

## Reaching Out for Help

### DAN'S STORY

*Navy veteran, Dan, was working as a chef at one of the best restaurants in Boston when a devastating illness made it impossible for him to work. He and his family found themselves with little income as their expenses increased. His story is like so many others in eastern Massachusetts, where one in nine people are facing hunger. Dan and his family get the groceries they need from The Open Door pantry in Gloucester, where most of the food is provided by The Greater Boston Food Bank (GBFB). This includes fresh fruits, vegetables, sources of protein and other nutritious staples that are so important to his growing children as well as to his own recovery.*

“My wife, Tammy, noticed a mole that was changing, and made me go and get it checked. Diagnosis: melanoma. Nasty, nasty stuff.

I had to stop working at the restaurant, and Tammy had to quit her job to care for me and manage everything for our three kids. Nine operations

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harvest:**

GBFB CROSS-DOCKS DISTRIBUTE FOOD FOR OVER 5,000,000 MEALS

# Working Toward ONE MEAL A DAY for Families in Need

Dear Friends,

Recently, the conversation has intensified around the national minimum wage and how it impacts working families in our community. It seems incredible that people working full-time jobs still cannot earn enough to feed themselves and their families. Unfortunately, too many continue to face dire financial challenges and hard choices.

Here in Massachusetts, residents pay 12% more for meals compared to the national average. As costs for everything rise, more of our neighbors are being forced to choose between buying food and paying for essentials like heat, rent, and medicine. Struggling families are falling further and further behind.

GBFB is responding by working harder than ever to reach our strategic objective: Distribute enough food to provide at least ONE MEAL A DAY to every person at risk of hunger in eastern Massachusetts. Every year, we increase the amount of food we distribute – enough for 40 million meals last year! At least 25% is fresh produce, which is so important to the vitality and health of those we serve. We purchase much of that healthy food at reduced rates from area retailers, manufacturers and growers, which in turn helps our local economy.

GBFB is constantly innovating to ensure food is distributed where it is needed most, while increasing efficiencies throughout our large and complex food acquisition, storage and distribution operation. Only by maximizing every resource, can we hope to achieve our ambitious strategic objective.

Our progress is possible because of the generosity of our donors, partners and friends, and we are grateful for their dedication to GBFB and our community. Join us with your support.

VISIT [GBFB.org](http://GBFB.org) and learn how you can help to achieve GBFB's mission to End Hunger Here.

Sincerely,



Catherine D'Amato  
President and CEO

## STUDENT VOLUNTEERS HELP END HUNGER IN LYNN



Jason McCuish is an English teacher and football coach at Lynn Vocational Technical Institute (LVTI). As advisor to the high school's SkillsUSA chapter, he promotes community service opportunities for his students, including volunteering at GBFB's monthly School-based Pantry at the Connery Elementary School.

"A few years back, we were building our football club and looking for ways to develop team work and recruit new players during the off-season. The pantry was just starting up at the Connery Elementary School right here in Lynn. A lot of my students went to Connery, and some still have younger brothers and sisters there.

From the minute we walked in to help sort and distribute food, my students realized how much they wanted to be there. This is their community, and they quickly became committed to helping these families who are their neighbors. They've built a connection and each month, the families who are there to pick up food are just incredibly happy to see us. My students feel so appreciated and welcome, and everyone has learned from one another. It sounds sentimental, but all of us together have become like a little family.

Most meaningful to me are those moments when my students are bagging food and start to engage with the Connery kids, who are there because their families don't have enough money for food. The little ones almost idolize the older ones, and some try hard to get their attention. There's a lot of laughter and horsing around, and it's fun. You can see how much it means to the kids, but you can also see how important it is to my students.

I know that we're the volunteers who are helping families in need, but it's wonderful to see how their experience is also benefiting LVTI students. It empowers them. They're so proud to be giving back."



## DAN'S STORY

(Continued from p. 1)

and months and months of hard recovery later, our savings – even all our retirement money – was gone. Like that!

What do you do when you can't afford enough food to feed your kids? Where do you go? I can deal with cancer, but I can't deal with my children going hungry.

We never thought we would need a food pantry, but there are hundreds of thousands of people like us out there.

We didn't want to, but we had to reach out for help. At The Open Door pantry, we get fresh fruits and vegetables, meats, and staples like bread, pasta and milk. It makes all the difference. The Open Door is designed to make their clients feel comfortable and have a "shopping" experience that doesn't feel like they are at a food pantry.

My last three scans came back clean, so health-wise it feels like I'm on the track back. They say it's not how you fall, but how you get back up. Not letting anything beat you. I'm living for my kids, really.

It's important for everyone to know that help is available, and how important it is. To all the donors who make it possible to get the help we need, I just want to say thank you. Thank you very, very much. You are amazing."



PROGRAM SPOTLIGHT

# GBFB Cross-Docks Distribute Food for 5,173,204 Meals

Photo above: Larry Heard and Michael Zawaki of St. Anthony of Padua Food Pantry in New Bedford pick up food at GBFB's newest cross-dock in Bridgewater.

The Greater Boston Food Bank constantly strives to operate more efficiently to reach more people in need. One of the many ways GBFB does this is through our 6 cross-dock locations, which allow GBFB to reach partner agencies located too far from our Boston warehouse to make regular pick-ups. How do they work? GBFB trucks filled with food drive to drop-off locations. Local food pantries, shelters, and community meal programs meet GBFB at the cross-dock and load their vehicles with food. Multiple trips back and forth can even be made. They don't have to worry about the long drive to Boston and other challenges such as fuel costs, refrigeration and limited vehicle capacity.

The cross-dock located in Harwich is hosted by The Family Pantry of Cape Cod, and provides space for GBFB to deliver and distribute food to nearby hunger relief agencies. "When we started in 1989, our founder would drive his station wagon to GBFB in Boston and fill it so heavy with food he barely cleared the Sagamore Bridge on his way back," recalls Mary Anderson, Executive Director. "By 1990, we'd organized with other agencies and worked out a way for GBFB to bring food to us. The advantage of the cross-dock is it saves a lot of time and money

every month – for The Family Pantry, and for about 30 other organizations on the Cape. It's that simple."

Carol Tienken, GBFB's Chief Operating Officer, notes we make around 60 deliveries each month to our cross-docks. "Cross-docks allow GBFB to efficiently deliver more food and reach many more agencies, particularly the smaller ones," she explains. "For agencies on the Cape, The Family Pantry drop site is critical. We wouldn't be able to deliver so much food regularly to that large service area, or our other service areas throughout eastern Massachusetts, without them and our other cross-dock partners."

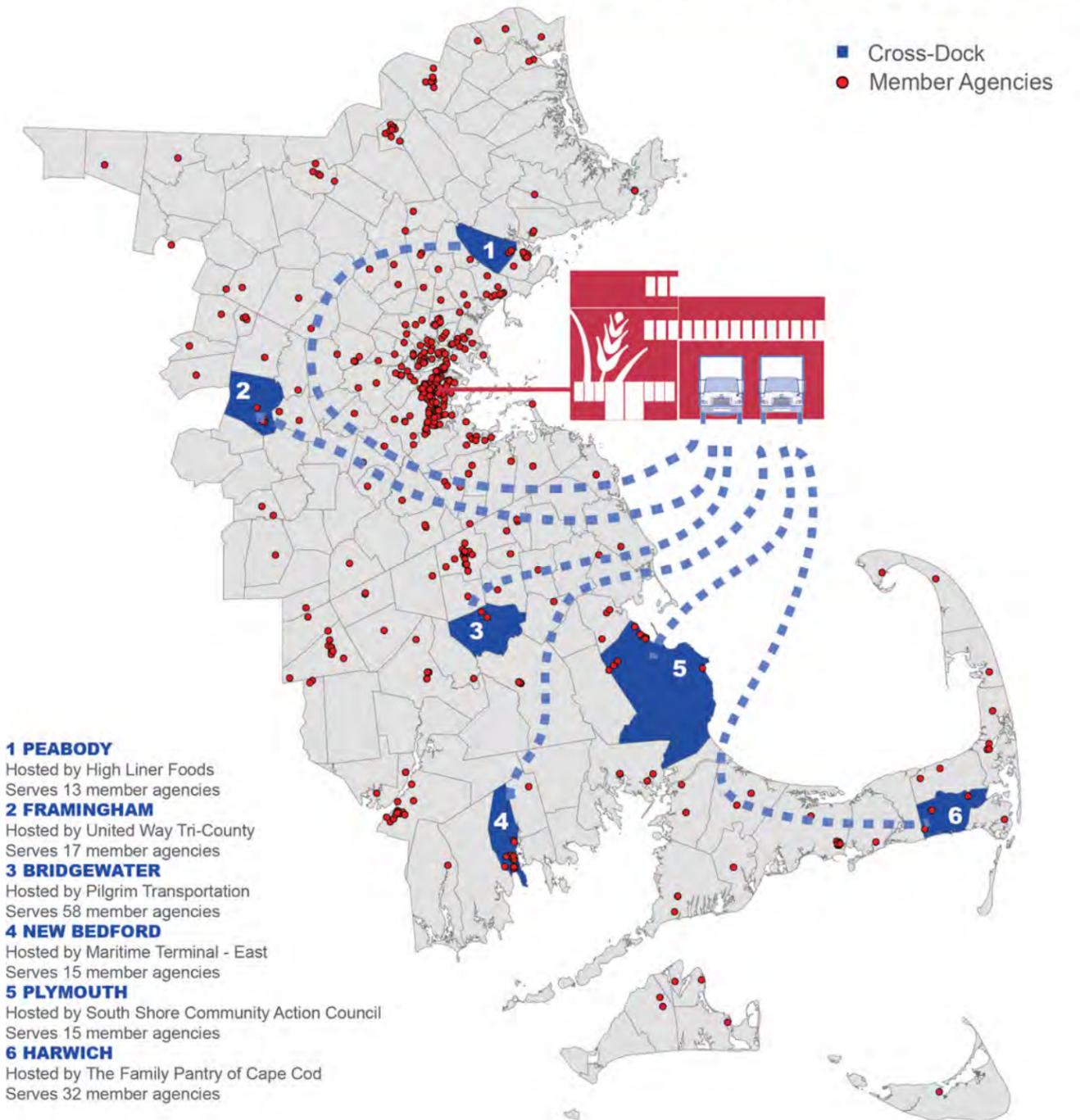
There are six cross-docks throughout eastern Massachusetts, each supported by in-kind and other donations from GBFB partners. (See map on page 5.)

We are proud of initiatives such as cross-docks and are thankful for the resources and partnerships that allow us to reach more. We can't perform this enormous task without our location partners who provide space, teamwork and dedication to End Hunger Here.

TO LEARN MORE, VISIT [GBFB.org](http://GBFB.org)

## How do cross-docks work?

Member agencies (local food pantries, shelters, and community meal programs) that are located too far from The Greater Boston Food Bank's (GBFB) warehouse in Boston are able to make regular food pick-ups through one of our six cross-docks throughout eastern Massachusetts. GBFB trucks filled with food orders drive to the cross-docks. Member agencies meet GBFB at the cross-dock and load their vehicles with food.



# BNY Mellon Partners with GBFB to End Hunger Here



For over 30 years, BNY Mellon has been a strong partner to GBFB. The global investments company and its Massachusetts employees have always given generously through their volunteer time and financial support. Their dedication to our community and GBFB's mission is extraordinary.



BNY Mellon Regional Executive, Joanne Jaxtimer (*photo above, second from left*), and a member of GBFB's Board of Advisors explains, "At BNY Mellon, we believe in building strong, lasting community partnerships, and are committed to helping drive positive change."

Last year, 135 BNY Mellon volunteers contributed over 300 hours by sorting food and helping at mobile



markets and other food distribution efforts. A BNY Mellon subsidiary, Eagle Investment Systems (*photo bottom left*), also provided pro bono technology consulting services that resulted in increased efficiency in our food distribution process.

For the past several years, BNY Mellon has been a member of GBFB's Leadership Circle, which includes dedicated donors that give at least \$100,000 annually in financial support. Last year, the company provided a \$50,000 grant for GBFB's School-based Pantry program that distributes healthy foods in elementary schools serving families in need. BNY Mellon also matches all employee donations through their Community Partnership Campaign, and the firm generously supports GBFB's annual Banquet.

Total BNY Mellon giving last year enabled GBFB to distribute enough food to provide 435,000 healthy meals to our neighbors facing hunger.

Vicary M. Graham, President, New England Wealth Management at BNY Mellon (*photo above, first from left*), currently serves on GBFB's Board of Directors and is its former Chair. "BNY Mellon is an integral part of the Boston community," she explains. "We view employee charitable contributions and support of the communities where our employees live and work as an extension of the service ethic that lies at the heart of our company."

GBFB is honored to partner with BNY Mellon, and grateful for their generosity in so many ways to support our mission to End Hunger Here. Their dedicated partnership is critical to achieving GBFB's strategic objective of providing ONE MEAL A DAY to everyone in need in eastern Massachusetts.



## Together, these summer events raised enough to provide 200,000 meals to those in need.

1 - The Red Sox Wives and GBFB volunteers worked together to fundraise at the gates of Fenway Park during the 23rd annual Strike Out Hunger fundraiser. 2 - After a long and grueling winter, GBFB's young professionals Kitchen Cabinet group hosted its annual Step Into Summer event at The Revere Hotel Rooftop to help End Hunger Here. 3 - Boston magazine's two-day summer event, The Cookout, brought together thousands of food lovers at the Black Falcon Cruise Terminal. GBFB was thrilled to be the nonprofit partner of the event for a second year in a row. 4 - Team GBFB members joined the ranks of more than 12,000 runners in the historic 31st annual J.P. Morgan Chase Corporate Challenge 5k race. Each year, companies from all over Boston compete in a 3.5 mile race in support of local non-profits. GBFB, along with BUILD, were selected as the non-profit beneficiaries of the 2014 race.

# Healthy Food Donations from Tribe

Since 2006, Tribe of Taunton, makers of Tribe Hummus and Veggie Patch products, has been a generous food donor to The Greater Boston Food Bank (GBFB). Their donations of “better for you” products have provided healthy, high-nutrient hummus and vegetable and meat alternative foods to families in need. Currently, 80% of the food that GBFB distributes meets the highest nutrition standards, and it's partners like Tribe that make this possible.

“We're inspired by GBFB's ONE MEAL A DAY objective,” notes Adam Carr, Tribe CEO. “And we know that the organization's broad and efficient network allows for maximum impact in our community. As a food company, our partnership is a win-win.”

Tribe makes regular donations of a variety of their vegetarian food products, enough last year to provide 248,828 meals to our neighbors in need. In addition, their employees are passionate about GBFB's mission to End Hunger Here in eastern Massachusetts. When the company's shipping department won a special lunch for achieving an important milestone, they decided rather than indulging in that meal, to donate the value of the lunch to GBFB. The company then immediately matched the financial donation.

“Tribe products are all excellent sources of protein that are easy to prepare and that taste good, especially to children,” acknowledged Catherine D'Amato, President and CEO of GBFB. “Together, we're providing the high-nutrient foods that are critical to helping struggling families stay healthy. GBFB is so grateful to everyone at Tribe for their generosity and commitment.”

With partners like Tribe, who make financial and food donations, GBFB is able to maintain our commitment to providing healthy and nutritious food to those in need in eastern Massachusetts.

## NUTRITION CORNER

To help our agencies and clients incorporate Tribe's hummus into meals, our nutrition team provides the following tips. You can try them too!

- Add flavor and moisture to burgers or meatloaf by blending ½ cup hummus with each pound of meat.
- Mix hummus with plain yogurt and stir in canned chicken or tuna. Add minced onion, peppers, or your favorite vegetables and serve on toast or lettuce leaves.
- Thin ¼ cup hummus with ¼ cup broth and toss with cooked pasta and vegetables. Add your favorite spices or a squeeze of lemon.
- Spoon cooked rice into a casserole dish and top with cooked chicken. Add diced tomatoes (canned or fresh) and onions, and cover with a layer of hummus. Broil until browned.

