



harvest

Summer 2023

GBFB: There When You Need Us

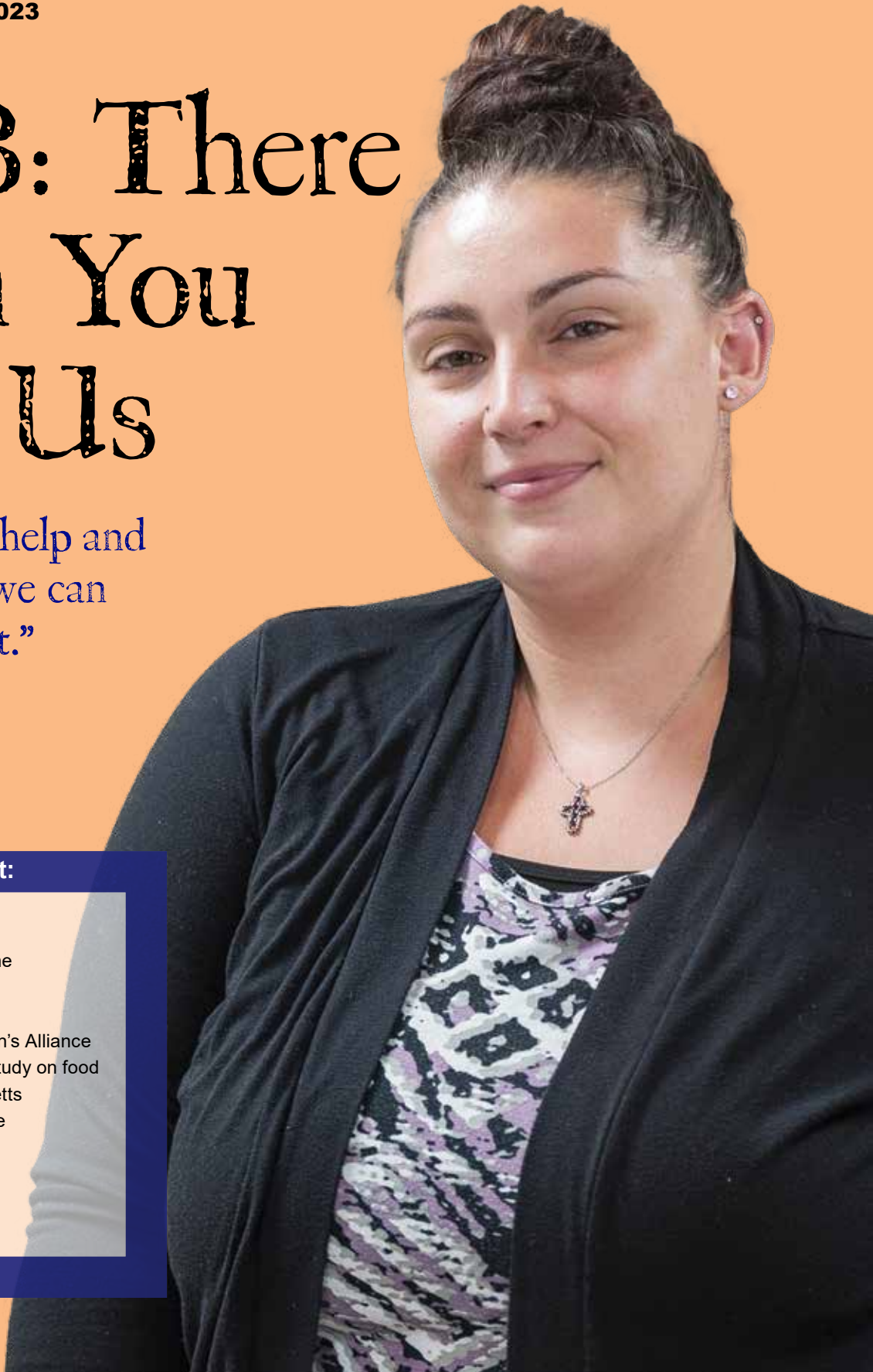
“My family needs help and
it’s amazing that we can
come here to get it.”

— Christine, a client at Needham
Community Council.

Inside Harvest:

- Christine’s story
- GBFB Grant impact on the South Shore
- Volunteer Spotlight
- The Cape Cod Fishermen’s Alliance
- GBFB’s third statewide study on food insecurity in Massachusetts
- Zippy Potato Salad recipe

MEMBER OF
**FEEDING
AMERICA**



Dear Friends,

As summer ushers in the warm weather and the outdoor activities that make New England magical this time of year, let's not lose sight that food insecurity persists in our communities, as our new data shows. The reality is that many parents struggle to feed their families in the summer. They rely upon the meal programs provided to their kids during the school year and feel the extra stress of feeding them during school breaks. That is why your support throughout the year and for campaigns, such as *Growing Healthy Futures*, during this season, is key to helping us feed our neighbors in need.

We are grateful for your ongoing support and for our collaboration with partners like Needham Community Council who support single mothers, like Christine and Interfaith Social Services that feeds kids and families across the South Shore. We are so proud of our 10 years of investing in our communities and in these partners, who help us to feed Eastern Massachusetts.

When it comes to ending hunger, we all have a role to play. Thank you for doing your part. Together, we can end hunger here.

Gratefully,



Catherine D'Amato
(she/her)
President and CEO



GBFB Grants are Transformational

First established in 1947, Quincy-based Interfaith Social Services today serves 2,000 households a month; last year it distributed more than 900,000 meals to families across 10 South Shore towns. Their children's initiatives serve thousands each year, through school-supply backpacks, Halloween costumes and holiday gifts.

And the need continues to grow. Inflation and SNAP benefit decreases are increasing food insecurity far beyond that seen during the pandemic. "If we hadn't had this support, there is absolutely no way we could have kept up with the demand," says executive director Rick Doane, referring to the eight Community Investment grants GBFB has made to them since 2014.



Interfaith Social Services provides support to 10 communities in the South Shore, including a food pantry that's open five days a week in Quincy.

Those grants have allowed Interfaith Social Services to invest in a larger truck, add a lift-gate to it, add a pallet jack, widen doors to accommodate pallets, add more freezers... "Transformational," is how Doane describes the GBFB investments. The upgrades now allow them to source and deliver another 5,000 to 7,000 pounds of food per day than before.

Critically, it's also helped Interfaith retain volunteers. "We can't get food out to clients without 120 volunteers a week," Doane explains. Burn-out from moving ever greater food volumes was a real risk. "It allows us to show our volunteers, 'We see what we are asking of you. We're trying to make it easier. We appreciate what you're doing.'"

Learn more at:

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



The Needham Community Council runs several programs designed to help Needham residents in need, including a food pantry that provides residents with fresh fruit, vegetables, meat, dairy and shelf stable products.

“Full Bellies are Happy Bellies”

“When you leave a situation, sometimes very quickly, you need resources fast,” explains Christine D’Angelo, 30, mother of two—and the survivor of domestic violence. Having fled home with her children for a shelter, she reflects on what was her new reality—a version defined in part by no job, no car, and no permanent home. “It was difficult for a long time,” she says simply.

And then she brightens. “But this place has given those to me,” she says, describing the assistance she has received from the Needham Community Council. “Leaving the shelter, I’ve been able to survive with my children, thanks to the food pantry,” she adds. “Full bellies are happy bellies.”

It’s not just the fresh produce, milk, eggs, and bread that drew her to the pantry once a month for the last two years. Grocery gift cards, the backpack program that provides school supplies, household goods and personal hygiene products are also welcome. “It’s nice to have dish soap... toilet paper... and that’s made a huge difference for us, not having to worry about basic necessities.”

Appreciated too, is the judgement-free zone in which the pantry operates. “They don’t judge whether you’re just

This place has honestly saved my life...
and it’s given me the resources and
nutritious foods needed to survive.

—Christine

leaving a domestic violence situation, whether you’re homeless, whether you’re just getting on your feet,” she explains. “There were times when it was very scary but knowing that I had food and other necessities—that is the greatest blessing. This place has honestly saved my life... and it’s given me the resources and nutritious foods needed to survive. I want people to know that I’m doing well now, and that the food pantry has been a huge help for me.”

“So, I am grateful to every single person who has ever donated. We need help and it’s amazing that we can come here to get it.”

'Silver Linings'



The Cape Cod Fishermen's Alliance in Chatham works with GBFB to provide Eastern Massachusetts with fresh local seafood.

"When our lives were upended by COVID, we brainstormed how to help," said Seth Rolbein from the Cape Cod Commercial Fishermen's Alliance.

Rolbein said when he reached out to GBFB, he found an ally. "They understood the benefits of putting a delicious, easy-to-prepare meal in the hands of those in need as well as the importance of keeping a local processor, chowder maker and fishermen working. I couldn't be prouder to work with them."

Much of the chowder and stew is purchased with state funding from the Massachusetts Emergency Food Assistance Program (MEFAP), which along with making sure those in need have nutritious meals, also serves as an economic stimulus program.

*I couldn't be prouder to
work with them.*

—Seth Rolbein, Cape Cod Fishermen's Alliance

The Fishermen's Alliance has added Provencal Fish Stew to their Haddock Chowder offering and to date have distributed nearly 400,000 meals through GBFB.

"That program is one of the silver linings of the pandemic, and it wouldn't have happened without our partnership with GBFB." Although the pandemic has waned, the need has only grown, and our partnership is more important than ever.

Click 'N Cook® Recipe



Zippy Potato Salad

Ingredients

For the Creamy Vinaigrette:

- 1/2 cup olive oil
- 1/4 cup lemon juice or vinegar
- 2 tablespoons plain yogurt
- 1/4 teaspoon salt

For the salad:

- 1 1/2 pound small potatoes, cut in quarters
- 1 tablespoon red wine or white vinegar
- 2 tablespoons mustard
- 1/4 cup chopped fresh parsley and/or 2 tablespoons chopped fresh dill
- 4 scallions, thinly sliced
- 1 medium celery stalk thinly sliced
- 1/2 teaspoon Kosher salt

Directions

1. To create the Creamy Vinaigrette, put all the olive oil, lemon juice/vinegar, yogurt, and 1/4 teaspoon salt in the bowl and whisk, whisk, whisk. Taste the dressing. Does it need more of anything? If so, add it and taste again.
2. Put the potatoes and vinegar in the pot. Fill the pot with cold water until it's about an inch above the potatoes, put the pot on the stove, and bring to a boil over high heat. Put the colander or strainer in the sink.
3. Cook until the potatoes are tender, 10–15 minutes. Drain the potatoes in the colander or strainer and rinse quickly with cold water. Set them aside to cool a bit while you make the dressing.
4. Put the Creamy Vinaigrette and mustard in the bowl and mix to combine.
5. Add the cooled potatoes, parsley, scallions, celery, and salt to the bowl and stir gently with the spatula. Taste the salad. Does it need more dressing or a pinch of salt? If so, add it and taste again.
6. Serve right away, or cover and refrigerate up to 2 days.

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

Study Reveals Elevated Levels of Food Insecurity

In May, GBFB released its third annual statewide report on food insecurity in Massachusetts, “Opportunities to Improve Food Equity & Access in Massachusetts: Ending Hunger—Together,” in collaboration with Mass General Brigham (MGB) and supported by the Department of Elementary and Secondary Education (DESE).

Between November 2022 and January 2023, researchers engaged more than 3,000 residents, learning 32% of households face food insecurity due, in part, to the inflated cost of living. Many found it difficult to find affordable and healthy food, often making choices between food and other expenses.

This year’s data also indicates that 1 in 3 children experienced food insecurity. Those in households where the adult identified as Black, Hispanic or LGBTQ+ experienced even higher rates.



Buying fruits and veggies has gotten so much more expensive. Trying to eat healthy has become very difficult.

—White working mother utilizing SNAP, Middlesex County

With your support, and using this data, GBFB will work to:

- Increase affordability of nutritious and culturally responsive food for all.
- Decrease stigma and increase participation in state and federal programs.
- Further food access investments in large, diverse communities.
- Promote economic opportunities to address root causes of hunger.
- Further improve the experiences of those served by hunger organizations and assistance programs.

It takes a team to feed our community—Thank you for helping us to care for our neighbors.

Volunteer Spotlight: Kristin Ahlman



Kristin Ahlman of Malden brings a history of volunteerism to GBFB—Mystic Valley Elder Services, Big Sister, Malden’s Neighbors Helping Neighbors assistance program... But, she says, “I decided that I needed to expand my horizons... I still have a hard time believing that in this country of supposed wealth there are so many who are food insecure. I think it’s shameful.”

Kristin Ahlman has been volunteering at GBFB once a week for the last year and a half, helping with high need projects like our CSFP and Brown Bag boxes for seniors.

She began volunteering at GBFB a year and a half ago and volunteers there every week—often, twice a week.

“She’s extremely supportive of the staff, fellow volunteers, and has a strong passion for the mission,” says Patrick Monfort, Senior Manager of Community Engagement. “A volunteer is a person who freely undertakes a task. Kristin does that every time she is on-site at GBFB. She’s kind, enthusiastic and knowledgeable of the training practices.”

“Gosh, it’s so rewarding,” Kristin says of her volunteer work. “I leave GBFB feeling grateful—sadly. I have a roof over my head, and I can go to the grocery store and buy my food. And there are too many people who simply cannot do that. And it breaks my heart.”

Feed the future.



**GROWING
HEALTHY
FUTURES**

**You can help grow healthy futures
with The Greater Boston Food Bank.**

Families are making tough financial choices that are limiting access to summer programs that children might normally attend—programs that helped to close the summer meal gap.

Your support of Growing Healthy Futures will improve the lives of families across our communities by helping GBFB provide food during the challenging summer months.

To help end student hunger, donate today at:

GBFB.org/GHF