

Cooking For A Cause

with Chef Paul



Vegetable Lasagna



- 2 tbs olive oil
- 9 lasagna noodles
- 2 medium zucchini (sliced lengthwise)
- 2 medium yellow squash (sliced lengthwise)
- 6 medium sized tomatoes (sliced thin)
- 2 tbs garlic (minced)
- 1 medium yellow onion (sliced thin)
- 2 cups fresh spinach
- 1 egg
- 1 1/2 cups skim ricotta
- 1 1/2 cups skim mozzarella (set aside 1/2 cup for sprinkling)
- 1 1/2 cups tomato sauce
- 1/4 cup basil (chiffonade)
- Salt and Pepper to taste

1. Cook lasagna noodles according to package directions.
2. Lay out zucchini and yellow squash single layer on paper towels and lightly sprinkle with salt to draw out excess moisture.
3. Meanwhile, sauté onion and garlic with olive oil until fragrant, about 3-5 minutes.
4. Combine ricotta, mozzarella, basil and egg in medium sized bowl, mix to combine.
5. Assemble lasagna: begin with a layer of tomato sauce at the bottom, next layer 3 lasagna noodles, followed by onion and garlic mixture, followed by tomatoes and spinach, followed by zucchini and yellow squash layer, followed by cheese mixture. Repeat until casserole filled to top. Top with remaining 1/2 cup of mozzarella cheese.

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

Partner Spotlight: Bayer

Bayer Fund, a philanthropic arm of Bayer, has continuously served as a year-round ally in the fight against hunger, but their recent support in response to the pandemic was especially meaningful. In May, CFBNJ received a \$270,000 grant from Bayer Fund as part of their \$2 million nationwide commitment to COVID-19 relief initiatives.

The funds have been instrumental in meeting CFBNJ's most crucial needs in the midst of a rising demand for food assistance – \$100,000 was used to purchase food, and \$170,000 will enable us to add a new 26-foot box truck to our fleet.

"Bayer Fund's generous support of our mission during this unprecedented time is two-fold," said Carlos Rodriguez, President & CEO of the Community FoodBank of New Jersey.

"Not only have the funds helped us procure food, but they will also allow us to purchase a new truck that will bolster our operations and expand our capacity to get that food out into the community."

The support for food provided by this grant came at a time when it was needed most, as CFBNJ has consistently spent about \$1 million more than usual each month on food and staffing costs in response to the crisis. Our agency partners have reported an increase in need of about 50%, on average,



"We're proud to support the Community Foodbank of New Jersey to help them fight hunger and poverty in the communities they serve," said Al Mitchell, President of Bayer Fund.

"Our support ensures families throughout New Jersey have access to the food they need during these unprecedented times."

Even before the crisis struck, Bayer helped us serve our neighbors in need as a corporate Impact Partner, donating funds and time. In 2019 alone, 129 Bayer employees volunteered more than 340 hours, packing enough food for nearly 17,000 nutritious meals.

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

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
New Mighty Foundation
State of New Jersey

\$500,000 – \$999,999
Feeding America

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As of 7/13/2020

*Funds received via Feeding America



The Feed

Fall 2020

Coronavirus Response: Nourishing Kids in Crisis

As the state's largest anti-hunger, anti-poverty organization, the Community FoodBank of New Jersey has a long and successful track record operating child nutrition programs that complement the breakfasts and lunches provided by schools. We work year-round to fill the nutrition gap faced by many children through Kids Cafes that serve afterschool meals, Family Packs that provide supplemental food for the weekend, and a Summer Meal Program that sustains students from one school year to the next.

But the coronavirus pandemic has presented new and unprecedented challenges for food insecure kids, who lost access to the school meals that they depend on during the statewide shutdown. In response, CFBNJ has collaborated with key partners like Boys & Girls Clubs, YMCAs, public school districts and charter school networks to keep children healthy and well-fed through the crisis.

We have prioritized high-need areas within the 11 counties that we directly serve where a high percentage of children receive free school meals, providing leadership to ensure that school meal vendors continue to serve via grab-and-go options and guiding districts on how to promote the offering while reducing stigma around participation.

In March, we began working to provide Family Packs, of which we distributed more than 53,000 by the end of June. In the same time period, CFBNJ also supplied emergency meal kits and over 332,000 pounds of fresh produce to 25 partnered child nutrition sites in six counties.

One of these sites, the Boys & Girls Club of Passaic and Paterson, is part of a coalition of six Passaic County organizations formed to provide access to childcare, child welfare services, housing, mental health services and, of course, food, during the pandemic and its recovery phase.

With food from CFBNJ, they have worked to limit the spread of coronavirus while feeding those in need, distributing nearly 3,000 emergency meal kits per week to families

in the community, mobilizing volunteers to deliver to people who are homebound, including seniors and new moms, and providing food to those who have tested positive for COVID-19 through St. Joseph's Regional Medical Center in Paterson.

"We've never done anything like this before, but the collaboration of the Passaic County Pandemic Partnership is really what has made our crisis response successful," said Wendy McGuire, CEO of the Boys & Girls Club of Passaic and Paterson. "And none of it

would have been possible without our partnership with the Community FoodBank of New Jersey."

CFBNJ was also approved by the New Jersey Department of Agriculture to provide early service to Summer Food Service Program sites. In April, we began serving partners that we worked with last summer, delivering more than 61,000 nutritious, USDA-compliant grab-and-go meals by the end of May.

See inside this issue of *The Feed* to learn more about what we've accomplished through our emergency response efforts.





A Message From Carlos

Dear FoodBank Friends,

At a distribution in Atlantic City, in the shadow of the shuttered casinos, an out-of-work valet driver tearfully expressed her gratitude as she accepted an emergency meal kit. It was her first time ever receiving food assistance. In Essex County Branch Brook Park, previously the site of late April cherry blossom festivals, a toddler waved, smiling, to FoodBank staff from the backseat of one of the thousands of cars in line for help. Soon after, a young man rolled down his window, honking and

shouting "Thank you! God bless you all!" as volunteers closed his trunk, securing his family's next few days' worth of nutritious food inside.

Though the need generated by the coronavirus pandemic seems insurmountable at times, responses like these from some of the thousands of neighbors in need that CFBNJ has helped show the difference that our work makes. In every car that leaves one of our distributions is another family that will get to eat tonight.

Food insecurity has hit home for so many of us during this crisis. No matter who you are or where you live, you likely have a neighbor, a family member, a friend, or a coworker who's had to make difficult trade-offs between food and other essentials – perhaps for the very first time. And recent events have forced us all to confront the disturbing reality that the economic burden of the pandemic is not one that is equally shared. We know that lack of access to food and racial inequality go hand in hand, and we are committed to ensuring that all of our struggling neighbors, regardless of race or socioeconomic status, have the nutritious food that they need to lead healthy and productive lives.

Fortunately, all sectors of government—from local officials to state administrators—have been active partners in CFBNJ's important work as we've navigated this uncharted territory together. In July, CFBNJ was honored to welcome Governor Phil Murphy to our Hillside warehouse, where he announced that the existing funding commitment to New Jersey's food banks will be maintained and expanded this year through direction of funds from the Coronavirus Relief Fund, established under the Federal Coronavirus Aid, Relief, and Economic Security (CARES) Act. On behalf of the New Jersey Federation of Food Banks, I want to thank Governor Murphy, Speaker Coughlin, President Sweeney, First Lady Tammy Murphy, and all of our government partners for their leadership and compassion for those in need.

In line with the evolving needs of our communities, we will continue to be nimble and respond in coordination with our incredible network of partner food pantries, soup kitchens, shelters, child feeding programs, and more that are woven tightly into the fabric of every community throughout New Jersey. Even as our state gradually reopens, the service that CFBNJ provides is more essential than ever before and so is your support. Thank you for your continued generosity. Together—without pause, judgment, or discrimination—we are there for those who need us most.

Carlos M. Rodriguez
President & CEO

Follow Carlos on Twitter! @FoodBankCarlos



Items Of Note

#WeAreThere for Neighbors in Need

Your support of CFBNJ has helped us provide food, help and hope during the coronavirus pandemic:

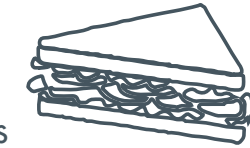


25 million nutritious meals provided, about **34% more** than last year

20% of food distributed was **fresh produce.**



61,000 nutritious **grab-and-go meals** delivered to child nutrition sites



88,000 **emergency meal kits** provided



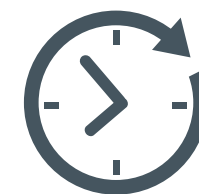
72,500 **frozen meals** prepared and packed for homebound seniors



53,000 **Family Packs** provided to families without access to school meals



902 **SNAP Applications** processed, a **29%** increase over last year



CFBNJ staff continues to work **24 hours** to meet the need

For more information about our coronavirus response efforts, visit cfbnj.org/coronavirus

**These statistics reflect the period of March - June 2020*

In Your Neighborhood



In response to growing need caused by the pandemic, CFBNJ has safely fed thousands of struggling families in just hours via contactless drive-through and walk-up distributions of emergency meal kits and fresh produce at various locations across our 15-county service area.

"I haven't been working since the quarantine started, so this is a really good help for my family," said Maria, one of more than 2,000 recipients at our Essex County Branch Brook Park distribution in April.

Each emergency meal kit given out contained canned vegetables, canned proteins, pasta, pasta sauce, peanut butter and jelly, shelf-stable milk and more—enough nutritious, nonperishable food to sustain a family for several days. Additionally, fresh produce provided included onions, potatoes, apples and oranges.

From mid-May onward, in collaboration with the Casino Reinvestment Development Authority (CRDA), UNITE HERE Local 54 and other partners, we have also hosted bi-weekly emergency food distributions in Atlantic City, where the unemployment rate in May was 30%—double the national average.

These distributions provided for thousands of Atlantic City residents and furloughed casino employees, like Angela, a bar tender at a VIP player lounge.

"I'm a single mother, and I have two children, so this is definitely helping," she said.

Recent months have been record-breaking for CFBNJ, as we've distributed more food than ever before in our 45-year history—enough for 25 million nutritious meals from March through June.

In this time of crisis, and always, we are there for those who need us most.

Helping Hands



CFBNJ's response to the coronavirus pandemic would not be possible without the more than 2,600 emergency relief volunteers who have packed emergency meal kits, distributed food and so much more. Though at first we had to curtail outside volunteers at our Hillside warehouse, CFBNJ engaged specialized groups vetted by NJ VOAD and pre-screened corporate and community groups to help us meet the increased need, including Team Rubicon, Civil Air Patrol New Jersey Wing, Jersey Cares, IsraAID, the Bergen County Prosecutor's Office, Union County employees, Fresh Start Church, US Foods, Sysco, Harvest Restaurant Group, Horizon Blue Cross Blue Shield, Bristol-Myers Squibb, United Airlines and NIAMCO.

In Egg Harbor Township, where we have been able to accept outside volunteers all along, countless individuals also aided in our response. In addition, members of CFBNJ's Board of Directors, Emerging Leaders Board, and Women Fighting Hunger have volunteered and raised critical funds during this unprecedented time. Our Hillside facility is now open to a limited number of volunteers daily. Volunteers must be 14 or older and complete a COVID-19 waiver. Visit cfbnj.org/volunteer to learn how you can lend a hand to neighbors in need during this critical time.

By joining the Food • Help • Hope Legacy Society, your planned gift will help CFBNJ provide nutritious food and address the root causes of hunger for generations to come.

Learn more at cfbnj.org/plannedgiving or contact Rachel Laibson, Director of Donor Engagement and Planned Giving at rlaibson@cfbnj.org.