

Cooking For A Cause

with Chef Paul



Honey Barbecue Salmon with Roasted Vegetables and Brown Rice



Salmon:

- 2 tbs fresh lime juice
- 3 cloves minced garlic
- 1 tbs honey
- ¼ cup barbecue sauce
- 1.5 tbs white wine vinegar
- 1 tsp olive oil
- 4 salmon filets (~3 oz each)
- 1 tsp sesame seeds
- 2 scallions sliced

Roasted Vegetables:

- 1 pound of brussel sprouts
- 1 tbs olive oil
- ½ tsp salt
- ½ tsp black pepper
- 1 clove minced garlic

2 cups cooked brown rice

Salmon:

1. Preheat oven to 375 degrees
2. Whisk olive oil, vinegar, garlic, lime juice, barbecue sauce and honey and brush sauce over salmon filets
3. Bake salmon for 15 minutes or until internal temperature reaches 145 degrees
4. Meanwhile, heat remaining sauce over medium heat in saucepan and allow to simmer for 5 minutes, stirring constantly
5. Spoon sauce onto salmon and garnish with sliced scallions and sesame seeds

Roasted vegetables:

1. Quarter brussel sprouts
2. Toss with olive oil, garlic and seasonings
3. Roast at 375 degrees for 30 minutes or until golden brown

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

Partner Spotlight: Cooper Levenson

Indigenous to South Jersey, our unique partnership with Atlantic County law firm Cooper Levenson helps the FoodBank feed more kids in need over the summer. Their initiative, Let Us Eat – Please, serves more than 800 families annually through nine participating school districts, distributing groceries to help address the nutrition gap and financial burden that our neighbors in need face when school meals and Kids Cafe dinners aren't available.



Every two weeks over the course of each summer, Atlantic County families identified by their school districts as needing assistance are provided with boxes of supplemental food through the Let Us Eat – Please summer meals program.

"We believe that every child, no matter their circumstance, deserves regular meals," said Ken Calembo, Chairman of Let Us Eat – Please. "Statistics show that children who regularly face hunger are twice as likely to repeat a grade

With Thanks to Our Emergency Relief Supporters

The Community FoodBank of New Jersey would like to extend its gratitude to the following institutional donors whose generosity was instrumental to our COVID-19 response efforts:

\$1 Million+

Bank of America
Feeding America

\$100,000+

MetLife Foundation
New York Giants + Players
The PHL COVID-19 Fund
Russell Berrie Foundation
Sozosei Foundation
Stop & Shop
Wegmans
Wakefern Food Corp.

\$50,000 – \$99,999

The Allergan Foundation
Battelle
Bristol-Myers Squibb
Foundation
Healthcare Foundation
of New Jersey
Horizon Foundation
for New Jersey
Sanofi

\$25,000 – \$49,999

Anthem Foundation
JPMorgan Chase & Co.
OceanFirst Foundation
PSEG
Valley National Bank

\$10,000 – \$24,999

BD
DTCC
Dunkin' Joy in
Childhood Foundation
Jewish Women's Foundation
of New Jersey
Karma Foundation
Lakeland Bank
Millie Luing Foundation
Wawa Foundation

\$5,000 – \$9,999

ADP
Ipsen Pharmaceutical
TIAA
Tito's

*As of 4/13/2020

in elementary school. This was recognized by our founding partner, James L. Cooper, a champion of civil rights and social justice. We are grateful to be able to continue his work with Let Us Eat – Please and the Community FoodBank of New Jersey to help end food insecurity in South Jersey."

Now, more than ever, in the wake of COVID-19, which resulted in thousands of layoffs at Atlantic City's casinos, summer feeding will serve as an essential source of nutrition for kids in our South Jersey service area. A mainstay of support for this important work, Cooper Levenson started Let Us Eat – Please early this year in response to school closures during the crisis, working with CFBNJ and local school districts to provide families in need with emergency food boxes and vouchers—enough for over 53,000 meals.

Let Us Eat – Please is one of the Community FoodBank of New Jersey's more than 300 partner programs in South Jersey. Every February, the FoodBank and Let Us Eat – Please split the funds raised at the Progressive Atlantic City Boat Show's Captain's Table VIP Reception. The event features local chefs, live entertainment, and fine spirits and this year alone generated enough support to provide nearly 209,000 nutritious meals to South Jersey families in need.

"Our relationship with Cooper Levenson is really special because it doubles as both a corporate partnership and as a programmatic opportunity through their Let Us Eat – Please initiative," said Carlos Rodriguez, President & CEO of the Community FoodBank of New Jersey.

Cooper Levenson has also provided support for our South Jersey special events. In 2018, their CEO, Lloyd Levenson, was one of twelve local figures who competed in our first ever Dancing Under the Atlantic City Stars. As one of the event's top three Hunger Hero Fundraisers, he received a mirror ball trophy at the end of the night.



"The Community FoodBank of New Jersey is grateful for the dedication of community-focused partners like Cooper Levenson, which helps us to provide localized solutions to food insecurity," Carlos Rodriguez added. "Our joint hunger-relief efforts with Let Us Eat – Please ultimately work toward a hunger-free summer for South Jersey kids, allowing them to enjoy summer vacation as all children should."

For more information on how your company can get involved with the FoodBank, please contact Debby Scheinholtz, Director of Corporate Relations, at 908-242-3951 or dscheinholtz@cfbnj.org.



The Feed

Summer 2020

WE ARE THERE In Times of Crisis, and as Always



As the coronavirus (COVID-19) commands news headlines, CFBNJ has served as a critical part of our state's emergency response plan, working to provide nutritious food to those suffering from the pandemic's staggering economic effects. With schools across the state closed and businesses shuttered, including the casinos that employ so many in South Jersey, countless people have faced the realities of reduced work hours, layoffs, and missed paychecks.

We are there for our food pantry and soup kitchen partners who rely on us to give them the food they need. In partnership with state and federal agencies, we have adapted our operations in real time, working around the clock in three, eight-hour shifts, six days a week, to ensure continuity of service to our neighbors in need. With a focus on maintaining our daily activities, we have continued providing food to our network of agency partners, asking that they lift quantity restrictions to allow neighbors in need to stock up, and providing additional guidance on how to best alter their operations in line with changing health concerns. Throughout the crisis, both our Hillside and Egg Harbor Township locations, along with most of our partners, have remained open to serve their communities.

We are there for the families that need us now more than ever. We have provided emergency meal kits via dedicated distributions and mobile pantries, which include healthy nonperishables like peanut butter, canned proteins, canned fruits and vegetables, pasta, rice, soup, shelf-stable milk, and more—enough food to sustain a family in need for several days. Our dedicated staff and select pre-screened volunteer groups have been able to produce 2,000 of these boxes per day, the equivalent of about 80,000 meals daily.

Distribution is throughout our 16-county service area, with a particular focus on high-need areas, like Bergen County, where COVID-19 has been widespread, and Atlantic County, where casino closures left thousands without jobs.

We are there for the senior citizens whose health may be impacted by hunger. Our Food Service Training Academy staff and students have cooked and packaged healthy meals for delivery to homebound seniors with limited resources, keeping them healthy and well-fed.

We are there for the suddenly unemployed who don't know where their next meal is coming from. For those in need of additional nutrition assistance, our SNAP Outreach team has provided help applying and recertifying for the Supplemental Nutrition Assistance Program (SNAP—formerly known as food stamps) over the phone, coordinating with county offices to monitor the development of streamlined approaches that were put in place due to the emergency.

Learn more about CFBNJ's response to COVID-19 and how you can help at cfbnj.org/coronavirus.

A Message From Carlos



Dear FoodBank Friends,

Having devoted decades of my life to ensuring access to critical resources for those in need, I am no stranger to emergency response. During 9/11, I was at FoodChange in New York City, and when Superstorm Sandy struck New Jersey's shores, I had been the newly minted Executive Director at Fulfill (Monmouth and Ocean Counties) for just a few short months.

I have experienced firsthand the need for food banks to spring into action during a crisis, crafting entirely new operations and distribution plans at a moment's notice. I have seen the vulnerability of those whose homes have been destroyed, who have lost their livelihoods, and who have suffered greatly in the turmoil of lifechanging crises.

But I've never experienced anything to the scale of the COVID-19 pandemic before.

With so many of our neighbors feeling the financial pain of a job loss or reduction in work hours, a shocking one-third of households nationwide, we at the Community FoodBank of New Jersey were charged with formulating a response that not only ensured continued service to those already struggling but that also accounted for the surge in need caused by the economic impact of the coronavirus.

As a primary responder in the State of New Jersey's disaster relief plan and a dependable safety net for New Jerseyans in need 365 days a year, CFBNJ, like me, is not unused to being called upon during an emergency.

And unprecedented times call for an extraordinary plan of action. Working with state and federal agencies like the New Jersey Department of Human Services, the New Jersey Department of Agriculture, New Jersey Volunteer Organizations Active in Disaster (NJVOAD), Community Organizations Active in Disaster (COAD), the Department of Education, the Salvation Army, and the Red Cross, we coordinated resources to create alternate distribution scenarios in line with changing health concerns.

Together with these agencies and with our more than 1,000 community partners across the state, we provided Family Packs to kids without access to school breakfasts and lunches. We delivered nutritious food to homebound seniors. We gave emergency meal kits to struggling small business owners and families missing paychecks. And we helped those facing long-term need to obtain critical SNAP benefits.

But none of it would have been possible without the generosity of our corporate partners and donors like you. I am overwhelmed by the support that CFBNJ received during the COVID-19 crisis. Though uncertain and frightening, it's true that times like these can inspire incredible acts of kindness, bringing out the best in those who truly want to be of service to others.

Thank you for supporting the FoodBank and our neighbors in need, during the COVID-19 pandemic and in all of the better days ahead.

Carlos M. Rodriguez

Follow Carlos on Twitter! @FoodBankCarlos



Celebrate 45 Years with a Monthly Gift!

Become a monthly donor of \$45 or more and receive a special gift! Your ongoing generosity in honor of our milestone anniversary will provide the FoodBank with a sustainable source of income, which is especially important after times of crisis. Visit cfbnj.org/45monthly to set up your recurring donation.



4th Annual Women Fighting Hunger Luncheon

Thank you to all those who helped make our 4th Annual Women Fighting Hunger Luncheon a success! With the help of our sponsors and 320 event attendees, we packed over 1,200 bags of supplemental food for hungry college students, collected 436 pounds of healthy cereal, and raised over \$250,000 to help fuel students and children of all ages. The luncheon was made possible by the generous support of our corporate sponsors, Kings Food Markets and PNC Bank, and featured Lauren Bush Lauren, Founder and CEO of FEED, as guest speaker and ABC 7 NY's Michelle Charlesworth as program moderator. Visit us on Facebook to see photos from the event!



FoodBank Leadership Team Expands with NEW Women Fighting Hunger Initiative

CFBNJ's new Women Fighting Hunger Initiative debuted at the 4th Annual Women Fighting Hunger Luncheon in March, marking another addition to the FoodBank's growing leadership team. With a goal of helping us to provide food, help, and hope through hands-on philanthropy, leadership, and collaboration, members will act as ambassadors to help expand our community of hunger-fighting advocates.



Though South Jersey has some of the state's highest rates of food insecurity, some areas of Atlantic, Cape May, and Cumberland counties lack accessible food assistance programs. The Community FoodBank of New Jersey's 29,000 square-foot Egg Harbor Township location is home to our on-site Community Assistance Pantry that provides food to individuals and families living in nearby communities without access to pantry services. The Community Assistance Pantry is a choice pantry, giving neighbors in need the liberty to grab a shopping cart and hand-select the food that they bring home to their families. "Giving hungry families the opportunity to choose what food items best meet their needs goes above and beyond providing meals," said Deb Fleischer, Pantry Manager. "It gives them the dignity that comes with being able to shop the way you and I shop." Last year alone, the Community Assistance Pantry at the FoodBank's Egg Harbor Township location provided enough food to support more than 1.4 million nutritious meals for South Jersey residents.

This year during the COVID-19 crisis, the pantry remained open to serve neighbors in need and saw a 60% increase in demand, particularly among those who were out of work due to state mandated shuttering of Atlantic City's nine casinos, which according to data from the New Jersey Division of Gaming Enforcement, collectively employ more than 26,000 table-game dealers, bartenders, waiters, hotel staff, and others. Facing indefinite closure, all of the casinos donated their extra food to local community organizations—providing more than 125,000 pounds of fresh produce and dairy to CFBNJ's Egg Harbor Township location. "We are so incredibly grateful for the help that we've received from the casinos," Deb added. "Through and through, year-round, they're big supporters of our mission."

Helping Hands



A veteran food banker with 34 years on the job, Clyde has seen it all. Since 1986, he's driven trucks, run the agency shopping area, worked on mobile pantries, and helped the FoodBank relocate twice, just to name a few of his many experiences. As a member of our operations staff, he has also been part of the FoodBank's response to major emergencies, including 9/11, Superstorm Sandy, and the COVID-19 crisis earlier this year. "I've lived half of my adult life as a food banker, and I'm still going strong," he said. Before visiting an employment agency to look for work, Clyde had never heard of a food bank. Now, he proudly represents our mission as the most senior current member of our team. When asked what's kept him here for so long, Clyde told us, "I love what I do. I love to see people with smiles on their faces when they walk away knowing that they can eat tonight and that they can feed their families."