



People Helping People

“It’s an incredible help. You are changing so many lives.”

—Jean Louis, on how donations help him feed his Mattapan neighborhood.



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Dear Friends,

It never ceases to amaze and inspire me when I see how staff, volunteers and donors like you rise so quickly and eagerly to help meet whatever new challenges present themselves month after month.

I've been in amazement over these last two and a half years as, together, we have faced and met every challenge this pandemic has thrown at us.

On this page, you'll read how the YMCA boldly sprang into action to partner with us to help meet the skyrocketing need for food in the midst of the pandemic. And they are still delivering more than 5,000 bags of food to more than 125 locations every week!

You'll meet one of our incredible staff members on page 5. Cheryl Schondek, Executive Vice President of Operations, has been moving heaven and earth to meet the multiplying demand for food, up from 65 million pounds before the pandemic to more than 115 million pounds today.

And on page 3, you'll read the story of an incredible young man whose first response to the increasing threat of hunger was not for himself, but for the more than 20 families in need living in his neighborhood. Today, he is distributing 300 bags of food to his neighbors every week. A story you will definitely want to read.

Last, but certainly not least, thank you for your faithful generosity. If not for you, none of this would be possible. I am so appreciative of your ongoing commitment to help end hunger here.

Gratefully,



Catherine D'Amato
President and CEO



Launching a Model Partnership to Take on Pandemic Hunger



YMCA of Greater Boston teamed up with The Greater Boston Food Bank early in the pandemic to address unprecedented food insecurity, distributing directly from the lobby of their flagship Huntington Avenue location.

In March 2020, lockdowns began, schools closed, and businesses struggled. Food insecurity, always an issue in the best of times, skyrocketed to historic highs.

But as the need surged throughout the community, the YMCA of Greater Boston (the Y) sprang into action and boldly broadened its mission. Within a week, the Y became the emergency food distribution hub for hundreds of local families thanks to a partnership with The Greater Boston Food Bank (GBFB).

At the height of the pandemic, the YMCA and GBFB delivered more than 5,000 full grocery bags a week to more than 125 locations, including “grab-and-go” meal sites and neighbors’ doorsteps. Thanks to friends like you, each bag was packed with enough fresh produce and staples to help feed a family.

“GBFB has been an amazing partner. It’s been an extraordinary experience seeing how much we can make a difference together.”

—April Strack, YMCA warehouse manager

What started as an emergency response to meet a critical need has expanded to a hunger relief effort that continues to support neighbors in need. Today the Y’s hunger relief program operates out of a donated warehouse in East Boston which has allowed them to scale their ability to receive and distribute food, especially the fresh produce they receive from GBFB.

Learn more at:

GBFB.org/about



Jean Louis hands out 300 bags of donated food from his Mattapan porch every week, feeding more than 20 families in his neighborhood.

Neighbors Caring for Neighbors

They say that our true nature is revealed during times of crisis. And while some stories of selfishness and hoarding filled our newsfeeds at the start of the pandemic, there were many more stories of selfless acts of help, caring, sacrifice and service.

Jean Louis' story is a perfect example.

Like so many others, he lost his job and had to leave school due to the pandemic. But this young man didn't think only of himself in the midst of this crisis. His immediate thoughts were of the needs of the children and families in the Mattapan neighborhood where Jean lives—the people who have been his neighbors for the last 10 years.

When a friend told him about the Food Bank's YMCA distribution program, Jean didn't reach out to them only for himself, he inquired about the possibility of having enough food delivered for all of his neighbors, too. And the YMCA was happy to help.

Jean started receiving and distributing food on Mondays and Wednesdays—100 bags on Monday and 50 bags on Wednesday. The bags contained grocery items like rice, pasta, oatmeal, a variety of canned goods and fresh fruit, including oranges, apples, bananas and mangos.

Today, the number of bags delivered to him each week has doubled to 200 bags on Mondays and 100 on Wednesdays, as Jean now distributes food to more than 20 families in his neighborhood. He said, "In the beginning, I wasn't sure I could do it. But it's easier now. And it's happening every week."

One of the incredible outcomes of Jean's work to feed his neighbors, in addition to the food itself, is the resulting

"We've formed a strong, safe community around this food. We look out for each other."

—Jean Louis

community that has flourished. Jean said, "It's been really good for the neighborhood. We've formed a strong, safe community around this food. We look out for each other."

One of Jean's neighbors is a single mother with a young son. She says, "I can barely cover the rent, so the food is a tremendous help. I come for bags on Mondays and Wednesdays every week. My son especially loves the bananas."

Jean has been living on his savings since his unemployment benefits ran out last September. He loves computers and actually built his own. He is hoping to return to school and enter a computer science program once he lands back on his feet.

When asked what he would like to say to kind donors like you, Jean said, "Keep doing what you are doing. It's an incredible help. You are changing so many lives."

Thank you for your compassion and generosity. You are not only helping us feed so many of our neighbors facing hunger, you are also helping to build stronger communities. And stronger communities lead to a healthier future for everyone.

Industry Leaders Unite to Get More Meals to More People in Need



With 30 years in the food industry, Cheryl Schondek, Executive Vice President of Operations at GBFB, knows a thing or two about logistics. But she credits her success today to one specific skill: asking the right people for help.

As chair of GBFB's Food Industry Committee, Cheryl is at the heart of a network of problem-solvers who are dedicated to ending hunger here. Members she has recruited to the committee include owners of local businesses like Olivia's Organics in Chelsea, as well as representatives from national chains like Walmart.

"What do these people have in common? They're all in the food business. These are the people who put the food in the food bank. Whether they donate money, food, time or leadership, it's their expertise that's helping us get more healthy meals out to those in need."

Cheryl elaborates: "For example, we use our grocery store partners' buying power to procure Thanksgiving turkeys at a better cost. When beans were impossible to find early in the pandemic, they put me directly in touch with their bean vendors."

It's all about leveraging connections, Cheryl explains. The wonderful part is, every single committee member is thrilled to contribute—and if they can't solve the immediate problem, they know someone who can.

In her nine years with GBFB, Cheryl has seen the amount of food distributed go from 40 million pounds to more than 100 million. That's thanks to her own ingenuity, her team of retailers, wholesalers, manufacturers and transportation experts, and committed friends like you.

Food Industry Committee

Caitlin Roche <i>Roche Bros</i>	Robert Dodge <i>Stop and Shop Companies</i>
Mark DeMichaelis <i>Olivia's Organics/State Garden</i>	Marc DiPersio <i>A.J. Letizio Sales and Marketing</i>
Bill Devin <i>Price Rite</i>	Kevin Barry <i>Big Y Supermarkets</i>
Chris Flynn <i>Massachusetts Foods Association</i>	Joe Voci <i>Tourtellot Company</i>
Teresa Edington <i>Shaw's/Star Market</i>	Bob Goodwin <i>Dietz & Watson</i>
Kevin Griffin <i>Semiotic Marketing</i>	David Meyer <i>Independent Broker</i>
Lori Hall <i>B.J.'s Wholesale Club</i>	Matt O'Hare <i>Johnson O'Hare Company</i>
Mark Hintlian <i>The Leavitt Corporation</i>	Andrew Cohen <i>Amazon</i>
Chris Reisner <i>Kayem Foods</i>	Dan O'Neill <i>Director of Purchasing, GBFB</i>
Ann Trucchi <i>Trucchi's Supermarkets</i>	Cheryl Schondek <i>Executive Vice President, GBFB</i>
Janine Dempsey <i>Walmart</i>	
Ed Rodericks	

The Power of Legacy Giving

You can provide for GBFB's vital mission through your estate or retirement plan and you may be able to make a more significant gift than would have been possible during your lifetime.

Legacy gifts provide the financial flexibility to retain assets during your lifetime, while also providing a possible estate tax charitable deduction.

There are many ways to make a gift to support The Greater Boston Food Bank (GBFB), including:

- Making a bequest provision in your will or living trust and donating part or all of your estate to GBFB.
- Including GBFB as a beneficiary of your retirement plan or life insurance policy.
- Creating a charitable gift annuity that will provide you with income during your lifetime and that will ultimately benefit GBFB.



Become a Member of GBFB's Legacy Society Today!

The Greater Boston Food Bank recognizes the generosity and foresight of those who support GBFB through charitable bequests or life income gifts. Please consider becoming a member today.

To learn more about including GBFB in your estate plans, visit us online at plannedgiving.GBFB.org.

Growing Demands. Rising Prices. Meeting Every Need.

“We’re cautiously optimistic again.” This is what Cheryl Schondek, Executive Vice President of Operations, says.

More than two years into the pandemic, many of the challenges we faced at the beginning of this crisis, like supply chain breakdowns and labor shortages, are still recurring issues, but there are also new hurdles to feeding our neighbors in need.

Two such hurdles are rising food prices and the unpredictable availability of goods. Prices for many items like bananas, apples and canned vegetables have increased dramatically. The cost of eggs alone has risen by 43%!

This has a double impact on GBFBs work... more people become food insecure as higher prices put more food out of reach for those already struggling with hunger and those living on very tight budgets. And it impacts our ability to meet today’s demand for 115 million pounds of food, up from 65 million at the pandemic’s onset.

Thankfully, supporters like you have been the solution to both of these challenges.

Cheryl says, “We are fortunate to have manufacturers, retailers and distributors who donate food. But these donations have been slightly declining. Since we’ve doubled our volume over these last two years, we can’t rely on donations only. So we’ve had to lean into purchasing food much more than before, because purchasing is predictable and controllable.”

This is where your generosity has helped make a powerful difference.

Cheryl adds, “Donors enable us to do what we do. If we didn’t have the money, we couldn’t buy the food. It’s safe to say we would be distributing 50% less and we’d be unable to meet to the need without your support.”



GBFB Trucks leaving the warehouse, ready to deliver food to our network of nearly 600 distribution partners.

Click ‘N Cook® Recipe



Stuffed Roasted Red Peppers with Lentils, Beef and Mushrooms

Ingredients

- 1 cup lentils dried and rinsed
- 2 tablespoons olive oil
- 8 mushrooms, chopped
- 1/2 onion, chopped
- 2 cloves garlic, minced
- 1 lb lean beef, ground, cooked
- 1/2 teaspoon red pepper flakes (add more for heat)
- 1 8 oz can low sodium diced tomatoes with juice
- 6 bell peppers, tops removed and scooped out
- 1/4 cup queso fresco (or cheese of choice)
- 1/4 cup fresh cilantro, chopped

Directions

1. Preheat oven to 350 degrees.
2. Add lentils and 3 cups water to a medium pot.
3. Simmer for 20 minutes. Drain and set aside to cool.
4. In a large pan, heat olive oil. Add mushrooms and continue to cook for 5–7 minutes until soft.
5. Add onions and garlic and cook for another 3–4 minutes until soft.
6. Remove the onion mushroom mix from the pan and place in a bowl.
7. Using the same pan, add the ground beef and cook until browned.
8. Stir in the red pepper flakes and diced tomatoes with juice. Mix together and cook for 5 minutes.
9. Add the onion mushroom mixture and the cooked lentils to the pan and mix together.
10. Season with salt and pepper to taste.
11. Place bell peppers in a large baking dish. Scoop the filling into the bell peppers until full.
12. Place in the oven and roast for 25 minutes.
13. Remove the peppers from the oven and top with fresh cilantro and queso fresco.

**For more healthy recipes,
visit clickncook.org.**



DRIVE OUT HUNGER

Get your "Stop Hunger Now" license plate

Only together, can we end hunger here. That is why GBFB has teamed up with Boston Medical Center and Citizens to drive out hunger.

Visit stophungerma.org to pre-order your "Stop Hunger Now" license plate. Proceeds from every registration will help provide nutritious food for our neighbors facing hunger.

When 1 person out of every 10 struggles with hunger here, your message encouraging others to join our mission can make a real difference.

For more information, or to order your "Stop Hunger Now" license plate, visit: stophungerma.org



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