

The Greater Boston Food Bank distributes approximately 30 million pounds of food and grocery products annually to more than 600 member hunger-relief agencies throughout eastern Massachusetts in a dedicated partnership to end hunger in our region.

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## Hunger-Relief Agencies Struggle to Feed More People

Until about a year ago Mary Ellen Hudner and Carolann Browne saw 30 shoppers every other week at the Canton Food Pantry they run together. But then the number began to rise.

As the economy worsened, and prices for food and fuel increased, more families found it harder to pay for basic needs and started seeking help from the pantry.

That number has now grown to 80 families, and Hudner and Browne find themselves scrambling to accommodate the need for more food. Already, they have seen their pantry shelves empty several times this season.

*Now the clientele has grown to 80 families, and Hudner and Browne find themselves scrambling to accommodate the need for more food. Already, they have seen their pantry shelves empty several times this season.*

"We have seniors coming in saying, 'Do I fill my stomach or my prescription?'" Hudner said.

The struggles at the Canton Food Pantry illustrate the growing demands on food pantries and other hunger-relief organizations across eastern Massachusetts. A new survey conducted in September by The Greater



Volunteer Leigh Ann Dimeo fetches food from a shelf for one of the clients at The Open Door/Cape Ann Food Pantry in Gloucester: A new survey of The Greater Boston Food Bank's member agencies shows that pantries around eastern Massachusetts are seeing their clientele grow as food and fuel prices remain high, and the economy struggles to recover.

Boston Food Bank shows that the Canton pantry is not the only one of The Food Bank's 600+ member agencies to run out of food or to need help securing additional food.

The latest survey results provide the first big look into what The Food Bank's food pantries and soup kitchens have been facing over the past year. More than 160 agencies responded — 27 percent of those surveyed — of which 86 percent were food pantries and the rest were soup kitchens or combination operations.

Overall, the survey reveals disquieting results.

Most pantries are struggling to accommodate a growing clientele while facing increased costs themselves and finding it hard to overcome logistical hurdles to obtaining more food.

(continued on page 5)

## PRESIDENT'S MESSAGE



### Dear Friends,

It's November, and at The Greater Boston Food Bank we are busy preparing for Thanksgiving and the holiday

season. We are also in the early part of our new fiscal year. These months ahead will bring with them some tough challenges as well as exciting developments for The Food Bank, its member hunger-relief agencies, and its supporters.

Our main challenge is to be able to meet the demand of providing sufficient food to our more than 600 member agencies at a time when they are seeing requests for food assistance grow. This is no small feat, and we are all working diligently at The Food Bank to secure enough food and financial donations to keep our agencies well supplied. As we face a cold winter and higher costs across the board, we're conscious of taking advantage of all the resources available to us, including working closely with government officials at every level.

And while there are challenges ahead, there is excitement, too, stemming from the continued progress on the construction of the new Food Bank distribution center. I invite you to see page 4 of this newsletter for the latest update on Fighting Hunger; Feeding Hope: The Campaign For A New Food Bank.

Right now, of course, we are focused on Thanksgiving. Whole turkeys suitable for the holiday table are a good illustration of how higher food prices are affecting everyone — including The Food Bank and its member agencies.

Last year, The Food Bank paid 77 cents a pound wholesale for turkeys. This year we are paying \$1.06 a pound wholesale. That is a 38% increase — and an additional cost of \$118,000 to The Food Bank — in just one year.

Given the current economic climate, we set a goal of 38,000 turkeys for our annual drive this year. That's the same amount of turkeys as last year. With your help and the assistance of generous donors such as Stop & Shop, Turkeys 4 America, Perdue Farms, and BJ's Wholesale Club, I am convinced that we will be able to achieve that goal.

I send you a heartfelt "thank you" for helping to make sure The Greater Boston Food Bank remains stocked and able to feed 83,000 people each week.

While Thanksgiving is the most important food holiday, we will need your support all year long as we work to ensure that all who need food, get the food they need.

**Catherine D'Amato**  
President/CEO

*It's important to note that we have not run out of food. And for that we are grateful to you, our supporters.*

It's important to note that we have not run out of food. And for that we are grateful to you, our supporters. But the possibility is always there, so we do not get complacent. I hope that as you enjoy the holiday season, you take a moment to remember those who are struggling and are generous with those in need.

## Calendar

### Get Involved!

Here's what's happening at The Greater Boston Food Bank.

### November 19-21

#### WAAF's Walk & Rock for Change

Join the DJs of 107.3 FM / 97.7 FM for one of The Food Bank's most successful fundraisers. In a three-day walk and "pay-to-play" marathon, the DJs raise over

\$100,000, starting in New Hampshire and Worcester and walking all the way into Boston.

### January 2008

#### Super Hunger Month

Visit [www.superhungermonth.org](http://www.superhungermonth.org) for details on an online auction and all of the month's other events.

THANKSGIVING

## Higher Food Prices Gobble Food Bank's Turkey Funds

### Still time to donate to this year's Turkey Drive

The holiday season is upon us, and The Greater Boston Food Bank's annual Turkey Drive is in progress.

The Food Bank's goal is to distribute 38,000 turkeys to those in need this Thanksgiving. This is the same number we distributed last year, but as we all know, costs have risen for many foods, including whole turkeys.


Many of our birds come from a generous group of major donors — Stop & Shop, BJ's Wholesale Club, Perdue Farms — as well as Turkeys 4 America and from turkey drives across eastern Massachusetts.

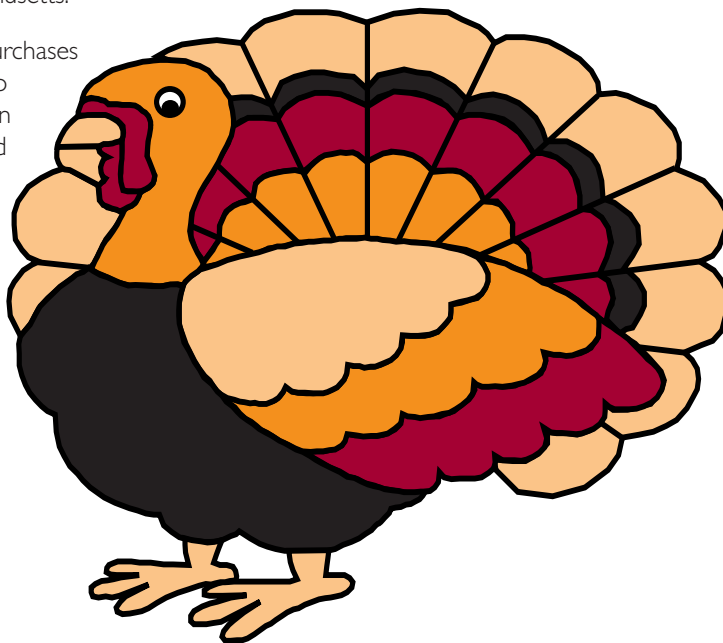
The Food Bank also purchases thousands of turkeys to bridge the gap between the number of donated turkeys and the number of turkeys needed.

And The Food Bank, like its donors, has been affected by the rising cost of frozen whole turkeys. Last year we spent more than \$312,300 for our turkeys, purchased via a wholesale bidding process. This year,

we spent more than \$429,900 to acquire the same number of birds. That's a 38 percent increase over last year's cost.

Despite the increase, we remain committed to supplying the birds to our member agencies, many of which are seeing the numbers who depend on them continue to grow.


There is still time to be a part of this year's drive! Visit [www.gbfb.org/turkeydrive](http://www.gbfb.org/turkeydrive) to take part in and track the progress of this year's Turkey Drive. 



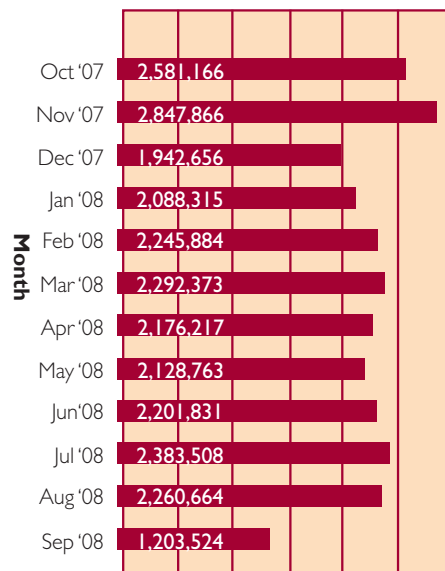
## Holiday Food Distribution

Thanksgiving is the busiest season for The Greater Boston Food Bank, which processes more food and grocery products during the month of November than any other month of the year.

Frozen turkeys account for part of this increase, but providing the trimmings and fresh produce during this time of year also adds significantly to the total.

Below is a chart of the pounds of food and grocery products The Food Bank distributed during its 2008 fiscal year, which ended on September 30. It shows visually just how much more food is handled during the Thanksgiving season than other months. 

Pounds Distributed Fiscal Year 2008



### January 21

#### Super Hunger Chef

Join us at the Four Seasons Hotel Boston where three renowned chefs become extraordinary culinary contenders as they battle to create enticing dishes. Enjoy

cocktails, hors d'oeuvres, and a lavish sit-down dinner as the ingredients fly.

### January 24-25

#### Super Hunger Brunch

Choose from an impressive list of participating restaurants such as Pigalle, Davio's, and Rocca, then make a reservation for brunch with friends and

family at The Food Bank's signature wintertime fundraiser. Prices are \$25, \$35, or \$50 per person.



# Fighting Hunger, Feeding Hope

## *The Campaign for a New Food Bank*

### State Street Pledges \$1 million to build the new Food Bank

## STATE STREET FOUNDATION

It was nothing short of extraordinary. In a week riddled by economic uncertainty and financial crisis, the State Street Foundation delivered an enormous vote of confidence to The Food Bank's capital campaign: a \$1 million donation toward the completion of our new building.

*The example that State Street has set with this commitment serves as an example that we hope other businesses and industries will follow.*

The generosity and significance of this gift, especially at this crucial moment in our fundraising effort, is a substantial boost to the **Fighting Hunger, Feeding Hope** campaign.

This is the 8th gift of \$1 million or more to the campaign. State Street joins a list of other outstanding corporate donors, including Liberty Mutual, Bank of America, and Tudor Investments. This latest pledge brings the campaign total to more than \$25 million toward our \$35 million goal.

As the largest corporate volunteer with The Food Bank, The State Street


Corporation has become an essential partner in our volunteer efforts since our relationship began in 2000.

"We are very pleased to make the gift be able to contribute to The Greater Boston Food Bank's new building, which will both serve more agencies and people and will be built according to the latest in green and LEED standards," said George Russell, president of the State Street Foundation. "This grant is an investment in our

community and the health and well being of our fellow citizens."

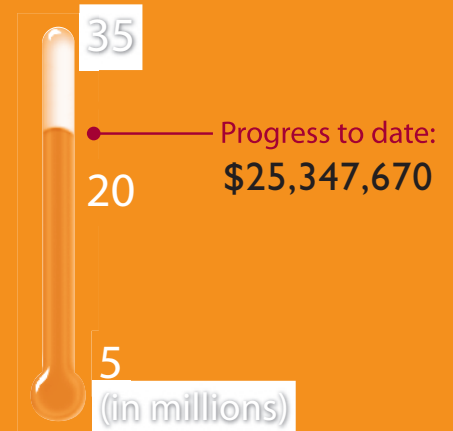
In appreciation of State Street's support and continued generosity of both spirit and time, The Greater Boston Food Bank will name the volunteer area of our new building after State Street.

"The example that State Street has set with this commitment serves as an example that we hope other businesses and industries will follow," said Paul Swindlehurst, Executive Vice President of Marketing and Development. "The combined support

of generous individuals, corporations, and foundations will help to ensure that the people who are hungry among us are fed." 

### Fighting Hunger, Feeding Hope Progress

Help us reach our goal  
of \$35,000,000!



We invite you to visit our Web site at [www.newfoodbank.org](http://www.newfoodbank.org) to learn more. Or contact Campaign Manager Elisa Shannon at 617-427-5200, extension 5032, or [eshannon@gbfb.org](mailto:eshannon@gbfb.org).


## Brown Bag Program Reaches 1 Million Pounds

There's an ever-growing population of senior citizens facing hunger; for 10 years, The Greater Boston Food Bank's Brown Bag program has been working to address it. The program has had marked success, recently reaching the one million mark for pounds of food distributed.

Since 1998, the Brown Bag program has worked with senior centers — now 11 in total — in eastern Massachusetts to provide nutrient-rich foods to seniors and families in their areas.

Delivered on pallets, the food is then packaged and distributed by volunteers in Shaw's grocery bags, an important touch that allows for a certain dignity, as recipients walk away with "regular" bags filled with healthy foods to sustain them.

In 10 years, the program has grown from one low-income housing project, the Commonwealth Tenants Association at Fidelis Way in Allston/Brighton, to serving 11 different regions, with more on the way. As Programs Director Paul Colligan states, "The need was always there. It's just that we can now do more to accommodate that need."

As Paul notes, "The anniversary snuck up on all of us. We just keep it moving — doing more to make the program happen. We're here to meet the need." 

*Winter presents a more pressing problem, as more seniors every year face a "heat or eat" dilemma.*

Winter presents a more pressing problem, as more seniors every year face a "heat or eat" dilemma — pay to heat their homes or pay for food. Brown Bag again delivers, often doubling up its services and adding bags filled with nutrient-packed holiday treats. It keeps the staff busy.

(Continued from cover)

### Agency survey results

Highlights of the survey show:

- About 90 percent of the agencies have seen demand for food increase since September 2007.
- About 60 percent of those saw demand increase 10 percent to 30 percent. Another 15 percent saw demand rise by up to 40 percent.
- About 47 percent have run out of food at some point in the past year. Of those agencies, 28 percent have run out of food every time they are open.
- More than half, or 53 percent, have seen their food donations drop over the past year.

As the holidays approach, The Food Bank's member agencies are facing even more challenges. They try to make the holidays

as generous and bountiful as possible but must balance that desire with the realities of increased food demand and costs. And they rely on The Food Bank to help combat these realities. "If it weren't for The Food Bank, we wouldn't be able to exist," Hudner said. "We really need them, and these people need us."


The Food Bank increases its output during this season to help meet the increased need. But member agencies are still forced to "get creative," as Julie LaFontaine of the Cape Ann Food Pantry in Gloucester explained.

The Cape Ann Food Pantry distributes 25,000 to 30,000 pounds of food per month to more than 3,100 people in its service area north of Boston.

Most of that food comes from The Food Bank and an established network of farms and grocery stores in the area. "Getting

creative" means reaching out to more of those resources and asking more of the people who help them now, LaFontaine said.

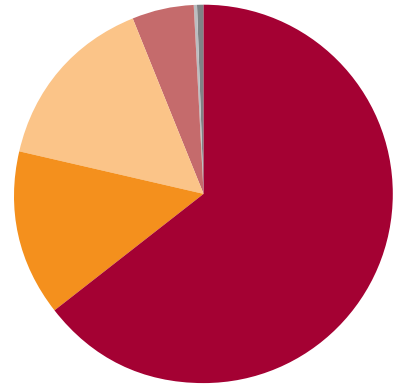
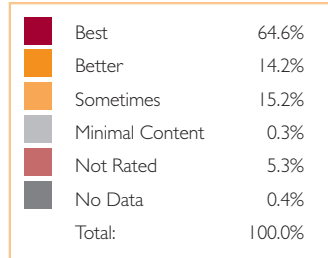
It also means working to address the larger issues, by providing Food Stamp application outreach, and by working with local Food Project and Meals on Wheels programs to reach the people who can't reach them.

Some pantries also contact the press, which the Canton pantry did several months ago. The resulting media coverage caught the attention of area residents and businesses, and some donated money and transportation. The pantry also found a new home and moved into new quarters at Canton High School. 

## NUTRITION

### Nutrition Measurement Summary

Over the past year The Greater Boston Food Bank's Nutrition Department ranked virtually every item on its shopping list to help its member agencies identify the healthiest products for their clients. As a result, The Food Bank now provides an annual Nutrition Measurement Summary that visually shows agencies the overall total nutritional quality of the food they order.



This pie chart tool, which includes numerical data, can help agencies more easily see how they might need to adjust their orders from The Food Bank or balance out their Food Bank items with additional food donations and purchases.

"Knowing the nutritional content of the food available at The Food Bank helps us better plan what we distribute to our clients. Our goal is to provide the most nutritious food available to the people we serve," said Maureen Schnellman, senior director of food and nutrition services for the American Red Cross of Massachusetts Bay.

The American Red Cross Boston Food Pantry's summary shows that nearly 80 percent of the food it ordered from The Food Bank in the past year ranked in the "best" or "better" categories. Another 15 percent ranked in the "sometimes" category, meaning that these foods are suitable for occasional consumption but should not

Ratings	NM Count	Item Count	WGT
Best	1451	164	354,170
Better	318	71	73,949
Sometimes	342	83	56,488
Minimal Content	6	5	1,127
Not Rated	118	28	76,282
No Data	10	9	5,162
		360	567,178

constitute the bulk of a person's diet. About 5 percent of the foods were not ranked.

The Food Bank believes it is important that agencies offer the most nutrient-rich foods possible and encourages agencies to use the rankings every time they place an order by choosing foods ranked '1-Best' or '2-Better'.

The summary pie chart can be helpful regardless of how much or how little of the food an agency distributes comes from The Food Bank.

The summary was created after agencies said they liked knowing how well they were doing when placing orders through The Food Bank's online eHarvest system. The agencies are free to use the summary as they see fit.

(Thank you to the American Red Cross Boston Food Pantry for agreeing to let us use its 2008 Nutrition Measurement Summary in this issue.)

## Food Rescues!

Trade shows and major events provide food rescue opportunities that yield high quality food for The Food Bank's member hunger-relief agencies. Here are a few from recent months:

<b>The Boston Marathon Dinner</b>	<b>5,389 lbs.</b> pasta, salad, breadsticks, and beverages
<b>The Pan Mass Challenge</b>	<b>11,322 lbs.</b> protein, dairy, snacks, beverages, and fresh produce
<b>Shire Specialty Pharmaceuticals</b>	<b>2,000 lbs.</b> prepared foods
<b>Fenway Park (Aramark)</b>	<b>more than 6,000 lbs.</b> cheese, bread, canned goods, and produce
<b>Natural Products Expo East</b>	<b>30,000 to 40,000 lbs.</b> healthy snacks, fruit juice, yogurt, fresh fruit and vegetables, and frozen items

**Sec<sup>o</sup>nd Helping<sup>SM</sup>**  
A Greater Boston Food Bank Program



## Trans Fat Ban



Tara Hatala, Nutrition Department Director

The Boston Public Health Commission passed a regulation last March restricting foods containing artificial trans fat in all food service establishments that are required to hold a permit from Boston's Inspectional Services Department. These include food pantries, soup kitchens, shelters, and The Greater Boston Food Bank.

After providing input to the Boston Public Health Commission as it drafted the regulation guidelines last summer, The Food Bank's Nutrition Department took additional steps to assist agencies in avoiding the use of the banned products.

Cities and towns have been banning trans fat because of evidence correlating minimal consumption of calories from artificial trans fat to a marked increase in cardiovascular mortality.

This regulation will take effect in two stages. The first stage of the ban became effective in Boston on September 13, and prohibited the use of oils, shortening, or margarines containing partially hydrogenated vegetable oil for frying, sautéing, grilling, or use as a spread. The second stage, effective March 12, 2009, prohibits the use of the same products in the preparation of baked goods, deep fried dough, and cake batter. All other foods containing artificial trans fat must also be eliminated. Foods or beverages in a manufacturer's original sealed package that are required by federal or state law to have nutrition labeling and those with a


documented trans fat content of less than 0.5 grams per serving are exempt.

The Food Bank's efforts are concentrated primarily on acquired utility products. Before the regulations took effect, we distributed fact sheets and resources to our member agencies and food donors. We are asking for cooperation from our food donors by requesting ingredient information on prepared foods and reviewing products as they are received in our warehouse.

It is our expectation that many of our prepared food donors will not donate products containing artificial trans fat to our member agencies in Boston. We have already identified a number of these donors and determined that their products are already trans fat free.

Implementation of the regulations may appear cumbersome. Agencies preparing food on-site will need to look at the package label or ingredient list to see if partially hydrogenated oil, shortening, or margarine is listed. If one of these ingredients is present, they must check the nutrition facts panel for the amount of trans fat present per serving. If the amount is less than 0.5 grams per serving, they may use the product. If the amount is unavailable, they must ask their supplier to provide a letter from the manufacturer stating the amount of trans fat per serving.

While these steps are necessary, it is our role to reduce the burden on affected Boston food service establishments that are also our member agencies.

Feel free to contact Director of Nutrition Tara Hatala at [thatala@gbfb.org](mailto:thatala@gbfb.org) if you have any questions or concerns. 

## UNSUNG DONORS



### Behind-the-scene donors play important role during holiday season

Here at The Greater Boston Food Bank we like to say "everyone has a role in ending hunger."

And it's true that some donors make large financial donations, such as the Yawkey Foundation and its \$3 million donation to the Fighting Hunger, Feeding Hope capital campaign to help build the new Food Bank distribution center.

But other donors find ways to give that are just as appreciated, even if they don't involve money directly.

During the holidays in particular, The Food Bank would not be able to handle the increased workload without the help of Dunkin' Brands, which provides coffee during the busiest week in November when agency members come to pick up their orders at The Food Bank.

The staffs and volunteers of the hunger-relief agencies that pick up food at The Food Bank appreciate the treat in between loading their food and settling their paperwork. It's common to hear comments such as, "It's great," "This is so wonderful," and "It's always nice to feel appreciated for the hard work we do."

This year's treats will be provided the week of November 17. 

## New Agencies

The following hunger-relief organizations have become member agencies of The Greater Boston Food Bank since September:

Agency Name	Type	Town Name
Saint Anthony Shrine Franciscan Food Center	Food Pantry	Boston
Kwong Kow Chinese School	After-school program	Boston
Saint Vincent de Paul Food Supplemental Program	Food Pantry	Lincoln
New Bethel Baptist Church Pantry	Food Pantry	Framingham

## Event Wrap-Ups



Left: Employees of The Stop & Shop Supermarket Company proudly display the 2008 Founder's Award they received. The Greater Boston Food Bank Board of Directors reserves the Founder's Award for a distinguished individual or organization that has contributed the three key elements to achieving its mission. These are food, money, and time.

Below: Members of The Coyle and Cassidy High School Food Pantry in Taunton show off their 2008 Nally Award. The Nally Award honors young people who fight hunger in their community.



### Partner Appreciation Luncheon

- *Food Donor of the Year:*  
**Garelick Farms**
- *Second Helping Donor of the Year:*  
**Milk Street Cafe**
- *Leadership Award:*  
**Blue Cross Blue Shield of Massachusetts**
- *Volunteer of the Year:*  
**Peter Russo**
- *Partner Agency of the Year:*  
**Falmouth Service Center**
- *Nally Award:*  
**Coyle and Cassidy High School Food Pantry**
- *Founder's Award:*  
**The Stop & Shop Supermarket Company**

### Design Home

Boston magazine's Design Home at The Pinehills in Plymouth opened for tours during September and October, with proceeds benefitting The Greater Boston Food Bank.

Built by The Green Cos. and landscaped by former Victory Garden host Michael Weishan, the home was designed to fit comfortably within its natural setting. It was furnished by top retailers such as Landry and Arcari, and Crate and Barrel.

J. Todd Galleries provided the artwork, and floral designers from Twig provided the flower arrangements.

### Kitchen Cabinet Carnevale

A sold-out crowd joined The Food Bank's Kitchen Cabinet on October 30 for the volunteer committee's autumn fundraiser at Rialto. A Venetian Carnevale theme had people adorned in masks enjoying fine Italian fare and specialty cocktails. A big "thank you" goes to sponsors Rialto, San Pellegrino, and Van Gogh Vodka. The Kitchen Cabinet is a group of socially-conscious professionals dedicated to raising funds and hunger awareness on behalf of The Food Bank.

### Farm Aid

The Farm Aid 2008 concert on September 20 yielded more than 6,300 pounds of food for The Greater Boston Food Bank.

The food included non-perishable items brought in by concertgoers, as well as pre-made sandwiches, frozen individual pizzas, hamburger and hot dog rolls, and cases of lettuce from the catering operations.

Presented by Whole Foods Market and Horizon Organic at the Comcast Center in Mansfield, the concert featured artists such as Farm Aid president and founder Willie Nelson and board members Neil Young, John Mellencamp, and Dave Matthews.

### Chefs in Shorts



Richard Rayment, executive chef, Seaport Boston, and Rachel Klein, chef, Aura restaurant, presented a check for the \$15,587.69 from Seaport Boston's 11th annual Chefs in Shorts event to Nutrition Director Tara Hatala during a recent visit to The Greater Boston Food Bank.

## Ways to Give

### Does your employer have a matching gift program?

The impact of your holiday generosity can be doubled — or even tripled — when donations are matched by your company! Don't leave these 'free' dollars untapped when they could help us feed even more of our hungry neighbors this year.

We urge you to ask your personnel manager if your company will match your donation to The Food Bank. (Some even match gifts made by their retirees and/or spouses.)

Just send the completed matching gift form along with your gift. We'll do the rest. See a current list of companies who match gifts to The Food Bank on our Web site at [www.gbfb.org](http://www.gbfb.org)!

### Send Us Your Email Address

To keep you updated we'd like to send you email "news flashes" as significant events occur. Please provide us with your name and preferred email address by sending an email to [newsletter@gbfb.org](mailto:newsletter@gbfb.org). Put "e-news" in the Subject line. Thanks!

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FOOD  
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