

THANKSGIVING

10 harvest

A Quarterly Publication of The Greater Boston Food Bank

The Greater Boston Food Bank distributes more than 34 million pounds of food and grocery products annually to nearly 600 member hunger-relief agencies throughout eastern Massachusetts in a dedicated partnership to end hunger in our region. The Food Bank serves as many as 545,000 people each year.

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Three Holiday Wishes for the Hungry How You Can Help During This Time of Need



The Greater Boston Food Bank brings food and comfort to families throughout the holiday season.

At this time of year, traditional images of the holiday season — a bountiful Thanksgiving table followed by bags of Christmas or Hanukkah presents — are the norm for most. However, for many people these images are simply not reality. Instead, many of our neighbors are trying to do more with less, especially during the extended economic downturn.

What if you had little to begin with? What if your daily mission was simply to find sustenance for the day? For the hungry among us, help is needed more than ever. Therefore, The Greater Boston Food Bank has three holiday wishes:

1 A turkey for every table

Thanksgiving dinner is the singular meal that binds Americans. For many families, the Thanksgiving meal symbolizes a time of appreciation and hope. For the hungry, the turkey is vital nourishment and sustenance that represents continued participation in the important tradition that links us to our past — and provides a source of hope that better days await.

Donald Knight, director of the Food Pantry at the A.M.E. Charles Street Church, knows what it means to those in need to have a turkey on Thanksgiving. "That one meal can really light a soul for an extended period of time," said Knight, who has seen a nearly 25 percent increase this year in the number of hungry individuals the pantry serves. Because of The Food Bank, the A.M.E. Church has been able to provide nearly 250 turkeys annually to those in need at its emergency food pantry.

This year, thanks to donations from so many caring members of the community, The Food Bank will be able to supply more individuals with turkeys for Thanksgiving. Now, with five times more freezer space in The Yawkey Distribution Center, The Food Bank is able to store more turkeys at this important time of year. In fact, The Food Bank has been able to increase the numbers of turkeys it distributes from 31,000 in 2005 to more than 39,000 last year.

How you can help: Donate to The Food Bank's Turkey Drive www.gbfb.org/turkeydrive. For every \$13 donated, The Food Bank can distribute a 12-14 lb. turkey to a family in need.

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PRESIDENT'S MESSAGE



Dear Friends,

As you read this, I am hoping The Greater Boston Food Bank will be well on its way towards reaching its goal of distributing 40,000 Thanksgiving turkeys to people in need. This is the most ambitious turkey goal we have ever set.

I hope you will join me in doing all you can to assist these families and individuals. I am grateful for your generosity throughout the year, yet we especially need you during this time of thanksgiving. Thanksgiving is a holiday when so many people are counting on us to put food on their table.

Every turkey we give out represents a family struggling to make ends meet this holiday season. Every meal we provide represents a family or individual struggling to make ends meet throughout the year. I am thankful to every one of you for the role you play to help those in need.

I am grateful for your generosity throughout the year, yet we especially need you during this time of thanksgiving. Thanksgiving is a time when so many people are counting on us to put food on their holiday table.

Why such a big number? The need is big.

As many as 545,000 people across eastern Massachusetts turn to one of our 600 member hunger-relief agencies for emergency food assistance throughout the year, and these agencies are working harder than ever to provide enough food for those in need. Although the economy is showing signs of a very slow recovery, joblessness remains high across the region. The onset of colder weather means heating costs will further strain household budgets that are already stretched too thin. People who are struggling to feed their families now will continue to struggle in the months ahead.

So please help us feed the hundreds of thousands of people who need emergency food assistance. They will be thankful for something to eat, and we will be thankful for your help. But most of all, you can be thankful that you played a role in the fight to end hunger.

Thank you,

Catherine D'Amato
President/CEO

New Awards for Hunger Leadership

Two organizations have recognized Catherine D'Amato, president and CEO of The Greater Boston Food Bank, with awards for her leadership in the field of hunger relief.

The Massachusetts Health Council honored D'Amato with the "Outstanding Leadership in Protecting Health through the Distribution of Food" Award at its 90th anniversary gala at the Seaport Hotel in Boston.

Also during October, the publication Modern Grocer recognized D'Amato with its Sixth Annual Publisher's Award for Lifetime Achievement. D'Amato is the first woman to receive the award, according to Publisher Stephen Griffin.



Stephen Griffin, left, publisher of Modern Grocer, presents the Publisher's Award for Lifetime Achievement to Catherine D'Amato, president and CEO of The Greater Boston Food Bank.

The award is presented annually to a food industry executive in honor of a lifetime commitment to the food retailing business. It recognizes the person's perseverance and accomplishments in the fast paced and constantly changing food marketplace. 📷

Calendar

Get Involved!

Here's what's happening at The Greater Boston Food Bank. Visit www.gbfb.org/events for details.

Dec. 10

Conservatory Concerts

The New England Conservatory is holding a series of concerts and food drives to benefit The Greater Boston Food Bank. Upcoming concerts are on Dec. 10, Jan. 7, Feb. 11 and March 11. Visit www.necmusic.edu/concerts-events for more information.

New Agencies

The following hunger-relief organization has become a member agency of The Greater Boston Food Bank since August:

Agency Name	Type	Town Name
Friendly Food Pantry of Randolph	Food Pantry	Randolph

DONOR SPOTLIGHT

Becky Smock's Turkey Flock Fights Hunger

Last Thanksgiving Becky Smock, 57, planned to fight hunger, starting small. She e-mailed friends and family, asking them to donate \$12 as part of a group turkey drive she aptly named Smock's Turkey Flock.

Smock's network was quick to follow her lead. "Within a minute of sending the e-mail, people really jumped into the spirit of giving — it took on a life of its own," said Smock, a Hanover mother of two. The wave of giving pushed donations to more than \$2,500 — enough for 200 turkeys, double her initial goal. This year, Smock's Turkey Flock is back for an encore performance to help The Greater Boston Food Bank, intent on beating last year's total. "The turkey drive has been a great way to stay connected with friends, all in the name of helping people in our community," said Smock.

As a music lover, and Bruce Springsteen fan in particular, it's only appropriate that Smock's charity drive was inspired when she recently attended a Bruce Springsteen concert. Feeding the hungry is a cause Springsteen takes seriously. He is a charitable partner with The Food Bank, and his shows "have a



conscience as well, shedding light on worthy local causes," said Smock, a lifelong "Boss" fan. "When I saw that a donation of just \$12 would supply a turkey to a family in need, it just struck me as such a reasonable and practical way to help lives."

Smock's Turkey Flock is already in action for this Thanksgiving's charitable turkey drive for The Food Bank. "We had so much fun and raised so much for the hungry, we had to get the band back together one more time," said Smock. This year a donation of \$13 provides a turkey for a family in need.

If you would like to help put turkeys on the tables of the hungry this Thanksgiving, go to www.gbfb.org/turkeydrive.

A Gift That Keeps On Giving

The holidays are fast approaching, and this year The Greater Boston Food Bank has the perfect gift for everyone on your list.

January is Super Hunger Month, a time to raise awareness, money, and food to help fight hunger. This holiday season, you can give the gift that gives back — a gift certificate to a Super Hunger Brunch to benefit The Food Bank.

Super Hunger Brunch 2011 will take place at restaurants throughout the Greater Boston area on Saturday, Jan. 29, and Sunday, Jan. 30. Take advantage of the generosity of the Boston area's most creative restaurants, such as Blue Ginger and Rialto, as these fine establishments donate their services to offer an exclusive brunch experience.



Gift certificates are priced at \$25, \$35 or \$50 per person.

To purchase gift certificates or for more information about Super Hunger Month, visit www.superhungermonth.org.

Gift certificates will be mailed within three business days of purchase. For more information, contact Gail C. Favreau at 617.427.5200 ext. 5050, or gfavreau@gbfb.org.

FOOD DONOR SPOTLIGHT



A Kettle Cuisine team, from left, Brian McGinnis, Kally Hanifin, Chef Volker Frick, Levon Kurkjian and Lucinda Spurr, provide hot soup to members of the Chelsea Boys and Girls Club.

Kettle Cuisine's Healthy Soups Fill Hungry Bellies

For 10 years now, artisan soup maker Kettle Cuisine has been aiding hunger relief efforts by providing the finest quality soups, stews, chilis, and chowders to The Greater Boston Food Bank. With more than 225,000 pounds of nutritious meal options donated, including more than 14,000 gallons of soup in just the past four years, Kettle Cuisine is making inroads in the fight against hunger by providing healthy foods to at-risk children through the Kids Cafe program. "We are passionate about helping end hunger by supporting organizations such as The Food Bank," said Jerry Shafir, founder and CEO of Kettle Cuisine.

KETTLE  CUISINE™

Based in Chelsea, Kettle Cuisine is at the forefront of a growing demand from consumers for exceptional tasting food using the highest quality, all natural, fresh ingredients that support a healthy lifestyle. The company donates 12 gallons of kid-friendly soup each week to Kids Cafes and coordinates volunteer groups to help serve meals on a monthly basis. Last year, Kettle Cuisine also made a substantial pledge to The Food Bank's Fighting Hunger; Feeding Hope capital campaign to assist with the construction costs of our new expanded facility.

"We appreciate all that Kettle Cuisine has done throughout the years as they do their part to help end hunger in our region," said Catherine D'Amato, president and CEO of The Food Bank.

The Many Faces of Hunger: Neighbors in Need

Help Is There When Needed, Thanks to Your Generosity

The need for food is growing as prolonged high unemployment drives up hunger and homelessness in suburbs and cities throughout eastern Massachusetts. Here are real stories from five people struggling with the reality of hunger.

The Open Door, Gloucester

Caroline: Works two part-time jobs and struggles to raise three children, including a disabled child, 18 months old.



Caroline seeks healthy foods for her three children at The Open Door food pantry in Gloucester.

"It's hard to make ends meet after paying the mortgage and the bills. I can't afford to buy fresh fruit and vegetables at the store, because it's just so expensive. The Open Door Pantry is the only option left to my family when money runs short. The food pantry allows me to get nutritious healthy fruits and vegetables for my children and also stretch my food budget."

"I miss a lot of work ferrying my son back and forth from the hospital for his appointments and when he gets sick. During these tough times, the pantry is the perfect safety net that our family needs. Life would be much more difficult without it."

All Saints Food Pantry, Haverhill

Felecia: Relocated from Florida and needing food.



Felecia, left, helps out at the pantry.

"The pantry was there for me and helped me when I needed it." Felecia decided also to volunteer to help the pantry: "I figured since they helped me, I could help them. I like being part of a group that is doing great things for the community."

Brian: Unemployed electrician, the father of four boys.

"My family and I really appreciate the help that we have received. Many people are probably too proud to get the help that is out there for them." Brian also volunteers because "it feels good to be able to give back by volunteering."

Acton Community Supper, Acton

Sue: Receives 70 percent of her food from the pantry.

"Although I have a job, I haven't received a raise in two years, and my hours have been greatly reduced. Without the food pantry, I'm not sure if I could make ends meet. In this economy, sometimes there's simply a need."

Paul: Resident of senior housing.



Paul, left, and Janet receive food from the Acton Community Supper food pantry.

"Since my wife, Janet, became legally blind from the effects of diabetes, she can no longer work. This was a sharp decrease in our income and we now survive on Social Security and a small pension. The food pantry is a godsend because it helps to fill in the gaps in our food supply."

What are you thankful for this year?

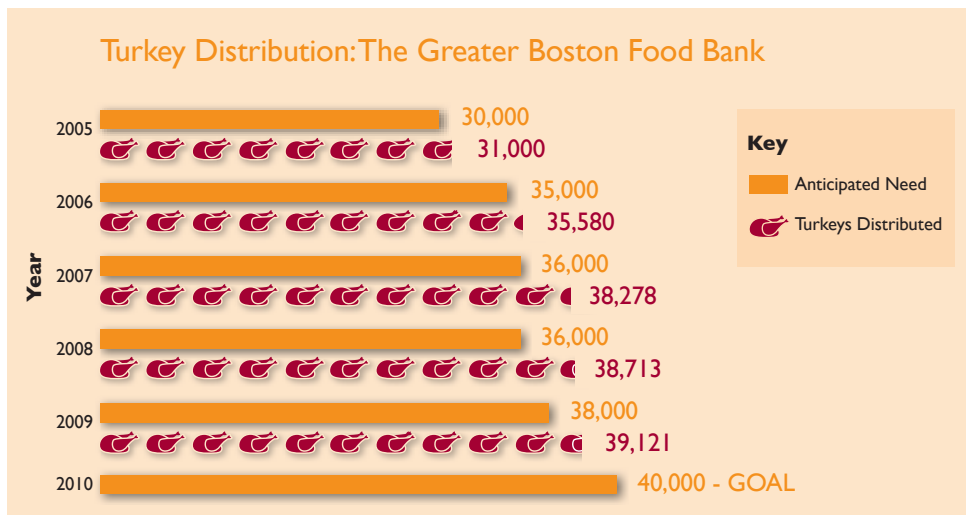
"I'm thankful for our 30 wonderful volunteers who continue to help us fight the daily battle against hunger. I'm also thankful The Food Bank always has our back. Last year when we had a freezer issue that threatened supplies, The Food Bank immediately said: Don't worry, we'll take care of whatever you need. We're all in this together."

– Ann Marie Riley, Coordinator of Bourne Friends Food Pantry

Record Number of Turkeys Required to Meet Growing Need Every Year

Due to tough economic times, the need for food assistance this Thanksgiving and throughout the holiday season is much greater. With your support, we are confident we can distribute even more turkeys and fixings to people needing our help. Each of the past five years, we have been able to increase the number of turkeys we distribute to people in need throughout eastern Massachusetts — from 31,000 in 2005 to 39,121 in 2009.

This year, please help The Greater Boston Food Bank and local agencies once again put more turkeys on tables at Thanksgiving for families and neighbors. For every \$13 donated at www.gbfb.org/turkeydrive, The Food Bank can distribute a 12-14 pound turkey to a family in need. 🦃



(continued from cover)

Three Holiday Wishes

2 A winter of relative warmth

Throughout New England, fall foliage serves as a scenic reminder of our changing seasons. For some, however, turning leaves signal a more painful beginning: another long, cold, hungry winter.

Ann Marie Riley, coordinator of Bourne Friends Food Pantry, knows all too well the strain the winter months put on families in need. Located on the Cape, the town of Bourne is home to many residents who rely on work in the busier summer months to sustain them throughout the winter. During particularly brutal and long winters, that balance becomes ever more precarious.

"In this economy especially, seasonal work is all many people can really obtain in parts of the Cape," said Riley. "Come wintertime, that can leave many with a dangerous proposition: pay the heating bill or pay for groceries."

In the winter, with its freezing temperatures, heavy snowfalls, and multiple power outages throughout Massachusetts, survival becomes more difficult for many people in need.

According to Riley, the number of families the Bourne Friends Food Pantry serves in the wintertime can swell from 300 families to nearly 400.

Yet, for times of such extreme weather, new features at The Food Bank's Yawkey Distribution Center now allow agencies easier access to much-needed supplies. Six new loading docks allow agencies to load their supplies with full protection from rain, snow or wind — a feature the old building did not have.

"In the worst of conditions, we always know we can count on The Food Bank for those in need in our area," said Riley.

How you can help: Severe weather conditions, such as icy roads that limit travel for extended periods, can cause dangerous disconnections between hunger-relief agencies and those in need. Donations of non-perishable canned and boxed goods are vital so that families always have food in the cupboard.

For information on making a food donation, contact Cheryl Powers, Product Donations Manager at 617.427.5200 ext. 5059 or cpowers@gbfb.org.

3 Continued generous charity

In our September Harvest newsletter, we profiled Mike and Peg Gordon of Plymouth who were forced to turn to a food pantry for the first time ever due to health problems besetting them both. Mike's words ring true for many:

One day we'll all need a helping hand.

We asked you for a helping hand in building a state-of-the-art facility that would allow us to feed more people in need throughout eastern Massachusetts. The response from many of you has left us humbled and thankful. The new Yawkey Distribution Center would not be here today were it not for the generosity of our supporters who gave us the helping hand we needed to serve more in our community.

With the building campaign's finish line in sight, we hope those of you who have not yet made a gift will think of doing so when considering year-end charitable donations.

How you can help: Make an additional year-end gift to Fighting Hunger; Feeding Hope, by donating directly online at www.newfoodbank.org 🦃



Helping Fill 'BackPacks' for Children In Need

Customers who make donations at seven Boston-area Whole Foods Market stores can now help feed hundreds of children who rely on The Greater Boston Food Bank for weekend, holiday, and school vacation meals.

Since August, customers at participating Whole Foods Market stores have been able to purchase bags of nutritious, kid-friendly foods for \$9.99 per bag to support The Food Bank's Backpack program, which discreetly supplies food to hundreds of children during periods when they do not have access to free or reduced-price school meals.

"In our longstanding commitment to working with community organizations, Whole Foods Market is proud to be partnering with The Greater Boston Food Bank to help fight hunger for the children in our communities," said Laura Derba, Whole Foods Market, North Atlantic Regional President. "Supporting the nutrition and education of children is a cornerstone of our values at Whole Foods Market. Making these backpacks filled with nutritious and healthy food items available for our customers to donate is a simple, but important step we can all take together towards battling childhood hunger."

The Backpack program serves children in the Lawrence and Lynn Public School Systems, and is currently being expanded to serve children in the Boston Public School System. Children under 18 years of age make up about a third of the people The Food Bank serves annually.

"We are extremely grateful for the generosity of Whole Foods Market and its customers, who will ensure that many at-risk children have something nutritious to eat," said Catherine D'Amato, president and CEO of The Food Bank. 📷

Morgan Stanley's 'Fill the Plate' Donation Provides Meals to Hungry School Children

One in three children in the U.S. doesn't have enough to eat. And for 17 million children across the nation — including kids right here in our suburbs and cities — getting a wholesome meal after school or on the weekend is a struggle. That's why Morgan Stanley is committed to "Fill the Plate" to provide meals to hungry children by pledging a generous two-year grant to The Greater Boston Food Bank, a commitment that will support expansion of the Backpack program.



The Backpack program provides nutritious food to school children in need throughout the Boston region.

Morgan Stanley

"The help and support that Morgan Stanley is offering to The Greater Boston Food Bank is both generous and gracious," said Catherine D'Amato, president and CEO of The Food Bank. "With thousands of vulnerable children in eastern Massachusetts lacking access to nutritious food at the end of the school day and when school isn't in session, it's great to know that we can rely on dedicated partners such as Morgan Stanley to increase public awareness and response."

Morgan Stanley's Boston area donation is part of the company's \$5 million national commitment to combat child hunger in partnership with Feeding America. The donation was made as part of Morgan Stanley's 75th anniversary and celebrates the company's history of advocating on behalf of children's health.

"Good nutrition is essential for children's success in school and throughout life," said James Gorman, president and CEO of Morgan Stanley. "We look forward to partnering with Feeding America, an organization that knows how to make a genuine impact in communities across the U.S." 📷

"Good nutrition is essential for children's success in school and throughout life"

— James Gorman, president and CEO of Morgan Stanley

Just \$850,000 to meet our goal.

Fighting Hunger, Feeding Hope

Wall of Honor To Commemorate Generous Donors to Capital Campaign

A Donor Wall will soon grace our second floor arrival area, one more way of saying thanks to those individuals who made significant contributions to the new Yawkey Distribution Center of The Greater Boston Food Bank.

The Donor Wall's design will reflect the innovative exterior wall of our building that showcases our red wheat symbol and will recognize individual Fighting Hunger, Feeding Hope donors of \$1,000 or more in a permanent and meaningful way.

An estimated 600 silver plaques of 4" x 1" or a larger 6" x 1.5" size will be etched with the donor's name for support totaling \$1,000-2,499 or \$2,500 or more, respectively. We are excited about the opportunity to showcase our generous friends who have made such a wonderful building possible.



There is still time before December 31 to make a donation to the Fighting Hunger, Feeding Hope campaign, and be recognized on our Donor Wall.

Contact Paul Swindlehurst at 617.427.5200, ext. 5099, or make a gift online at www.newfoodbank.org

Event Wrap-Ups

Partner Appreciation Luncheon

The 2010 Partner Appreciation Luncheon recognized individuals and businesses that play a critical role in supporting The Greater Boston Food Bank. Karen Holmes Ward of WCVB-TV 5 CityLine was host to the event at The Westin Copley Place, Boston, where we recognized the following award recipients:



Above: Catherine D'Amato, left, president and CEO of The Greater Boston Food Bank, stands with Senate President Therese Murray and House Speaker Robert A. DeLeo, recipients of the Public Advocate of the Year Awards, and Food Bank Chairman Phil Licari.

- *Public Advocate of the Year:*
Senate President Therese Murray and House Speaker Robert A. DeLeo
- *Food Donor of the Year:*
Shaw's Supermarkets, Inc.
- *Leadership Award:*
New England Development
- *Volunteer of the Year:*
Fidelity Investments
- *Nally Award:*
Kaitlyn Barrack and Caitlin Rowley, Lakeville Middle School
- *Community Partner of the Year:*
Sacred Heart Food Pantry, Middleboro
- *Founder's Award:*
Liberty Mutual Group, Inc.

Right: Catherine D'Amato, left, president and CEO of The Greater Boston Food Bank, poses with Paul Alexander, senior vice president of communication for Liberty Mutual, recipient of the Founders Award, and Food Bank Chairman Phil Licari.



One Starry Night



Guests mingled and sampled gourmet food by chefs such as Michael Schlow of Radius and pastry chef Eric Fonseca of The Four Seasons at One Starry Night, an event that raised more than \$100,000 for The Greater Boston Food Bank. From left to right, Mark Andrus, host of One Starry Night; Joanne Jaxtimer, Co-Chair of The Food Bank's capital campaign; fellow capital campaign Co-Chair Ted Cutler, who was also the Chair of One Starry Night, and Food Bank President and CEO Catherine D'Amato.



Fifteen percent of the proceeds from the sale of this \$12.5 million dollar home in Chestnut Hill will go to The Greater Boston Food Bank. Please contact Allison Mazer at Sotheby's International Realty for more information.

Make a Difference This Holiday Season

Why are so many people in eastern Massachusetts hungry?

Unemployment, reduced work hours and wages, and home foreclosures have put three meals a day beyond the reach of many. A record number of people are hungry, including vulnerable children and senior citizens. In some households, three meals have become one. People are putting aside their pride and acknowledging, "We need help to put food on our table."



What can you do, as a person of good will? Here are some ways to help.

Every gift makes a big impact in the fight against hunger. For every dollar donated we can distribute enough food for nearly 2.5 meals.

Donate \$35 = 85 meals, enough to feed a family of four for a week.

Donate \$150 = 364 meals, enough to feed a family of four for a month.

Donate \$450 = 1093 meals, enough to feed a family of four for the winter.

You can make a difference this holiday season.

Credit Card: Donate online through our secure website www.gbfb.org/donatefunds, or call Kate Goodrich at 617.427.5200 ext. 5039, Monday thru Friday, 8 a.m. – 4:30 p.m.

Check: Mail your tax-deductible check to: The Greater Boston Food Bank, 70 South Bay Ave., Boston, MA 02118-2700.

Securities: Please call or have your financial advisor call to indicate your intention and receive our stock transfer instructions. Contact Kate Goodrich at 617.427.5200 ext. 5039.

Monthly Giving: Join the Sustainers Circle by signing up for a monthly charge of \$10 or more to your credit card. Go to www.gbfb.org/donateFunds/MonthlyDonor.cfm.

Workplace Giving: Direct your charitable payroll deductions to The Food Bank by designating us on your United Way or other workplace pledge form. Our United Way agency number is #354788.

Matching Gifts: If you work for a company that matches employees' charitable giving, you may be able to double the impact of your gift. Ask your human resources or personnel director.

Turkey Drive: Provide a Thanksgiving turkey for a family in need by making a \$13 donation to our online Turkey Drive. Visit www.gbfb.org/turkeydrive.

Events: Visit www.gbfb.org/events for a list of upcoming events.

Food Drive: Organize a food drive at your place of worship, civic group, school, business or neighborhood. Email food_drive@gbfb.org or contact our Food Drive Coordinator at 617.427.5200.

Food Industry: Contact any friends or colleagues in the food industry, including food brokers, suppliers, wholesalers or manufacturers on our behalf. Ask them to donate excess inventory of food or household products. Contact Cheryl Powers at 617.427.5200 ext. 5039 or cpowers@gbfb.org.

Bequest: Remembering The Food Bank in your will or trust underscores your values and leaves a legacy that will help The Food Bank bring food and comfort to people in need. Contact Kate Goodrich at 617.427.5200 ext. 5039 or kgoodrich@gbfb.org.

Volunteer: Give the gift of your time and talent as a volunteer and make a direct impact on the fight against hunger. Contact volunteer@gbfb.org.

Advocate: Contact your legislator, rally your neighbors, write a letter to the editor. We can't fight hunger alone. We need the support of the entire community to make long-term changes. For more information visit www.gbfb.org/advocate.

You can make a difference in the fight against hunger.

Join the Huddle to Fight Hunger

Kraft Foods will donate one meal to The Greater Boston Food Bank for every person who joins the huddle at www.huddletofighthunger.com and another meal when you text the word MEALS and your zip code to 71717.



Become a fan of The Greater Boston Food Bank on Facebook and follow us on Twitter (Gr8BosFoodBank) to get regular updates about upcoming events!



Send Us Your E-mail

Address

To keep you updated, we'd like to send you e-mail "news flashes" as significant events occur. Please provide us with your name and preferred e-mail address by writing to newsletter@gbfb.org. Put "e-news" in the subject line. Thanks!

The Greater Boston FOOD BANK



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A member of **FEEDING AMERICA**