

Emerging Leaders Newsletter

September 2025



RECENTLY AT CFBNJ

During the last month at CFBNJ we have...

EDUCATED



913 people in health and wellness programming

PROVIDED



59,260 healthy meals to children across NJ

COORDINATED



6,491 volunteer hours

DISTRIBUTED



8,415,808 pounds of food

ENGAGED



40 Workforce Development students

Take the SNAP Challenge

Could you feed yourself on just \$6 a day? That's the daily reality for millions of Americans who rely on SNAP. CFBNJ invites you to take the 3-day SNAP Challenge, spending only \$6 per person, per day on groceries to raise awareness and reflect on the difficult choices families face. Document your experience, and join us in shining a light on food insecurity.

Matthew Bounds, a bestselling cookbook author and social media creator who rallies his community to raise hundreds of thousands of dollars for kids and families in need, shared his honest and vulnerable experience taking the SNAP Challenge. See his story [Here](#).

[Sign Up Here for the Challenge!](#)

EMERGING LEADERS IN ACTION

This month, Emerging Leaders brought the energy at CFBNJ as they sorted and packed food donations, boxing an impressive **100 boxes** for our neighbors. The impactful morning even kicked off with an impromptu push-up contest ([Watch Here](#)) adding even more smiles and laughs to the morning — followed by well-earned bagels and mimosas.



MEET AN EMERGING LEADER: MIA

Hi, my name is Mia Miller and my current role is Director of Operations at Scream Truck. Concepts of "giving to those in need" and "carrying on tradition" are two essential values to me.



My family and community have supported CFBNJ since I was a young girl, so it's only fitting for me! I was looking to become involved beyond occasionally volunteering and discovered the Emerging Leaders Board, which has helped me learn more about operating a non-profit, fundraising, networking and more! The spirit of CFBNJ is unmatched - I look forward to staying involved for many years to come.

FUN FACT ABOUT MIA!

Fall foliage - one of my favorite parts of living in the tri-state area!

GET INVOLVED

Volunteer at the Jersey City Mac & Cheese Festival

On Saturday, November 8, from 1–5 pm, CFBNJ will be the beneficiary of the 2nd Annual Jersey City Mac & Cheese Festival, a food crawl celebrating everyone's favorite comfort food. We're looking for Emerging Leaders to help with the event at participating restaurants in Jersey City. It's a fun way to be part of the action, connect with the community, and support CFBNJ all at once!

[Reach Out Here to Volunteer!](#)

