



Combating Hunger With Food, Health & Hope



Consistent access to nutritious food and education are key to addressing serious health conditions. Food-insecure individuals are more prone to chronic diseases such as diabetes and high blood pressure – and are more likely to suffer other adverse effects to their overall health.

Because of the established connection between food insecurity and health, New Jersey’s largest anti-hunger and anti-poverty organization combats hunger with a holistic approach. The food distribution model has evolved over the years. For the Community FoodBank of New Jersey that has meant two things – increased efficiency and strategic collaboration.

The ultimate goal of the FoodBank is to eliminate hunger across the state. Along the way, we hope to inspire positive lifestyle changes through programs that provide regular access to fresh fruits and vegetables, lean proteins, whole grains, and dairy.

Last year, for example, the FoodBank distributed more than 50 million pounds of food through its community partners, including local soup kitchens and food pantries, and other programs across the state. Twenty-five percent of this food was fresh produce, which reached the tables of New Jersey families in need.

In addition to providing after-school meals for children at risk of hunger, weekend bags of supplemental food for school-age children and their families, and monthly food packages for seniors on fixed incomes, the FoodBank recently launched two innovative programs that align with its “hunger as a health issue” initiative.

The first is *Food, Health & Hope: An Answer to Diabetes*, a pilot program for clients who have diabetes or pre-diabetes. Through collaboration with Summit Medical Group Foundation and by working with community partners, eligible clients receive diabetes-friendly food boxes and fresh produce twice a month, as well as medical screenings and nutrition counseling. Participants have already noticed a marked difference in their well-being.

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Another FoodBank program, called *Healthy Families Farmers Markets*, brings free, fresh fruits and vegetables into high-need communities. Modeled after traditional farmers markets, this program provides produce to food-insecure families year-round.

Nutritious food is a prescription for good health. With strategic community and health care partnerships, the FoodBank will continue its holistic approach to addressing hunger as a health issue. Keep reading this issue of *The Feed* for an inside-look at these and other health initiatives that are making an impact in our communities.



A Message From Josh Weinreich

Dear FoodBank Friends,

I am delighted to announce that food bank veteran Carlos M. Rodriguez will be joining the Community FoodBank of New Jersey as President and CEO effective April 9, 2018. The Board extends its deepest thanks to current CEO Debra Vizzi for her work to raise awareness and alleviate hunger in New Jersey these past two and a half years.

With this exciting appointment, the FoodBank is poised to build on its 43 years of service and reach even more of our neighbors in need. Carlos comes to the FoodBank from Fulfill (formerly the FoodBank of Monmouth and Ocean Counties), where he has served as Executive Director since 2011. During his tenure, he led the creation and launch of the B.E.A.T. Center in 2015 and expanded overall food distribution by 75 percent, among other accomplishments. Prior to Fulfill, he was Vice President for Agency Relations and Benefits Access at the Food Bank For New York City. He also held high-level positions with the Children's Defense Fund of New York and the Community Food Resource Center

As we look forward to this next exciting chapter for our organization, we welcome Carlos to lead our excellent staff in innovative programmatic and mission delivery. We are confident all those we serve will benefit greatly from Carlos' impressive knowledge and experience coupled with his passionate dedication to this cause. Regardless of where in the state his desk is located, his overarching commitment to feeding New Jersey continues!

Carlos will soon begin his new role at the FoodBank and looks forward to working with you. Until then, on behalf of the entire Board of Directors, thank you for your generous support of our work to end hunger in New Jersey. Best wishes for a wonderful spring.

A handwritten signature in black ink that reads "Josh Weinreich".

Josh Weinreich
Chairman of the Board



Your Monthly Gift Makes A Lasting Difference

You can impact the lives of food-insecure New Jerseyans by becoming a Sustainers Circle member. This ongoing support allows us to plan for the year ahead and launch key initiatives to reach our goals. A \$30 monthly gift (just \$1 a day) can help provide 90 nourishing meals – enough for an entire month for a neighbor facing hunger. Join the Sustainers Circle today at cfbnj.org/sustainers.



Join Us For The All New Blue Jean Ball

We're bringing back the Blue Jean Ball – and it's going to be bigger and better than ever! The event will be held at a new venue in Jersey City on June 16. You can expect a great time and delicious food, and feel good knowing that funds raised from the event will benefit the FoodBank's hunger-relief efforts. Find out more and get your tickets at cfbnj.org/bluejeanball2018.



Healthy Cooking In Our Kitchen

Did you know our Food Service Training Academy teaches students to prepare healthy meals for themselves and their families? The free, 16-week culinary and life skills program helps students eat healthy and gain valuable skills so they can land gainful employment in the food industry. Visit cfbnj.org/foodservicetrainingacademy to discover more about this life-changing program.

Partner Spotlight: Summit Medical Group Foundation



As you have learned in this issue of *The Feed*, we can make an impact due to kind-hearted people who support the FoodBank's programs, as well as corporate partners – like Summit Medical Group Foundation.

"Our partnership with Summit Medical Group Foundation allows for collaboration and innovation," said Karen Leies, Vice President of Development of the Community FoodBank of New Jersey. "Together, we target diabetes and other health conditions linked to food insecurity. The FoodBank is appreciative of the Foundation's ongoing support of our programs and its investment in our mission to eradicate hunger and improve health."



With Summit Medical Group Foundation, we take a holistic approach to combat diabetes. We understand that nutritious food is just one component of how we can influence the well-being of food-insecure New Jersey residents. Through an initiative called *Food, Health & Hope: An Answer to Diabetes*, we provide medical screenings, nutrition counseling and consistent access to diabetes-friendly food.

Another way Summit Medical Group Foundation aids our efforts to address hunger as a health issue is by being the lead funder of our *Healthy Families Farmers Markets*. Since its inception in May 2017, the program has distributed more than 800,000 pounds of fresh fruits and vegetables at about 20 sites. Summit Medical Group Foundation is key to this growth, and is helping to introduce food samplings and recipes to share with clients.

"The Community FoodBank of New Jersey leads the important effort of feeding the hungry across the state," said Joe Finocchiaro, Executive Director of Summit Medical Group Foundation. "Partnering with the FoodBank is a great honor as the synergy between our two organizations offers the strength we need to help conquer ever-growing health and hunger issues in underserved communities in New Jersey. While each organization has its own unique mission, we are both committed to providing nourishing food and health counseling through programs like our Diabetes Initiative, which we know changes lives for the better."

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Food-insecure families experience similar challenges as other Americans in trying to follow a healthy diet. But low-income families find it especially hard to eat well because nutritious food is typically more expensive than unhealthy options.

▶ **28% of households we serve have at least one person with diabetes**

To address this problem, the FoodBank works with local organizations and health care leaders to treat hunger as a health issue. Providing nourishing food is our expertise, but it is only one part of the equation. By collaborating with health care experts, we have the tools to help food-insecure households through awareness and education.

The *Food, Health & Hope: An Answer to Diabetes* initiative currently serves more than 200 participants at seven FoodBank community partners, including the pantry at Solid Rock Baptist Church in Irvington.



Deacon Franklin G. Henderson leads the food pantry at Solid Rock. In addition to the nutritious food provided by the FoodBank, his clients receive medical screenings and nutrition education. "A lot of people in the community are not even able to afford these tests, so to have these tests right here in the community like this is really a plus and benefit for this community," he said.

Individuals and families who visit the pantry are grateful for its role in the community. That is the case for Mark, who regularly picks up food and participates in the diabetes program to monitor his health.



Rae comes to the food pantry for consistent access to fresh fruits and vegetables and to better understand how to manage her diabetes. "I came here because I was eating wrong, but now since I've been getting the food, I've been eating right," she said.

Diabetes is a serious disease with short- and long-term health effects. But it can be prevented and potentially cured through awareness, medical check-ins and guidance, and access to healthy food. That's what makes this partnership with Summit Medical Group Foundation so impactful. For more information on how you can support our Diabetes program contact Rebecca Solheim at 908-355-3663, ext. 313 or rsolheim@cfbnj.org.

Helping Hands



This is in memoriam of Dorothy (Dot) Beyer, a dedicated volunteer who recently passed away.

Dot began volunteering at the Community FoodBank of New Jersey in 1991. She supported several of the FoodBank's efforts, including newsletter mailings and special events. She was also a Check-Out Hunger® volunteer since the start of the campaign, monitoring her assigned store and helping prepare marketing materials. In 2001, when the FoodBank did not have the personnel to run the campaign, she took the lead and demonstrated her commitment to the cause. Dot was loved and admired by fellow volunteers and FoodBank staff, and she will be deeply missed.

In Your Neighborhood

Food-insecure families experience similar challenges as other Americans in trying to follow a healthy diet. But low-income families often struggle to adopt these behaviors because nutritious food is typically more expensive than unhealthy options.

To address this problem, the FoodBank works with local organizations and health care leaders to address hunger as a health issue. Providing nourishing food is our expertise, but it is only one part of the equation. By collaborating with health care experts, we have the tools to help food-insecure households through awareness and education.



One such partnership focuses on individuals and families facing hunger in Atlantic City. In 2016, AtlantiCare launched a nutrition initiative at the William L. Gormley AtlantiCare HealthPlex, a federally qualified health center. The program began with the FoodBank's mobile pantry visiting the center once a month to distribute food among AtlantiCare patients and clients.

Within two months, the response to the program demonstrated the need for a more permanent solution. The Pantry at the Plex, with dedicated space inside the HealthPlex, opened in December 2016, and it remains available to patients Monday through Friday. The FoodBank's Southern Branch contributes nutritious food to the Pantry. Donations to the AtlantiCare Foundation, from AtlantiCare staff, and from other community groups also support the Pantry.

"Food can be the catalyst for change," said Laura Engelmann, Community Health & Wellness Manager of AtlantiCare. "By enhancing access to healthy food, we can empower and engage patients to take steps toward healthier lifestyles."

In its first year, the Pantry at the Plex had 489 unique patient and client visits that benefited families, including 760 adults and 234 children. As of January 2018, the Pantry distributed 73,424 pounds of healthy food to the community through more than 1,122 visits. Half of this food was fresh fruits and vegetables.



"One client told us, 'God bless you for offering us food. It is a blessing when I run low,'" said Sandy Festa, Executive Director of the AtlantiCare HealthPlex. "Another said he was especially thankful because in addition to his own health needs, he has children to care for."

According to the U.S. Census Bureau, 36.6 percent of Atlantic City's population lives below the poverty level, and poverty is a key

indicator of hunger. Families with tight budgets often make tough choices – like deciding to purchase inexpensive and unhealthy food to cope. Together, the Community FoodBank of New Jersey – Southern Branch and AtlantiCare fill the gap with nutritious food and education to encourage households to improve their lifestyles.

Helping Hands



Meet Debby. She volunteers at our Southern Branch, managing incoming clients at the on-site pantry. Debby has been supporting our South Jersey hunger-relief efforts since 2012. What she loves most about volunteering at the pantry is the direct interaction she has with the people she helps. "It's wonderful to give back, and this experience has taught me a lot including how to appreciate what I have," she told us. "Even when it's an especially hard and busy day, I know we did good things for so many in need."

Cooking For A Cause

with Summit Medical Group Foundation



Baked Nutmeg & Cinnamon Acorn Squash



Servings: 2

Ingredients:

- 1 acorn squash (halves, seeds removed)
- 1 tbsp. cinnamon
- 4 tsp. maple syrup
- 1 tsp. nutmeg
- 2 tsp. butter or buttery spread

Preparation:

- Preheat oven to 375° F.
- Place acorn squash halves inside up in a shallow baking dish with 1 inch water.
- Sprinkle the insides with butter or buttery spread, cinnamon, maple syrup and nutmeg.
- Bake for 1 hour or until the insides are soft when pierced with a fork.

Acorn Squash Seeds

Ingredients:

- 1 cup acorn squash seeds
- 1 tbsp. olive oil or any vegetable oil
- ½ tsp. salt or to taste

Preparation:

- Preheat oven to 300° F.
- Rinse acorn squash seeds. Pat dry with paper towel and place in a small bowl.
- Add oil and salt and toss to coat evenly.
- Line a baking sheet with foil. Spread seeds on prepared baking sheet in an even layer.
- Bake for 10 to 15 minutes. Monitor closely as they can burn quickly.

Partner Spotlight: Summit Medical Group Foundation, cont.

Summit Medical Group Foundation also hosts events to benefit our partner initiatives. Most recently, the Foundation introduced Broadway Beats Hunger, a night of holiday songs performed by Broadway stars.



This past November, the Foundation held its own corporate turkey drive, which encouraged employees and patients to donate to help families in need at Thanksgiving. The turkey drive raised more than 600 turkeys and hundreds of pounds of food, along with funds, to support the FoodBank's holiday hunger-relief efforts.

As many of our partnerships demonstrate, it is essential for communities to work together to combat hunger and its health effects. Our relationship with Summit Medical Group Foundation is one example of how we can thwart the growth of diseases and invest in the future of New Jersey.

For more information on how your company can get involved, please contact Debby Scheinholtz, Director of Corporate Relations, at 908-242-3951 or dscheinholtz@cfbnj.org.

Thank You To Our Recent Donors

These corporations, foundations and organizations made recent generous donations to the Community FoodBank of New Jersey:

\$100,000+

Appaloosa LP
Novo Nordisk, Inc.
Prudential Foundation
State of NJ, Department of Community Affairs
Stop & Shop – Our Family Foundation
Summit Medical Group Foundation
The SJS Charitable Trust c/o JP Morgan Private Bank
Victoria Foundation, Inc.
William R. Kenan Jr. Charitable Trust

\$50,000-99,999

ADP Foundation
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McMaster-Carr Supply Company
PSE&G

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Capital One Bank
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Lord, Abbett & Co. LLC
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Newman's Own Foundation
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Summit Area Public Foundation
Turrell Fund
Wells Fargo Foundation

\$10,000-24,999

Acme Markets, Inc.
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Good Time Tricycle Productions
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Karma Foundation
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The Bonaventura Devine Foundation, Inc.
The Brookdale Foundation Group
Ramapo Trust
The Company Store
The Fournier Family Foundation
The Mall at Short Hills
Welsh Family Foundation

\$1,000-9,999

175 Executive House, LLC
40 Washington LLC
44 South Munn, LLC
77 South Munn, LLC
AEA Investors, SBF, LLC
Amergent
ASC Valve
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Bassett Foundation
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Bertuzzi's Farm Market
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Doherty Enterprises, Inc.
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H. A. Heller Foundation, Inc.
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Hard Rock Cafe Atlantic City
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Infusion Pharma Consulting, LLC
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Kensington Furniture
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Max and Florence Minsky Foundation
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New York Football Giants
New York Jets
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Somers Point Restaurant Association
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The CE Shop
The Charles E. and Edna T. Brundage Foundation
The Chrinian Foundation
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The Eleanor Upton Charitable Foundation
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The Leviton Foundation, Inc.
The Mia and Oliver Fund
The O'Shea Family Foundation
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UBS Wealth Management Americas
Urie's Waterfront Restaurant
Virginia Metzler Family Foundation
Waldman Family Charitable Trust
Weldon Materials, Inc.
Wellcare Health Plans, Inc.
Willis of New Jersey, Inc.

