Bridging The Gap With Summer Meals

When the bell rings for summer recess, hundreds of thousands of New Jersey children will lose access to regular healthy meals. For kids who receive free or reduced-price school meals and after-school dinners at our Kids Cafes, summer vacation can mean an end to knowing for sure when they will eat again.

In order to bridge the gap, the Community FoodBank of New Jersey will serve breakfast and lunch to thousands of children in need at sites across the state.

Our Director of Nutrition Lindsey Kennedy ensures the meals pack tons of nutrition.

“The FoodBank will provide summer programs with a well-balanced breakfast and lunch. Our goal is not only to relieve the children from hunger during their 10-week summer break, but to also supply them with nutritious food, including whole grains and fresh fruit, so that they eat healthy and learn healthy-eating habits that will keep their bodies and minds strong. We hope this will help reduce medical costs families may face if their child is not getting the proper nutrients, such as anemia, asthma and oral health issues.”

“When I’m hungry, I’m very exhausted, I get headaches, I feel tired and I feel lazy. Then, when I get my food, I feel energized, woken up. I don’t have a headache anymore. I feel A-OK.”

- Dreen, 8

WHAT’S INSIDE

Message From Debra 2
Advocacy Update 2
Culinary Corner 3
Southern Branch 3
Partner Spotlight 4

Typical menu includes:
Turkey and American Cheese on Whole Wheat Bread, Fresh Apple Slices, Baby Carrots with Ranch Dip, 1% Milk
Dear FoodBank Friends,

As summer vacation approaches, all of us at the Community FoodBank of New Jersey worry about children at risk of missing meals. Even now, as they are still in school, we worry because of the potential cuts to federal child nutrition programs – everything from school lunches to summer meals – and other poverty- and hunger-relief services, all of which will have serious implications.

At the FoodBank, we are preparing for a tough road ahead by coming up with new and innovative ways to break the cycle of hunger and poverty. I am personally advocating to our federal and state representatives about how we can improve the lives of our neighbors in need – in New Jersey and across the country – because, unlike many issues facing our nation today, ending childhood hunger is something that unites us all... We don’t want our children to ever have to settle for less.

Through the USDA’s Summer Food Service Program and by partnering with sites across the state – including schools, recreation centers and libraries – we will serve breakfast and lunch when school’s out, a time when food insecure kids need us most. These sites will provide meals to fill the nutrition gap and include fitness and educational activities – nourishing their bodies and their minds.

Thousands of children rely on us every summer to provide meals through our summer feeding programs across the state. I know I can count on you to help us!

Sincerely,

[Signature]

---

**Planned Giving**

Is the Community FoodBank of New Jersey in your estate plans? A planned gift enables charitable donations at a level you might not have thought possible, while maximizing tax benefits for you and your loved ones. To learn more about planned giving, contact Rachel Laibson, Major Gifts Officer, at 908-355-3663 ext. 253 or rlaibson@cfbnj.org. You can also go to cfbnj.org/plannedgiving.

---

**Advocacy Update**

- In an initiative championed by the Community FoodBank of New Jersey, Assemblyman Jamel Holley introduced legislation that would allow students at New Jersey public institutions of higher education to donate unused meal plan funds to local food banks.

- The USDA announced a pilot program for food stamp recipients to purchase their groceries online, and New Jersey is one of the states chosen for the two-year trial slated to begin this summer. The FoodBank, along with other hunger-relief organizations, advocated for New Jersey to be one of the seven states for the pilot because of the great need. The goal of the program is to improve access to healthy food.

Get and give when you shop our online store. Visit cfbnj.org/store to represent and support our cause.
Chef Daryl Walker got a chance to move away from his troubled past when he walked through the doors of the FoodBank and enrolled in our Food Service Training Academy in 2012. Previously incarcerated, he joined the Academy while in a halfway house. The program was “very intense,” but it taught him a range of skills – everything from cooking to communicating. Most importantly, the program equipped him with what he needed for a fresh start.

“It did change my life because I always had a passion for cooking food,” Daryl said. “Just being able to do something that I love, I feel it gave me a way out.” After taking on different culinary roles, he returned to the FoodBank’s Community Kitchen to teach incoming students, many of whom are just looking for a second chance, like he did.

“Now it’s my turn to help change the lives of our students.”

Upcoming Events

Atlantic City Food Truck Festival: June 3 & 4
We’re partnering with the Atlantic City Food Truck Festival this summer. Walk along the boardwalk to indulge in delicious food, enjoy live entertainment and support our South Jersey hunger-relief efforts.

Real Estate Breakfast: June 14
For the first time ever, the Community FoodBank of New Jersey will host a special Real Estate Breakfast on Wednesday, June 14, at Hahne & Co. in Newark. It will be a morning to celebrate the New Jersey real estate community and network with others investing in the future of our state. Learn more at cfbnj.org/breakfast2017.

Atlantic City Seafood Festival: September 9 & 10
The Atlantic City Seafood Festival returns this September! Join us for two days of family-friendly fun and our Chowder Cook-Off to benefit the FoodBank.

Southern Branch Spotlight

Addressing Hunger As A Health Issue
We are constantly looking for new ways to provide our neighbors in need with the essentials to lead healthy lives. A main component of that is nutritious food, which we serve through our community partners and feeding programs. To further address hunger as a health issue, our Southern Branch Onsite Pantry and the Pantry at the Plex – in partnership with AtlantiCare – will distribute food two or more times a month and focus on the needs of food insecure households with health conditions, including diabetes and food allergies.

Partnering To Create A Healthier South Jersey
Our Southern Branch is proud to partner with healthy community coalitions – CARE AC, Live Healthy Bridgeton and Live Healthy Vineland! We’re providing food and leadership in order to increase access to healthy food for South Jersey households in need.

Serving Up Even More Summer Meals
South Jersey has some of the highest rates of child food insecurity in the state, with the highest – 22.8 percent – in Cape May County. We served meals at nearly 30 sites last summer, feeding more than 1,000 children. This summer we’ll prepare more nourishing meals, with help from our amazing volunteers, to fill the gap thousands of children face when school’s out.

Items Of Note

Kneading To Help Those In Need
The Jewish Federation of Greater MetroWest NJ was at the FoodBank this February for the annual Challah Bake. Their volunteers baked hundreds of challahs for our neighbors in need and assembled Family Packs of weekend food for households we serve.

Teaming Up To Fight Hunger
New Jersey Devils, Prudential Center and Goya Foods employees volunteered at the FoodBank as part of their combined Day of Service. The event followed the Devils’ Food Drive, which collected 15,000 pounds of food from fans. Goya donated an additional 20,000 pounds of healthy food. The volunteers packed the total of 35,000 pounds of food into weekend bags for New Jersey families in need.
In Your Neighborhood

More than 1 million of our New Jersey neighbors struggle to put food on the table for themselves and their families every day. The Community FoodBank of New Jersey works with thousands of community partners – including food pantries, soup kitchens and shelters – to provide our neighbors in need with food, help and hope.

The Center for Food Action is one of our amazing partners in the fight against hunger, with eight pantry sites that each serve hundreds of people every week. They work closely with their clients to understand their dietary needs, providing allergy- and diabetes-friendly bags of food.

While Bergen County is considered an affluent part of our state, the reality is that more than 80,000 of its residents face hunger, evidence that hunger exists in every corner of New Jersey. We recently visited the Center for Food Action in Englewood to speak with some of the people the pantry helps us reach.

Fabriels started coming to the Center for Food Action “during a really tough time in my life,” she told us. “I needed support. I needed help.”

She faced many challenges in her life, she explained, including living in a shelter with little food and being homeless for some time. Then she found the Center for Food Action, which has been providing her with much-needed food and support, even during her toughest times.

“Without food, it’s hard to live because, as time goes on, the longer you stay with no eating, it can cause dehydration, it can cause health problems, stomach problems,” Fabriels said. “It’s something that you need in life. It’s one of those things you can’t live without.” Thanks to the FoodBank and Center for Food Action, she told us she has the essentials she needs to lead a healthy life.

“This is a really good support for not only me but for a lot of families that don’t have anything or don’t have too much or can’t afford too much,” she added.

Corey, 38, also visits the Center for Food Action to receive healthy food. He told us he has skipped meals to budget for other needs.

“It’s a tough choice I have had to make,” Corey explained. “Some days I didn’t have food and I was stressed out and I didn’t know when my next meal was going to come.”

The Center for Food Action alleviates this tough choice for Corey, who gets loads of produce, grains and protein from the pantry.

“They’re like a family to me,” he said. “They care about people.”

Helping Hands

Meet Jon! After retiring almost two years ago, he decided to dedicate some time to support his community. That’s when he became a FoodBank volunteer. “I spent 35 years working in business,” Jon told us. “The least I can do is give back.” Jon has even held financial seminars for our staff and Food Service Training Academy students.
In Your Neighborhood

Nearly 60,000 of our neighbors in Atlantic, Cape May and Cumberland counties face hunger every day. They often skip meals to budget for other needs, making tough choices to get by. We work with more than 300 community partners to get food to hungry men, women and children. But there are regions in these counties that don’t have enough soup kitchens and food pantries to address the need.

That’s where our Mobile Pantries come in — serving food, help and hope in areas where there is high need and limited food resources.

Our Ventnor Mobile Pantry is one location that distributes healthy food among hundreds of people every month. We spoke with some of the people we serve, who told us what the Community FoodBank of New Jersey means to them and how this food helps them survive and thrive.

“This helped me all the way through the month,” 65-year-old Brenda told us. “This helps me out a lot. What would I do without the FoodBank?”

For Gregg, the Mobile Pantry means he will have food for the month. He suffered a stroke a few years ago and appreciates that the Mobile Pantry provides seasonal produce, heart-healthy legumes and grains, and lean protein.

Because of other expenses, he often struggles to afford fresh fruits and vegetables, which are expensive grocery items. The Mobile Pantry helps Gregg put these healthy foods on his table.

“This means a lot to me,” he said. “I know there’s others in worse shape or in just as bad shape as me. This healthy food means the world to me. It means I can take care of my health.”

Jackie, 67, is also grateful for the nutritious food she receives at the Mobile Pantry.

“Between medicine and taxes in this area, it doesn’t leave much left over,” she told us. “And, even though I pay my bills on time, I’m obviously eating the wrong things because they’re cheaper. This is a big help and gives me the healthy food I need.”

Jackie started coming to the Mobile Pantry after her husband died and she faced tough times, often not knowing when or if she would have something to eat. The FoodBank’s Mobile Pantry saved her.

As 51-year-old Darren stood in the pantry line, he said, “this is a blessing.” The Mobile Pantry supplements him for the month because “the money I have coming in just isn’t enough.”

Clarice, 61, filled her cart with nutritious food for her family while planning what she would cook for dinner that night. She told us the Mobile Pantry means a lot to many people in the community. It means the difference between eating and not eating. “Every family has different economic conditions,” Clarice said. “We were missing some food on the table. This helps. This helps a lot.”

Helping Hands

Meet Samantha! She started volunteering at the FoodBank with her mom in 2013, helping at our Onsite Pantry, and Samantha has been supporting our mission ever since. Now, she regularly volunteers at our Mobile Pantry sites — that is, when she’s not studying at the Mitchell College in New London, Conn. Samantha said that setting up the Mobile Pantry is challenging, especially in inclement weather, but it is always a rewarding experience. “You meet lots of nice people, clients and volunteers,” she told us. In her free time, Samantha enjoys theater, spending time with friends, and swimming. She also helps with the Summer Games Special Olympics at The College of New Jersey.
Summer Chicken Kabobs

Prep: 15 minutes
Cook: 15 minutes (marinate 2 hours)
Servings: 4

Ingredients:
4 boneless, skinless chicken breasts (cubed)
1 green bell pepper (cut in squares)
1 red bell pepper (cut in squares)
1 onion (cut in wedges)
1 green zucchini (sliced)
½ cup vegetable oil
1 tsp. fresh rosemary (chopped)
1 tsp. fresh thyme (chopped)
2 peeled garlic (crushed)
Salt and pepper to taste

Preparation:
• Thread the chicken, green bell pepper, red bell pepper, onion and zucchini pieces on skewers.
• Mix oil, garlic and herbs together, and pour over the kabobs. Let them marinate for at least 2 hours.
• Preheat the grill to high heat. Lightly oil the grill grate.
• Place the kabobs on the prepared grill and brush with the marinade.
• Cook for 15 minutes (or until the chicken juices run clear), turning and brushing with the marinade frequently.
• Serve with rice, corn on the cob or roasted potatoes. Enjoy!

Want more delicious and healthy recipes straight from our kitchen? Follow us on social!
We say all too often that our work in the fight against hunger would not be possible without support from our community. Individuals, families, businesses and corporations contribute time and funds to our cause. Bank of America epitomizes a great corporate partnership, helping the FoodBank provide for our neighbors in need for nearly two decades.

"Bank of America has been a longtime partner in the fight against hunger, supporting every level of our organization – from volunteering to funding critical feeding programs," said Debra Vizzi, President and CEO of the Community FoodBank of New Jersey. “And we're proud to have President of Bank of America, New Jersey Robert Doherty on our Board, sharing his expertise and commitment to our mission.”

Bank of America has financially supported the FoodBank through grants, employee giving and company matches, and its holiday Give A Meal campaign with Feeding America®. Over the last eight years, Give A Meal's 2-for-1 match raised $287,963 for important programs.

As a team, Bank of America employees commit hours to volunteering, doing everything from assembling Family Packs of weekend food for households in need to sorting donated items. Last year, Bank of America volunteers dedicated more than 100 hours to support our mission! Bank of America also funded the renovation of our Volunteer Center, where our volunteers are welcomed and oriented every single day.

"Bank of America is honored to work closely with the FoodBank and help support their mission to fight hunger and provide healthy and nutritious meals to families in need," said Robert Doherty.

Our many thanks to Bank of America for being a critical partner in our efforts to end hunger in New Jersey! For more information on how your company can get involved, please contact Debby Scheinholz, Director of Corporate Relations, at 908-242-3951 or dscheinholz@cfbnj.org.

Thank You To Our Recent Donors
These corporations, foundations and organizations made recent generous donations to the Community FoodBank of New Jersey:

$100,000+
Apaloosa LP
Stop & Shop
The SJS Charitable Trust/LJ
JP Morgan Private Bank
Victoria Foundation, Inc.

$50,000-99,999
Anchorage Capital Group, LLC
Hummingbird Foundation Inc.
Kokota Management
Thrift Hill Productions c/o Chapman, Bird, Gray & Tessler

$25,000-49,999
CBSA Industries, Inc.
Chatham Asset Management, LLC
Ingalt Mahan Foundation, Inc.
Jacobson & Company
JP Morgan Chase
Lori A. Abbott & Co. LLC
Marlton Foundation
Morrison Family Foundation
Sandy Hill Foundation
Summit Area Public Foundation
TOX Companies, Inc.
Wells Fargo Foundation

$10,000-24,999
Bayer USA Foundation
Bayview Fund
Cathay Bank Foundation
E.J. Grassmann Trust
Feeding America
Fertile Corporation
Healthcare Foundation of New Jersey
Janssen Pharmaceutical Companies
Lifetmer Family Foundation
Mille Luli Foundation Inc.
NJ Law Team
NJ/JU Insurance Group
Painless Beverages Company
Plutkin Family Foundation
PWC Charitable Foundation
Roccker Family Foundation, Inc.
The Company Store
The Robert and Mariam Schumann
Browns Foundation
Union Foundation

$1,000,000-9,999
175 Executive House, LLC
40 Washington LLC
44 South Murr, LLC
77 South Murr, LLC
Accent Fence
AEF Investors SBF LLC
AIAF Financial Services - Stop & Shop
Amerigos
Apple Matching Gifts Program
Applied Information Group, Inc.
Atlantic City Weekly
AthensCare
Bank of America
Bank of Tokyo-Mitsubishi UFJ, Inc.
Bassett Foundation
Benefit Plan Administration of N.J., Inc.
BCC USA, L.P.
Bloom Bakers USA, Inc.
Brookway Foundation
Chesapeake Ford
Charles and Lynne Kremer Foundation
Charles E. & Erna T. Brundage Charitable Foundation
Club At Woodbridge
CNA
Community Presbyterian Church
Comprehensive Health Management
Continuum Health Alliance, LLC
Copier Plus
Creative Workforce Solutions
CRF Industries
Dawson Sommerville Dialysis Center #00414
Deepath Construction Corp
Dinky Family Foundation
Devil's Care Foundation
Doherty Enterprises, Inc.
Druskin Family Foundation Inc.
Duff & Bradstreet Corporation Foundation
Eastern Produce Council, Inc.
Einhorn, Harris, Ascher, Barish, & Frost, PC
Einstein Amper
Fortress Investment Group, LLC
Foster-Kenney Foundation Fund
Fox & Fochlo Charities
Gallo Wine Sales of New Jersey, Inc.

Galloway Township Clean Communities
Gap Foundation Gift Match Program
Garden State Tile Distributors, Inc.
Gaworski Family Foundation Inc.
Glen Ridge Congregational Church
H. A. Heller Foundation, Inc.
HBCU Alumni Clubs
Heald Branch Family Foundation, Inc.
Inspira Health Medical Center
Jeffie’s Choice
Joy in Childhood Foundation Inc.
Kenneth Adelman Family Foundation
Kings Food Markets, Inc.
Kwiatos Club of Northfield-Linwood
Kobo Products, Inc.
Kuhne & Nagel
Lancaster Charitable Fund
Laura J. Nies Foundation, Inc.
Lillian Pilkis Schnick Fund/PNC Bank Advisors
Liquid Church
Louis J. and Fannie Roncalli Foundation, Inc.
LTS Corporation
Marriott International, Inc.
Matt Blatt Egg Harbor Township
McMullen Family Foundation
Merrill Lynch & Co. Foundation, Inc.
Millburn High School
Millburn High School Kay Club
Munch-Beehrlein Foundation Inc.
New York Football Giants
Newman's Own Foundation
Next Level Performance
Novartis Pharmaceuticals Corp
Opal Family Distributing American
BD Company
Paciara
Peters Family Memorial Gift Fund
Petro Home Services
Pfizer Inc.
Philip W. Riskin Charitable Foundation
Pivot Healthcare Communications
Planet Honda
PNC Financial Services
Portmouth Lakes Rotary Foundation Inc.
Presbyterian Church of Chatham Township
Provident Bank Foundation
Prudential Business Group
Prudential Financial
Prudential Financial, Inc.
Retro Taco LLC DBA Metzco
Robert Wood Johnson University
Hospital Florham
Rotary Club of Somers Point
RWJ Barnabas Health
Salvatorio Family Foundation, Inc.
Smith Management Company
South Jersey Mechanical Contractors Association Inc.
St. John’s Evangelical Lutheran Church
St. Joseph’s High School
Summit Medical Group
Tata America International Corp.
That’s Caring
The Brookdale Foundation Group
Ramapo Trust
The Hunter Family
The Irwin Law Firm, PA
The Leviton Foundation Inc.
The Lucy & Eleanor S. Upon Charitable Foundation
The Mall at Short Hills
The Misty & Warren Eisenberg Family Foundation
The Paper Store
TOX Foundation
UA Local Union 322 Plumbers & Steamfitters
Ukrainian Church of Summit
Vident Patel Foundation, Inc.
Verizon
Virginia Meteor Family Foundation
Visual Graphic Systems
Wickham Family Charitable Trust
Prudential Business Group
Prudential Financial
Prudential Financial, Inc.
Retro Taco LLC DBA Metzco
Robert Wood Johnson University
Hospital Florham
Rotary Club of Somers Point
RWJ Barnabas Health
Salvatorio Family Foundation, Inc.
Smith Management Company
South Jersey Mechanical Contractors Association Inc.
St. John’s Evangelical Lutheran Church
St. Joseph’s High School
Summit Medical Group
Tata America International Corp.
That’s Caring
The Brookdale Foundation Group
Ramapo Trust
The Hunter Family
The Irwin Law Firm, PA
The Leviton Foundation Inc.
The Lucy & Eleanor S. Upon Charitable Foundation
The Mall at Short Hills
The Misty & Warren Eisenberg Family Foundation
The Paper Store
TOX Foundation
UA Local Union 322 Plumbers & Steamfitters
Ukrainian Church of Summit
Vident Patel Foundation, Inc.
Verizon
Virginia Meteor Family Foundation
Visual Graphic Systems
Wickham Family Charitable Trust
Prudential Business Group
Prudential Financial
Prudential Financial, Inc.