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Your Winter issue of **The Feed** is enclosed!



Mr. and Mrs. John D. Sample  
Donor  
Amergent  
9 Centennial Drive  
Peabody, MA 01960



## Chef Daryl's Holiday Stuffing



### Ingredients:

- 10 oz. box cornbread mix
- ½ cup pears (diced)
- ½ cup apples (diced)
- ½ cup onions (diced)
- 1 cup chicken or vegetable stock
- 1 cup apple juice
- 2 oz. butter
- 2 tbsp. Italian seasoning
- 1 tbsp. ground sage
- Salt and pepper to taste
- 1 egg

### Preparation:

- Bake cornbread according to box recipe.
- Sauté diced onions, pears and apples with butter until translucent.
- Take cornbread out of the oven, break it up and add it to the sautéed mixture.
- Add stock, apple juice and all other ingredients (except egg).
- On low heat, continue to cook for 10 minutes.
- Remove from heat and transfer to a small baking pan.
- Mix in egg and bake at 350° F for 20 minutes.



Hoboken, NJ

## “My stomach would grumble” – Sanaa

We often say “kids should just be kids.” But for nearly one in seven New Jersey children, that isn’t always an option. They don’t always have access to nutritious food, which affects their behavior and overall health.

Here’s what some of the children who receive nourishing food through our programs told us:

“It’s healthy food,” shared 6-year-old Asaya. “I like the different kinds of fruit they provide. My favorite is oranges.”

Six-year-old Alzaniyah is happy the meals give her the fuel she needs to do her homework and play games with her friends. “When I’m hungry, I feel sad and can’t think,” she said.

“I’m relieved that we have the food program here because some kids don’t really eat anything at all,” 16-year-old Christopher said. “It makes me feel better that the kids are well-fed and energized.”

“I come here every day because my mom has to work,” Sanaa, 9, told us. “I like the food here – it makes us strong and healthy, and it gets us going for when we need to exercise.”

“When I’m hungry my stomach is grumbling,” she added. “Sometimes I’m so hungry I feel like I’m going to pass out.”

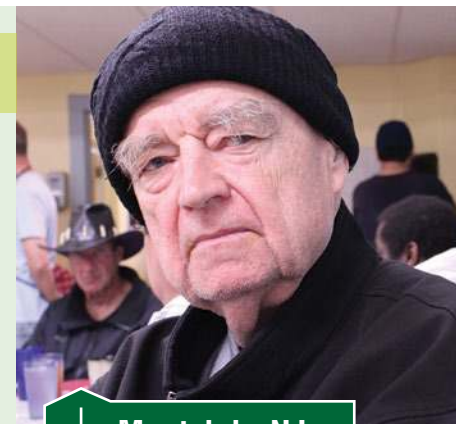
## “Getting food would be a challenge” – Robert

Our veterans survived combat, but many returned home to another war – the war against hunger. The somber numbers reveal a truth that hits close to home: One in five Community FoodBank of New Jersey client households has a loved one who has served or is currently serving in the military.

Robert is one of them. He served in the Army from 1954 to 1957, and regularly visits Toni’s Kitchen in Montclair for food and company.

“I just thought it would be a nice place to try, to see what it’s like,” Robert said.

“It helps to conserve on my food bill,” he added. “I like the food that they serve.”



Montclair, NJ

## Thank You To Our Recent Donors

These corporations, foundations and organizations made recent generous donations to the Community FoodBank of New Jersey:

<p><b>\$100,000+</b> Chatham Asset Management, LLC Premio Foods, Inc. Walmart Foundation</p> <p><b>\$25,000-49,999</b> JPMorgan Chase Morgan Stanley Smith Barney Morrison Family Foundation OceanFirst Foundation The Bonaventura Devine Foundation, Inc.</p> <p><b>\$10,000-24,999</b> C &amp; S Wholesale Grocers, Inc. Citrin Cooperman &amp; Company LLP Feeding America Hyde and Watson Foundation Patella Construction Corp. PNC Bank Foundation Prudential Financial, Inc. Rocker Family Foundation, Inc. Savills Studley Summit Medical Group Foundation Wilf Family Foundation</p> <p><b>\$1,000-9,999</b> 92nd Street Y Accent Fence, Inc.</p>	<p>Acme Markets, Inc. Appaloosa Management Charitable Foundation, Inc. AtlantiCare Growing Green Initiative Atlantic Federal Credit Union ATM Money Machine, Inc. BMI-Rupp Foundation Bob’s Discount Furniture Borgata Hotel Casino &amp; Spa Broadridge Financial Solutions, Inc. Cedar Creek High School National Honor Society Central United Methodist Church Charles A. Meyers Private Foundation Colgate-Palmolive Company Combined Federal Campaign Commerce &amp; Industry Association of New Jersey C.R. Bard, Inc. Creative Wallcoverings &amp; Interiors Ltd Creative Workforce Solutions Credit Suisse David Cronheim Mortgage Corporation Drinker Biddle &amp; Reath LLP Druskin Family Foundation, Inc. Foster-Karney Foundation Fund Garfunkel Wild, PC</p>	<p>Gary &amp; Tamar Tolchin Foundation, Inc. Global Research Distribution, Inc. Good Time Tricycle Productions Harvest Restaurants HSNi, LLC Investors Bank Jackson National Community Fund Jersey Cares Jet.com Kings Food Markets, Inc. Lafayette Elementary School Mack-Cali Realty Macy’s Warehouse - Raritan Mazars USA LLP Merrill Lynch &amp; Co. Foundation, Inc. Millburn Middle School Munch-Bilheimer Foundation, Inc. NAIOP NJ Community Action NBC 4 New York, Telemundo 47, COZI TV and LX.TV New Life Church NJ State Employees Charitable Campaign Oyster Creek Inn PEF Services Penguin Air Conditioning Petro Home Services Pierson Family Foundation</p>	<p>PNC Financial Services Presbyterian Church of Chatham Township PSE&amp;G Rotary Club of Westfield Skadden, Arps, Slate, Meagher &amp; Flom LLP Smithville Inn Sobel &amp; Co, LLC Steve &amp; Cookie’s By The Bay St. John’s Evangelical Lutheran Church Supreme Energy, Inc. Susquehanna Foundation The Claridge Hotel The Committee for Responsive Government The George W. Bauer Family Foundation The Helen R. Buck Foundation The Peter Kosovsky Foundation, Inc. The Sullivan Family Foundation Tomatoe’s VFW Post #130 WithumSmith+Brown, PC Wolfson Group, Inc.</p>
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## A Message From Debra

Dear FoodBank Friends,

For more than 40 years, with Kathleen DiChiara as our pioneer, the Community FoodBank of New Jersey has been on the front line of combating hunger and poverty across the state. Through our network of food pantries, soup kitchens and other nonprofit programs, we fill the nutrition gap our struggling neighbors face.

But right now, food-insecure families nationwide feel threatened by potential cuts to federal nutrition programs. What would happen if they lose access to SNAP (formerly, food stamps) and other critical programs that help them thrive? **Forty-one million** Americans, including nearly 1 million New Jersey residents, would struggle even more to provide for themselves and their families.

What if the FoodBank disappeared? **Forty-one million** meals would go unserved in New Jersey. More than 1,000 community partners would not have the food they need to feed people in their communities. One in seven children would go hungry.

This hypothetical is personal for me because I faced hunger as a child. I stood in food pantry lines to gain nourishment. If it weren’t for the food assistance I received, I would not be where I am today, leading the FoodBank to end hunger in New Jersey.

Thankfully, the FoodBank is here and provides *food, help and hope* to families in need. As we head into our busiest season, we want you to know that your support impacts lives every day. That’s why we’ve dedicated this issue of *The Feed* to the stories of men, women and children we serve.

Wishing you and yours happy holidays!

Best,

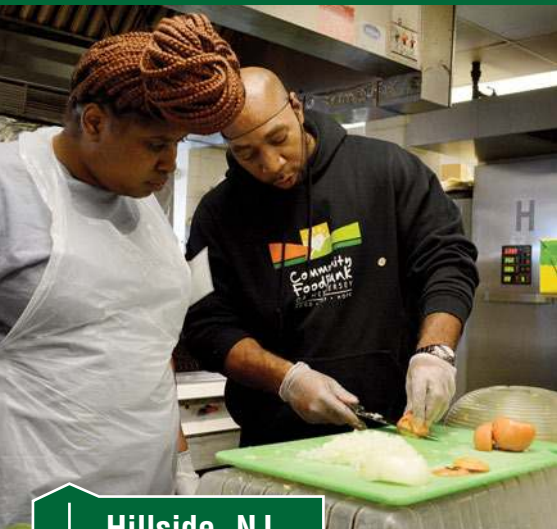
**Inside: If the Community FoodBank of NJ Disappeared... Stories of Hope >>>**

Want more delicious and healthy recipes straight from our kitchen? Follow us on social!





# IF THE FOODBANK DISAPPEARED...



Hillside, NJ

## “I would probably be back in jail” – Daryl

“I started selling drugs at a young age so I could buy food,” said Daryl. “I didn’t know anything else.”

His family struggled financially, so he turned to the tough streets of New Brunswick to provide for himself. He was in and out of jail, with no end in sight – until he decided to set an example for his kids.

While in a halfway house, Daryl learned about the Community FoodBank of New Jersey’s free culinary job-training program and enrolled. “I made it here, so I decided to put all my energy into the program to turn my life around,” Daryl said. “It paid off. I graduated at the top of the class.”

After graduation, Daryl worked at the FoodBank as a culinary apprentice for 18 months.

“It gave me an opportunity to learn about the program and the culinary field so I could make it in the real world,” he explained. The FoodBank team helped him find a job to gain more experience; Daryl prepared meals for clients at Eva’s Village in Paterson for almost two years.

Now he’s back at the FoodBank, working as a production manager. In his role, he prepares meals for several nutrition programs including Kids Cafes, which serve nourishing after-school meals to children at risk of hunger. He also mentors Food Service Training Academy students, many of whom can relate to his life journey.

“I’m showing them that they’ve got a chance,” he told us. “They don’t have to stay in the lane they’re in. They can make a positive change like I did.”

“This program ultimately changed my life,” Daryl said. “This is one thing I really love to do. If this wouldn’t have worked for me, I would probably be back out in the streets.”

Check out Daryl’s famous holiday stuffing recipe!



Vineland, NJ

## “Our kids would miss dinner” – Caroline

Caroline is the program specialist at the Boys & Girls Club in Vineland and she sees the need among the children who visit her Kids Cafe site every afternoon.

“There are some kids who struggle with food insecurity,” she said. “As a staff member, knowing that we were having a dinner program was a blessing. And being able to give a kid a full, well-balanced meal is a feeling that can’t be reproduced.”

The meals the children receive ensure they will not go to bed on empty stomachs. “I believe if this wasn’t here, so many of our kids would miss dinner,” Caroline added.

“As an educator, I know how important it is for kids to have nutritious food. Without it, they would struggle to concentrate and would face behavioral issues. I’ve seen it firsthand. And I’ve seen the positive response to this program firsthand.”



Pleasantville, NJ

## “It would be really, really hard to feed my kids” – Nadege

Nadege works hard to provide for her two children. Like many in South Jersey, even though she has a job, she struggles to afford the food her family needs to stay active and healthy. That’s why she’s grateful for the food pantry at Epiphany Lutheran Church in Pleasantville.

She walked into the pantry with her wide-brim straw hat and an easy smile. When she comes to the pantry she breathes a sigh of relief, knowing she will have enough to feed her family.

“When you get paid, you need to pay bills,” she said. “The little money you have left goes to food – and sometimes that’s barely enough to survive.”

At the pantry, she chooses the food items that suit her family’s needs. Nadege asks for milk, eggs, chicken, bread, cereal, and fruits and vegetables. She ensures she receives healthy food from the pantry because she knows how important nutrition is for her little ones, ages four and two.

“I’m just coming here for food for my family,” Nadege added. “Without this place, I wouldn’t eat to save food for my kids because they need the food to grow and succeed.”

## “My son and I would be hungry” – Sherry

Sherry, 49, has faced many challenges in her life, but she never fails to smile. She talks about not having enough food for her and her son – and turning to the Community FoodBank of New Jersey for support.

“There was a point in my life in my early 20s that my stomach started sealing up on me because I couldn’t afford food,” Sherry said. “I didn’t know about food banks at that time, but I knew I was hungry and would face the consequences that came with hunger. From that day, I promised myself that my family would never go without food.”

Sherry and her husband performed in a bluegrass band, and it was their pride and joy. But after he passed away, she faced financial struggles and visited the food pantry at our Southern Branch to put food on the table for her and her son.

She then moved to Colorado with her son. When her mother got sick, Sherry returned to New Jersey and visited the FoodBank to supplement her food supply.

“They welcome you with open arms, without questions or judgments,” Sherry said. “I’m thankful that it was available at those points in my life when I needed help.”

Now Sherry works at Walmart in Egg Harbor Township, and she strives to share her positivity with her colleagues and customers.

“I wake up every day, no matter what situation is going on in my life, with a smile on my face,” she told us. “My goal is to make others smile too.”

“Not everyone has money to give, but we all have time. There’s always something that you can do. My philanthropic focus is hunger because I know, without the support I received, my son and I would face hunger.”



Egg Harbor Township, NJ

## Items Of Note

### Fight Hunger At Checkout

Add Check-Out Hunger® to your shopping list and visit participating stores through the holiday season to support our mission. It’s an easy and efficient way to help fight hunger. Simply donate at checkout, and 100 percent of your gift will go directly to your local food bank.



### Double Your Impact Today

A generous friend of the FoodBank has offered to match holiday donations, dollar-for-dollar, up to \$100,000. Take advantage of the tremendous opportunity to fill even more plates this holiday season. Visit [cfbnj.org](http://cfbnj.org) to double your impact today!



### Gifts That Give Back

Searching for a meaningful gift for someone special? You don’t need to look far to find great presents for your loved ones. Visit our online store at [cfbnj.org/store](http://cfbnj.org/store) for everything from branded totes to aprons – and holiday cookies baked by our Food Service Training Academy. All proceeds support our mission to provide food, help and hope, so start shopping for the perfect gift that gives back.



Your stamp  
is a  
donation  
too!

Community FoodBank of New Jersey  
31 Evans Terminal  
Hillside, NJ 07205

WINTERNEWS17



**Let's  
Make It  
ZERO**



**1 in 7 New Jersey children  
faces hunger every day.**

Name: \_\_\_\_\_  
Street: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_  
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**The Sustainers Circle is a powerful and effective way for you to support the Community FoodBank of New Jersey on an ongoing basis. This steady source of income allows us to plan ahead, respond to emergencies and help as many people in need as possible.**

**Yes!** I am ready to become a member of the Sustainers Circle and have provided my credit card information.  
Please accept my first monthly gift of:  \$30  \$50  \$75  \$100  Other \$ \_\_\_\_\_  
 I am unable to join the Sustainers Circle at this time, but will make a gift of: \$ \_\_\_\_\_.

*Please make checks payable to **Community FoodBank of NJ**. To make a contribution online, please visit us at [cfbnj.org](http://cfbnj.org).*

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Community FoodBank of New Jersey  
6735 Black Horse Pike  
Egg Harbor Twp, NJ 08234-3901

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Name: \_\_\_\_\_  
Street: \_\_\_\_\_  
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Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
 VISA  MasterCard  Discover  American Express  
Card #: \_\_\_\_\_  
Exp. Date: \_\_\_\_\_ CW Code: \_\_\_\_\_  
Cardholder Name: \_\_\_\_\_  
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glue strip area

PERF

## Thank You! Your Help Makes a Difference

- I would like to put my support to work every month by joining the Sustainers Circle (turn over for details).
- I would like to make a gift today (turn over for details).
- My employer's matching gift form is enclosed.
- I would like to volunteer.
- I would like information about bequests and other forms of planned giving.



*For every \$1 of our operating budget the FoodBank distributes up to \$8 of food and grocery items.*



Information filed with the Attorney General concerning this charitable solicitation and the percentage of contributions received by the charity during the last reporting period that were dedicated to the charitable purpose may be obtained from the Attorney General of the State of New Jersey by calling 973-504-6215 and is available on the Internet at [njconsumeraffairs.gov](http://njconsumeraffairs.gov). Registration with the Attorney General's Office does not imply endorsement. Your gift is tax deductible to the extent allowed by law.