Spring Mango Salsa

- ½ cup diced mango chunks
- ½ cup diced red bell pepper
- ½ cup diced tomato
- ½ cup cotija cheese
- 1 cup chopped cilantro
- 2 tsp. lime juice
- 2 tsp. olive oil
- 1 tbsp fresh lime juice
- Salt and pepper to taste

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#### Instructions
1. Combine all ingredients and mix thoroughly.
2. Cover and refrigerate until ready to serve.
3. Serve with corn chips or as a topping for fish.
a message
FROM CARLOS
Dear FoodBank Friends,

What’s for dinner? It’s a question my two sons ask every night. If you have kids at home, I’m sure it’s something you’ve used to hearing, too. But unfortunately, for 800,000 people in the Garden State, it’s a question that often goes unanswered because they just don’t know where their next meal is coming from.

For the past two years, to help these hungry households, CFBNJ has relied on our ability to be adaptable. As we’ve modified our operations to address new and existing challenges, we’ve also adjusted our responses to food insecurity to meet our diverse neighbors where, when, and how they need us most. We’ve had to be strategic, always expecting the unexpected.

During the holiday season, you may have seen CFBNJ in the news discussing pandemic-related supply chain issues and their effects on our work. Product shortages, shipping delays, price increases, and reduced availability of donations from supermarkets have created unprecedented challenges. As a result, we’ve had to adjust to address these difficulties. To meet the increased demand, we procured food in advance and have leased additional warehouse space. With new trucks that we’ve purchased on back order, we’re renting additional vehicles to keep up with pickups and deliveries.

And COVID-19 has also made it even more urgent for us to address hunger differently for different people. When we’re adaptable in our responses to hunger—looking at different demographics, circumstances, and geographies—we can better serve our neighbors with dignity and respect. Assistance tailored to their specific nutritional requirements is not just what struggling families need but what they deserve.

As steadfast CFBNJ supporters, I know that you understand how complex it is to address an issue as profound as hunger. Your generous donations of food, funds, and time are what help keep us nimble. We continue to distribute more nutritious food than ever before, and we can’t do it without you.

Best wishes for a wonderful spring,
Carlos M. Rodriguez
President & CEO
For Nina, the drive to fight hunger stems from her 26 years as an import and export manager in the food business. Working overseas, she saw widespread hunger and was saddened by the thought that people in her own community didn’t have enough to eat. When she retired and returned home, she started helping a neighbor who was struggling and was inspired to volunteer at CFBNJ.

“I was looking for a purpose,” she said. “Helping out at the FoodBank, I feel like the more I give, the happier I feel.” Now, she volunteers two to three times a week in our Egg Harbor Township Community Assistance Pantry, stocking shelves and doing anything else that’s needed.

“It’s hard right now, for everyone,” she added. “Food is so expensive, but it makes me feel good to be able to help out.”

HELPING HANDS

For more than fifty years, the Boys & Girls Club of Atlantic City has been a mainstay for South Jersey parents and children. The organization provides afterschool activities, nutritious meals, and workforce development programming.

They’re also a grant recipient through CFBNJ’s Network Investment Initiative. With the funds awarded, they purchased essential food and beverage equipment, including an industrial freezer to replace an aging one. This will help them store prepared food for afterschool dinners and summer lunches.

“It’s our mission to provide resources for the development of young people from all backgrounds to help them realize their full potential as responsible, caring citizens,” they said. “We’re extremely grateful to have received support from CFBNJ.”

Food insecurity in Atlantic City, where much of the economy is comprised of casinos and related tourism and hospitality businesses, is among the highest in our state. The area has also been particularly affected by the economic impact of the pandemic.

And nearly 90% of the kids served by the Boys & Girls Club of Atlantic City are eligible for free or reduced-price school lunches. By providing healthy food and opportunities for the future, the organization helps kids break the cycle of poverty.

Atlantic City residents, many of whom were already struggling before the pandemic, will need substantial support to recover and move forward with confidence into a new future,” they added. “And the Boys & Girls Club of Atlantic City is uniquely positioned to offer this support.”