



## Hunger Relief When School's Out

The most vulnerable time for children facing hunger is during the summer months when schools are closed and they lose access to school meals.

More than 400,000 kids in New Jersey receive free or reduced-price lunch and may rely on these meals as their only consistent food source for the week. The need in Atlantic, Cape May, and Cumberland counties, which are served by our Southern Branch, is especially high. These counties have some of the state's highest rates of child food insecurity.

- Atlantic: 19.3%
- Cape May: 19.8% (Highest child food insecurity in New Jersey!)
- Cumberland: 18.2%

While nearly 1 in 7 children in the entire state of New Jersey are food insecure, this number is as high as 1 in 4 in South Jersey.

Meeting the need is a challenge year-round, but it is intensified during the summer. The Community FoodBank of New Jersey participates in the USDA's Summer Food Service Program (SFSP) to provide nutritious

meals to low-income children when school's out. Last summer, the program expanded significantly. The FoodBank provided more than 118,000 summer meals, a 90% increase over the previous year.

Heading into this summer, the FoodBank has 64 sites (and counting), including Boys & Girls Clubs, libraries, and other recreation centers. 46 of these sites are in Atlantic, Cape May, and Cumberland counties.

Children receive nourishing meals at sites where they can safely play and learn, increasing their chances of future success. These summer meals follow strict guidelines developed by the USDA. A typical menu includes: Turkey and American cheese on whole wheat bread; fresh apple slices; baby carrots with ranch dip; 1% milk. The FoodBank works to provide meals that meet the dietary needs of all children who visit the sites as part of its initiative to address hunger as a health issue.



*"When I'm hungry, my stomach hurts. I like to eat healthy food because it gives me energy."*

- Jamese, 9

### Summer meals follow strict nutritional guidelines by the USDA



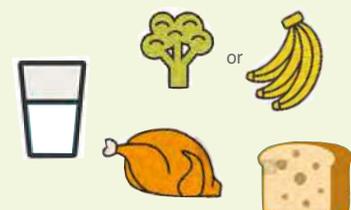
#### BREAKFAST

1 milk · 1 fruit/vegetable · 1 grain



#### LUNCH

1 milk · 2 fruit/vegetable  
1 grain · 1 protein



## WHAT'S INSIDE

|                       |   |
|-----------------------|---|
| Message From Carlos   | 2 |
| In Your Neighborhood  | 3 |
| Healthy Summer Recipe | 4 |
| Partner Spotlight     | 4 |

# A Message From Carlos



Dear FoodBank Friends,

I'm delighted to pen my first message to you all as President & CEO of the Community FoodBank of New Jersey. As you read in the last issue of "The Feed", this organization's mission is a continuation of my life's work. I look forward to collaborating with our agency partners and generous supporters like you to reach even more of our neighbors in need with FOOD, HELP and HOPE.

In mid-March, I was invited to give testimony in Trenton about the importance of SNAP, the federally funded Supplemental Nutrition Assistance Program formerly known as food stamps. Unlike in some parts of the world, hunger in the United States and here in New Jersey isn't always obvious. Families that are struggling with hunger often look just like anyone else, and in many cases, they have work income. These households exist in every county, every Congressional District and every Assembly District throughout New Jersey.

As part of our strategy to fight hunger, we send trained staff to sites – including food pantries, low-cost health clinics, WIC programs, and low income and senior housing sites – throughout the community each month to assist the most vulnerable in applying for SNAP benefits. As a result, we see firsthand the positive impact this program has on low income households and working families struggling to put food on the table, and that SNAP is an essential tool to fight hunger in New Jersey.

In fact, for our state:

- SNAP provides food assistance to around 880,000 individuals
- 71% of SNAP recipients are children, seniors (including veterans) or disabled
- SNAP infuses \$1.2 billion in food benefits to New Jersey
- SNAP generates an additional \$2 billion in economic activity

As hunger in New Jersey grew exponentially during the recession, Superstorm Sandy and the collapse of Atlantic City and its aftermath, we have risen to meet the need with your support. But we did not and cannot do this alone. Federal nutrition programs – especially SNAP – did exactly what they are designed to do: provide a lifeline for hundreds of thousands of families, children and seniors across our state.

Hunger is a solvable problem, but it cannot be remedied solely through emergency food. While food banks and other charities are critical to hunger-relief efforts, we are a supplement to, not a replacement for, a strong and accessible Federal anti-hunger safety net. The evidence of SNAP's short and long-term impact is clear. Investing in SNAP and other nutrition programs isn't just the right thing to do – it's the smart thing to do from a health, education and economic standpoint. It is an investment in our future.

Your continued support and partnership is why the FoodBank can continue to be on the front line of advocating for this critical program's funding. Please know that I welcome the opportunity to talk further with you about SNAP and the FoodBank in general and may be reached at [crodriguez@cfbnj.org](mailto:crodriguez@cfbnj.org).

I look forward to meeting you all through this important work and extraordinary organization.

Best wishes,

A handwritten signature in black ink that reads "Carlos Rodriguez". The signature is written in a cursive, flowing style.

Carlos Rodriguez

## A Lasting Legacy

You know how gratifying it is to support a worthy cause. Ask us how you can leave an enduring legacy that will help the Community FoodBank of New Jersey continue to carry on our mission to fight hunger and positively impact people's lives. Recent tax law changes provide a unique opportunity to maximize your charitable goals. To learn more about planned giving, go to [cfbnj.org/plannedgiving](http://cfbnj.org/plannedgiving) or contact Rachel Laibson, Major Gifts Officer, at 908-355-3663 ext. 253 or [rlaibson@cfbnj.org](mailto:rlaibson@cfbnj.org).



### Gifts that Give Back

If you need a meaningful gift for family, friends or teachers, look no further than the FoodBank's online store. We have everything you need from branded mugs to aprons to totes. Shop at [cfbnj.org/store](http://cfbnj.org/store) for the perfect gift that gives back.



## Women Fighting Hunger Luncheon

Thank you to all those who helped make our 2nd Annual Women Fighting Hunger Luncheon a success! With the help of our sponsors and 280 event attendees, we packed 900 Family Packs and raised more than \$190,000 to help feed neighbors in need. The luncheon was made possible by the generous support of our corporate sponsors, Kings Food Markets and PNC Bank. Visit us on Facebook to see photos from the event.



## Can't Miss! The All New Blue Jean Ball

The Blue Jean Ball is back with an all new location and all new style! Join us on Saturday, June 16 at Central Railroad Terminal at Liberty State Park for an evening of food, entertainment, and networking to benefit New Jersey families in need. Get your tickets today at [cfbnj.org/bluejeanball2018](http://cfbnj.org/bluejeanball2018).



The Food Service Training Academy (FSTA) exemplifies the FoodBank's commitment to addressing the root cause of hunger – poverty – by providing graduates with marketable job skills that can earn them a living wage.



The free, 15-week intensive culinary and life skills program provides students with the foundation for a better life and teaches them about communication, nutrition, and healthy cooking. To date, the FoodBank has graduated more than 2,000 FSTA students with a job-placement rate exceeding 90 percent.

Marie is a recent graduate of our FSTA program. Political persecution forced her out of her home country of Haiti, but now she's on the road to owning her own restaurant.

"It is, for all of us, a life-changing program," she told us. Marie spent her final four weeks as an FSTA student interning as a cook at Gourmet Dining at Rutgers University-Newark.

Gabriel is another recent graduate who's grateful for the opportunity that the FoodBank has provided her, "I've been sick for the last few years, so that's been a struggle. I've gone through foreclosure, I had a heart transplant – all these things. I'm so thankful for the program so that I can better myself, better my life," she said.

FSTA students are instrumental in feeding hungry children over the summer. They prep and pack all of the meals that are distributed to summer feeding sites throughout the state to bridge the nutrition gap that kids face when they no longer have access to school breakfasts and lunches.



## Helping Hands



**Meet the Millers.** They volunteer at the Community FoodBank of New Jersey almost every Saturday morning, contributing hundreds of hours to the cause. "The ability to help people in need by donating our time is deeply satisfying," Steve Miller told us. Over the years, the Millers have provided volunteer support for a wide range of projects, from packing pasta and sorting food at our Hillside warehouse to organizing group volunteer sessions and participating in our turkey drive as an annual family tradition. "It's a great way to give back and a great way to spend our time," Steve said.

# In Your Neighborhood

We work with more than 300 community partners to address food insecurity in South Jersey, but there are some towns in Atlantic, Cape May, and Cumberland counties that don't have enough food pantries and soup kitchens to meet the need. That's where our Mobile Pantries come in – serving food, help and hope in areas where there is high need and limited food resources.

Our Ventnor Mobile Pantry is one location that distributes healthy food to hundreds of hungry men, women, and children each month.

For Gregg, the Mobile Pantry means he will have food for the month. He suffered a stroke a few years ago and appreciates that the Mobile Pantry provides seasonal produce, heart-healthy legumes and grains, and lean protein. Because of other expenses, he often struggles to afford fresh fruits and vegetables, which are more expensive grocery items.



“This means a lot to me,” he said. “I know there’s others in worse shape or in just as bad shape as me. This healthy food means the world to me. It means I can take care of my health.”

In many cases, the Mobile Pantry helps parents feed their children, especially over the summer when school breakfasts and lunches are not available.

As 51-year-old Darren stood in the pantry line, he said, “this is a blessing.” The Mobile Pantry supplements his family for the month because “the money I have coming in just isn’t enough.”

## Helping Hands



**Meet Linda and Barb.** They've been friends for 42 years and FoodBank volunteers since 2014, working at the intake desk at our Southern Branch on-site pantry. “We just like service. We like to help people,” they told us. What they love most about volunteering at the pantry is directly impacting the lives of the people who visit the FoodBank. “When someone comes in here with tears in their eyes because they can't feed their family, that's what makes all of this worthwhile,” they said. Linda and Barb visit the FoodBank once a week, greeting clients with cheerful smiles as they help them get the food that they need.

# Cooking For A Cause

with Chef Paul



## Cream of Asparagus Soup



**Servings:** 8

### Ingredients:

- 2 lbs Driscoll asparagus
- 12 oz. chopped onion
- 3 tbsp butter
- 5 ½ cups chicken broth
- ½ cup cream
- Salt and pepper, to taste
- ¼ tsp fresh lemon juice

### Preparation:

- Cut tips from 12 asparagus from top and halve tips lengthwise, reserve for garnish.
- Cut stalks and all remaining asparagus into ½ inch pieces.
- Cook onion in 2 tbsp butter in a 4-quart heavy pot over moderately low heat, stirring, until softened.
- Add asparagus pieces and salt and pepper to taste, then cook, stirring, 5 minutes.
- Add 5 cups broth and simmer, covered, until asparagus is very tender, 15 to 20 minutes.
- While soup simmers, cook reserved asparagus tips in boiling salted water until just tender, 3 to 4 minutes, then drain.
- Puree soup in batches in a blender until smooth, transferring to a bowl, and return to pan.
- Stir in cream, then add more broth to thin soup to desired consistency. Season with salt and pepper. Bring soup to a boil and whisk in remaining tbsp. butter.
- Add lemon juice and garnish with asparagus tips.

# Partner Spotlight: BJ's Wholesale Club

It is difficult to overestimate the impact of a corporate partner who gives food, funds and time to a hunger relief organization. Each is vital, and work in concert to sustain the organization's mission, and the many that benefit from it.

One such ally in our quest to alleviate food insecurity in New Jersey is BJ's Wholesale Club, Inc.

"BJ's represents the 'Gold Standard' of partnership with the Community FoodBank of New Jersey," says Debby Scheinholtz, Director of Corporate Relations. "The company donates food, significant dollars, and volunteer time. Through the partnership between BJ's and Feeding America, CFBNJ recently received a donation that allowed us to help our community partner organizations increase their capacity to distribute perishable food – including more healthy fresh produce – across the region."

Indeed, BJ's recent \$100,000 grant allowed for the purchase of two, 20 foot refrigerated trailers to our Partner Distribution Organization (PDO) Mercer Street Friends and agency Interfaith Food Pantry in Morris County, as well as refrigerators and freezers to over a dozen other partner food pantries. "This is particularly meaningful as we seek to address Hunger as a Health Issue by offering more nutritious food to our clients," adds Ms. Scheinholtz.

For nearly a decade, BJ's clubs around the state have also donated food to the Community FoodBank of NJ, as part of our retail gleaning program, which collects food that shopkeepers and supermarkets cannot sell but is still perfectly good to eat.

"Our drivers love making pickups at the BJ's clubs because of the professionalism displayed by all of the associates that make it happen every day," says Tim Vogel, Director of Food Sourcing. "The commitment of support runs deep throughout the BJ's organization."

BJ's stores have cumulatively given over 3.5 million pounds of recovered foods over the past five years, including nutritious items such as fresh fruits and vegetables, dairy, meat, and grocery items like cereals and canned beans. This food is used for our child feeding programs and mobile pantries, and for distribution to our community partners including soup kitchens, food pantries and shelters.

BJ's also believes in the old adage, many hands make light work. Their volunteers have made a difference by rolling up their sleeves and helping to sort and pack food for our neighbors in need at both of our warehouses in Hillside and Egg Harbor Township.

The Community FoodBank of New Jersey is grateful and fortunate to count BJ's Wholesale Club, Inc. among its prolific corporate partners. Their commitment to providing food, help and hope is improving lives and is a worthy example for us all.

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+

Kings Food Markets, Inc.  
Stop & Shop  
Wegmans Food Markets, Inc.

### \$50,000-99,999

QuickChek Corporation

### \$25,000-49,999

Albertson's Companies Foundation  
Peerless Beverage Company  
PNC Financial Services  
Robert Wood Johnson Foundation

### \$10,000-24,999

AIG  
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Prudential Financial, Inc.  
Quest Diagnostics Incorporated  
The Robert and Marion Schamann Brozowski Foundation  
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### \$1,000-9,999

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Atlanticare  
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Bank of America Matching Gifts Program  
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Summit Medical Group Foundation  
Tata America International Corp  
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Touch Dynamic  
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Volunteers of America  
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Waldman Family Charitable Trust  
Wells Fargo Clearing Services LLC  
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