



Farro and White Bean Salad

- For the salad:**
- 3 ½ cups water
  - ½ cup peeled farro
  - 2 large cut ½ inch carrots
  - 2 large sliced ¼ inch leek
  - 1 tbsp extra virgin olive oil
  - Pinch of crushed red pepper
  - 15 oz rinsed and dried cannellini beans
  - 1 chopped red bell pepper
  - ½ cup halved red cherry tomato
  - ½ head thinly sliced radicchio
  - 3 cups arugula
  - ½ cup crumbled goat cheese

- For the dressing:**
- ½ cup extra virgin olive oil
  - Juice and zest of one lemon
  - 1 ½ tsp honey pure clover
  - 1 clove minced garlic
  - 2 tbsp chopped fresh parsley
  - 2 tsp chopped fresh thyme
  - Salt and pepper to taste

- Instructions for the salad:**
1. In a medium saucepan over high heat, add a large pinch of salt to water and bring to a boil. Add farro and reduce heat to a simmer. Let farro simmer until tender, about 40 minutes. Add more water if it gets too low.
  2. Preheat oven to 400 degrees. Place carrots and leeks on a baking sheet. Toss with oil and season with salt, pepper, and a pinch of red pepper flakes. Bake until carrots are tender and leeks are a dark golden, about 30 minutes. Then let cool.
  3. In a large bowl, toss farro, roasted vegetables, beans, bell pepper, cherry tomatoes, and radicchio.
  4. In a small bowl, combine dressing ingredients and season with salt and pepper. Pour dressing over farro mixture and toss to coat.
  5. Add arugula and goat cheese and toss to combine.

partner spotlight:

HORIZON BLUE  
CROSS BLUE SHIELD  
OF NEW JERSEY

For many years, Horizon Blue Cross Blue Shield of New Jersey (Horizon) has been a dedicated supporter of CFBNJ, volunteering and funding important hunger-relief initiatives. As a Visionary Impact Partner, Horizon has continuously stepped up to fight food insecurity and improve the health of our neighbors in need.

This year, Horizon committed to a new multi-year signature initiative, “Growing Healthy Pantries,” with New Jersey’s five food banks – CFBNJ, Food Bank of South Jersey, Fulfill, Mercer Street Friends, and NORWESCAP.

Through this initiative, food banks will develop a toolkit to provide the local food pantries with the resources and framework they need to develop nutrition policy, increase healthy food options, and provide essential services that address the factors that lead to individuals and families experiencing food insecurity. This initiative is made possible by the generous \$200,000 investment from Horizon through its philanthropic arm, The Horizon Foundation for New Jersey, to help build the capacity of



food pantries throughout the state and address the need for food distribution in New Jersey to focus on choice and nutrition.

“A healthier New Jersey starts with good and healthy food. The tens of thousands of New Jerseyans who rely on the nearly 1,000 food pantries across the state that are served by these five food banks will now have new resources, information, and tools to help them become healthier and more food secure,” said Jonathan R. Pearson, Horizon’s Director of Corporate Social Responsibility and the Executive Director of The Horizon Foundation for New Jersey.

In addition to increasing access to nutritious food, this initiative will focus on growing the number of choice-style pantries to provide our neighbors with the dignity that comes with choice, particularly in underserved communities and amongst vulnerable



populations – children and their families, people with chronic health conditions, and seniors.

“By focusing on health and choice, we can help our neighbors in need live active lives while affording them the dignity of being able to shop the way they would in a grocery store,” said Carlos Rodriguez, President & CEO of the Community FoodBank of New Jersey. “New Jersey’s food banks are grateful for the Horizon Foundation for New Jersey’s partnership and commitment to addressing the social determinants of health.”

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

WITH THANKS TO OUR GENEROUS CORPORATE IMPACT PARTNERS!

<b>Visionary Partners</b> (\$100,000+ or 1 million+ pounds of food)	Atlantic City Electric, an Exelon Company	CA Ferolie	CBA Industries	Quest Diagnostics Incorporated
ACME & Kings Nourishing Neighbors	Barclays	CRA Financial Services	Disney	R. Sealaus & Co., Inc.
AIG	BJ's	Crate & Barrel	Givaudan Flavours	The Ralph Lauren Corporate Foundation
Albertsons Companies Foundation	Bristol Myers Squibb	Cracs	Golden Nugget Atlantic City	Russo Property Management & Russo Development
Amazon	Capital One Bank	The Depository Trust and Clearing Corporation (DTCC)	Goya Foods	Santander Bank, NA
Bank of America	Chatham Asset Management	Dunkin' Joy in Childhood Foundation	Green Street	SJP Properties
Bayer Fund	Hello Fresh	Edrington Americas	Hard Rock Hotel & Casino Atlantic City	Sozosei Foundation
Chick-fil-A	HCL Technologies	Enterprise Holdings Foundation	Indus Valley Partners	Star Group
Costco	Jersey Mike's	Fox & Roach/Trident Charities	Innophos, Inc.	Sushi Maru Express
CVS Health	Johnson & Johnson	Google	Inserra Supermarkets	Tata Consultancy Services
Goldman Sachs Gives	Lassonde Pappas & Co., Inc.	Harvest Restaurants	Irwin Heinze, PA	Teva Pharmaceuticals
Horizon Foundation for New Jersey	Borgata Hotel Casino & Spa/ MGM Resorts Foundation	Link Logistics Real Estate	LIV Golf	Touch Dynamic
HSBC	Morgan Stanley/Morgan Stanley Foundation	Merck Foundation	The Mall at Short Hills	United Therapy Solutions
JPMorgan Chase	New Jersey Devils, Prudential Center, and Devils Youth Foundation	Panasonic Corporation of North America	Matt Blatt Kia	Verizon
Premio Foods, Inc.	Northern Trust	Paul Miller Subaru	Matt Blatt Nissan	WellCare of New Jersey
Prudential/Prudential Foundation	Novo Nordisk	South Jersey Industries	Mazars USA LLP	Wonder
PSEG Foundation	Peerless Beverage Company	State Street Foundation, Inc.	McDonald's Owner/Operators Association	
QuickChek	PNC Bank/PNC Foundation	Sysco	McKinsey & Company	
Spencer Spirit Holdings, Inc.	Sanofi	TD Charitable Foundation	Molson Coors Beverage Company	
Starbucks	South Jersey Industries	Terumo Medical Corporation	Mondelēz International	
Stop & Shop	TJX Companies	United Airlines	New York Life Insurance Company	
Synchrony Bank	Trader Joe's	Valley Bank	New York Red Bulls	
Target Corporation	Wegmans Food Markets		NJM Insurance Group	
Wakefern Food Corp.	US Foods		Novartis US Foundation	
Walmart			Ocean Casino Resort	
The Wawa Foundation			The Paper Store	
			Pfizer, Inc.	

<b>Leadership Partners</b> (\$50,000 - 99,999 or 500,000 - 999,999 pounds of food)	<b>Champion Partners</b> (\$25,000 - 49,999)	<b>Volunteer Partners</b> (\$10,000 - 24,999)
A. Zarega's Sons, Inc.	AEO, Inc.	Alliant Insurance
ADP	BD	Ameriprise Financial
Amerigroup Community Care	Benjamin Moore	Anchorage Capital Group
	Broadridge Financial Solutions, Inc.	Blue Foundry Bank
		BNY Mellon
		Camber Real Estate Partners
		Cargill

the feed

STORIES OF FOOD, HELP & HOPE IN THE FIGHT AGAINST HUNGER

The Unity Health Partnership: Providing Pathways to Health Access and Equity

In the coming months, members of the new Unity Health Partnership – a multisector collaborative effort to address the social determinants of health in Bergen County – will open the Unity Health Center in Garfield. The partnership includes the Community FoodBank of New Jersey (CFBNJ), Greater Bergen Community Action, Bergen Volunteer Medical Initiative, The Garfield Health Department, Mid Bergen Regional Health Commission, CBH Care, Generations for Garfield, and North Hudson Community Action.

The Unity Health Center will be a health and wellness center that provides accessible, quality, and comprehensive care to low-income, underserved, and underinsured residents of Garfield and the surrounding towns. It will contain a client choice food pantry, a demonstration kitchen, an in-house pharmacy, medical labs, examination rooms, and so much more.

The pandemic revealed that, even in a healthcare-rich and prosperous suburban place like Bergen County, there are structural barriers to quality care for so many people. And hidden among the county’s more than 900,000 residents are about 70,000 individuals struggling with hunger. In Garfield, specifically, there is an especially high concentration of need. About one in five Garfield residents is food insecure.

That’s why Bergen County is a focus area for CFBNJ and why we’re excited to be part of the Unity Health Partnership.

One of our goals as the state’s largest food bank is to address hunger as a health issue. Our partnerships with all sectors of society, including the Unity Health Partnership, are a major part of that goal. Food insecurity and health are linked, and we work every day to address the interconnection between them.

In the Unity Health Center, CFBNJ will operate a supermarket-style client choice food pantry that will emphasize healthy options and allow neighbors to choose the food that they want for their families. CFBNJ will also provide nutrition education and SNAP application assistance for a holistic approach to food insecurity.

At the Unity Health Center, there will be no wrong door. Just by stepping onto the campus, every individual will be able to access exactly what they need to improve their quality of life. Together with our partners, our vision is of a fully nourished Garfield.

For more information or to support the creation of the food pantry, contact Renee Helfenstein at rhelfenstein@cfbnj.org.



WHAT'S INSIDE

A MESSAGE FROM CARLOS P2 | IN YOUR NEIGHBORHOOD P3  
HEALTHY SPRING RECIPE P4 | PARTNER SPOTLIGHT P4

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





# a message

FROM CARLOS



Follow Carlos on Twitter!  
@FoodBankCarlos



Dear FoodBank Friends,

Although working to address hunger as a health issue isn't new for CFBNJ, the COVID-19 pandemic has brought the connection between hunger and health into even sharper focus. Diet-related chronic conditions, like diabetes and hypertension, are widespread in underserved and under-resourced communities. March is National Nutrition Month, and I want to take a moment to highlight our expanding efforts to provide nutritious options for neighbors in need.

The new Unity Health Partnership is a tremendous step on the path to ensuring that all New Jerseyans' needs are fully met. Together, a consortium of service providers will make food, nutrition education, healthcare, mental health services, and more available to a community where there is great need but not enough support to meet that need. For CFBNJ, this is part of a larger effort to promote equity by filling meal gaps in areas throughout the state with high food insecurity but not enough access to food assistance. Every day, we are using data to identify these neighborhoods and reach them with increased food distribution and tailored solutions.

As you will read more about in this issue of *The Feed*, we, along with the other four New Jersey food banks, have also launched a new statewide initiative in partnership with The Horizon Foundation for New Jersey. "Growing Healthy Pantries" aims to put the healthiest options front and center at pantries while enabling clients to choose which foods they take home to their families. By empowering our neighbors to shop the way they would in a grocery store, we prioritize their health and dignity.

Struggling New Jerseyans need more than just access to food. They need access to nutritious food. They need nutrition education and wrap-around services that help them eat healthy and prioritize wellness. That's why about 73% of the food that CFBNJ distributes is highly nutritious "foods to encourage" – including fresh fruits and vegetables, lean proteins, whole grains, and dairy. Annually, we provide nutrition education to almost 23,000 individuals and facilitate nearly \$4 million in SNAP benefits.

Through our partnerships and with your support, I know that we can do even more to address the social determinants of health, reduce the prevalence of diet-related diseases, and promote wellness for all New Jersey residents.

Best wishes for a wonderful spring,

Carlos M. Rodriguez  
President & CEO

## items of note

### CAN'T MISS: BLUE JEAN BALL 2023

This year, join CFBNJ and hunger-relief advocates at our signature annual event, the Blue Jean Ball! The evening will be held on Thursday, May 18, 2023 at the Hudson House against the Hudson River and New York City skyline. Come support the fight against hunger with drinks, good food, and live entertainment.

To purchase tickets, visit [cfbnj.org/bluejeanball2023](https://cfbnj.org/bluejeanball2023).



### NEW VOLUNTEER T-SHIRTS!

Show your CFBNJ spirit by purchasing one of our new volunteer t-shirts for \$15 each! Proceeds will go directly to hunger-fighting programs. To purchase a shirt, visit the volunteer center at either our Hillside or Egg Harbor Township location.



### BECOME A MONTHLY DONOR

When you give monthly, you ensure that CFBNJ has a steady source of income, allowing for us to plan for the year ahead and launch new initiatives. With an easy one-time sign-up, you can join our Sustainer's Circle today. To learn more, go to [cfbnj.org/give-monthly](https://cfbnj.org/give-monthly).

## FOOD HELP HOPE

### FOOD HELP HOPE LEGACY SOCIETY

Our Food • Help • Hope Legacy Society members help to guarantee the long-term success of CFBNJ's mission. Whether you give through your IRA or name us as a beneficiary in your will, you can make a lasting contribution to the

fight against hunger. To learn more about how you can get started on planning your legacy, visit [cfbnj.planmylegacy.org](https://cfbnj.planmylegacy.org).

## in your neighborhood



Though Cranford is often thought of as a wealthy town, Faith Baptist Church provides food for 100 to 120 food insecure neighbors there each month. Founded in November 2021 when pantry managers Jim, Al, and Pat saw the need created by the pandemic, the pantry has grown primarily through word of mouth.

"We'd like to continue growing it because we know that there's even more need out there," they told us.

Faith Baptist serves people of all backgrounds, religions, and situations. By allowing clients to choose what they take, the pantry works to uphold dignity by giving neighbors the ability to shop the way they would in a grocery store. In an alcove of the church meeting room, the pantry walls are lined with canned vegetables, rice, nuts, cereal, and so much more.

"We're a small church, but one thing we can do is feed people," Jim, Al, and Pat said. "And that's a tremendous help for so many."

### HELPING HANDS

Carolyn's interest in fighting food insecurity began at a young age, as she watched her mother provide meals in her community.

"Even when it was just me and my younger brother in the house, my mom would still cook these large meals," Carolyn shared, "and it wasn't until I heard all these knocks on the door and saw my mom wrap up the meals that I realized she was feeding our community." Her journey with CFBNJ began six years ago when she came as a corporate volunteer. That day, she tells us, a CFBNJ employee shared his story, which left her emotional and realizing that the issue of food insecurity was much broader and deeper than most people would think. "Since then, I promote CFBNJ to everyone and try my best to get colleagues to come volunteer," Carolyn said.





# in your neighborhood



Beron Jewish Older Adult Services (Beron-JOAS), part of the Rosin Senior Center in Atlantic City, has been serving seniors since 1977. Beron-JOAS is a CFBNJ community partner and a Network Investment grant recipient. To add to its existing food assistance services, which include a soup kitchen and a meal delivery program, the organization has created a healthy pantry using grant funds from the FoodBank.

The pantry provides nutritious options, including dairy items and fresh fruits and vegetables, as well as nutrition education through cooking demonstrations, wellness classes, and one-on-one consultations.

"The new healthy pantry has been a very exciting service to offer during a challenging time in our community and in the world," they told us.

With Network Investment grant funds, Beron-JOAS purchased a high-capacity freezer, a commercial refrigerator, a computer, and plenty of healthy food to make the pantry a reality. Atlantic City is a food desert, a place with limited access to nutritious and affordable food, and seniors are especially vulnerable to hunger and its health implications.

"This grant has allowed us to renovate an entire pantry from an empty room to one that will hold fresh fruits, farm-grown vegetables, and pantry staples for older adults in Atlantic City," they said.

## HELPING HANDS

After retiring from the healthcare industry, Jean and Wayne joined us at CFBNJ as dedicated volunteers. For several years, Jean has been with us at the help desk and Wayne has served as a pantry assistant.



"We both believe in giving back to the community," they said. "Especially during the pandemic, we saw what CFBNJ was doing for everyone." Together as a husband-wife duo, Jean and Wayne work directly with our neighbors. Jean welcomes and assists clients, and Wayne assembles food boxes. They both enjoy meeting clients, and they feel good knowing that their work helps others. "We understand that there's need in the community, and that's why we volunteer," they shared. "There's always something that can be done to help."