

Winter Hunger Woes: Not Just an Urban Problem

Let's face it: Hunger is a terrible thing any day of the year. But for people who can barely afford food — or can't afford it at all — wintertime is the worst time. The cruelest choices for anyone to have to make are between eating and keeping a roof over your head (and your children's), or staying warm, or buying medicines.



PHOTO: PATRICE FLESCHE

Captain Dan Brunelle shares a moment with Jean and Danny, two members of his "family" at the Salvation Army's soup kitchen in Plymouth.

Fortunately, across Massachusetts, hunger-relief agencies are welcoming needy people in from the cold and into their soup kitchens and food pantries this season, as always. More than 650 agencies depend heavily on The Greater Boston Food Bank — and supporters like you — for their crucial, nutritious supplies. While many people picture hunger as an urban problem, it severely afflicts communities outside Boston, too.

Captain Daniel Brunelle of the Salvation Army in Plymouth knows the face of hunger in his town all

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SUPER HUNGER MONTH

It's Super Hunger Month!

The Greater Boston Food Bank's
**Super Hunger
Month** 

In 2007, our ever-popular Super Hunger Brunch spills over into a month-long menu of ways to help us feed people in need this winter. With February activities to suit every mood, every schedule, every pocketbook, everyone can play a role in ending hunger!

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UPCOMING EVENTS

February

Super Hunger Month

April 16

Cheer for our Miles4Meals
Boston Marathoners

May 4

Good Food Gala

The Greater Boston Food Bank distributes more than 25 million pounds of grocery products to more than 600 member hunger-relief agencies throughout eastern Massachusetts in a dedicated partnership to end hunger in our region.

Dear Friends,

It seems winter never gets any easier, and in recent years it's been worse for many of the people we serve. In the last four years, the cost of oil has increased almost 300%, from an average of about \$23 per barrel to \$62 per barrel as I'm writing today. And natural gas prices have jumped in lockstep. More low-wage working families and people living on their Social Security checks just can't make ends meet, period.



This year could be even worse. Federal fuel subsidies to the needy have been cut more than 30%, from an average of \$787 last year to approximately \$530 or less this winter, according to a state auditor's report released in December. We know from experience that people will give up eating and buying medication before they'll give up heat. Understandably so.

One elderly person going hungry this winter... one hungry child unable to concentrate at school is one too many.

But no one in America should have to make these choices. That's why The Food Bank is always working to expand our network of community agencies. We want to reach as many people as we can. One elderly person going hungry this winter is one too many. One hungry child unable to concentrate at school is too many.

Thanks to your ongoing support, families in need this winter can pick up a bag of healthy groceries at a local food pantry. Because of you, a senior citizen can sit down for a hot, nourishing dinner at a local meal center. Together we can make sure no one has to choose between eating and staying warm this winter.

Thank you.

Catherine D'Amato
President and CEO
The Greater Boston Food Bank

Winter Hunger Woes

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too well. Four days a week, he opens the doors to serve a modest breakfast to low-income elderly, single parents, homeless, disabled, and any other needy residents — most of whom he greets by name. These wintry days — with the seasonal work of tourism and fishing all dried up — many spend the morning warming themselves in the cozy basement of the old Salvation Army building.

“Everyone is family here,” says the Captain proudly.

In Plymouth, housing costs have skyrocketed. People whose families have lived here for generations simply cannot find affordable housing. Add on the inescapable burdens of rising energy, medical, and general cost-of-living expenses and you have a recipe for hunger that tastes even more bitter in the winter.

No one is refused food if they show up in a hunger emergency.

The Salvation Army's food pantry is busier than ever right now. Captain Brunelle reports “a big increase” in the number of residents who turn there for canned fruits and vegetables, bread, cereals, meat, milk, and other staples they could not otherwise afford. While pantry pickups are by appointment, no one is refused food if they show up in a hunger emergency.

“Everyone is family here,” says the Captain proudly. But the newest additions are people he never hoped to greet: middle-class neighbors strapped with mortgage and car payments they once could afford. A father whose job went out of state or a mother who had to quit working because of cancer treatments suddenly find life frighteningly changed for themselves and their children.

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Fighting Hunger, Feeding Hope

Time to Build a Bigger Warehouse

We didn't need the results of the 2005 study "Hunger in America" to know the epidemic of food insecurity was worsening... Or to hear from the National Conference of Mayors last December that the percentage of unmet need for emergency food assistance had grown from 18% to 23% over the past year. Our Board of Directors has determined it's time to build a bigger warehouse.

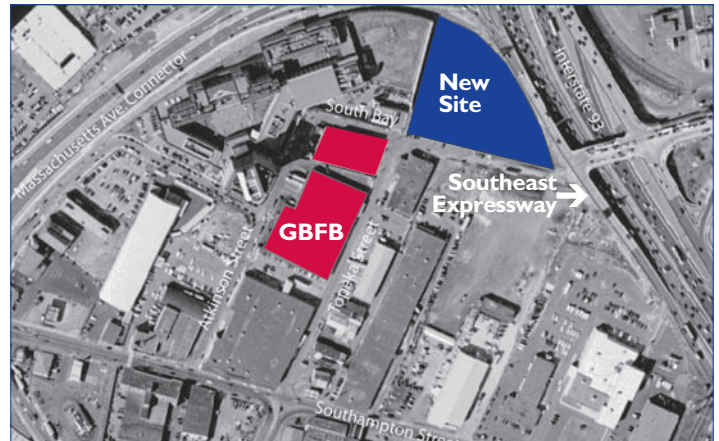
Since 1993, the amount of food distributed by The Food Bank has increased more than 300% with no changes to our physical plant. There are times when we must refuse donated food because we simply cannot store it. Sadly, the problem is particularly acute for highly nutritious foods that require refrigeration.

Fighting Hunger, Feeding Hope is our campaign to raise \$30 million for a new distribution center that will accommodate a minimum of 15 years of growth. That means we will be able to double our current distribution of 25 million pounds a year. We're pleased to say that our "quiet phase" has raised nearly \$17 million in gifts and pledges to date.

*At times we must refuse donated food
because we simply cannot store it.
A new distribution center will handle up
to 50 million pounds annually.*

We have also been fortunate to secure a parcel of land at 70 South Bay Avenue, adjacent to our current location in Boston's wholesale food district. Once owned by the City of Boston, the land housed a major incinerator. It is now owned by the Commonwealth of Massachusetts and has been conveyed by the Legislature to The Greater Boston Food Bank to build our new distribution center. Our Board of Directors voted in December to build the largest possible building on the property.

Headed by Campaign Co-Chairs Joanne Jaxtmer of Mellon Financial Corporation and Ted Cutler of the Interface Group, Fighting Hunger, Feeding Hope has captured the imagination




and the support of key Boston institutions as well as regional food and grocery industry giants.

Mayor Thomas and Angela Menino, Jack and Eileen Connors, and Chad and Anne Gifford have graciously lent their support as Honorary Campaign Chairs. Other key players include Pinck & Company for building planning and implementation strategy; architects Chan, Krieger, Sieniewicz, tasked with designing a "green" building that will ultimately be LEED* certified; and Consigli Construction Company as general contractor for pre-construction.

Taking best practices from the private sector to measure efficiencies, The Food Bank expects the new facility will achieve these and other quantitative increases:

- ↑ 15% — Perishable products in the first year
- ↑ 30% — Pallets received and shipped per man-hour
- ↑ 45% — Cases picked per man-hour

The Food Bank's distribution center is the hub of a network of more than 600 hunger-relief agencies. With Boston one of the most expensive cities in the country, and Massachusetts lagging behind other states in economic recovery, we're moving as quickly as possible to be able to feed everyone who is hungry.

Our goal is that no one in eastern Massachusetts ever go to their local pantry and find its shelves empty, never show up at their local meals program and find its doors closed. Fighting Hunger, Feeding Hope is our response. Stay tuned! 

* Leadership in Energy and Environmental Design

Winter Hunger Woes *(continued from page 2)*

“Out of business — that’s where we’d be without The Food Bank. It’s that simple. There’s no way we could purchase the food we need to help hungry people in the Peabody area.”

— *Trudy MacIntyre, Executive Director,
Haven From Hunger, Peabody, MA*


Fully 85% of the food the Salvation Army serves or distributes comes from The Greater Boston Food Bank, where Captain Brunelle comes for a monthly pick-up. When he returns to Plymouth, most of the homeless men help unload the van.

More than 60 miles to the north, at Haven From Hunger in Peabody, Executive Director Trudy MacIntyre reports that more families are foregoing food to buy their kids winter coats and

heat their apartments. Nearly 100 people each day are hugely grateful for the food pantry or the nightly dinners served there.

One is a young woman we’ll call Alice. A dental hygienist by trade, she was scratched by a cat months ago and incurred a near-fatal infection that put one hand — vital to her livelihood — at risk of amputation. Unable to work and with winter upon her, she was forced to turn to Haven From Hunger.

Once she pays her rent, heat, and other essential bills, and her food stamps run out, Alice has virtually no money left. So, once a month, she comes here for canned goods, cereal, meat, fruits, and vegetables. “Without this, I wouldn’t be able to eat every day. I want to say ‘thank you’.” Alice hopes to return to work soon, but she will never forget the lifeline that was extended by Haven From Hunger.

While wintertime is the cruelest season, hunger is real and painful for an estimated 744,000 of our neighbors in eastern Massachusetts every day of the year. That’s why The Food Bank works with such dedication — and with gratitude to supporters like you — to make sure everyone has enough to eat. 

Super Hunger Brunch 2007 Restaurants

33 Restaurant & Lounge

Appetito
blu

Blue Ginger
Bridgeman’s

Casa Romero

Chez Henri

Davio’s

The Elephant Walk

EVOO

The Fireplace

Funway Café

The Grapevine

Great Bay

Grill 23 & Bar

Icarus

Jasper White’s Summer Shack

La Morra

L’Espalier

MARE

Reggio Italian Ristorante

Rialto

Sel de la Terre

Turner Fisheries

Super Hunger Month *(continued from page 1)*

Super Hunger Chef at Four Seasons Hotel Boston **February 15**

Come watch a culinary food fight between Four Seasons Hotel Executive Chef Brooke Visoka and Executive Chef/Co-Owner Jamie Mamanno of the Commonwealth Restaurant Group. Using only food stocked by The Greater Boston Food Bank, these celebrity chefs will vie for the crown of “Super Hunger Chef 2007.” Sample hors d’oeuvres and enjoy Ketel One martinis at this fun event. Tickets online at our Web site www.superhungermonth.org.


Super Hunger Online Auction **February 15 through 25**

Bid on culinary-themed items and packages — from the downright delectable to the absolutely divine. How about “Chef’s Whim,” a memorable meal prepared exclusively for you and your party at Craigie Street Bistrot by Chef-Owner Tony Maws? Put your winning bid in before midnight February 25 at www.superhungermonth.org.

Super Hunger Brunch Weekend **February 24 and 25**

Make your reservations now for a terrific “twofer” — a delicious brunch (what better to do on a wintry weekend morning?) and extra support for The Greater Boston Food Bank. Delight in the cuisine of top chefs for a brunch priced at \$35 or \$50 per person (depending on the establishment). Participating restaurants donate their time, food, and fine service. See www.superhungermonth.org for reservation information.

Super Hunger On Your Own

Visit www.superhungermonth.org for other ideas to help fight hunger: Whip up a recipe submitted by one of our Super Hunger Brunch celebrity chefs — including Jody Adams of Rialto or Chris Douglass of Icarus and the Ashmont Grill — and invite friends over for a fundraising feast. Or, skip lunch once a week throughout February and donate the price of your daily tuna on rye. Or, help fight hunger with your kids during Super Hunger Family Sorting Days at The Food Bank. 

Gone Fishin' for High-Protein Meals



American Pride employees are regular volunteers at our Kids Cafe in Fall River.

We're not sure who else truly loves fishing in this cold weather except for the children at our Kids Cafes. **"Gone Fishin' Fridays"** are the brainchild of Product Donations Manager Cheryl Powers in concert with American Pride Seafoods — a giant in the seafood industry. A food donor since 2003, they've become a key partner in this effort to ensure high-protein dinners at all six of our Kids Cafes.

Based in New Bedford, the company donated a total of 50,338 pounds of seafood products in 2006. That's nearly 1,000 pounds of high-quality, high-protein foods every week. Their commitment to providing a steady supply of healthy, kid-friendly, and easily prepared food have earned them mem-

bership in our "Kids Cafe Heroes Club." (The Club also includes Garelick Farms for their milk and juices, Mama Rosie's for their frozen pastas, and Whole Foods Market for their fresh produce.)

Every month American Pride puts together an order for The Food Bank. Luckily for us, American Pride is located right next to New Bedford's Maritime Terminals, where we drop off food every month for distribution to agencies in Bristol County. This saves us an extra trip and the cost of fuel.

American Pride's seafood products routinely provide the protein for Kids Cafe dinners.

The kids' favorites? Cheddar fish nuggets. And Disney's Pirate Plank fishsticks. Other varieties that routinely provide the dinner's main protein include catfish bites, haddock, cod, and pizza fish nuggets.

In addition to their food donations, a loyal group of employees volunteer regularly at the Fall River Kids Cafe to serve dinners — for which they invariably supply the dessert as well.

Kudos to American Pride Seafoods and their staff. You're our Heroes! 🍷

FOOD RESCUE PARTNERS



Saving Food from Going to Waste

Perkins Paper Company

A first-time donor to The Food Bank, this Taunton-based company sells food as well as food-related items such as napkins and coffee cups. As a recent trade show exhibitor, Perkins called us to come get 3,500 lbs. of prepared foods. **Chief recipients:** Lost and Found Ministry and Teen Challenge, both in Brockton.

New England Convenience Store Association

8,150 lbs. of food were rescued from this association trade show in Marlborough, including sandwiches, deli meats, juices, eggnog, bottled water, half-pints and gallons of milk, and ice cream. Our longtime food donor Garelick Farms was among the donors. **Chief recipient:** New England Shelter for Homeless Vets.

Milton Hospital

Another new Second Helping partner donated 260 lbs. of turkey during the holiday season. These helped The Food Bank reach our biggest ever goal of 35,000 turkeys. **Chief recipient:** Boston Rescue Mission. 🍷



A PROGRAM OF AMERICA'S SECOND HARVEST

Kids Cafe Update


The newest Kids Cafe opened at the Yawkey Boys and Girls Club in Roxbury in December. Over the Christmas holiday they fed 150 children and their parents.

Today, they are feeding between 225 and 250 kids, five nights a week. That's up to 1,250 hot, nutritious meals served every week in this one Club alone, made with foods from The Food Bank.



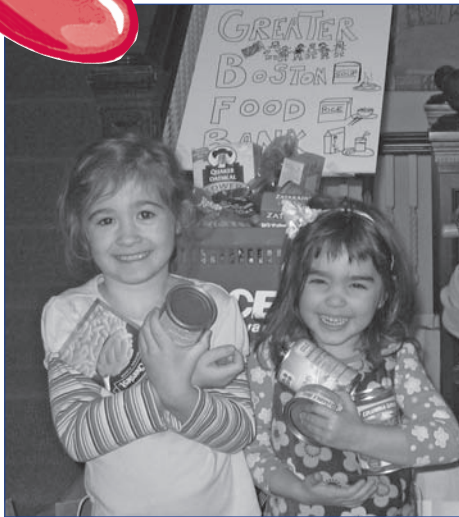
A food drive — such an easy, effective way for anyone to participate in the fight against hunger. Although food drives are responsible for only 2 percent of what The Food Bank distributes each year, they are a welcome and integral part of our food acquisition efforts.



So what happens to those cans of soup, those boxes of pasta, once the food drive has run its course? We'll take you along on the journey, following **one can of beans** as our guide. The source: The Advent School in Boston, which organized a holiday food drive for The Greater Boston Food Bank. 

Kids Helping Kids — One Can's Journey

1. Children and staff of the school bring in donations — including our beans.



Avery Miller (left) and Charlotte Shapiro (right) of The Advent School prepare to launch loads of healthy foods on a journey to other, less fortunate kids.

2. The school van drops their food off at The Food Bank's Boston warehouse.



3. The items are unloaded, weighed, and recorded.

4. The donations go into the Sorting Room, where volunteers sort the items into 18 different categories. Here, some items, such as punctured bags or badly dented cans, must be discarded. But our beans go into a box with other “protein” items.



5. The box is weighed and must be between 20 and 24 pounds. A label with the weight and category of its contents is printed out and affixed.



6. Our beans are forklifted back into the main warehouse and logged as new inventory. They're now part of the 'shopping list' for 40 to 80 food pantries and soup kitchens every day that put in their requests for the coming week. Being versatile and high in protein, the beans will be in high demand.





*From one child's hands
to another's hungry
stomach. One little can.
A world of hope.*



Fervent about Food Safety

Those getting emergency food assistance are often less hardy than many of us. The immune systems of the frail elderly are in decline. Those of preschoolers and infants are still developing. The homeless, with chronic exposure to the elements, often have multiple, untreated health problems that put them at risk.

That's why The Food Bank is so fervently committed to food safety — and why our Nutrition staff help ensure the high quality of our food year round. They're always on call to assess 'iffy' donated food situations such as these:

- Perishables close to their expiration date
- Perishables received at a questionable temperature (milk, for instance, must be no more than 40 degrees Fahrenheit)
- Missing ingredient labels (only single-ingredient foods may go unlabeled)
- Package integrity that appears to be compromised

We work hard to ensure that every bit of food reaching hungry people will always help and never harm their chances for a healthier life.

7. Once packed up with other foods, the beans now travel — either taken to one of five satellite sites, or picked up by an agency in need.

8. Our beans, now well traveled, might have landed in a soup kitchen stew. The Food Bank's "Click 'n' Cook" online menu programmer helps chefs create dishes using the foods they receive.



9.

But this can is part of a food pantry order. Along with other items, it's unpacked by volunteers, logged and stored for distribution to families who come into their center. Our Nutrition staff may have already worked with pantry staff to determine the most healthy, ethnically-appropriate choices for families in that area.



10.

Our beans are placed on the food pantry shelf — but not for long. Selected by a client, the beans complete their journey and help nourish a family of five as part of a welcome, healthy hot dinner. **From one child's hands to another's hungry stomach. One little can. A world of hope.**

Spinazzola Grants Give 25 Agencies a Boost

Twenty-five agencies in The Greater Boston Food Bank hunger-relief network will have an easier time meeting the food needs in their communities this winter thanks to the Anthony Spinazzola Foundation.

In honor and recognition of our 25th Anniversary, Foundation Chairman Chris Spinazzola awarded 25 grants of \$1,000 to 25 member agencies of The Greater Boston Food Bank to be used for food. Among the agencies selected were some of our oldest partners and our newest. All serve large numbers of people for their size and have little access to other funding.

In addition, the Foundation made another grant to establish the Kip Tiernan Food Fund at The Food Bank. Named for our founder, this fund will allow The Food Bank to buy food or to pay for transporting or packaging donated food in times of critical need.

The Spinazzola Foundation was established in 1992 to honor Chris Spinazzola's father, Anthony, a much beloved and highly regarded Boston Globe food and wine writer. The Foundation's mission is to feed hungry bodies and minds by supporting hunger and homelessness relief and funding culinary scholarships.

Said President Catherine D'Amato, "Each one of these agencies is on the front line every day, serving the hungry in its community — making a difference one person at a time." 📷

Grant Recipients

Braintree Holiday/Friends Food Pantry (Braintree) ▪ Bread of Life Meals Program (Malden) ▪ Bristol Lodge Men's & Women's Shelter (Waltham) ▪ Charles Street AME Food Pantry (Dorchester) ▪ Chelsea Community Kitchen at St. Luke's (Chelsea) ▪ Church of God of the Prophecy, Roxbury Pantry (Roxbury) ▪ Church of Our Savior Meals Program (Somerset) ▪ Citizens For Citizens (Fall River) ▪ ERSCC/Quincy Crisis Center Pantry (Quincy) ▪ Father Bill's Place Soup Kitchen (Quincy) ▪ First Congregational Church Pantry (Revere) ▪ Food For The World (Lawrence) ▪ Grace and Hope Mission (Roxbury) ▪ Haven From Hunger Food Pantry (Peabody) ▪ ICTDC Food Pantry (Lynn) ▪ New England Shelter For Homeless Veterans (Boston) ▪ Open Pantry of Greater Lowell (Lowell) ▪ Refuge and Relief Mission Food Pantry (Dorchester) ▪ Sacred Heart Tree of Life Food Pantry (Lynn) ▪ St. Francis House Soup Kitchen (Boston) ▪ St. Mary of the Angels Food Pantry (Roxbury) ▪ St. Patrick's Church, Cor Unum Meal Center (South Lawrence) ▪ St. Paul's A.M.E. Food Pantry (Cambridge) ▪ The Open Door Meals Program (Gloucester) ▪ Twelfth Baptist Church Food Pantry (Roxbury)

2006 Turkey Triathlon Winners

A big thank you to these volunteer food sorting groups, who joined our Turkey Triathlon Team by taking their involvement with The Food Bank to a new level of commitment. During our busiest time of the year, all five helped us to feed more hungry people during the holidays by donating TIME, FOOD, and MONEY.

ABA Franchising 📷 **Bank of America** 📷 **Boston CPCU Society**
Building Impact 📷 **Delta Dental**

For information on volunteer opportunities for your group or company, contact us at volunteer@gbfb.org or 617-427-5200. 📷

Ways to Give

*"It will let me do
even more."*

If your loved ones are adequately provided for, your commitment to ending hunger can live on through a simple provision in your will benefiting The Food Bank.

Bequests represent a valuable revenue stream from our long-time supporters — from those who want to do even more. It can also be a deeply satisfying way to make a personal statement about what is important to you.

Your attorney or financial advisor is your best guide for accomplishing all your charitable goals. But if you are interested in leaving a bequest, or have already arranged to do so, we'd love to hear from you. Please contact Rob Ayles at rayles@gbfb.org or 617-539-5094. Thank you!

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