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

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**Your support will continue to make a lasting difference.**

I want to help the Community FoodBank of New Jersey end hunger in our communities!

Please continue to help our neighbors in need with my gift of \$ \_\_\_\_\_

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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,

I want to take this opportunity to say a heartfelt thank you for your continued support of the Community FoodBank of New Jersey (CFBNJ).

As I'm sure you're aware, the economy is still presenting challenges as we attempt to make nutritious food, nutrition education and other health services readily available to our neighbors in need.

That's why all of us at CFBNJ are so grateful for your partnership in our mission. It will take all of us, working together, to solve hunger in our communities.

In this issue of *The Feed*, we spotlight many of the opportunities we're embracing to help our struggling neighbors, and how we're overcoming challenges.

As we move from winter into spring, the season of renewal, I look forward to everything we'll be accomplishing together.

Sincerely,

Elizabeth McCarthy  
President and 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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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 providing hunger solutions in New Jersey every day.

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## cooking for a cause



### Grilled Shrimp and Noodle Salad

#### Ingredients

- 14 ounces rice noodles
- ½ cup lime juice
- ¼ cup fish sauce
- ½ cup brown sugar
- 2 cloves finely chopped garlic
- 1 ½ teaspoons sriracha chili sauce
- 1 lb shrimp, peeled and deveined, tail off
- 1 bunch asparagus
- 5 ounces shitake mushrooms
- 1 medium shredded fresh carrot
- ½ cup rough cut cilantro

#### Directions

1. Bring a large pot of water to a boil. Add the noodles and cook as the label directs; drain and rinse with cold water.
2. Meanwhile, whisk the lime juice, fish sauce, brown sugar, garlic, chili sauce, and 1/3 cup water in a medium bowl.
3. Transfer ¼ cup of the marinade to another bowl and toss with the shrimp.
4. Toss another ¼ cup marinade with the asparagus and mushrooms in a third bowl.
5. Let the shrimp and vegetables marinate for 10 minutes at room temperature.
6. Toss the noodles with the remaining marinade.
7. Heat a grill or grill pan to medium-high. Grill the shrimp, asparagus and mushrooms until the shrimp is just cooked through and the asparagus is slightly tender, 2 to 3 minutes per side.
8. Halve the mushrooms and cut the asparagus into pieces.
9. Divide the noodles among bowls and top with the shrimp, asparagus, mushrooms, carrot and cilantro.

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

## partner spotlight: TD BANK

TD Bank has been a dedicated partner of the Community FoodBank of New Jersey for over 15 years, providing support to a variety of our programs and initiatives. The TD Charitable Foundation has made generous donations since 2018 to CFBNJ's Child Nutrition and Workforce Development programs to help nourish food insecure kids and provide job training to those in need of a second chance.

TD Bank has also been a strong supporter of CFBNJ's efforts in South Jersey. Recently, they provided a \$150,000 grant for our Mobile Pantry Health Partnership Initiative, which will provide nutritious food, health screenings, and medical referrals to neighbors in need in Cape May and Cumberland counties. This initiative is a new collaboration between CFBNJ and CompleteCare Health Network, the second largest Federally Qualified Health Center in New Jersey.

The Mobile Pantry Health Partnership Initiative aims to bring health and wellness resources to neighbors who live in rural and remote parts of New Jersey, and TD Bank is the first of CFBNJ's corporate partners to support this initiative.

"TD is proud to support innovative solutions that improve on existing healthcare practices to help reach underserved populations,"

said Shelley Sylva, Head of U.S. Corporate Citizenship, TD Bank, America's Most Convenient Bank. "We are excited to see the positive impact the Mobile Pantry Health Partnership Initiative will have on the lives of people by bringing food insecurity services and primary care together."

In addition to providing generous donations to CFBNJ programs and initiatives, TD Bank also encourages its employees to give back to their communities by offering a program that matches employee donations made to CFBNJ. TD Bank employees have also volunteered at CFBNJ's Hillside warehouse, as well as its Egg Harbor Township location in the warehouse, on-site pantry, and mobile pantries.

Additionally, CFBNJ has TD Bank representatives on its Board of Directors: Jill Gateman, CFBNJ Board Secretary and Head of U.S. Middle Market Banking at TD Bank, and Peter Davidson, CFBNJ



Egg Harbor Township Advisory Board Member and Commercial Lender/Relationship Manager at TD Bank.

"I've been involved with the Community FoodBank of New Jersey for years because I truly believe that no one should go hungry," said Jill Gateman. "I'm proud to work for a company that shares that value. When individuals, companies, and all sectors of society come together, we can put an end to food insecurity."

"We are extremely grateful to our generous corporate partners, like TD Bank, who continue to support CFBNJ in our efforts to end hunger in New Jersey," said Elizabeth McCarthy, President & CEO of the Community FoodBank of New Jersey.

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  
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  
BNY Mellon  
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  
Novo Nordisk  
QuickChek  
Sanofi  
South Jersey Industries  
TJX Companies  
Tropicana  
United Airlines  
US Foods  
Village Super Market  
Wegmans Food Markets

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

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

Chick-Fil-A  
CRA Financial Services  
The Depository Trust and Clearing Corporation (DTCC)  
Dunkin' Joy in Childhood Foundation  
Enterprise Holdings Foundation  
Fifth Generation  
Google  
Hard Rock Hotel & Casino Atlantic City  
Harvest Restaurants  
Kimley-Horn  
Kelllogg Company  
Link Logistics Real Estate  
LIV - Blue Strike Environmental  
Merck  
Novartis US Foundation  
Paul Miller Subaru  
PNC Bank/PNC Foundation  
Terumo Medical Corporation  
Valley Bank  
ZT Systems

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

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Aetna  
All Within My Hands Foundation  
Alliant Insurance Services, Inc.  
Ameriprise Financial  
AtlantiCare Health System  
Arch Capital Services, LLC  
Blue Cross Blue Shield  
Blue Foundry Bank  
Benjamin Moore  
Broadridge Financial Solutions  
CA Ferolie  
Citizens Bank Foundation  
Chubb Charitable Foundation

Cigna Healthcare  
City National Bank  
Deloitte  
Disney  
Domino's  
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  
Innophos  
Inserra Supermarkets  
Instacart  
Lakeland Bank  
LS Technologies, LLC  
Macy's  
Mazars  
McDonald's Owner/Operators Association  
McKinsey & Company  
Molson Coors  
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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.  
PJM Brands  
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  
Seafriego  
StoneX Group Inc.  
Summit Health Cares  
Sysco  
Tata Consultancy Services  
Terreno Realty Corporation  
Teva Pharmaceuticals  
Touch Dynamic  
United Healthcare  
United Therapy Solutions  
Verizon  
Whole Foods  
Wonder

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



# the feed

SPRING 2024

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

## Hunger Down the Shore: Feeding South Jersey

Dotted with beaches, resorts, marshes, and farms, picturesque South Jersey is also notable for what it lacks – sufficient access to nutritious food.

Atlantic, Cape May, and Cumberland Counties have some of the state's highest rates of food insecurity, both overall and among children. More than 55,000 of our South Jersey neighbors struggle with hunger, including 16,000 kids. Over time, the weakening of major sources of employment, including fishing, farming, and tourism, has contributed to dire challenges that so many South Jersey families face.

Cumberland County, in particular, struggles as New Jersey's poorest county. Its median household income is 35% lower than the state average, with the highest percentage of people living below the federal poverty line.

Rural and isolated, the region has unique challenges that CFBNJ is working every day to help tackle. Across South Jersey, the FoodBank partners with about 300 local food assistance organizations, including 70 in Cumberland County. And our mobile pantries visit places where there aren't enough food pantries and soup kitchens to meet the need – places like Fortescue, a bayside community in Cumberland that's 25 minutes from the nearest supermarket.

Dawn is a South Jersey neighbor who visits CFBNJ's Fortescue mobile pantry to get food for her family. Though she and her husband work full time – Dawn cleans a local hotel, and her husband is a machinist in a factory – they need some extra help putting meals on the table.

"The pantry gives me what I don't have plus a little bit extra," she said. "It helps a lot."

Dawn and her husband have two kids, a recent high school graduate and an eighth grader. They especially appreciate when she brings home canned protein, like tuna, that they can have for lunch.

"Everything we get here is helpful. You can't go wrong," Dawn said.

Last year alone, CFBNJ distributed enough food for more than 12.5 million meals across South Jersey. More than 470,000 of those meals were provided through mobile pantries.

CFBNJ also feeds kids in Atlantic, Cape May, and Cumberland Counties year-round through the Kids Cafe, Family Pack, Summer Meals, and School Pantry programs that help fill the meal gaps they face on weekends, after school, and over the summer.

In Atlantic County, where more than 11% of the population is food insecure, CFBNJ's Egg Harbor Township location has an on-site Community Assistance Pantry. The pantry has gone from serving about 350 families per month in the summer of 2021 to serving more than 2,500 families now, due to inflation and the end of pandemic-related federal safety nets. Though CFBNJ continues to increase its efforts in South Jersey, there is still much work to be done.

Read on to learn more about CFBNJ's work in South Jersey.



#### WHAT'S INSIDE

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

SCAN TO MAKE YOUR GIFT NOW!



# a message

FROM ELIZABETH



Dear FoodBank Friends,

For over three years, beginning at the height of the COVID-19 pandemic, to keep our neighbors, staff, and volunteers safe, CFBNJ's on-site Community Assistance Pantry in Egg Harbor Township provided pre-packaged, grab-and-go food. But in September of last year, that changed! The pantry transitioned back to a choice model that empowers our neighbors to select which foods they want, creating a shopping experience like that of a grocery store.

I was proud to be there for "opening day" – the first day that neighbors were invited back inside since before the pandemic. I spoke to people who expressed their excitement and appreciation for the chance to make their own selections. They liked that there were signs at the entrance telling them what was available, so they had time to consider what they wanted. One young couple surveyed others waiting in line, asking if they like kale and how they cook it. We served 113 neighbors that day, and it was great to see the spirit of the community.

Giving our neighbors the opportunity to choose what they get at food pantries is beneficial for so many reasons. On a practical level, it reduces waste by ensuring that people will use everything they take home to their families. But even more important than that, it affords our neighbors in need the dignity of being able to choose the foods that suit their households' cultures, religious traditions, dietary needs, and preferences.

At CFBNJ, it's not just about *what* food we provide but also *how* we provide it.

As you've already read in this issue of *The Feed*, our Community Assistance Pantry has seen a more than 600% increase in families served each month between summer of 2021 and today. That is staggering. While we must distribute a greater

volume of food to keep up with the demand, it's equally important to make other improvements that transform the pantry into a more nourishing space. Through an initiative called Growing Healthy Pantries, this work extends across the Garden State as we partner with New Jersey's other four food banks to provide local food assistance organizations with tools that promote neighbor choice.

I'm also happy to announce that recently, CFBNJ surpassed the one billion meal mark for meals distributed to neighbors in need across our service area! While this is a proud moment, it also speaks to the challenges that too many of our neighbors have faced in being able to put nutritious food on the table. But where we've seen heartbreaking need, we've also seen incredible generosity. This milestone was possible thanks to members of the community who have given food, funds, time, and their voices to help improve access to healthy food for their neighbors.

Together with supporters like you, we can continue putting dignity and health front and center for those we serve.

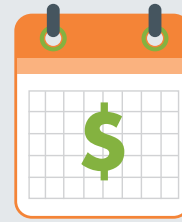
Best wishes for a wonderful spring,

Elizabeth McCarthy  
President & CEO



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# items of note



## GIVE MONTHLY

When you become a monthly supporter, you ensure a steady source of income for CFBNJ, allowing us to plan ahead and launch new initiatives. You can join our Sustainers Circle today at [cfbnj.org/monthly](https://cfbnj.org/monthly).



## LEAVE A LEGACY OF FOOD, HELP, AND HOPE

CFBNJ's Food • Help • Hope Legacy Society members help guarantee the long-term success of our mission to end food insecurity. Whether you give through a retirement account or name CFBNJ as a beneficiary in your will, you can make a lasting contribution for your neighbors in need. Visit [cfbnj.planmylegacy.org](https://cfbnj.planmylegacy.org) to learn more.



## CAN'T MISS! BLUE JEAN BALL 2024

Join us on Thursday, May 16 at the New Jersey Performing Arts Center for our 2024 Blue Jean Ball! CFBNJ's signature gala event celebrates our mission of providing food, help, and hope with awards honoring those who have gone above and beyond in support of our work. Don't miss it! Get your tickets early at [cfbnj.org/bluejeanball](https://cfbnj.org/bluejeanball).

## CAN'T MISS! NIGHT OF 300,000 MEALS

On Thursday, May 2, support your South Jersey neighbors with an evening of fine fare, fun spirits, and live music at our annual Night of 300,000 Meals! The event will bring together chefs and the community to raise enough funds to provide 300,000 meals for people in need in Atlantic, Cape May, and Cumberland Counties. Get your tickets at [cfbnj.org/300kmeals](https://cfbnj.org/300kmeals).



## JOIN US FOR CFBNJ'S 3RD ANNUAL 24-HOUR PACK-A-THON

Hunger doesn't sleep, so neither will we! CFBNJ's 24-Hour Pack-a-Thon, hosted by our Emerging Leaders, is returning for a third year on Friday, April 5 and Saturday, April 6. Volunteers will pack boxes of food for 24 hours straight to support families in need and raise awareness and funds for CFBNJ's mission. Visit [cfbnj.org/packathon](https://cfbnj.org/packathon) to join us.

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# in your neighborhood



Gateway Community Action Partnership (Gateway CAP) in Bridgeton, Cumberland County provides food and other resources to over 500 neighbors in need every month through its pantry, mobile distributions, and hydroponic greenhouse farm, Mill Creek Urban Farm, which works with developmentally disabled volunteers to grow and distribute fresh produce.

Mill Creek Urban Farm was built on the site of a former public housing project where Albert B. Kelly, President & CEO of Gateway CAP, grew up. Hydroponic farming not only allows Gateway CAP to grow fresh produce all year long, but also requires less water and space than traditional methods and delivers nutrients quickly to plants' roots.

Marcus Weaver, Director of Agriculture and Food Initiatives, has worked at Gateway CAP for 11 years and describes the pantry saying, "We distribute everything from fresh produce to protein and want to ensure that our community members leave with a variety of nutritious foods."

Bridgeton resident Tony and his wife are two such community members who benefit from Gateway CAP's important work. Though they both have full-time jobs – he works in the transportation department for the local public schools, and she is a tax accountant – the high cost of living in New Jersey makes it difficult for them to put food on the table.

"Coming to the pantry is a very pleasant experience," Tony said. "We appreciate it so much."

## HELPING HANDS



Jonathan and Ellie Kremer have been volunteering at CFBNJ's Egg Harbor Township Community Assistance Pantry every week since the height of the pandemic. After helping with their synagogue's food and clothing drives, they recognized the great need in their community and wanted to contribute further. "We felt the need to be doing something more," Jonathan said. Every week, they help sort and package food for distribution to hungry neighbors. They even invented their very own process for sorting peanut butter! "Food is so basic," Ellie said. "Especially during COVID, we realized that there were so many needs in the community, and food was a good place to start."



I am  
stamping  
out  
hunger!

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