



harvest

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Winter 2025

Fueling Communities Across Eastern MA

“The Greater Boston Food Bank.
I mean, where would we be on
the South Coast without you?”

— Anne Gardella, client at PACE Community
Food Center in New Bedford

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**FEEDING
AMERICA**



Catherine's Message

Dear Friends,

Ending hunger here means delivering fresh, nutritious food to our neighbors and improving health throughout all 190 communities we serve. In 2024, GBFB completed a major expansion of our commercial refrigeration. Thanks to generous donors like the Commonwealth of Massachusetts and you, we were able to expand our refrigeration and **Fill the Fridge** with food in its first year. We are now providing 8-10 million more pounds of fresh produce, more dairy products and twice as many eggs to our neighbors in Eastern Massachusetts.

In this issue of Harvest, you'll read about how your donations make a difference by supporting healthy, fresh food from GBFB across our region, from a 100 percent plant-based food pantry in Revere, to New Bedford, where senior citizen Anne Gardella receives fresh fruits and vegetables from a GBFB Agency Partner so she can manage steep medical bills. Nearly 600 distribution locations benefit from your generosity.

You can help us meet the need by supporting our Spring for Meals campaign this March. Learn more and find out how you can partner with us to provide fresh, nutritious food to our neighbors on our website at GBFB.org/Harvest.

Gratefully,

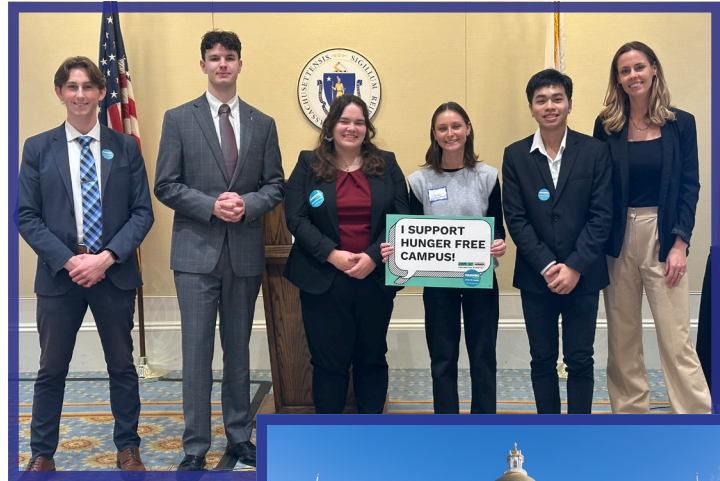
Catherine D'Amato
President and CEO



**Together,
we can end
hunger here.®**

Donate at:
GBFB.org/Harvest

GBFB & Advocacy: Advancing Food Security



Throughout the year, you'll find our staff in places like the Massachusetts State House and Washington, D.C., advocating for policies that will help end hunger here.



Big problems call for big solutions. That's why—in addition to distributing nearly 90 million meals per year to our neighbors across Eastern Massachusetts—GBFB works at the local, state and national levels to advocate for policies that address the root causes of hunger.

This year, GBFB's leadership on statewide advocacy efforts resulted in a 17 percent funding increase for the Massachusetts Emergency Food Assistance Program (MEFAP) in the 2025 state budget. All four Massachusetts food banks use these funds—\$41.5 million this year—to purchase food from local farmers, distributors and manufacturers, and deliver it for free to neighbors in need across the state.



You can be an advocate for hunger relief alongside GBFB! Sign up for our advocacy alerts at GBFB.org/Harvest.



Scan here or visit GBFB.org/Harvest to take part in Spring for Meals.

Stories of Hope



Anne, right, is a retired social worker who receives fresh produce from PACE to help manage steep medical bills. GBFB supplies 88 percent of the food at PACE.

Support For Healthy Meals in New Bedford

“The Greater Boston Food Bank. I mean, where would we be on the South Coast without you?” says Anne Gardella, 80, a retired social worker and a client at People Acting in Community Endeavors (PACE) Community Food Center in New Bedford.

PACE is one of 600 Agency Partners across Eastern Massachusetts receiving free food from GBFB. For clients like Anne, the fresh food supports her in making healthy meals.

After a blood disorder diagnosis, Anne’s medical expenses skyrocketed, and she found it challenging to purchase the fruits and vegetables she loved so much.



One in six neighbors served by GBFB are senior citizens.

“I try to eat healthy because I need it for my blood. I need protein and vegetables,” she explains. “And those are the two most expensive foods you have to buy.”

Anne is among many senior citizens facing food insecurity in Eastern Massachusetts; 1 in 6 of the neighbors served by GBFB is 65 years or older.

“Thank you so much for letting people like me...enjoy vegetables and fruits that I need so much of in my diet.”

—Anne, client at PACE Community Food Center in New Bedford

“I know my kids would never let me starve, believe me,” she adds. “But I’m very independent and I don’t want to depend on them. They’ve got families to raise and their own lives to take care of.”

Anne finds that independence—and a sense of warm community—at PACE. “I was in the hospital for 12 weeks just last year, and I had a feeding tube...” she recalls. “And I missed coming here so much. And when I came back, [a volunteer] was at the back door and I started crying because she is so wonderful.”

“It couldn’t be any better,” Anne adds. “The Greater Boston Food Bank is the best ever. They help so many people. I’m starting to get teary-eyed when I think of all the people that you help.”

Community Spotlight

A Plant-Based Food Pantry at MGH Revere



GBFB supplies 75 percent of the food at MGH Revere Food Pantry.

GBFB fuels a network of 600 Agency Partners across Eastern Massachusetts, supplying a significant portion of the food they distribute in 190 cities and towns. Your donations to GBFB reach agencies like Massachusetts General Hospital (MGH) Revere Food Pantry, a 100 percent plant-based pantry with an educational cooking class program for MGH patients.



A 100 percent plant-based approach: At MGH Revere Food Pantry, “food is medicine,” says Program Manager Michael Lenson. “We try to give away 70 percent fresh produce, and GBFB makes that really easy by providing excellent fresh produce.”



Weekly cooking classes: Pantry participants—all patients—are invited to attend weekly, plant-based cooking classes at MGH Revere’s teaching kitchen, presented by a chef and registered dietitian.



A growing need: Need in the community is “always increasing,” says Michael. In recent years, the number of households served weekly by the pantry grew from 50 to 150-160.



Study in progress: MGH’s Food is Medicine Study, in collaboration with Dr. Lauren Fiechtner’s Center for Healthy Weight and Nutrition Equity, is studying 150 patients to explore how plant-based food interventions can improve health in under-resourced communities.



The power of partnership: “Having access to resources like those from GBFB positively impacts our patients’ wellbeing,” says Michael.

You’re Invited!

Save the Date for Our 2025 Events

May 8, 2025



October 23, 2025



The GBFB Donor Survey Results Are In

Last spring, we asked donors like you for feedback on your experience with GBFB, and now we’re pleased to share the results. Visit [GBFB.org/Harvest](https://www.gbfb.org/Harvest) to view insights from the survey and learn more about how we’re taking action.

What can GBFB do to help you feel more connected to our mission? You asked for more:



Donor Profile

Molly Huck: A Woman Fighting Hunger

Growing up in Dorchester, Molly Huck learned the value of service early, regularly volunteering with her mother at a soup kitchen in Boston. “It was very important to my mom that we were conscious of folks less fortunate than us,” Molly says. Since then, her mother’s lesson has blossomed into a commitment to end hunger. Today, Molly is a volunteer, donor, and committee member at GBFB in addition to her career in the investment industry.

“With time being so valuable today, where you spend it is important,” Molly says. “GBFB is probably the most impactful way to help those who are hungry in our region,” she says.

Molly serves on GBFB’s Women Fighting Hunger committee, which raised a record-breaking 1 million dollars at its annual fundraising breakfast last year. A natural connector, Molly enjoys sharing her passion for ending hunger with other women. “The network just grows and grows, which is really beautiful,” she says.



“GBFB is probably the most impactful way to help those who are hungry in our region.”

—Molly Huck, second from the right

You can join the Women Fighting Hunger LinkedIn group to connect with others who are passionate about ending hunger here. Visit [GBFB.org/Harvest](https://www.gbfb.org/harvest) to join.

A “Win-Win” for Farmers and Families in Need



“Food banks make it really easy for farmers to partner,” says Atlas Farm owner Gideon Porth.

At Atlas Farm in Deerfield, Massachusetts, sustainable practices have been “core to the farm from day one,” says owner Gideon Porth. In addition to investing in solar energy, soil health and reusable packaging, the 130-acre organic farm donates surplus and so-called “imperfect” produce to GBFB and other organizations, minimizing food waste while helping people in need.

What’s “imperfect produce”? Nearly perfect, actually. Think of vegetables that look like they’re from nature rather than a catalog, Gideon explains, like a carrot or potato with an unusual shape. Atlas Farm donates these vegetables to organizations, including GBFB, supplying “premium, organic produce” for the 1 in 3 people facing hunger in Massachusetts.

“It’s been an awesome partnership,” Gideon says. “Food banks make it really easy for farmers to partner. We’re fortunate to have that kind of infrastructure in our area...It’s a total win-win.”

Your donations to GBFB help fuel a robust food distribution network that engages many partners, including local farms, and brings healthy, fresh produce to our neighbors all year round.

Spring for Meals

Give the Gift of Healthy Meals

Your Spring for Meals gift will help GBFB distribute healthy food across 190 cities and towns in Eastern Massachusetts. In 2025, we're striving to distribute more than **32 million pounds** of produce—that's 30 percent of all the food we distribute. Together, we can ensure our neighbors have the fresh fruits, vegetables and other nutritious foods they need to thrive.

Donate today at GBFB.org/Harvest



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“I feel comfort just knowing that I don't have to worry...[my kids] love the broccoli, they love the lettuce, the tomatoes, the spinach.”

Jennifer

Revere, MA

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