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Hillside, NJ 07205  
908.355.3663



**YOUR WINTER ISSUE OF** the feed **IS ENCLOSED!**

Mr. and Mrs. John D. Sample  
Donor  
Amergent  
9 Centennial Drive  
Peabody, MA 01960

**Because of You...** read inspiring stories of hope you made possible!

## Your support makes a lasting difference.

I will help the Community FoodBank of New Jersey fight hunger in our communities!

☐ Please continue the fight against hunger with my gift of \$ \_\_\_\_\_

Mr. and Mrs. John D. Sample  
Donor  
Moore—Amergent Division  
9 Centennial Drive  
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**DONATE ONLINE at [cfbnj.org](http://cfbnj.org)**

Your gift is put to work immediately.

**Make it Monthly!** Put your support to work every month by joining the Sustainers Circle. (See back for details)

Please make your check payable to **Community FoodBank of NJ.**

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

Dear Mr. and Mrs. Sample,

Preparations are already under way for the winter months that are right around the corner, and one of the reasons we're as ready as we are is your continued support of the Community FoodBank of New Jersey (CFBNJ). From all of us, I thank you.

Hunger is a solvable problem. We genuinely believe that, and hope you do as well. We're already making significant plans and strategies to raise more New Jerseyans out of food insecurity by 2030.

In the meantime, CFBNJ continues to ensure our struggling neighbors have access to nutritious food whenever they need it. In these pages of *The Feed*, you'll see how your generosity is supporting those efforts.

I hope we can continue to count on you as a friend, ally and supporter of the FoodBank. Together, we can and will deliver food, help and hope to all those who face food insecurity.

Sincerely,

Elizabeth McCarthy  
President & CEO

## Yes! I want to join the Sustainers Circle!

The Sustainers Circle is a powerful and effective way for you to support the Community FoodBank of New Jersey on an ongoing basis. This steady source of income allows us to plan ahead, respond to emergencies, and help as many people in need as possible.

☐ Yes, please bill in the amount of \$\_\_\_\_\_ per month. I provided my credit card information for my monthly payments below.

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☐ \$\_\_\_\_\_ One-time gift only

Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Cardholder Name: \_\_\_\_\_ CSC Code: \_\_\_\_\_

Signature: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

For more information about the Sustainers Circle, please call 908-355-3663.

If you would like to change the frequency or types of communications you receive from the Community FoodBank of New Jersey, call us at 908-355-3663 and we will be pleased to respect your wishes.

Information filed with the Attorney General concerning this charitable solicitation and the percentage of contributions received by the charity during the last reporting period that were dedicated to the charitable purpose may be obtained from the Attorney General of the State of New Jersey by calling 973-504-6215 and is available on the Internet at [njconsumeraffairs.gov](http://njconsumeraffairs.gov). Registration with the Attorney General's Office does not imply endorsement. Your gift is tax deductible to the extent allowed by law.



# We are fighting hunger in New Jersey every day.

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*your gift now!*



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out  
hunger!

COMMUNITY FOODBANK OF NJ  
PO BOX 1184  
PLEASANTVILLE NJ 08232-6184

NL1123





## cooking for a cause



### Sweet Corn and Roasted Poblano Chowder

#### Ingredients

- 6 ea roasted, peeled and seeded poblano pepper chopped
- 8 slices cut ½ inch bacon
- 1 tbsp canola oil
- 2 tbsps butter
- 1 ea chopped sweet onion
- 6 cloves chopped whole peeled garlic
- 8 tbsps all purpose flour
- 6 cups chicken stock
- 1 ½ lbs diced ½ inch cubes yukon chef, 1/50 LB, Driscoll potato
- 12 ounces frozen/fresh corn cut
- 1 cup heavy, 36%, uht cream
- 2 cups shredded gouda cheese
- to taste salt and pepper
- ¼ cup chopped cilantro local

#### Instructions:

1. Roast the Poblanos: Place peppers on a rimmed aluminum foil-lined baking sheet. Set a rack in your oven near the top—approximately 8 inches away from the element. Preheat the broiler to high. Place the sheet pan in the oven and broil until the top is blackened, approximately 8-10 minutes. Turn the peppers over and blacken the other side—approximately 5-6 minutes.
  2. Immediately cover with aluminum foil or another rimmed baking sheet. Let sit for 10-15 minutes. Peel and remove the stem ends and as many seeds as possible.
  3. Chop and set aside until needed.
  4. Cook the bacon in a Dutch oven over medium heat until crispy. Transfer to a paper towel-lined plate and reserve the bacon drippings.
  5. Add oil and butter to the bacon drippings in the Dutch oven keeping the heat at medium. Add the onion, reduce heat to medium-low and cook for 7-8 minutes or until softened. Stir in the garlic and cook briefly or until fragrant, approximately 15 seconds.
  6. Add the flour and cook for 2 minutes. Add the chicken broth and potatoes and bring to a boil. Reduce heat to medium and cook until the potatoes are tender, approximately 15-18 minutes.
  7. Add the roasted and peeled peppers, corn and heavy cream and bring back to a simmer.
  8. Add Gouda cheese in small handfuls and stir each addition until the cheese has melted.
  9. Add half the bacon, reserving the remainder for garnishing the chowder.
  10. Season to taste with salt and black pepper.
- Serve in bowls, garnished with crumbled bacon, chopped cilantro

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

## partner spotlight: PSE&G

New Jersey residents everywhere are likely familiar with PSEG for providing gas and electric services to homes across the state. But PSEG has also been a generous CFBNJ corporate partner for over a decade, giving significant funds and over 2,000 hours of service to support the fight against hunger in New Jersey.

Over the last 10 years, nearly 850 PSEG employees have volunteered on more than 30 different occasions, sorting food donations, putting together meals for neighbors in need, and participating in a variety of CFBNJ's hunger-relief initiatives. PSEG creates positive



change by not only encouraging employees at all levels of their organization to volunteer, but also by matching employee donations. CFBNJ also has two Board members who are affiliated with PSEG, Dan Cregg, Executive Vice President and CFO, and Ralph Izzo, who recently retired as the company's Chairman, President and CEO. Both leaders offer their



time and talents in service of New Jersey neighbors in need.

"PSEG has shown continual support for CFBNJ during some of the organization's most challenging times," said Karen Leies, Chief of External Affairs at CFBNJ. "They truly exemplify what it means to encourage a culture of caring in the workplace."

PSEG has also supported CFBNJ's sustainability efforts by installing solar panels at CFBNJ's Hillside headquarters in 2012. This project was part of PSEG's Direct Install Program for Government and Non-Profit facilities to upgrade both lighting and heating-cooling systems. CFBNJ now saves 15% monthly on its energy bill, funds that can instead go towards our mission delivery.

Furthermore, the PSEG Foundation was one of the first supporters of CFBNJ's pandemic relief efforts and has also been a strong

## 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  
CVS Health  
The Darden Foundation  
Goldman Sachs Gives  
Horizon Foundation for New Jersey  
Jersey Mike's  
JPMorgan Chase  
Morgan Stanley/Morgan Stanley Foundation  
Peerless Beverage Company  
Penske  
Premio Foods, Inc.  
Prudential/Prudential Foundation  
PSEG Foundation  
RWJBarnabas Health  
Spencer Spirit Holdings, Inc.  
Starbucks  
Stop & Shop  
Target Corporation  
TD Charitable Foundation  
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  
Bjs  
Borgata Hotel Casino & Spa/MGM Resorts Foundation  
Bristol Myers Squibb  
Capital One Bank  
Chatham Asset Management  
Dave.com  
HelloFresh  
Johnson & Johnson  
New Jersey Devils, Prudential Center, and Devils Youth Foundation  
Nova Nordisk  
PNC Bank/PNC Foundation  
QuickChek  
Sanofi  
South Jersey Industries  
Tropicana  
Wegmans Food Markets  
United Airlines  
US Foods  
Village Super Market

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

American Airlines  
Amerigroup Community Care  
Atlantic City Electric, an Exelon Company  
Benjamin Moore  
BNY Mellon  
Broadridge Financial Solutions  
CA Ferlie  
Citizens Bank Foundation

CRA Financial Services  
The Depository Trust and Clearing Corporation (DTCC)  
Dunkin' Joy in Childhood Foundation  
Enterprise Holdings Foundation  
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Google  
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Atlantic City  
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Link Logistics Real Estate  
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Merck  
Novartis US Foundation  
Paul Miller Subaru  
State Street Foundation, Inc.  
Sysco  
Terra Medical Corporation  
TJX Companies  
Valley Bank  
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#### Volunteer Partners (\$10,000 - 24,999)

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Ameriprise Financial  
AtlantiCare Regional Medical Center PDRC  
Blue Cross Blue Shield  
Blue Foundry Bank  
Caesars Entertainment  
CBA Industries  
Chubb Charitable Foundation  
Cigna Healthcare  
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Deloitte  
Double Nickel Brewing Co  
EZ Green Home  
Fidelis Care  
Fogo de Chao  
Formosa Plastics USA  
Fox & Roach/Trident Charities  
Goya Foods  
HCL Technologies  
HSBC  
ICONA Avalon  
Indus Valley Partners  
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Instacart  
Kellogg Company  
Lakeland Bank  
LS Technologies, LLC  
Macy's  
Mazars  
McDonald's Owner/Operators Association  
McKinsey & Company  
Molson Coors  
Mondelēz International  
National Basketball Association  
New York Life Insurance Company  
New York Football Giants  
New York Red Bulls  
NJM Insurance Group  
Ocean Casino Resort  
One Main Financial  
Patina Restaurant Group

Pfizer, Inc.  
Quest Diagnostics Incorporated  
The Paper Store  
Port Royal Sales  
PVH Corp.  
R. Seelaus & Co., Inc.  
The Ralph Lauren Corporate Foundation  
Red Nose Day Fund  
Russo Property Management & Russo Development  
Santander Bank  
SJP Properties  
StoneX Group Inc.  
Summit Health Cares  
Tata Consultancy Services  
Terreno Realty Corporation  
Teva Pharmaceuticals  
Touch Dynamic  
United Healthcare  
United Therapy Solutions  
Verizon  
Wonder

\*CFBNJ Impact Partners is an annual program. Funding reflects giving between August 2022 - August 2023 and includes contributions received via Feeding America and CoreGiving.



WINTER 2023

# the feed

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

## Because of You



In her inspiring life, Erin has overcome the stigma around two critical issues – food insecurity and addiction. She's retired from the human resources department at the same addiction recovery center where she was a patient thirty years ago.

Now, she spends her days helping other residents of the place she's called home for 26 years – New Community Corporation's affordable housing. Erin gives out food at CFBNJ's monthly senior box distributions and serves as a floor captain, looking after the well-being of 13 residents. During the pandemic, she delivered meals directly to people's apartments every single day.

Erin is a recipient of the distributions, too. She's had two liver transplants, which have had lasting effects on her health and dietary needs.

"If someone else in the building is in need of help, I'm right there on the other side of the door," she said. "The food from the FoodBank helps a lot."

**Because of you,** seniors like Erin can access the nutritious food they need.

Fednel graduated from CFBNJ's new Warehouse Logistics Training Academy (WLTA) earlier this year as his class's valedictorian. After eight weeks learning about inventory management, compliance, purchasing, and more, he got a full-time job in our warehouse.

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

Fednel has had his own set of struggles, too. Though he has a bachelor's degree in marketing, he's found it difficult to get a job in the field. He came to CFBNJ because he's always eager to learn more, though, and because he loves to help other people.

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

**Because of you,** neighbors like Fednel can achieve successful futures.



Carlos was homeless for two years after losing his job and becoming permanently disabled in a car accident. He worked for fifteen years in the laboratory for a company that makes vitamins, moving the materials around the lab and operating the machines. After the company moved, Carlos was laid off.

But everything changed for him when he found out about Eva's Village – a CFBNJ community partner that has shelters, a soup kitchen, a halfway house, and more.

The staff at the shelter helped him get clothing, insurance, and SNAP (formerly known as food stamps). They also helped him find permanent housing, a beautiful, fully furnished first-floor apartment.

Now, he occasionally visits the Eva's Village soup kitchen for hot meals.

"The food's very good. The meals are very good," he told us. "I'm thankful that I have food today and my stomach is full. I'm thankful that I'm alive, that I have a roof over my head, and that I'm healthy."

**Because of you,** people like Carlos can be happy and healthy.



### WHAT'S INSIDE

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HEALTHY HOLIDAY RECIPE P4 | PARTNER SPOTLIGHT P4

SCAN TO MAKE  
YOUR GIFT NOW!





# a message

FROM ELIZABETH



Dear FoodBank Friends,

I'm honored to be greeting you as the Community FoodBank of New Jersey's new President & CEO. As you may have read, joining this extraordinary organization is the continuation of my life's work to serve vulnerable children and families. I'm excited to return to New Jersey, where I was born and raised, and I look forward to working with CFBNJ's partners and supporters to achieve a hunger-free Garden State.

Earlier this year, CFBNJ's Board of Directors approved a new multi-year strategic plan with a bold goal of reducing food insecurity in our service area by 50% by the year 2030. This vision is part of what drew me to CFBNJ, because it's a comprehensive and practical plan with our neighbors in need at its core.

The plan combines immediate hunger relief with long-lasting solutions for an exponential impact on food security. Over the next several years, we will prioritize the most nutritious food options and respond reliably and consistently to our community partners to improve people's experiences at food pantries across the state. We will invest in the New Jersey food security ecosystem, amplifying neighbors' voices through our advocacy efforts. And because we know that food alone can't solve food insecurity, we will focus on supportive solutions like SNAP outreach and workforce development.

This new approach is grounded in the fact that food insecurity is a solvable problem. It was devised not just by CFBNJ's leaders and stakeholders, but by those who have experienced food insecurity firsthand. In the fight against hunger in New Jersey, our neighbors in need are our partners, too.

With your support, CFBNJ can continue to collaborate with partners from all sectors of society to greatly reduce food insecurity in our state. I hope to meet many of you as we do this important work together. There's no question I'm not willing to answer and no idea I'm not willing to hear. Please know that my door is always open.

Best wishes,

Elizabeth McCarthy  
President & CEO

Read the full executive summary of CFBNJ's strategic plan at [cfbnj.org/strategic-plan](https://cfbnj.org/strategic-plan)

## items of note

### GIVING TUESDAY

This year, Giving Tuesday is on November 28! Participate in this global day of giving by sending your most generous gift to provide food, help, and hope for the holidays. This is our biggest fundraising day of the year, so stay tuned to learn how you can maximize your impact.



### DAF, STOCKS, & SECURITIES

Want to support the fight against hunger while maximizing tax benefits? When you transfer ownership of long-term holdings, like stocks, securities, or a gift from your donor-advised fund, you receive a charitable deduction for their full market values. Learn more at [cfbnj.org/stocks-securities](https://cfbnj.org/stocks-securities).



### EMPLOYER MATCHING

Take advantage of automatic payroll deductions and matching gift programs offered by your company to double your contribution to CFBNJ. Visit [cfbnj.org/matchinggifts](https://cfbnj.org/matchinggifts) to see if your employer participates.

### GIVE IN TRIBUTE

Make a gift in tribute to honor someone special. When you donate in their name to CFBNJ, you can send either a printed card or an e-card in memory or celebration. Visit [cfbnj.org/give-in-tribute](https://cfbnj.org/give-in-tribute).



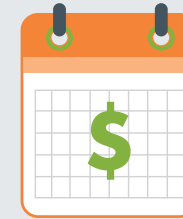
### CAN'T MISS! TURKEY DRIVE

Our annual Turkey Drive will take place on Saturday, November 18 and Sunday, November 19! Help make sure our neighbors have special meals with their families this Thanksgiving by donating a frozen turkey or nonperishable items like canned vegetables and stuffing. To find a Turkey Drive site near you, visit [cfbnj.org/turkey](https://cfbnj.org/turkey).



### GIVE MONTHLY

When you donate monthly, you provide CFBNJ with a steady and predictable source of income that helps us launch new initiatives and plan for the year ahead. Visit [cfbnj.org/give-monthly](https://cfbnj.org/give-monthly) to join our Sustainers Circle.



### CHECK-OUT HUNGER®

Check-Out Hunger® is back at most major supermarkets and convenience stores! You can help feed neighbors in need by adding \$1, \$3, or \$5 at checkout when you shop for groceries.



### CAUSE MARKETING

Shop for a cause this holiday season! Check [cfbnj.org/current-promotions](https://cfbnj.org/current-promotions) to see which of your favorite stores have campaigns supporting CFBNJ and Feeding America.



## in your neighborhood



The Grandparent Relatives Care Senior Community Resource Center, or Grandparent Center, for short, in Paterson began as a place that specifically assisted grandparents who have custody of their grandchildren but has since expanded to serve the whole community.

Grandparent Center provides food for up to 1,500 families each month, including turkeys and other holiday fixings for Thanksgiving.

"The holidays are very important to us because we try to put smiles on people's faces, and we try to keep bellies full," said Lorenzo, the organization's Executive Director.

Lorenzo grew up in a large family and knows what it's like to go without. Under his leadership, Grandparent Center also gives out toys, clothes, and so much more to neighbors in need.

"We see the faces of people who don't have food and can't make ends meet," he said. "We're very committed and determined to help these families. We try to provide as much as we can to everyone."

### HELPING HANDS

Hungry to Help, a group of dedicated volunteers, has supported the fight against hunger for several years by visiting our warehouse regularly to sort donated food, prepare meals for kids, create senior boxes, and more. CFBNJ volunteer Dave has been involved with the group for seven years and currently serves as Hungry to Help's leader. "Every person has a right to nutritious food," Dave said. "I feel passionate about advocating for those experiencing food insecurity. It is very meaningful to me." Dave especially loves volunteering during the holiday season at events like Turkey Drive and Check-Out Hunger®. He shares, "Volunteering is necessary all year round, but there's no better feeling than helping a family put food on the table for a holiday meal." Dave finds joy in giving back to his community and encouraging others to volunteer.

