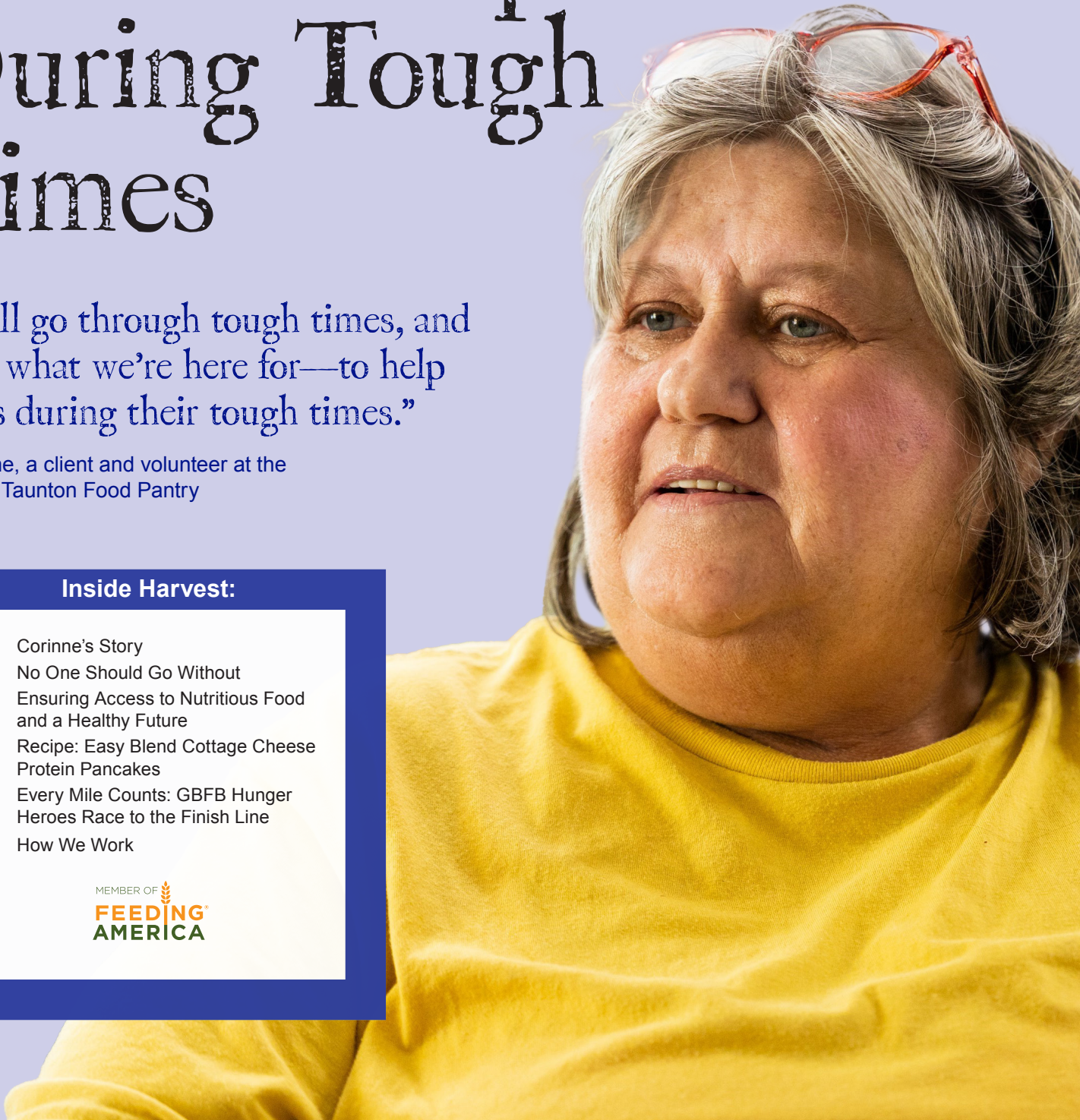
“We all go through tough times, and that’s what we’re here for—to help others during their tough times.”

— Corinne, a client and volunteer at the North Taunton Food Pantry

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Catherine's Message

Dear Friends,

We believe that access to healthy food is a human right. It's paramount to build healthier communities, where our neighbors can thrive.

And yet, the reality is the prohibitive cost of living continues to make it difficult for our neighbors to put food on their tables. They are facing difficult choices between the cost of housing, high cost of food and other living expenses—resulting in more people continuing to turn to our partner agencies for food assistance. Neighbors like Corinne, who turned to the North Taunton Food pantry during a tough time in her life and now gives back by volunteering there to help others in their time of need.

That's why we're grateful for longstanding corporate partners like Biogen and its three decades of support to help us improve access to healthy, nutritious food for those who need it most.

We are thankful to so many but especially for volunteers like our Hunger Heroes who are running the Boston Marathon and raising money on behalf of GBFB. The truth is we cannot do this alone. We need the help of our agency partners—like the 12th Baptist Church and North Taunton Food Pantries. We rely on our community, and we depend on your generous support.

Together, we can end hunger here.

Gratefully,



Catherine D'Amato
President and CEO



We want to hear from you. Be on the lookout for a donor survey from GBFB later this month. Thank you in advance for your participation.

No One Should Go Without



Winston Bodrick (left) and his brother, Reverend Willie Bodrick, II (right)

Within a bustling city like Boston lies a silent struggle faced by our neighbors—food insecurity. This is where GBFB emerges, tirelessly working to nourish communities, and the story of two brothers unfolds. Winston Bodrick and his brother, Reverend Willie Bodrick, II, pastor of the Twelfth Baptist Church, share a passion for strengthening their community.

The Reverend and his church pantry serve their community both as spiritual guides and by helping those facing food insecurity. Our relationship with the church dates back decades—with GBFB providing food they rely on to serve more than 13,000 people annually. With lines stretching down city blocks, their food pantry serves as a lifeline for thousands, bridging the gap between hunger and hope. He shares, “GBFB’s work is important because food is medicine. It’s brain power for our children while in school. No one should go without. I appreciate our partnership.”

As a new member of GBFB’s Board of Advisors, his brother Winston has been involved with GBFB for 4 years. When he first got involved, he was moved by the magnitude of need, the sophistication of GBFB’s operations and its unique capacity to address hunger. He offers, “it will take our collective support because the need is great. Whether through donations, or volunteering, each makes a tangible difference.” He goes on, “I’m proud of the important work we do to support 12th Baptist and other food partners in the area.”

They urge you to join them in their support of our mission to ensure that no one goes hungry.

Learn more at:

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



Corinne sorting and packing food for distribution at the North Taunton Food Pantry.

We're Here to Help During Tough Times

Corinne Pimental's story is a perfect example of how the tables can turn, where someone who once relied on their local food pantry for assistance is now giving back by volunteering and helping others in similar situations.

Corinne's journey started six years ago when she found herself caring for her five grandchildren and struggling to make ends meet. "I started coming as a client at first. I ended up with custody of my five grandchildren at the time, living in a two-bedroom apartment." She continues, "Things were tight. Rent and electricity was expensive, and I was also clothing and feeding seven of us. Times were tough. So, I started coming here. If it weren't for the North Taunton food pantry, we would not have survived."

While she turned to them for much-needed assistance, she also found a sense of community. "Now by the grace of God, my grandkids are back with their parents, so now I just volunteer." The staff and volunteers have become like family to her. Corinne volunteers there regularly, helping to provide food and other essentials for those in need. "I love coming in, I love helping out."

One key aspect of Corinne's story is the generosity and kindness she has experienced at the North Taunton Food Pantry. From receiving Christmas baskets with turkeys and gift cards to being able to provide similar meals to neighbors in her apartment complex who are seniors, the pantry serves as an important safety net for others facing food insecurity.

Corinne's experience highlights the importance of not just providing food assistance, but also creating a welcoming and supportive environment for those who need it.

"We all go through tough times, and that's what we're here for—to help others during their tough times."

—Corinne

Ensuring Access to Nutritious Food and a Healthy Future

As a healthcare company, Biogen understands the importance of reliable access to fresh, nutritious food for overall health and well-being. Through the years, Biogen has invested \$1.7 million—providing 3.4 million healthy meals for neighbors in Eastern Massachusetts.

“We are grateful for our collaboration of three decades,” said Sandra Yi-Fuller, Corporate Responsibility & Reporting Head at Biogen. “We’re honored to help GBFB provide meals for those who need it most and promote health and well-being in our community.”

Yi-Fuller emphasizes the role Biogen’s employees play; noting that their Cambridge employees have a special affinity for GBFB—consistently volunteering their time and donating as well. She adds, “It is heartwarming to see our employees’ commitment to GBFB. We’re so proud to support your free Mobile Markets at health clinics, which provide healthy food to patients and others in need.”

“We’re honored to help GBFB provide meals for those who need it most and promote health and well-being in our community.”

—Sandra Yi-Fuller, Corporate Responsibility & Reporting Head, Biogen

Biogen remains committed to addressing food insecurity and the social issues that come with it. “In my brief time in this role, I have witnessed GBFB’s work firsthand, seeing the impact of our contributions in the community.” Together, we can ensure that everyone has access to nutritious food and a healthy future.



Biogen employees answering phones during WCVB's Annual Day of Giving to benefit GBFB.



Easy-Blend Cottage Cheese Protein Pancakes

A Culinary Collaboration with New England Dairy

GBFB is collaborating with New England Dairy to showcase a selection of their delicious and healthy recipes on GBFB's Click 'N Cook website.

Ingredients

- 1 cup low fat cottage cheese
- 1 cup rolled oats
- 4 large eggs
- 2 teaspoons avocado oil (or olive oil)
- 1 teaspoon baking powder
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract

Directions

1. Preheat a griddle to 350 degrees F.
2. In a large blender, combine all ingredients. Blend on high for 30-60 seconds, until well combined. Let the batter sit for 3-4 minutes.
3. Using a ¼-cup measuring cup, portion batter onto the griddle. Let cook for 1-2 minutes, or until bubbles start forming on the pancake, then flip. Cook for an additional 1-2 minutes, until cooked through.
4. Remove the pancakes with a spatula and place on a plate. Repeat the last step until all batter is used up and pancakes are done.
5. Enjoy with pure maple syrup and sliced strawberries (or whatever toppings you enjoy).

For more healthy recipes, visit clickncook.org.

Every Mile Counts: GBFB Hunger Heroes Race to the Finish Line

In early April, all eyes are on “The City on the Hill” for the Boston Marathon. Runners lace up their shoes to participate in one of the most sought-after athletic events. While athletes competed to secure a spot in the race, it’s also a time to spotlight nonprofits’ missions for good as they received bibs for charity—many runners are running for a cause that’s important to them.

GBFB was honored to receive bibs from the Boston Athletic Association’s Bank of America Boston Marathon® Official Charity Program—paving the way for our Hunger Heroes team; Nicholas Carpino, Christina DiVirgilio, Cory Johnson, Lindsey Nerbonne, Peter Shanley, and Emma Wilson to support GBFB.

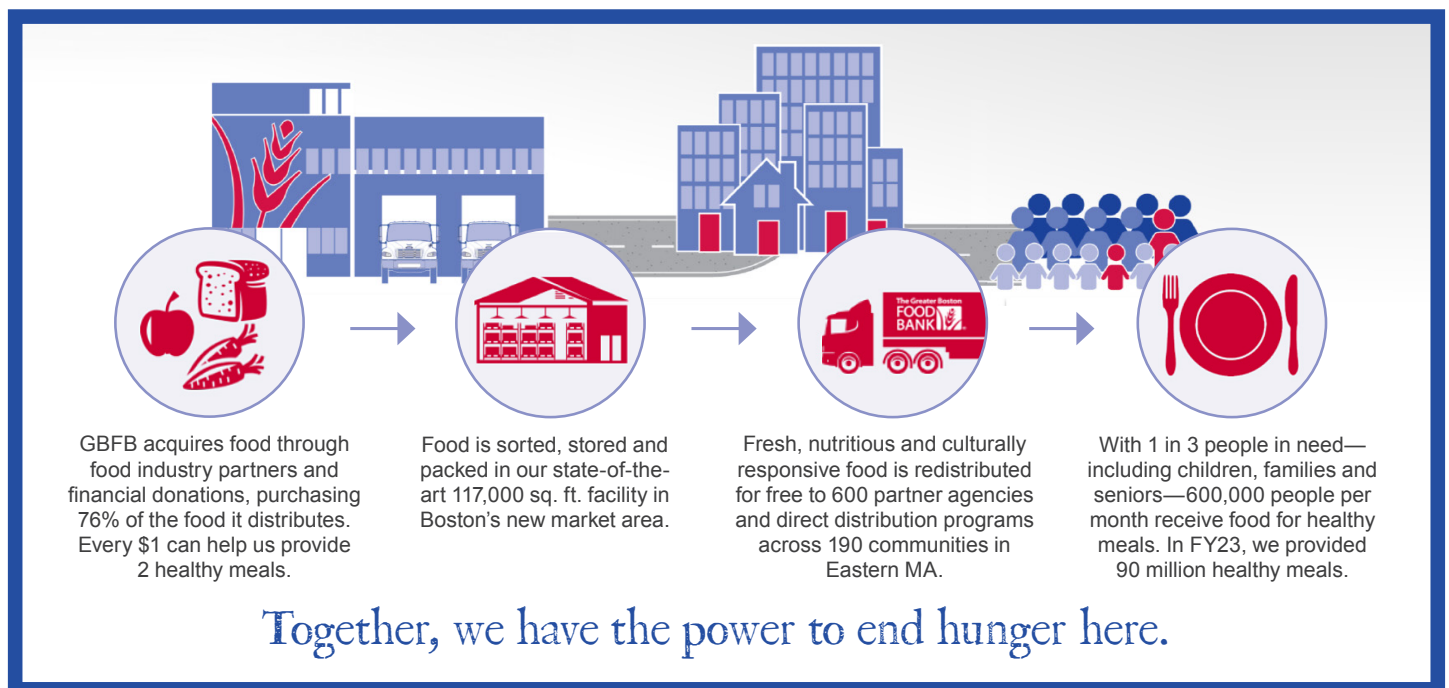
Each GBFB Hunger Hero has worked hard to fundraise to reach a goal of helping to provide 20,000 meals that will feed neighbors in need across Eastern Massachusetts. 1 in 3 residents in our state experience food insecurity, and our Hunger Heroes answered the call to nourish those leaning on GBFB for healthy meals. We can’t thank our athletes enough for helping us to address food insecurity one mile at a time. As they head toward the finish line, collectively they will provide more than 100,000 healthy meals and that makes them all winners of this Marathon.



Our Hunger Heroes are going the extra mile to help us end hunger here after recently volunteering at GBFB.

How We Work

GBFB powers the effort to end hunger in Eastern Massachusetts. As the largest food bank in New England, we’re the engine that drives our hunger-relief system, narrowing the food access gap for 600,000 people every month. Together with our partners, donors, advocates, and stakeholders, we’re working to end hunger for good. What we do makes it possible for everyone to live better, healthier, and more productive lives. Without you, we could not do what we do every day. Together, we have the power to end hunger here.



The Power to End Hunger is in Your Hands.



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

THE GREATER BOSTON FOOD BANK
Feeding Eastern Massachusetts

