

## cooking for a cause



### Stuffed Acorn Squash

#### For the squash:

3 medium acorn squash  
2 tbsp olive oil  
Salt and pepper to taste

#### For the filling:

2 tbsp vegetable oil  
8 pieces chopped and drained fresh sage  
1 lb pork link sausage  
8 oz sliced portobello caps mushrooms  
½ chopped medium red onion  
2 cloves garlic  
1 tbsp chopped fresh thyme  
½ tsp salt  
½ tsp ground black pepper  
1 ½ cups cooked jasmine rice  
¼ cup heavy cream  
1 cup shredded fontina cheese or Monterey Jack

#### Instructions for squash:

1. Preheat oven to 400° F
2. Carefully cut squash in half through the stem. Scoop out seeds and fibrous center. Place on a baking sheet cut side up. Brush with olive oil and sprinkle generously with salt and pepper.
3. Roast for 30 minutes. Flip each half over, placing them cut side down, and continue to roast for 15 minutes or until very tender.
4. Remove from the oven and reduce oven temperature to 350° F

#### Instructions for filling:

1. While the squash is roasting, heat oil in a large skillet over medium-high heat until very hot.
2. Add the sage and cook for 30 seconds or until dark green. Add the sausage to the skillet. Cook until fully browned, breaking up the sausage as it cooks, about 10 minutes. Transfer the sausage-sage mixture into a bowl.
3. Add the remaining oil to the skillet. Add the mushrooms, garlic, onion, thyme, salt, and pepper. Cook, stirring frequently, until the mushrooms release their liquid and the onions are softened, about 7 minutes.
4. Stir in cooked rice and heavy cream.
5. Stir in half of the fontina cheese until well combined. Stir the sausage back into the mixture. Let simmer for a few minutes and then remove from heat.
6. Flip the squash cut side up and divide filling among each squash half. Sprinkle with the remaining half of fontina cheese.
7. Bake for 12-15 minutes or until cheese is melted and everything is warm throughout.
8. Garnish with more fresh thyme leaves and black pepper before serving.

Want more delicious and healthy recipes straight from our kitchen?

Follow us on social!

## partner spotlight: **BROADRIDGE**

Since 2014, Broadridge has been an unwavering champion of CFBNJ, and with each passing year, the company's level of engagement with us only continues to deepen. During our nearly decade-long partnership, Broadridge has made numerous significant contributions, donating funds, volunteering, matching employee gifts, supporting special events, and more.

As CFBNJ provides food, help, and hope to our neighbors, we know we can count on Broadridge to be by our side. When the need was high and volatile during the pandemic, Broadridge generously gifted over \$200,000 to CFBNJ. When employees wanted to get involved, Broadridge matched employee donations, set up Amazon wish lists, hosted drives, and organized volunteer visits. The company's Women's Leadership Forum also participated in our #GreatBigDiaperDrive last year, collecting 600 pounds of diapers, wipes, and creams.

"No one should go hungry, plain and simple, and at Broadridge, we understand this and are committed to fighting food insecurity," said Chris Perry, President of Broadridge and Vice Chair of CFBNJ's Board of Directors. "As a CFBNJ Board Member, I've seen first-hand the impact CFBNJ has on the community, and I know our Broadridge employees are inspired and want to join in."

Recently, close to 200 Broadridge employees devoted more than 500 hours of their time to volunteer in our warehouse, thanks to Raquel Listner, Broadridge's Senior Director of Client Services, and Kathleen Bergmann, Vice President of Executive Compensation, who led the coordination of volunteer visits for Broadridge's Newark office.

"We want to find constructive ways to give back to the community, so it is an honor for us to be able to actively participate in such a worthwhile cause," they said. "Not only did we help the FoodBank and the community that it serves, but through responsible stewardship, we were able to increase awareness of CFBNJ and the far-reaching benefits of its mandate. News spreads quickly throughout Broadridge, and we received countless emails



from peers and colleagues, seeking guidance on prospective opportunities to contribute and join the next volunteer visit."

Looking forward, Broadridge anticipates continuing to serve as a CFBNJ benefactor with several volunteer visits and campaigns already in the works into the coming year. CFBNJ is incredibly grateful to corporate partners like Broadridge for making the work we do possible.

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!

### Visionary Partners (\$100,000+ or 1 million+ pounds of food)

ACME + Kings Nourishing  
Neighbors  
Albertsons Companies Foundation  
Amazon  
Bank of America  
Bayer Fund  
Blue Apron  
Costco  
Goldman Sachs Gives  
Horizon Foundation for New Jersey  
Jersey Mike's  
JPMorgan Chase  
Peerless Beverage Company  
Premio Foods, Inc.  
Prudential/Prudential Foundation  
PSEG Foundation  
RWJBarnabas Health  
Spencer Spirit Holdings, Inc.  
Starbucks  
Stop & Shop  
Synchrony Bank  
Target Corporation  
Trader Joe's  
Wakefern Food Corp.  
Walmart  
The Wawa Foundation

### Leadership Partners (\$50,000 - 99,999 or 500,000 - 999,999 pounds of food)

ADP  
Amerigroup Community Care  
BJ's

Bristol Myers Squibb  
Capital One Bank  
Chatham Asset Management  
Chick-fil-A  
HCL Technologies  
HelloFresh  
Johnson & Johnson  
Borgata Hotel Casino & Spa/MGM  
Resorts Foundation  
Morgan Stanley/Morgan Stanley Foundation  
New Jersey Devils, Prudential Center, and Devils Youth Foundation  
Novo Nordisk  
Sanofi  
Tropicana  
Wegmans Food Markets  
United Airlines  
US Foods  
Village Super Market

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

Atlantic City Electric, an Exelon Company  
Benjamin Moore  
BNY Mellon  
BoxLunch  
Broadridge Financial Solutions  
CA Ferlie  
CRA Financial Services  
CVS Health  
Dunkin' Joy in Childhood Foundation  
Edrington Americas

Enterprise Holdings Foundation  
Fox & Roach/Trident Charities  
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Kimley-Horn  
Link Logistics Real Estate  
Merck  
Ocean Casino Resort  
Paul Miller Subaru  
PNC Bank/PNC Foundation  
QuickChek  
South Jersey Industries  
State Street Foundation, Inc.  
Sysco  
TD Charitable Foundation  
Terumo Medical Corporation  
TJX Companies  
The Depository Trust and Clearing Corporation (DTCC)  
Valley Bank  
Wander

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

3M  
Alliant Insurance Services, Inc.  
Ameriprise Financial  
BD  
BlackRock  
Blue Cross Blue Shield  
Blue Foundry Bank  
Cargill  
CBA Industries  
Chubb Charitable Foundation  
City National Bank  
Deloitte



\*CFBNJ Impact Partners is an annual program. This funding reflects giving from April/May 2022 to April/May 2023 and includes contributions received via Feeding America

# the feed

FALL 2023

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

## Workforce Development: Addressing Root Causes of Hunger

The Community FoodBank of New Jersey's (CFBNJ) Workforce Development program seeks to address the root cause of hunger – poverty – by providing no-cost, on-the-job training to help neighbors in need achieve sustainable careers with living wages. The supportive solution consists of two courses – the Food Service Training Academy (FSTA), which prepares students for jobs in the food service industry, and the Warehouse Logistics Training Academy (WLTA), which readies them to enter the warehouse logistics field.



Since 2000, the Food Service Training Academy has graduated more than 2,600 students, training them in cooking, baking, and bulk production in a state-of-the-art commercial kitchen. The 14-week program has a life skills component, too, that teaches students about communication, emotional intelligence, resume writing, and more. Graduates also

receive their ServSafe® certifications, a food safety certificate that can help them obtain managerial positions.

Lucy, a recent FSTA alumnus, puts her ServSafe® certification to good use every day as a professional cook in a United Airlines Club Lounge, where she works in a commercial kitchen that's even bigger than CFBNJ's.

"It's a very challenging job because you're catering for thousands of people who come in and out of the airport every day," she said. "It's a lot of work, but the Food Service Training Academy prepared me mentally."

Lucy is originally from Guyana, where she was a caterer for parties. Though she went to culinary school there, she

worried that wouldn't be enough to get her a job here in the U.S. That's where FSTA came in.

"If you love cooking, this is where you need to be," she said of the program. "I enjoyed the baking, the cooking, and interacting with other students. I also enjoyed the instructors who made the program fun while we learned."



The newly introduced Warehouse Logistics Training Academy launched last year in partnership with the New Jersey Department of Labor to teach students about inventory management, compliance, purchasing, fulfillment, and transportation safety. The eight-week program also provides graduates with Six Sigma Yellow Belt certifications.

Fednel graduated from WLTA earlier this year as his class's valedictorian. At the end of the program, he was tapped for a full-time job in CFBNJ's 285,000-square-foot warehouse, where he receives shipments, picks pantries' orders, loads up trucks, and more.



"I got more experience and knowledge of the warehouse in the program," he said. "I learned leadership, innovation, and problem solving that I use now as an employee."

A lifelong resident of Irvington – right around the corner from CFBNJ's Hillside warehouse – Fednel has seen food insecurity firsthand. Now, he enjoys his job because he can make a difference in the area where he grew up.

CFBNJ's Workforce Development courses have a 95% job placement rate after graduation. The program is a critical component of our work to provide long-term solutions to food insecurity.

For more information or to support Workforce Development at CFBNJ, please contact James LeBrun at jlebrun@cfbnj.org.

### WHAT'S INSIDE

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# a message

FROM JUDY



Dear FoodBank Friends,

You probably know the old adage: “If you give a man a fish, you feed him for a day. If you teach a man to fish, you feed him for a lifetime.” Here at the Community FoodBank of New Jersey (CFBNJ), that’s more than just a saying. While our day-to-day work distributing food is critical to meeting neighbors’ immediate needs, our true mission is to eliminate food insecurity entirely by teaching our neighbors to fish, so to speak – connecting them with resources to help them feed themselves and their families.

As you’ve read so far in this issue of *The Feed*, CFBNJ’s Workforce Development program is one way that we provide long-term solutions to hunger. For 23 years, our Food Service Training Academy has launched the careers of cooks, bakers, entrepreneurs, and more. Last year, we were proud to start the Warehouse Logistics Training Academy — an intensive course on an in-demand field — and we have plans to further expand the Workforce Development program in the future.

Neighbors like Lucy and Fednel teach us that we should always keep learning new things. If you’re as inspired by their stories as I am, I hope you’ll join us for the live stream of our upcoming Workforce Development graduation ceremony — Wednesday, September 20 at 6 pm on CFBNJ’s Facebook page.

Our work to shorten food pantry lines also includes nutrition education, SNAP outreach, hygiene supply distribution, and policy and advocacy efforts. By striving for long-term change and working to keep our neighbors healthy and active, we can create food security in New Jersey.

This is the top priority in our strategic plan, and I’m excited to welcome Elizabeth McCarthy as the new steward of CFBNJ’s future. In July, Elizabeth joined us as the organization’s new President & CEO. Previously, she served since 2011 as CEO of Sheltering Arms, which addressed the effects of social inequity for children and families in the most challenged New York City communities. She is also an Adjunct Professor at NYU Wagner School and has held high-level positions with MercyFirst, Safe Horizon, the New York City Department of Homeless Services, and the New York City Mayor’s Office.

I hope you’ll all join me in welcoming Elizabeth to the CFBNJ family. Under her leadership, I’m confident that CFBNJ will meet its strategic goals towards a food secure Garden State.

Best wishes for a wonderful fall,

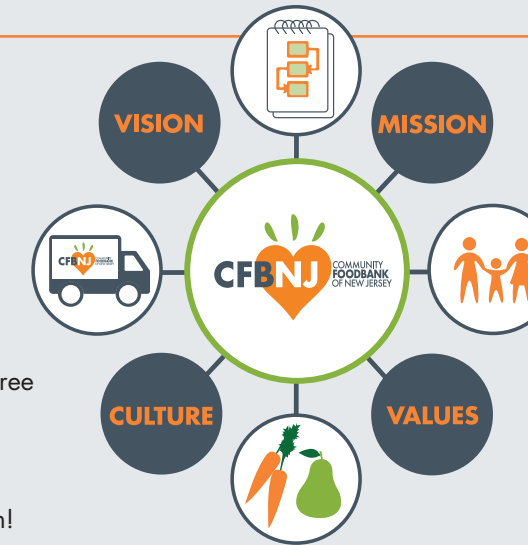
*Judy*

Judy Spires  
Chairperson, CFBNJ Board of Directors

## items of note

### INTRODUCING CFBNJ’S NEW STRATEGIC PLAN

CFBNJ is proud to unveil its strategic plan, which prioritizes an increase in our effectiveness and impact towards a vision of reducing food insecurity by 50% in our service area by 2030. Our ultimate goal is to achieve a hunger-free New Jersey, and to this end, our strategic plan features our refreshed mission, vision, and values. We plan to increase organizational capacity, improve distribution, prioritize healthy food, and serve as an investor in the New Jersey food security ecosystem. We look forward to sharing more details with you soon!



### BLUE JEAN BALL 2023 RAISES OVER \$1.4 MILLION FOR NEW JERSEYANS IN NEED

This year’s Blue Jean Ball was another success! Close to 500 attendees gathered at Hudson House in Jersey City, selling out the event and raising over \$1.4 million for New Jersey neighbors in need. With entertainment provided by Broadway star Lexi Lawson, best known for her lead role in *HAMILTON*, our annual gala featured a cocktail reception, sit-down gourmet dinner, and award ceremony. The 2023 FOOD, HELP, and HOPE awards were presented to New Jersey Department of Agriculture Secretary Douglas H. Fisher, Roby and Josh Weinreich, Eastern Fresh Growers, Meadowlands YMCA, Mid-Atlantic Regional Cooperative, and Saint John United Methodist Church.



Thank you to the event chairs, attendees, honorees, sponsors, and all who made Blue Jean Ball 2023 possible!

### NEW!

### DONATE FOOD WHEN YOU VOLUNTEER

When you come in for your volunteer shift, CFBNJ also greatly appreciates any food donations you can bring! With the impact of inflation on food costs and the expiration of pandemic-related federal safety nets, we are having to purchase more food than ever before to meet the elevated need. CFBNJ especially needs items like canned proteins, canned fruits and vegetables, peanut butter, and shelf-stable milk. Sign up for a volunteer shift at [cfbnj.org/volunteer](https://cfbnj.org/volunteer).



### CAN’T MISS: WOMEN FIGHTING HUNGER LUNCHEON

Now a fall event, please join CFBNJ and women advocates in the fight against hunger at our 9th Annual Women Fighting Hunger Luncheon on October 25 at the Park Avenue Club in Florham Park! South Jersey advocates can also join together with North Jersey attendees for a simultaneous event, which will include food and a live broadcast of the North Jersey event speakers. To purchase tickets, visit [cfbnj.org/luncheon](https://cfbnj.org/luncheon).

## in your neighborhood



Marcellis took a big leap out of his comfort zone when he enrolled in CFBNJ’s Food Service Training Academy (FSTA). “Believe it or not, I’m not the best cook,” he admitted. “But I thought it would be an excellent opportunity to advance my skills.”

Marcellis is a community farmer in Newark. His company, Apiary in the Sky, converts vacant lots and inactive corridors into green spaces, apiaries, gardens, and farms.

“In cities, you often see a lot of neglect and urban decay,” he said. “Many times, our external environment becomes a reflection of who we are. I want to give people something positive that they can take pride in.”

Born and raised in Newark, Marcellis is working to make his hometown into a paradise. This dream took shape at the start of the pandemic, when uncertainties inspired him to become more self-sufficient by growing his own food and investing in his surroundings.

Now, through FSTA, he wants to gain new skills to better utilize the food grown at his farms. He hopes to limit food waste by cooking fruits and vegetables to turn them into products for people who may be unsure of how to use fresh ingredients.

“They said it would be intensive, but I didn’t quite understand how intense it would be until I got there,” he said of the program. “Everyone at the FoodBank is kind and encouraging, though, and it’s a good environment.”

### HELPING HANDS

Cassandra first found out about CFBNJ from her older brother, who would often take her to volunteer with him. She soon became a regular volunteer and later joined our Teen Leadership Council upon entering high school. Now finishing up 11th grade, Cassandra has not only been a dedicated volunteer, but a valuable youth advocate at CFBNJ, having even brought our annual Students Change Hunger competition to her school. “Knowing how many children and college students are food insecure is what inspires me to give back because I personally know how much of what I eat affects my performance in school and sports,” she shared with us. Her favorite parts of volunteering are packing Family Packs and Senior Boxes and teaching younger kids about hunger in our community.

