

Cooking For A Cause

with Chef Paul



Black Bean and Sweet Potato Quesadilla



- 2 cups black beans
- 2 medium-large sweet potatoes, small dice
- 1 large red onion, sliced thin
- 2 cloves minced garlic
- 2 cups shredded low fat cheddar cheese
- 12 medium flour tortillas
- Nonstick spray

1. Preheat oven to 375 degrees
2. Toss potatoes, onions and garlic in large bowl with 2 tbs of olive oil
3. Roast potatoes, onions and garlic at 375 for about 30 minutes or until fork tender and lightly browned
4. Heat large pan on stovetop at medium heat .
5. Place one tortilla in pan, add ½ cup shredded cheese, layer of potatoes, onions and black beans.
6. Top with second tortilla and press down firmly for about 30 seconds.
7. Flip quesadilla with spatula
8. Cut quesadilla into 4 pieces and serve with sour cream, salsa and/or guacamole

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

Partner Spotlight: ACME Markets

As a grocery store, ACME Markets is a natural ally in the fight against hunger, providing nutritious food and vital funds while raising awareness of CFBNJ's mission. Through its Nourishing Neighbors initiative, ACME focuses on giving locally to strengthen communities and change lives.

When the COVID-19 pandemic struck, ACME pitched in right away with enough funds to provide 75,000 emergency meals to those affected by the ensuing economic crisis. This donation was part of a fund that the company developed specifically to assist those impacted by school closures, job loss and health threats caused by COVID-19.

"ACME goes above and beyond with their support of CFBNJ's mission to nourish our struggling neighbors," said Carlos Rodriguez, President & CEO of the Community FoodBank of New Jersey. "In addition to stepping up in times of heightened need, they contribute year-round to our efforts, consistently providing food and funds that are the lifeblood of our work."

With stores all across New Jersey, ACME provides funds to both our Hillside and Egg Harbor Township locations, ensuring adequate resources for our main headquarters and our South Jersey service area, which has some of the highest food insecurity rates in the state.

This year, the company kicked off its fall giving programs on September 1 with the Nourishing Neighbors' Feed Local Kids campaign, which each year provides grant funds to help CFBNJ give kids healthy breakfasts through our Family Pack



program. In addition, ACME's Nourishing Neighbors Holiday Food Drives are going on now through January 1, 2021. During this campaign, shoppers have the opportunity to give to CFBNJ through the pin pads at ACME stores.

ACME is also one of CFBNJ's top food donors. Last year alone, they provided nearly 800,000 pounds of nutritious food.

"ACME's number one philanthropic focus is to continue to help our communities gain access to nutritious food through our ongoing partnership with food banks like the Community FoodBank of New Jersey," said Jim Perkins, President of ACME Markets. "It is truly an honor to work with the Community FoodBank of New Jersey and their quest to help end food insecurity in New Jersey. We are privileged to serve the community alongside an organization that works tirelessly to make our communities better places to live and work."

For more information on how your company can get involved with CFBNJ, please contact Debby Scheinholtz, Director of Corporate Relations, at 908-440-0138 or dscheinholtz@cfbnj.org.

With Thanks to Our Emergency Relief Supporters

CFBNJ extends its gratitude to the more than 100 dedicated Corporate Impact Partners that support our efforts to end hunger by generously donating food, funds and time.

Visionary Partners (\$100,000 + or 1M+ Pounds of Food)

Acme Markets Foundation
The Allergan Foundation
Amazon
Bank of America
Barclays*
Battelle
Bayer Fund
BNY Mellon
Bottle King
Bristol-Myers Squibb Foundation
Broadridge Financial Solutions, Inc.
Conagra*
Fornosa Plastics Corporation, U.S.A. on behalf of New
Mighty Foundation
Horizon Foundation for
New Jersey
Jefferies
Johnson & Johnson
JPMorgan Chase
Kings Food Markets
MetLife Foundation
Morgan Stanley Smith Barney/
Morgan Stanley Foundation
Novartis US Foundation
Premio Foods, Inc.
Prologis
Prudential/Prudential Foundation
QuickChek
Russo Family Foundation
Sozosei Foundation
Stop & Shop
Subaru*
United Airlines
Wakefern Food Corp.
The Wawa Foundation
Wegmans Food Markets

Leadership Partners (\$50,000 - 99,999 or 500,000+ Pounds of Food)

ADP Foundation
Amerigroup Community Care
Anchorage Capital Group
Benjamin Moore
BJS Charitable Foundation*
Chatham Asset Management, LLC
Consortium Management Group
Coverys Community
Healthcare Foundation
Darden Foundation*
The Depository Trust &
Clearing Corporation
Dunkin' Joy in Childhood
Foundation
Enterprise Holdings Foundation
Ethicon
HSBC*
Neurocrine Biosciences, Inc.
New York Football Giants
Newman's Own Foundation
Nova Nardisk
Peerless Beverage Company
PNC Bank/PNC Foundation
PSEG Foundation
Sanofi
State Street Foundation, Inc.
SUEZ North America*
Target Corporation*
TD Ameritrade
Valley National Bank

Champion Partners (\$25,000 - 49,999)

Atlantic City Electric - An Exelon
Company
BlackRock
Borgata Hotel Casino & Spa
Caesars Cares Foundation
Campbell Soup Company

CME Group Community
Foundation
Garden Homes Management
Corporation
Goldman, Sachs & Co.
Google
Harvest Restaurant Group
Hunterdon Brewing Company,
a Division of the Sheehan Family
Companies
Indus Valley Partners
Matt Blatt Kia
Merck Foundation
Mondelēz International
Nagel Rice, LLP
National Basketball Association
Nelson Labs A Sotera
Health Company
OceanFirst Foundation
Pfizer Inc.
Phillips 66 Bayway Refinery,
Linden, NJ
Pure Encapsulations
Quest Diagnostics
Regeneron Pharmaceuticals, Inc
SK life science
Solgar Vitamin
South Jersey Industries, Inc.
TD Charitable Foundation
Tropicana Atlantic City
UBS*
UnitedHealthCare
Verizon
Walmart
Wells Fargo Foundation
Yellowstone Capital, LLC

Volunteer Partners (\$10,000 - 24,999)

David O. Evans, Inc.
CompuScore Services
Abbott*
AIG



The Feed

Winter 2020

We Are There With Our Network of Agency Partners

CFBNJ partners with more than 1,000 food pantries, soup kitchens, shelters, child and senior feeding programs and more across its 15-county service area. They are the boots on the ground, getting nutritious food out to their communities and into the hands of those who need it most. Here are some of their stories of resilience and commitment to service during the pandemic.

Grace Beyond Our Doors in Northfield, Atlantic County has remained open through hurricanes, snowstorms and, most recently, COVID-19, knowing that emergencies are when the community needs them most.

"People are hurting. They're looking for some relief. We've seen it through bad weather, and we're seeing it now. That's why we make sure that, whenever possible, we open up," said Ruben and Amy Marrero, Pantry Directors.



The pandemic hit our community hard. With your help, we stepped up when our hungry neighbors needed us.

They gathered healthy volunteers together and pivoted their operations to hold monthly contactless drive-through distributions, safely serving 117 new families from April to July.

Grace Beyond Our Doors initiated its commitment to serving South Jersey neighbors in need more than two decades ago in its founder's home before moving to the Community Church of the Nazarene. Normally, the agency provides both groceries and hot meals to its visitors.

"I've seen people do without," said Ruben, who was deployed during his 23 years of service in the U.S. Army. "I'm glad that I'm able to give back to the community based on what I've seen and what I've learned."

Father English Emergency Food Pantry in Paterson, Passaic County has seen an exponential increase in the number of families turning to them for food assistance since COVID-19 struck—from about 5,000 per month before the pandemic to more than 22,000 per month.



In addition to maintaining pantry operations while implementing social distancing and providing hand sanitizer, they have also been delivering food to nearly 800 senior citizens per month twice a month.

"We've been delivering food so that seniors don't have to come out and risk getting sick," said Carlos Roldan, Food Pantry Director. "They're already scared, and we don't want them to also be hungry."



The agency, which is run by Catholic Charities, Diocese of Paterson, is normally a choice pantry, but for the health and safety of the community, they've instead been providing pre-packed bags of fresh produce, meat and nonperishable items to help those in need through this difficult time.

Since the start of COVID-19, Father English has distributed an incredible 1 million pounds of nutritious food!

"This is when the community needs the food pantry the most," Carlos added. "Nobody should be hungry."

A Message From Carlos

Dear FoodBank Friends,

In this year of unprecedented challenges, the numbers are shocking. Feeding America projects a 56% rise in New Jersey's overall food insecurity due to COVID-19, from nearly 900,000 people struggling with hunger to over 1.2 million. And an estimated 4 in 10 individuals being served by food banks are asking for help for the first time in their lives.

Behind these statistics are small business owners who are suffering, families forced to use up their savings and hardworking neighbors who have yet to get their jobs back.

As their lifeline, CFBNJ supplied enough food for over 40 million nutritious meals to those in need from March through the summer. We hosted large-scale contactless distributions across our service area, provided over 100,000 Emergency Meal Kits throughout 12 counties and prepared healthy meals for seniors and children.

But the magnitude of this response would not have been possible without our incredible network of agency partners.

CFBNJ does not stand alone. We are 1,000 partners strong, working side-by-side with a diverse group of dedicated anti-hunger advocates. Throughout the COVID-19 pandemic, they've pivoted their operations at a moment's notice. They've made deliveries to those most vulnerable. They've fundraised, extended their hours and packed countless bags of food to keep up with the growing need.

You heard from a few of them in this issue of *The Feed*. I hope that you're as inspired by their dedication as I am.

In the midst of this difficult time, it is especially important to take a step back and consider what you're thankful for this holiday season. I am grateful for the tireless efforts of CFBNJ's agency partners, who are the driving force behind our mission to eliminate hunger in New Jersey.

Together with our agencies and supporters like you, we are there for our neighbors in need.

Best wishes for a happy and healthy holiday season,

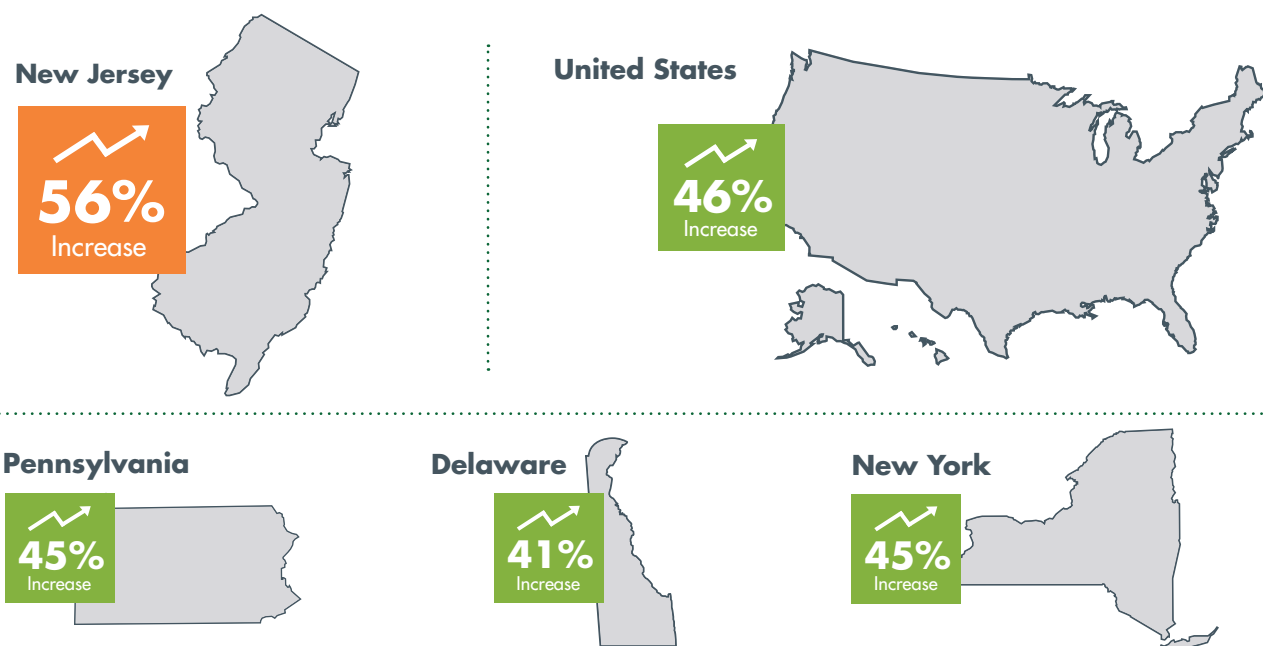
Carlos M. Rodriguez
President & CEO



Follow Carlos on Twitter! @FoodBankCarlos



New Jersey Is Projected to See a Greater Increase in Food Insecurity than the US Average or Neighboring States



Items Of Note

Give to Make an Impact This Season

This holiday season will be different than ever before, but your support remains essential! Every \$1 provides 3 nutritious meals. Help those affected by the pandemic enjoy happy holidays with these high-impact ways to give:

DAF, Stocks & Securities

When you transfer ownership of stocks and securities to CFBNJ or recommend grants from your donor-advised fund, your long-term gift helps to sustain our neighbors in need.



Employer Matching

Leverage automatic payroll deductions and matching gift programs offered by your company to double your contributions.



Give in Tribute

Tribute gifts are a meaningful way to honor family, friends and colleagues while supporting hunger relief efforts. Send a physical card or eCard in memory or celebration of someone you love.



Donate Monthly

Your monthly gift provides CFBNJ with a steady and predictable source of income to help us plan for the year ahead and launch new initiatives.

Ninety-four cents of every dollar donated goes directly to critical programs that help hungry New Jerseyans. Visit cfbnj.org/give-funds for detailed information.



NEW AND IMPROVED! Online Fundraisers and Virtual Food Drives

Bring your family, friends, neighbors and coworkers together for a good cause this holiday season by hosting an online fundraiser or virtual food drive! Our NEW online platform makes doing your part in the fight against hunger simple and fun. Visit cfbnj.org/fundraise to get started in one of two ways:

Set Up an Online Fundraiser

Create a custom online fundraiser and invite members of your network to visit your page and make donations in honor of a special occasion or campaign. You can also make your event a group effort or competition! Start a team, become team captain and recruit members of your family, organization or social group to pitch in. Have fun with it by setting a theme and adding goals and challenges!



Host a Virtual Food Drive

Thinking of hosting a food drive but want to remain socially distant or can't find a good location? Host your food drive online and enjoy the shopping experience virtually! Spread the word about CFBNJ and its mission and invite others to make symbolic purchases of some of our most-needed items.



Have Your Holiday Event Catered for a Cause

Stone Soup Culinary Creations, an ingredient of CFBNJ, is a high-end catering company specializing in seasonally available menu selection with professionally trained staff. Headed by Executive Chef Paul Kapner, Stone Soup offers tailored experiences for everything from elaborate weddings to backyard barbecues. To inquire about options and pricing, email pkapner@cfbnj.org.



In Your Neighborhood



The effects of COVID-19 on the casino industry have sent shockwaves through South Jersey, particularly Atlantic City's economy, which could be the third hardest-hit in the nation, according to the Brookings Institution. As a result, Feeding America projects a 60.8% increase in Atlantic County's overall food insecurity and an even more shocking 74.3% increase in its child food insecurity.

The Casino Reinvestment Development Authority (CRDA) has served as an indispensable partner in CFBNJ's response to the pandemic in Atlantic City. Since May, CRDA has provided \$650,000 in funding for biweekly contactless distributions to provide Emergency Meal Kits and supplemental fresh produce to struggling casino workers and Atlantic City residents. The effort was championed by FoodBank friend Joe Jingoli, a partner at the Hard Rock Hotel & Casino in Atlantic City, who helped bring the community together after seeing the tremendous need amongst his neighbors.

"When you go to these distributions and you see the faces of the families that are grateful and happy because they're getting a quality product—they're getting produce, they're getting big boxes of food—there's a sense of relief," said Rose Farias, Deputy Director of CRDA.

In total, over 5,000 Atlantic City families received nutritious food at these events from May through the summer, thanks also to the partnerships of local unions, casinos and more.

Additional funding was provided by UNITE HERE Local 54, New Jersey AFL-CIO, Hard Rock Hotel & Casino, Resorts Casino Hotel, Borgata Hotel Casino & Spa, Tropicana Atlantic City, Ocean Casino Resort, and Caesars Atlantic City Hotel & Casino. CRDA staff has also assisted at the distributions as volunteers, along with members of UNITE HERE Local 54, Operating Engineers Local 68, and the IATSE Labor Union.

The Atlantic City Police Department has also been instrumental in ensuring that the distributions run smoothly. They are held at Bader Field, which was secured with help from the Atlantic City Mayor's Office.

"It really shows the extent of the impact that we can make when we all collaborate together around a common goal," Farias said.