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# harvest

Thanksgiving 2020

**COVID-19**

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our most vulnerable  
neighbors.

# Your Support Helps Working Families

"I love the Mobile Market. You have no idea how much it helps families. It's incredible how much money we save because everything is so expensive in the supermarket."

- Cynthia, mother of three and client at the Greater New Bedford Community Health Center Mobile Market

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MEMBER OF  
**FEEDING  
AMERICA**



Dear Friends,

When we think of the holidays, we often think of family gatherings around the dinner table. The holidays will look much different for everyone this year, but it will be even more difficult for those struggling with hunger. And many families will be experiencing food insecurity for the first time this holiday season.

During one of the toughest times of the year, The Greater Boston Food Bank (GBFB) Hunger Free Holidays campaign provides healthy food to families struggling with hunger.

There are many ways you can make a difference in the life of someone in need. You can visit [gbfb.org](http://gbfb.org) and start a Hunger Free Holidays fundraising team with your friends, family, or coworkers. You can also donate today to make an immediate impact.

In this issue you'll read about Cynthia, a hospital worker and mother of three who is getting help from a GBFB Mobile Market. You'll also read about our work supporting hunger-relief in the city of Waltham, and the culmination of a three-year effort to create a new state law that will help thousands of low-income students in Massachusetts.

Thank you for your generous donation and support of our mission during this holiday season and throughout the entire year. Together, we can end hunger here.

Sincerely,



Catherine D'Amato  
President and CEO



## Your Gift Lifts New Bedford



Staff members and volunteers at the Greater New Bedford Community Health Center (above) deliver boxes of food from GBFB at a walk-up distribution at their clinic, where community members like Yeselmary and her daughter, Yenialys, (left) can get the food they need.

New Bedford was one of the hardest-hit cities in Eastern Massachusetts from the economic fallout of COVID-19. The unemployment rate in New Bedford went from 4.9 percent in April 2019, to 24.4 percent in April 2020.

It's estimated that 22 percent of people in New Bedford are food-insecure, meaning they don't always know where their next meal is coming from. The Greater Boston Food Bank (GBFB) immediately increased our capacity to serve people in need as the demand for food assistance has dramatically grown since the pandemic began.

Even before the pandemic, GBFB had identified New Bedford as one of the communities of highest need in our area, and was working with our hunger-relief partners on the ground to distribute as much healthy food as possible.

In the last 12 months we've distributed over 3 million pounds of food to our 20 partner agencies in New Bedford, the equivalent of more than 2.5 million meals. All together, those agencies served an average of more than 12,000 people per month.

Your generous gift helps us meet the need in places like New Bedford and all across Eastern Massachusetts.

[Learn more at:](http://gbfb.org)

**GBFB.org/Distribution**



Cynthia (left), a medical assistant at the The Greater New Bedford Community Health Center, is among the many recipients of food at the Mobile Market held at their facility.

## Helping Families Thrive

Cynthia and her boyfriend moved from New Jersey to New Bedford four years ago because it was cheaper to live, had more opportunities to work, and they wanted to start a family.

Like many working families, however, Cynthia and her boyfriend struggle to make ends meet and provide for their three young daughters.

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*“It helps all the families who come here, a lot of them aren’t working, especially now with everything going on. You make so many families so happy with this Market.”*

**-Cynthia**

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“When our family started growing, so did our expenses,” she said.

Cynthia works as a medical assistant in the pediatrics department at The Greater New Bedford Community Health Center, where The Greater Boston Food Bank (GBFB) holds one of its Mobile Markets—a free, monthly, farmer’s market-style food distribution. Cynthia said she looks forward to the Mobile Market for two reasons: how much money it saves her family, and the quality of the food.

“I love the Mobile Market. You have no idea how much it helps families. It’s incredible how much money we save because everything is so expensive in the supermarket,” she said. “We have to teach our kids to eat healthy, but the most expensive stuff in the supermarket are fruits and veggies. A bag of chips or a bottle of soda is cheaper than healthy food. So that’s why everybody here loves the Mobile Market.”

Working in a health center during a pandemic is stressful, Cynthia said, but because helping people is her passion, she enjoys her work. Cynthia returned from maternity leave in the spring, after the birth of her third daughter.

“Everything I save on food I can spend on diapers, baby formula, things like that,” she said.

Cynthia said what she loves most is the variety and quality of the food she receives.

“I got bananas and apples this month, next month its melons,” she said. “It’s all so fresh and yummy.”

Cynthia said the entire community gets excited each month when it’s time for the Mobile Market.

“It helps all the families who come here, a lot of them aren’t working, especially now with everything going on,” she said. “You make so many families so happy with this Market.”

# Keeping Waltham Healthy



*Since the start of COVID-19, Healthy Waltham has been serving more than 600 families every week at its mobile distributions. Photo courtesy of Healthy Waltham.*

When COVID-19 and the ensuing economic shock caused a surge in demand for food assistance this spring, community organizations across our service area stepped up to meet the need. In few places was this more apparent than Waltham.

"The increase in demand is something I've never seen before. These are my neighbors, families my kids play with, it's surreal. And it has not slowed down," said Myriam Michel, executive director of Healthy Waltham, a local health and wellness nonprofit.

Healthy Waltham began partnering with The Greater Boston Food Bank (GBFB) four years ago by helping us run one of our School-based Pantries at the Waltham Public Schools. Before the pandemic, Healthy Waltham was serving about 250 families at the monthly School-based Pantry and about 100 senior households through additional food distributions.

Since COVID-19, however, Healthy Waltham has been serving 600 families each week, taking over the monthly distribution from the schools, and adding two additional distributions each month. They partnered with other local organizations like Brandeis University, the Waltham Rotary Club, local senior centers, and Africano Waltham, a Ugandan community organization to help Waltham residents in need.

According to Myriam, Healthy Waltham served over 8,500 families and distributed over 250,000 pounds of food from April to September.

"I spoke to someone at the Market whose family member lost their job due to COVID. It's been hard for them to pay their bills and buy groceries. COVID has had a big impact on this community," Myriam said. "For many, our food pantries have been a lifeline. We couldn't have done this without partners like GBFB."

## Enterprise Rent-A-Car Fills The Tank



*GBFB Corporate Relations Manager Danielle Pinson (left) alongside Kevin Parsons, regional vice president for Enterprise, when Kevin and his team visited GBFB in December 2019.*

To keep up with the surge in demand for food assistance, The Greater Boston Food Bank (GBFB) needs consistent supporters. Few of our donors better exemplify that consistency than Enterprise Rent-A-Car, who this year made their fifth annual \$89,000 donation to GBFB as part of their "Fill Your Tank" program.

"Enterprise Rent-A-Car is woven into the fabric of the Greater Boston and Eastern Massachusetts community and food insecurity is an issue for our community, perhaps never more than now as COVID-19 has had incredible impact on so many families across the Commonwealth," said Peter Dulac, vice president and general manager for Enterprise.

The "Fill Your Tank" program was established in 2016 to celebrate Enterprise's 60<sup>th</sup> anniversary by providing \$60 million to fight hunger around the globe. Since the beginning of the program, Enterprise has donated enough to GBFB to provide for over 1.3 million meals.

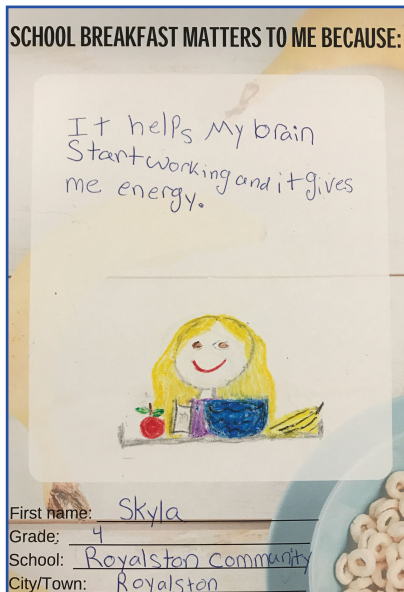
"We are so grateful for this generous gift and Enterprise Rent-A-Car's continued commitment to our mission," said GBFB President and CEO Catherine D'Amato.

"We are proud to have The Greater Boston Food Bank as one of our Fill Your Tank recipients as their work will support those in our community who need a little help to reach to their full potential," Peter said.

# GBFB Helps Create New Law For Child Hunger-Relief

After spending more than three years building the Rise and Shine Massachusetts coalition, made up of schools, legislators and other supporters, and shepherding a bill from creation to legislation, The Greater Boston Food Bank (GBFB) saw the fruits of our labor this summer when “An Act Regarding Breakfast After the Bell” was signed into law.

Breakfast After the Bell calls on low-income schools across the state to offer breakfast for students after the start of the school day—increasing access to breakfast for 150,000 low-income children in Massachusetts.



Studies show that access to breakfast improves academic performance and reduces trips to the school nurse. Massachusetts is now one of only a handful of states that have passed this type of law, which will go into effect at the start of the 2021 school year.

“The excitement of passing this bill is a high point of my legislative work,” said Rep. Aaron Vega (D-Holyoke), who sponsored the bill in the state House of Representatives along with Rep. Andy Vargas (D-Haverhill). “With this final passage, we know our hard work and steadfast advocacy for children to simply get access to eat breakfast has paid off.”



Learn how you can be a part of GBFB's hunger-relief advocacy work at:

[GBFB.org/Advocate](https://www.gbfb.org/Advocate)

Click 'N Cook® Recipe

Looking to make something simple and easy with your leftover potatoes for breakfast after Thanksgiving? Try our baked potato eggs of Click 'N Cook®, The Greater Boston Food Bank's (GBFB) online recipe resource!



## Baked Potato Eggs

**Serves 4**

### Ingredients

- 2 medium potatoes
- 1 tbsp butter
- 1 tbsp milk
- 2 tbsp grated Parmesan cheese
- 4 large eggs
- 1 cup chopped green onions

### Directions

1. Preheat oven to 400°F. Wash and scrub the potatoes. Arrange on a baking sheet and pierce all over with a fork. Bake potatoes 1 hour, until fork-tender.
2. Halve each potato lengthwise and scrape insides into a bowl. To same bowl, add the butter, milk, cheese, salt, and pepper and mash until mostly smooth. Spoon potato mixture back into potato halves. With the back of a spoon, create a well in the center of each potato half.
3. Place potatoes back on baking sheet and crack an egg into each well. Bake 12–13 min., until whites are set. Garnish with green onions.

**For more healthy recipes, visit [clickncook.org](https://clickncook.org)**

# Give the Gift of A Healthy Meal This Holiday Season.

Help The Greater Boston Food Bank provide over 20 million healthy meals to people in need this holiday season by joining our Hunger Free Holidays campaign.



Donate today or form a fundraising team to bring together family, friends, or coworkers:



[GBFB.org/Holidays](https://GBFB.org/Holidays)

**Every \$25 you donate provides a complete holiday meal for a family in need.**

