



# harvest

GBFB.org

Fall 2025

## Building a Compassionate Future

“I receive food from the pantry, too.  
No one should feel ashamed.”

— Justin, college student in Boston

### Inside Harvest:

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**FEEDING  
AMERICA**



## Catherine's Message

Dear Friends,

In times of great need, we find our strength when we work together. **September is Hunger Action Month.** We stand together with our national network, Feeding America, in support of neighbors facing food insecurity.

The federal government's deep cuts to the Supplemental Nutrition Assistance Program (SNAP) and Medicaid will hurt the most vulnerable in our communities—our neighbors facing hunger. These federal policy changes will cause more hunger as cuts take effect over the next several years.

GBFB is collaborating with public, private and government partners to mitigate the effects of federal cuts on the people of our Commonwealth. You can make a difference by joining our Strength in Unity Challenge. New and increased gifts made before December 31 will be matched up to \$4 million by four anonymous donors. Every dollar raised will be used to purchase food.

The years ahead will be challenging, but today, and every day, there is hope. Children across Massachusetts are returning to school this fall, and, for some, it's a return to having enough to eat—thanks to school meal programs. In these pages of Harvest, you'll read about Justin, a college student who receives support from an on-campus pantry and works at the pantry to help other students.

This Hunger Action Month, remember the power we all have—the power to act, to make a difference through an action. Volunteer at our warehouse or your local food pantry, tune into our Sept. 18 Day of Giving telethon on WCVB, and consider giving to our Strength in Unity Challenge to help our neighbors put healthy meals on the table.

It is up to all of us to ensure everyone has the food they need to thrive. Let's use the power we have.

Gratefully,

Catherine D'Amato  
President and CEO

**Hunger Free  
Eastern  
Massachusetts®**

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



# New Report: Hunger Is Steadily Rising in Massachusetts, with High Costs to Health and Communities

The 2025 Statewide Food Access Report, produced by The Greater Boston Food Bank in collaboration with Mass General Brigham, highlighted the far-reaching consequences of hunger.



**1 in 3** Massachusetts residents is facing hunger.



Approximately **60%** of food-insecure households reported low-nutrition security (a lack of access to healthy foods).

At a time when over half of the U.S. food supply is ultra-processed, GBFB is proud to purchase fresh, healthy food and deliver it to our neighbors across Eastern Massachusetts.



**40%** of adults in food-insecure households reported forgoing necessary medical care or dental care.



**68%** of adults in food-insecure households reported forgoing prescription care.



Up to **31,000** children and up to **48,700** adults who are Medicaid patients had hospitalizations that could be attributed to food insecurity.



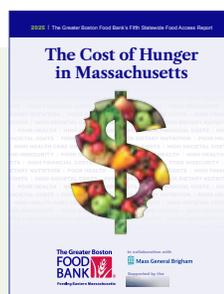
**58%** of food-insecure households voted in an election in 2024, compared to **82%** of food-secure households, a sign that hunger acts as a barrier to community participation.

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**“This report tells us that hunger is doing profound and lasting damage to our neighbors' health, nutrition, financial stability, and social connectedness.”**

— Catherine D'Amato

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**Hunger is a solvable problem.** Read the full report, including actionable policy and program recommendations to address the growing hunger crisis, at **GBFB.org/Harvest**.



## Extending a Helping Hand to Fellow Students

For Bunker Hill Community College (BHCC) student **Justin**, working at the DISH (Deliver Information, Sustenance, and Health) Food Pantry on campus is more than just a job—it’s an opportunity to give back to the organization and help other students feel more comfortable receiving food assistance.

“When people seem shy, I tell them about how I receive food from the pantry, too. No one should feel ashamed,” Justin says.

Justin began receiving food from the pantry in 2023 and started working there soon after, packing and distributing orders for fellow clients. The food helps Justin make ends meet while he studies electrical engineering. He adds that the pantry community was especially supportive after his mother passed away in 2024.

In Massachusetts, 38 percent of public and community college students experience food insecurity, according to The Greater Boston Food Bank’s 2025 Food Equity & Access Report.

When college students have enough to eat, they can focus on their schoolwork and succeed. It is critical that these students—our future health care workers, elected officials, and educators—have the healthy food they need to thrive.

The DISH Food Pantry at BHCC is a student-driven resource committed to being a safe, dignified, and stigma-free environment for students like Justin. About half of the food the pantry receives is provided by The Greater Boston Food Bank.

“Visitors to DISH light up when they see Justin.”

— **Chelsea Alexander, DISH food pantry coordinator**

With the resources from DISH, Justin likes to make jollof rice, a typically West African rice dish with chicken and tomatoes. In his free time, he enjoys cooking, soccer, music, and art. He’s looking forward to finishing his engineering coursework and may even pursue acting classes.

“Justin exemplifies leadership and professionalism in his role with DISH and brings a warm and welcoming attitude to the pantry each day. Visitors to DISH light up when they see Justin,” says Chelsea Alexander, DISH Food Pantry Coordinator. “He, along with the rest of our amazing team of student staff, are the heart of DISH and carry out our mission of being a resource created and sustained by the BHCC community, for the BHCC community.”

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

### How GBFB Brings Food to Nantucket

GBFB powers the hunger-relief network in Eastern Massachusetts, supplying food to 600 Agency Partners throughout the region. So, how does food from GBFB in Boston get to hard-to-reach partners like the Nantucket Food Pantry, located on an island?

With sophisticated logistics, operations, and community teamwork, this feat is accomplished twice each month. “We would not be able to survive without The Greater Boston Food Bank,” says Nantucket Pantry Director **Ruth Pitts**.

Despite the images of leisure and wealth that Nantucket calls to mind, the need for food among island residents has been steadily climbing in recent years. “Nantucket is such a unique place in the world. It’s truly beautiful,” Pitts says. “People are extraordinarily generous and supportive, and, hopefully, food assistance can go on for as long as the need exists.”



*On average, the Nantucket Food Pantry receives 85% of its food from GBFB.*

## Donor Profile

### Planting Seeds of Change

On 130 acres in Stow, bordered on three sides by a river, lies a picturesque piece of land that will someday supply fruits and vegetables to food banks, including GBFB. **Zack and Laura Warren** are preserving this land and building a family farm, inspired and guided by their good friend and farm partner, Bob Waskiewicz. Bob introduced them to the idea and instilled a love of farms and tractors in the Warrens’ four children.

Along the way, Zack and Laura are also planting and tending other seeds—lessons of caring and stewardship—in Connor, 15, Owen, 14, Maggie, 11, and Declan, 9. The Warren children ride bicycles from the family’s home to the farm. The kids are learning how to drive tractors, maintain the fields, and bale hay.

“We’re here to shepherd and preserve land, but more importantly, help our children,” Zack says, expressing his and Laura’s wish that their kids will understand the importance of giving back to the community.

The family’s commitment to ending hunger stretches beyond the limits of their farm: Zack, who is Global Head of Derivatives at MFS, is also a Board of Advisors member at GBFB. Laura, previously a Physician’s Assistant, volunteers at the Sudbury Community Food Pantry and gets the kids involved in monthly food drives.

The Warrens’ and Bob’s ultimate goal is to preserve the farmland and form a collaboration with GBFB and gleaning organizations that harvest crops for food banks. “We’ve got to leave the world a better place than we’ve found it and use the land for good,” Zack explains.



*The Warren children on the farm with family friend Bob Waskiewicz.*



## Celebrating the Power of Partnership

We're proud to recognize the winners of the 2025 GBFB Awards. These awardees have gone above and beyond in the effort to end hunger in Eastern Massachusetts. In June, they were recognized in a ceremony held at our Yawkey Distribution Center. At the end of the evening, we unveiled our new Wall of Fame, which celebrates GBFB's top corporate donors.

### **United Way of Tri-Country**

*Transformational Grant Recipient*

GBFB awarded a \$500,000 Transformational Grant to the United Way of Tri-County (UWTC) in Framingham to help expand its capacity to serve as a food hub for the MetroWest region. The grant funds new trucks to support food delivery to surrounding communities, and a walk-in freezer to expand perishable food capacity.

### **GBFB Team Members of the Quarter**

*Team Members of the Quarter are GBFB employees who embody GBFB's values, go above and beyond, and always lend a helping hand*

- Adrian James, Warehouse Associate II
- Kristiana Le, Manager of Community Engagement
- Samantha Prescott, Agency Relations Manager
- Trish Vallery, HR & Administrative Services Senior Manager

### **Girl Scout Troop 64049 of Wellesley**

*Change Maker Award*

GBFB honored Troop 64049 of Wellesley for the proceeds they donated to GBFB from their Girl Scout cookie sales.

### **Trader Joe's**

*Food Donor of the Year*

Trader Joe's donated over 1.7 million pounds of food through the Neighborhood Shares Program, reducing food waste while providing healthy foods to the Eastern Massachusetts community.

### **YMCA of Greater Boston**

*Agency Partner of the Year*

YMCA of Greater Boston is one of GBFB's largest partners, supplying food at nine YMCA locations across Boston and operating an additional 13 free Mobile Markets.

### **Chair Christine Barber**

*Advocate of the Year*

State Representative Christine Barber of Somerville is a leader in expanding access to healthy food, and she's been a long-standing supporter of the Massachusetts Emergency Food Assistance Program (MEFAP), a critical source of GBFB funding.

### **Mr. Paul Waber**

*Volunteer of the Year*

Paul Waber has been a committed volunteer since 2018. He has contributed 430 hours of his time to GBFB, and always brings a positive, joyful attitude.

### **Dr. Regina Wu**

*Kip Tieman Award*

Regina Wu is a dedicated hunger-relief advocate who has volunteered at free Mobile Markets, chaired the board of the Newton Food Pantry, and now serves on the board of Food for Free.

### **Delta Air Lines**

*Corporate Partner of the Year*

Since 2009, Delta Air Lines has supported GBFB's work to end hunger here, and over the years they have steadily increased their commitment.



# Women fighting hunger

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## 16th Annual Breakfast

October 23, 2025  
7-9 a.m. | Seaport Hotel

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Join us at our annual Women Fighting Hunger Breakfast—a powerful gathering of compassionate, driven leaders committed to ending hunger for women, children, and families across Eastern Massachusetts.



GBFB will celebrate this year's Women Fighting Hunger Honoree, longtime philanthropist, consultant, real estate leader, and The 'Quin House co-founder **Sandy Edgerley**. Edgerley will be honored for her long-standing philanthropic commitment to GBFB in support of ending hunger in Eastern Massachusetts. In addition to her personal support, The 'Quin House Impact Fund and its members have individually and collectively provided generous philanthropic support and have volunteered at the GBFB warehouse for nearly 400 hours in the last few years.

The fundraiser will arrive at a time of immense need, as federal hunger-relief funding dwindles and high costs of living, groceries, and housing continue to exacerbate the problem of hunger.

Visit [GBFB.org/Harvest](https://www.gbfb.org/Harvest) to learn more and register.

