

THE GREATER BOSTON FOOD BANK | Feeding Eastern Massachusetts



harvest

GBFB.org

Spring 2025

Using our Power to Make a Difference

“I share [food] with my neighbors.
I say, ‘Do you want this? Do you
want that?’”

— Olabisi, Newton

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**FEEDING
AMERICA**



Catherine's Message

Dear Friends,

As we approach the halfway point of GBFB's annual fiscal year I wanted to share our progress to date. Thanks to donors like you we have raised \$25,112,709* toward our \$41 million fundraising goal. In other words, we're 61 percent of the way to our goal.

Every donation—whether you give \$5 or \$500, or whether you give once a month or once a year—sustains our vital work and empowers the 1 in 3 people experiencing hunger in our region to put nutritious meals on the table.

In these pages of Harvest, you'll read about people like you who are making a difference for our neighbors every day, through volunteering or donating funds or food to GBFB. Our donors include active support from traditional sources complemented by a handful of inspiring individuals completing amazing feats like riding through the Himalayas and running the Boston Marathon.

Everyone has the power to end hunger. One step, one dollar, one hour of time builds on our collective efforts to make a difference when and where we can. And although we still have progress to make before we reach our goal, I'm confident that—together—we can go the distance.

Thank you for doing your part and using your power to make sure those who need food get the food they need.

Gratefully,

Catherine D'Amato
President and CEO

**Hunger Free
Eastern
Massachusetts®**

Donate at:
GBFB.org/Harvest



Annual Fundraising Goal

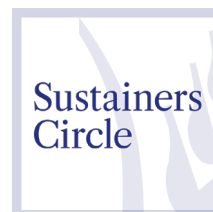


We're **61%** of the way to our fundraising goal!

**Data as of February 21, 2025*

2025 Sustainer Match Challenge

Become a monthly recurring donor—or upgrade your current monthly donation amount—and your gift will go further than ever before. For every new or upgraded monthly donor, the GBFB Board of Directors will donate an additional \$1,000 to help our neighbors in need.



GBFB monthly donors provide critical year-round support. Join the Sustainers Circle and its more than 5,000 members at **GBFB.org/Harvest**.

Find Easy, Healthy Recipes with Ingredients You Already Have

Visit Click 'N Cook, our recipe website. Easily browse recipes by searching for one, two, or three key ingredients you already have in your kitchen, and Click 'N Cook will suggest delicious, dietitian-approved recipes for you to enjoy.

Visit **GBFB.org/Harvest** to start cooking.





GBFB supplies 80 percent of the food distributed by the Newton Food Pantry.

“I’m so glad we have this kind of program that can help families.”

Olabisi vividly remembers the first time she visited the Newton Food Pantry, a GBFB Agency Partner. “The first time I walked in when my kids were little...I was like, am I walking in Stop & Shop? Am I walking in Star Market?” she recalls, describing the abundance of fresh options and the dignity of the experience.

“The way it was set up and everything, you don’t feel like, oh, I’m poor and all that stuff. You don’t feel that,” she adds. At the time, Olabisi worked as a financial counselor at a hospital while raising her four young children, and the pantry helped her make ends meet as a single mother.

Now 70 and retired, Olabisi returns to the Newton Food Pantry periodically because she is on a fixed income—but she still thinks often about mothers with children. Sometimes she even feels reluctant to visit the pantry, believing that young families need the food more.

“How are they going to feed their kids?” she wonders, citing the high cost of groceries. “And their kids need balanced nutrition.”

“You [donors] are changing the lives of mothers and children. There are a lot of single mothers out there... They work so hard.”

—**Olabisi, client at Newton Food Pantry**

After visiting the pantry, Olabisi sometimes shares the food she receives with her neighbors. “I say, ‘Do you want this? Do you want that’...Everybody deserves it,” she explains.

Olabisi says that she would tell GBFB donors to “continue what you are doing. You are changing lives. You are changing lives.”

Donate at: [GBFB.org/Harvest](https://www.gbfb.org/harvest)

Community Spotlight

The Greater Fall River Community Food Pantry

GBFB fuels a network of 600 Agency Partners across Eastern Massachusetts, supplying a significant portion of the food they distribute in 190 cities and towns. Your donations to GBFB reach agencies like The Greater Fall River Community Food Pantry.



Location: Fall River, Massachusetts



Households served per month: On average, the pantry serves 650 households per month.



Amount of food from GBFB: GBFB supplies 95 percent of the pantry's food.



A focus on nutrition: With GBFB's support, the pantry has implemented the Supporting Wellness at Pantries (SWAP) system, a method of labeling food in the pantry as green (choose often), yellow (choose sometimes) or red (choose rarely) to help pantry clients identify and choose healthy food options. "It's going great," says pantry President Dave Perry, adding that clients gravitate toward the green-labeled foods like fresh produce.



Fruits and vegetables from GBFB: "We're fortunate that we have a lot of produce," says Dave, explaining that most of it comes from GBFB. "A big one for us is the plantains and the yuca, and sweet potatoes are a big hit here, and potatoes, onions, carrots...[our clients] like the fresh produce."



A growing need: "We're seeing a very big increase," says Dave. "We started off as a very small food pantry... [numbers] are continuously climbing every month."

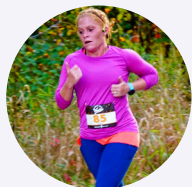


GBFB provides 95 percent of the food distributed at The Greater Fall River Community Food Pantry.



Help Hunger Heroes Cross the Finish Line

At the 129th Boston Marathon® presented by Bank of America



Shannon Carlson
Westminster, MA



Stephen Farmer
Milton, MA



Casey Goldstein
Boston, MA



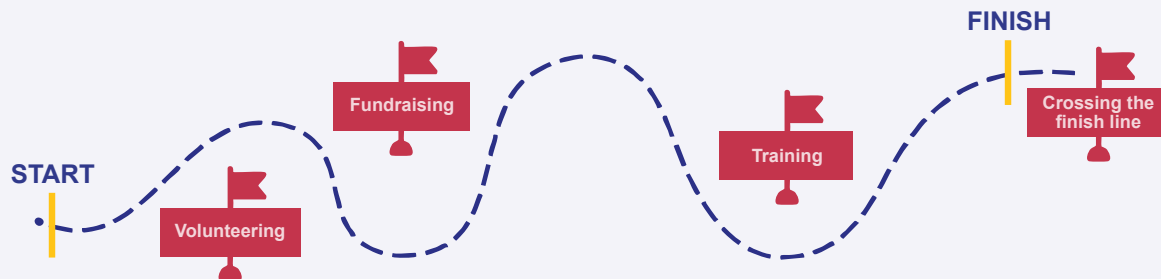
Maxwell Raisleger
Boston, MA



Marsida Tirana
Braintree, MA

Five marathon runners commit to Team GBFB, beginning months of training in addition to fundraising for The Greater Boston Food Bank.

Our runners cross the finish line at the Boston Marathon®! In addition to completing this amazing feat, the Team GBFB runners will collectively raise enough funds to provide 100,000 meals to our neighbors across Eastern MA.



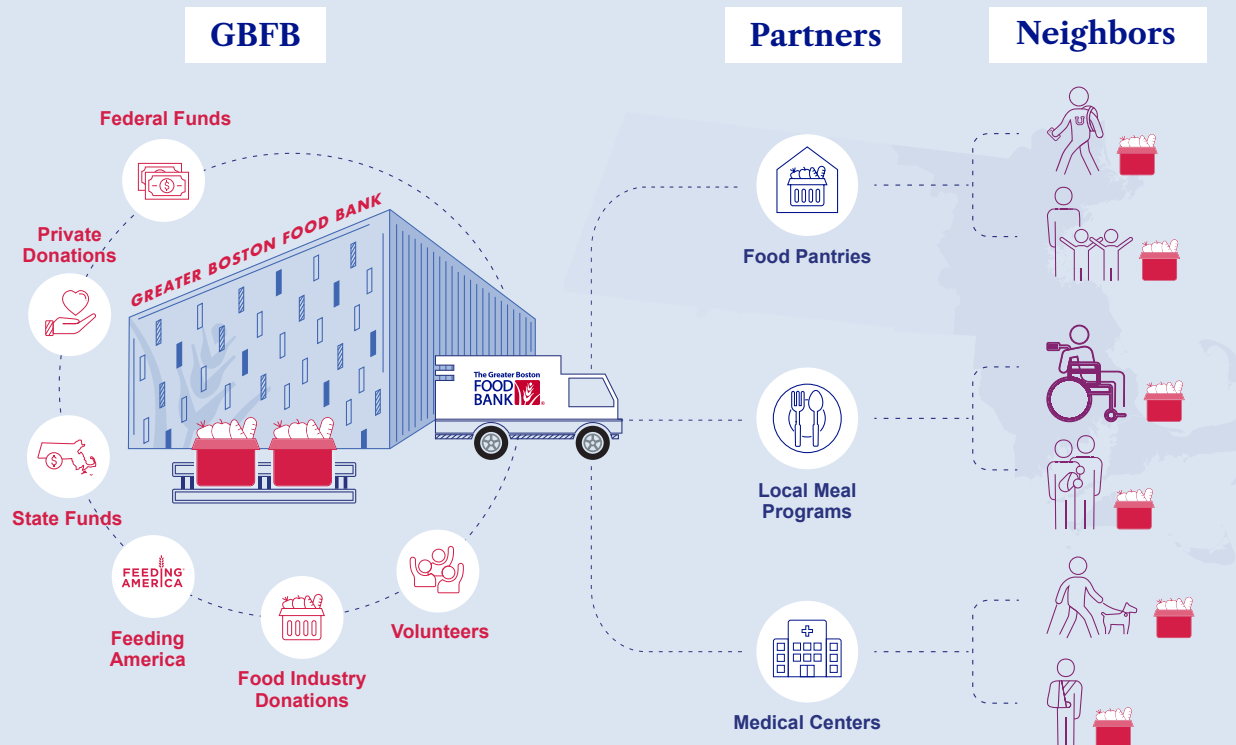
During their journey, our runners volunteer at GBFB and learn about the causes of food insecurity—all while training and raising funds to help us end hunger here.

Support our Hunger Heroes running the marathon!

Visit [GBFB.org/Harvest](https://www.gbfb.org/harvest) to learn more about each runner and help them reach their fundraising goals.

How We Work at GBFB

GBFB sources and distributes nutritious food, mostly for free, to a network of 600 Agency Partners—food pantries, community meal programs, schools, health centers, elder service agencies, and veterans programs. In recent years, we moved more than 100 million pounds annually into 190 cities and towns across Eastern Massachusetts, and generous donors raised \$1.2 million last year to Fill the (new) Fridge at GBFB with fresh fruits and vegetables for our neighbors. Thank you.



Donor Profile

A Motorcycle Journey with “a Higher Purpose” to Support GBFB

Last fall, Sanjay Manandhar took off on a Himalayan motorcycle adventure to raise funds for GBFB. A software engineer and entrepreneur from Cambridge, Sanjay has fond memories of riding his family’s motorcycle while growing up in Kathmandu. He wanted to return to Nepal for an eight-day touring ride—and do it for a cause. “I think it behooves us all to do something for others while you’re having a good time yourself,” he says.

In addition to donating to a nonprofit in Nepal, Sanjay’s wife, Rachana, suggested that Sanjay raise funds for GBFB. “We felt it was important to do something for those who are at risk of hunger,” Sanjay continues. “Both of us coming from Nepal, that is quite common, but we were surprised to learn that hunger is common in the U.S. as well.”

Sanjay founded a group of six motorcyclists, named it the Zen Moto Club, and took off on an unforgettable ride through the Himalayas. He hopes to organize another philanthropic trip through the Patagonia region of Argentina. “I think every project like this ought to have a higher purpose. It’s rewarding for all,” he adds.



“It behooves us all to do something for others while you’re having a good time yourself.”

—Sanjay Manandhar

Photos courtesy Sanjay Manandhar

SAVE THE DATE!

TASTE OF THE FOOD BANK



The Greater Boston
**FOOD
BANK**
Feeding Eastern Massachusetts

THURS, MAY 8 6:00 PM

**Yawkey Distribution Center
70 South Bay Avenue, Boston**

Hosted by Chefs Jody Adams and Steve DiFillippo

Featuring over 30 of Boston's top chefs, immersive experiences, music, and more!

Visit TasteOfTheFoodBank.com to learn more about this culinary lineup!

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