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# harvest

Summer 2025

## Supporting Healthy Communities

“It’s a balancing act and sometimes you have to choose between medicine and food, sometimes between food and utilities.”

— David, Hamilton

### Inside Harvest:

- Client Story: David in Hamilton
- The Islamic Multi-Service Organization
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- GBFB’s Commitment to Nutrition
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## Catherine's Message

Dear Friends,

As summer begins with warmer weather ahead, it's important to remember that many of our neighbors in Eastern Massachusetts are struggling with rising food costs and having enough to eat.

In recent months, federal policy changes have made our work more challenging. GBFB has lost nearly \$5 million in food and funding cuts for our community members who need it most. And as we face the federal budget outcome, we know there will likely be reductions in federal food programs like SNAP, WIC, School Meals, and more.

The good news is that you can help. When you donate to our Growing Healthy Futures Campaign this summer, you are helping children across Eastern Massachusetts access the healthy food they need to grow, learn, and thrive.

I hope you'll find inspiration in these pages. Learn about how faith motivates the work of Islamic Multi-Service Organization in Boston, a GBFB Agency Partner. Read about a young couple in Medford who asked their wedding guests to donate to GBFB in lieu of a traditional wedding registry. Everyone has a role in ending hunger, including you. Together, we're making a difference. Thank you for your support.

With gratitude,

Catherine D'Amato  
President and CEO

**Hunger Free  
Eastern  
Massachusetts®**

Donate at:  
**GBFB.org/Harvest**



## A Future Gift to Help Seniors Thrive: Larry and Lois Ruttman



*Larry and Lois Ruttman of Brookline, MA. Photo by Matt Kalinowski*

Larry Ruttman, a 94-year-old resident of Brookline, has had the privilege of "living his life backwards."

"After age 70, I've done the things I've dreamed of doing," he explains.

Larry and his wife Lois recently joined The Kip Tiernan Society, a growing group of donors who have included a future gift for GBFB in their estate plans.

"Senior citizens sometimes get lost in the shuffle," Larry and Lois say. With approximately one in five Massachusetts seniors facing hunger, their gift will help our senior neighbors access the healthy food they need to thrive.

In recent years, Larry has launched a podcast and authored several books on topics including baseball, Judaism, and classical music. His acclaimed book *Voices of Brookline* received praise from Senator Edward M. Kennedy and historian Howard Zinn.

"If I can do this stuff at an old age, there are lots of people who can," Larry adds. "But you can't do that on an empty stomach."

Kip Tiernan Society members plan to support hunger relief for generations to come, while creating their own legacy of personal significance. As Larry says: "Giving to charity is taking care of people you've never met."

**Learn more about The Kip Tiernan Society  
at [GBFB.org/Harvest](https://GBFB.org/Harvest)**

## Turn Wheels into Meals

Donate your car to GBFB and help feed our neighbors in need. Fill out a simple online form, schedule a date for your car to be picked up, and receive your vehicle donation tax receipt via email. Learn more at [GBFB.org/Harvest](https://GBFB.org/Harvest).







## Fueling Families—and a Passion for Cooking—on the North Shore

David Lettvin loves to experiment in the kitchen, whether he's making hummus from scratch or slowly simmering his famous "Princess Chicken"—which tends to disappear minutes after he serves it!

These recipes are made possible with the help of fresh produce, proteins, and other products from Acord Food Pantry in Hamilton, a GBFB Agency Partner.

Acord "really is a lifesaver," David says. He is semi-retired from his career as a technical writer. "Almost every month there's some kind of balancing act," he adds. "Sometimes you have to choose between medicine and food, sometimes between food and utilities. So, it's an ongoing problem. The prices are extraordinary."

Acord is an especially good pantry, he says, because of the consistent offerings of high-quality food. David describes his cooking style as "quirky" and says he can find what he needs at Acord. "The best deal is the pork tenderloin," he says.

David says he has been coming to Acord for years. "I'm friends with the people here, and we trade recipes," he adds.

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**"I've been coming here for years. I'm friends with the people here and we trade recipes... It really is a lifesaver."**



**—David Lettvin**

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Since 1991, Acord Food Pantry has been serving neighbors in six towns on the North Shore. Executive Director Stacey Verge says Acord's partnership with GBFB is pivotal. She praised the wide variety of produce offered by GBFB, adding that the fresh and perishable offerings have "increased tremendously" since she began working at Acord. "It's been amazing to get it delivered from The Greater Boston Food Bank," she says.

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

### The Islamic Multi-Service Organization

-  **Location:** Roxbury, Massachusetts.
-  **Support from GBFB:** GBFB supplies 94 percent of the pantry's food.
-  **Motivated by faith:** “The religion is: treat your brother the way you want to be treated,” says Food Pantry Executive Director Jamal Herring. “So, we get great pleasure out of doing this.” Twice a month, the Islamic Multi-Service Organization (IMSO) sets up a supermarket-style food distribution in a local gymnasium—all of it assembled, distributed, and packed up by a team of dedicated volunteers in a matter of hours.
-  **A transformative partnership:** “We started out having to purchase our own foods,” Jamal explains, “then we ran into The Greater Boston Food Bank, and we’ve been in this relationship since then.” With free, nutritious food from GBFB, IMSO provides a variety of options to neighbors in need, including Halal meat, fresh fruits and vegetables, eggs, and milk. A GBFB grant aided the purchase of a walk-in refrigerator and freezer.
-  **A commitment to the community:** For years, IMSO has provided diverse and healthy food to the local community. The pantry serves people of many backgrounds and faiths, explains Imam Abdullah Faaruuq, the President of IMSO and Imam of Mosque Praise Allah. He switches between English, Spanish, and a few words of Mandarin as he greets clients and volunteers at the pantry. “We try to give good, healthy food—it’s our joy. This is what we call sadaqah, charity.”



*GBFB provides 94 percent of the food distributed at the Islamic Multi-Service Organization.*

## Donor Profile

### A Wedding Registry to Feed Neighbors in Need

When Melissa Becker and Mike Roberts planned their wedding in Stowe, Vermont, they didn't ask for traditional gifts like plates and silverware. Instead, they invited their guests to donate to nonprofits in lieu of a more conventional registry.

The couple, who live in Medford, added organizations of personal importance to their wedding website, including GBFB.

“This is an organization that has been very near and dear to my heart,” says Mike, who has supported GBFB for years. “Everything starts with food. You can't find the job you're looking for or the housing you need without food. Especially with food prices going through the roof. Every day, it's harder and harder for people.”

Melissa explains that the donation-based wedding registry was well-received by their guests. “It was really easy for guests to donate. It raised awareness about different causes we care about, and people felt good about supporting them.”

Mike says adding GBFB to the registry was a no-brainer. “We're both in our thirties. We already have all the kitchen stuff, and we have all the house stuff. We don't need a lot, but there are people who need food.”



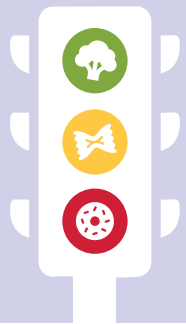
“We don't need a lot, but there are people who need food.”

—Mike Roberts



# How GBFB Supports Healthy Communities

Did you know GBFB was one of the first food banks in the country to institute a nutrition policy? Our goal is to have a lasting impact on the health of the neighbors we serve and be a leader in providing consistent access to nutritious foods.



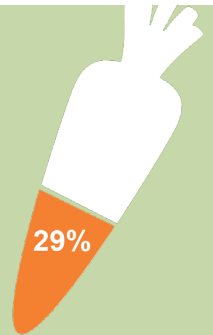
Choose often

Choose sometimes

Choose rarely

**97% of the food distributed by GBFB** meets nutrition standards defined by SWAP (Supporting Wellness at Pantries)—a system that ranks foods green, yellow, or red to help food pantries and their clients choose nutritious options.

**Produce** makes up 29% of the food that GBFB distributes.



This year, GBFB launched **Medically Tailored Food Boxes** to distribute to food-insecure neighbors with conditions like diabetes and high blood pressure.



GBFB has over **30 free Mobile Markets** that deliver seasonal, fresh, and nutritious food to underserved communities.



GBFB's Click 'N Cook website provides **healthy recipes free of charge to the public**. Find dietitian-approved recipe recommendations based on your available ingredients, cooking resources, and dietary restrictions.

GBFB is shaping the future of nutrition at pantries through a key role in **NIH-funded research looking at best practices for promoting healthy food** in our network of pantries.



## Upcoming Events

September

**Hunger Action Month**

September 18

**WCVB 5 abc**  
BOSTON'S COMMUNITY LEADER  
**Day of Giving**

October 23



Learn more and RSVP at  
**GBFB.org/Harvest**



# Hunger doesn't take a summer break.

Summer is a particularly difficult time for families facing hunger, as children and teens lose access to free meals they receive at school. You can help families with children access nutritious food all summer long so they can continue to grow, learn, and thrive.



Visit [GBFB.org/Harvest](https://GBFB.org/Harvest) to get involved.

**GROWING**  
**HEALTHY**  
**FUTURES**