Take Action To Fight Hunger

Have you ever had your car’s gas light come on? You panic and try to find the nearest gas station. Without fuel, you won’t reach your destination. The same goes for 42 million Americans, including nearly 1 million New Jerseyans, who struggle with hunger. Food is fuel and, without it, we can’t reach our full potential.

The good news is that hunger is solvable! But we can’t do it alone. To eliminate hunger, we must take action together. This includes volunteers, donors and advocates. Everyone has a role to play in ending hunger.

September is Hunger Action Month and the Community FoodBank of New Jersey, together with the Feeding America nationwide network of food banks, will mobilize in an effort to end hunger. Hunger Action Month is designed to inspire people to take action and raise awareness.

Here are seven ways you can help end hunger in New Jersey:

1 Volunteer with your family, friends or colleagues at one of our warehouses, in the community or at an event.

2 Make a donation to the FoodBank. Every dollar provides three meals!

3 Host a food drive in your neighborhood — and/or online — and encourage donations of healthy non-perishables.

4 Contact your representatives to ask them to stand up for food insecure men, women and children.

5 Challenge yourself to buy food for the day with $4.19, which is the daily average budget for an individual receiving Supplemental Nutrition Assistance Program (SNAP, formerly food stamps) benefits.

6 Educate people about the issue of hunger in New Jersey and across the country, sharing some of these ideas for them to give back.

7 Post on social media to raise awareness about hunger. Remember to tag the FoodBank and include #HungerActionMonth.

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Dear FoodBank Friends,

This month marks my two years at the FoodBank, and I believe we have made a lot of progress in our efforts to end hunger in New Jersey. We have focused our attention on feeding hungry people across the state – it’s what we do best. We have launched several new programs, including more than a dozen Farmers Markets that distribute fresh fruits and vegetables and a partnership with Summit Medical Group Foundation to better address the dietary needs of people with diabetes. And the numbers prove that with your help we’re making a difference.

Recent figures from Feeding America report that the number of hungry New Jersey children has gone down. Over the last year, child food insecurity declined by more than 40,000. While the improvements and progress are encouraging, we cannot for a moment forget that around 300,000 New Jersey kids still face hunger every day.

Now more than ever, children in New Jersey – and across the country – are at risk of losing access to the essential programs their families depend on to put food on the table. Just this May, President Trump presented his budget proposal, which includes serious cuts to major food assistance programs, including the Supplemental Nutrition Assistance Program (SNAP, formerly food stamps). If Congress approves the budget, at least 4.5 billion fewer meals will reach hungry families every year.

So, as you check off your back-to-school lists with binders and highlighters, I encourage a few additions that are fitting as September is Hunger Action Month. Stand up for food insecure children and families across New Jersey by telling your representatives to oppose the proposed cuts. Volunteer at the FoodBank as an individual, family, school or corporation. Donate to support our efforts to end hunger in New Jersey; every dollar you donate provides three meals.

There are many ways you can make a difference – and help us bring the number of hungry New Jerseyans down to zero. Thank you for all you do to support our neighbors!

Sincerely,

[Signature]

Students CAN Change Hunger

Another way you can make a difference during Hunger Action Month is Students Change Hunger, which officially kicks off this September. Students unite to raise food and funds to win the statewide competition and fight hunger. Schools can still register at studentschangehunger.org.

Planned Giving

Planned giving is one of the most powerful ways you can support the Community FoodBank of New Jersey. Your gift will help us carry on our mission and strengthen our work to fight hunger and poverty in the state. To learn more about planned giving, go to cfbnj.org/plannedgiving or contact Rachel Laibson, Major Gifts Officer, at 908-355-3663 ext. 253 or rlaibson@cfbnj.org.
Items Of Note

In our efforts to address hunger as a health issue, the Community FoodBank of New Jersey launched two new initiatives that we’re excited to share!

Community Farmers Markets
Modeled after traditional farmers markets, we’re working with community partners to distribute carrots, tomatoes, onions, corn and more – delicious and nutritious foods that struggling New Jerseyans might otherwise not be able to afford. With more than a dozen sites across the state since May, our Farmers Markets will continue serving fresh produce through October! For information on how your company can support a Farmers Market site, please contact Debby Scheinholtz, Director of Corporate Relations, at 908-242-3951 or dscheinholtz@cfbnj.org.

Focusing On Special Dietary Needs
In partnership with Summit Medical Group Foundation, we are addressing the needs of clients with diabetes by providing health screenings, diabetes-friendly foods and nutrition tips. We started our food distribution this month and look forward to reporting more about this innovative way to fight hunger and promote health.

In Your Neighborhood

Feeding children nutritious food gives them the fuel they need to grow, learn and just be kids. School meals play a major role in providing children food during the school day. But what happens when the bell rings for dismissal?

For the nearly 300,000 New Jersey kids at risk of hunger, the bell signals that they might not have something healthy to eat that evening or over the weekend. The Community FoodBank of New Jersey fills the gap by serving nourishing meals at Kids Cafe sites across the state, as well as by distributing Family Packs to supplement food insecure households over the weekend.

We visited one of our Kids Cafes in Dover to find out what the after-school meals we serve mean to children in the community. When 8-year-old David is hungry, he feels “sad” and it’s “all I can think about,” he said.

He enjoys coming to Project Safe for many reasons, a major one being the food. “I like to come here for the food and how good the food is,” David added. “I feel kind of hungry on my way here and I know when I come here there will be good food and I will have the energy to do my homework.”

Ten-year-old Emily shares a similar experience when she is hungry. “It distracts me from everything,” she said. Then she comes to the Kids Cafe and gets a healthy meal, which “gives me the energy to finish my homework and play with my friends.”

Kids Cafe meals are prepared in our Community Kitchen, right in our Hillside facility, and our Food Service Training Academy students help put the healthy meals together while training for their culinary careers.

Having the right food is especially important for growing children and our Kids Cafe meals impact thousands of children across the state. Children are essential members of their communities and, with the right tools (including nutritious food), they can bring positive change and break the cycle of hunger and poverty.

Southern Branch Spotlight

Beginning in April, we started scheduling households for additional shopping trips at our Southern Branch’s Onsite Pantry. We are encouraging South Jersey community partners to also distribute food two times per month – all in order to better serve people in need. This new model is impacting output at our Onsite Pantry, which distributed more than 1.5 million pounds of food last year (a 44 percent increase!).

Upcoming Events

Chefs Tableside Dinner
The fifth annual Chefs Tableside Dinner will be Thursday, October 26, at The Westin Governor Morris in Morristown. It is sure to be a culinary adventure you won’t want to miss. Sixteen acclaimed New Jersey chefs will each create a unique five-course menu with wine pairing for 10 guests. The evening will also feature a silent auction and live music. Visit cfbnj.org/chefstable to join the one-of-a-kind event.

A.C. Seafood Festival
The Atlantic City Seafood Festival will once again support the Community FoodBank of New Jersey – Southern Branch by donating a portion of the proceeds. Also, back by popular demand is the Chowder Cook-Off to benefit the FoodBank! Join us at the Atlantic City Boardwalk on Saturday, September 9, and Sunday, September 10.

Helping Hands

Meet Janna. She started volunteering at the FoodBank with her family about two years ago and has been committed to fighting hunger since. “I became aware that hunger exists in New Jersey,” she told us, “and I told my kids that we should do whatever we can to help because there are kids who don’t have enough.” Janna provides her volunteer support on a range of projects – everything from mailings to assembling bags of nutritious food for families. She comes to our Hillside warehouse one day a week to help out because “you see what you’re doing, that you’re making a difference.”
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Our Southern Branch addresses hunger in Atlantic, Cape May and Cumberland counties, which have some of the highest rates of child food insecurity in the state. We visited one of our Kids Cafes in Vineland to find out what the after-school meals we provide mean to children in the community.

18.2 PERCENT OF CHILDREN IN CUMBERLAND COUNTY ARE FOOD INSECURE

Sixteen-year-old Marcquise used to take the bus after school to get to the Boys & Girls Club. Now he works at the site, serving healthy meals to kids every day.

“It gives them a boost of energy,” Marcquise said about the meals. “If you haven’t eaten, you get tired more easily, unlike when you have a nutritious meal like this.”

He’s a senior in high school and wants to become a pharmacist or surgeon. In addition to serving meals to kids, he assists them with homework and talks with them as they “discuss what’s on their minds, including what they think of the food.”

Yanelis, 12, enjoys coming to the Boys & Girls Club after school because she gets a healthy meal, finishes her homework and has fun with her friends. But she told us that without the meal she receives, “I wouldn’t play as well because I wouldn’t have enough energy.”

Giovanni spoke with us as he ate his meal. The 10-year-old is always excited to find out what he will have for dinner at the Kids Cafe. His regular routine includes eating dinner and then completing his homework and playing with his friends.

He is especially grateful for the Kids Cafe dinner because it is often his final meal before bed.

“Everyone is nice here and they make sure you do your homework and eat before you play,” 8-year-old Nicole said. “When your parents pick you up you can have your belly filled with healthy food. They always give us fruit and protein.”

Having the right food is especially important for growing children and our Kids Cafe meals impact thousands of children across the state, including many right here in South Jersey. Children are essential members of their communities and, with the right tools (including nutritious food), they can bring positive change and break the cycle of hunger and poverty.

Helping Hands

Meet Yolanda. She began volunteering at our Southern Branch’s Onsite Pantry in 2014, donating more than 860 hours to date. As a volunteer pantry assistant, Yolanda supports the help desk, greeting and directing the people we serve, and assists with choice shopping at the pantry.

While helping a pantry client recently, Yolanda discovered he was a homeless National Guard combat veteran. Yolanda worked diligently that afternoon to connect him with AC Vets to ensure he had shelter that very night. Thanks to the quick and thorough work of this incredible volunteer, a homeless veteran received both food and shelter.
Cooking For A Cause
With Chef Paul

Autumn Stew

Prep: 30 minutes
Cook: 45-60 minutes
Servings: 4

Ingredients:
2 tbsp. olive oil
12 oz. fresh sausage
12 oz. fresh or frozen pearl onions
3 cups chicken stock
1 ½ cups crushed tomatoes
1 ¼ tsp. fresh or dried rosemary
1 ¼ tsp. fresh or dried thyme
1 tsp. fresh or dried oregano
2 ½ lbs. butternut squash (¼ in. pieces)
3 carrots (¼ in. pieces)
3 parsnips (¼ in. pieces)
1 fennel bulb (¼ in. pieces)
12 brussels sprouts (¼ in. pieces)
Salt and pepper to taste

Preparation:
Heat oil in a saucepan over medium heat.
Add sausage and cook, stirring until it breaks into small pieces and is no longer pink (about 10 minutes).
Remove sausage with a slotted spoon and set aside.
Pour out all but 2 tbsp. of fat and discard.
Bring heat to medium high, add onions and cook, stirring until golden (5 to 8 minutes).
Add stock, tomatoes and herbs. Simmer over medium heat until liquid starts to thicken (20 to 25 minutes).
Add sausage, squash, carrots, parsnips and fennel. Cover and simmer until vegetables are tender (about 10 minutes).
Add brussels sprouts and cover covered for about 5 minutes.
Remove cover and cook, stirring occasionally until liquid thickens (10 to 15 minutes).
Season with salt and pepper to taste and serve.

Thank You To Our Recent Donors

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

$50,000.00-99,999
Feeding America
Morgan Stanley Foundation
Wawa Foundation, Inc.

$25,000.00-49,999
Prudential Financial, Inc.

$10,000.00-24,999
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