

Cooking For A Cause with Chef Paul



Cider-Braised Chicken, Brussel Sprouts, and Apples



Servings: 4

Ingredients:

- 4 slices bacon, chopped
- 8 bone-in, skin-on chicken thighs (about 3½ pounds total)
- 2 medium tart red apples, cored and cut into wedges
- 1 12-ounce bottle hard cider
- 2 tablespoons chopped fresh thyme
- 2 tablespoons whole grain mustard
- 1 teaspoon kosher salt
- 12 ounces fresh Brussels sprouts, trimmed and halved if large (2 cups)

Directions:

1. In a very large skillet cook bacon over medium heat until crisp; remove from pan, reserving drippings in skillet.
2. Add chicken, skin side down, and cook 10 minutes or until browned, turning once; remove from skillet.
3. Add apples to the skillet and cook 4 minutes or until browned on both sides; remove from skillet. Drain and discard drippings from skillet.
4. Add cider, thyme, mustard, and salt to skillet, scraping up any browned bits. Bring to boiling; reduce heat.
5. Return chicken to skillet. Cover and simmer 10 minutes.
6. Add Brussels sprouts. Cover and cook 5 minutes.
7. Add apples and cook, uncovered, 3 to 5 minutes more or until chicken is done (at least 175 degrees F).
8. To serve, divide chicken thighs, Brussels sprouts, and apples among shallow bowls or plates.
9. Spoon cider mixture over top. Sprinkle each serving with bacon.

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

Partner Spotlight: Stop & Shop

Stop & Shop works continuously and tirelessly with the FoodBank to support our mission. The company is a natural ally in the fight against hunger, as its very business provides us a direct source of food. However, Stop & Shop does more: regularly contributing generous funds and essential volunteers that add depth and breadth to our respective work.

This past year, nearly 400,000 pounds of food have been collected from NJ Stop & Shop stores as part of their participation in CFBNJ's Retail Gleaning Program, which mitigates waste by gathering food that would be otherwise discarded. One of the most important categories of food donated by Stop & Shop is meat, representing about half of the company's food donations. Through the company's Meat the Needs program, encouraging store donation of poultry, beef and pork, we are able to provide FoodBank partner agencies with a nutritious and much-needed source of protein. Sorting donated meat is also a new volunteer activity at the FoodBank, bringing to light Stop & Shop's generosity and our desire to provide the elements of a balanced meal to our neighbors in need.

Stop & Shop's corporate philanthropic arm, the Ahold Delhaize USA Foundation, has been financially supporting our child feeding programs for nearly a decade. Currently, a generous, three-year grant is helping to fund the Kids Cafe and Family Pack programs, backing the foundation's mission of "Building healthy communities by supporting family, health and nutrition." Likewise, Stop & Shop New York Metro stores collect financial donations every holiday season through their Food for Friends campaign, benefitting feeding programs and food banks, such as ours.



For the past several years, Stop & Shop has also supported Newark's WBGO public radio "Community FoodBank Day," which raises money specifically for our Family Pack program.

Stop & Shop employee volunteers are also a welcome presence during the critical Thanksgiving season. They, along with players from the NY Giants, deliver turkeys to our warehouse and graciously stay to help with various tasks. "We are most pleased to accept their donation and their hours of service," says Faye Kuhn, Director of Volunteer Services.

On April 28, CFBNJ was fortunate to be one of the New York Metro area food banks that partnered with Stop & Shop, NBC4 and Telemundo 47 for the second annual Feeding Our Families Food Drive, during which more than 250 Stop & Shops collected food to provide 1.9 million meals for those in need. Food donations and dollars from 45 stores in CFBNJ's territory translated into nearly 112,000 meals, thanks to shoppers and over 100 volunteers! Stop & Shop also made a generous monetary donation to participating food banks, and the event raised great awareness about food insecurity across NY, NJ and CT.



The Feed



Fall 2018

NJ SNAP-Ed – Eat Healthy! Be Active!

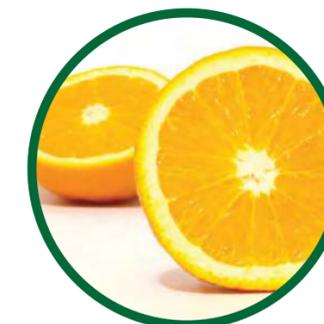
The Community FoodBank of New Jersey is pleased to have been selected as one of three grantees for a statewide nutrition education initiative that seeks to promote healthy eating while reducing the risk for chronic disease among limited-resource individuals and families. New Jersey's Supplemental Nutrition Assistance Program (NJ SNAP-Ed) is an extension of the federally funded Supplemental Nutrition Assistance Program (SNAP) and is administered in collaboration between the New Jersey Department of Human Services and Department of Health.

Currently, 9% of New Jersey residents receive SNAP (formerly called food stamps) benefits. Many more live with the day-to-day reality of poverty, which impacts 11% of our state's population and 16% of our youngest residents (below the age of 16). The SNAP-Ed program will help residents make healthy food choices within their limited budget and teach them how to incorporate physical activity into their lifestyle. Events will be available to partnering schools, organizations and workplaces that serve predominately low-income New Jersey residents. Cooking demonstrations, grocery store tours

and 4-6 week classes will be offered beginning in the summer of 2018 at school and community sites in 12 counties throughout our service area.

Additionally, NJ SNAP-Ed will help to make the selection of healthy food the easy choice in the communities that we serve. More than 27% of NJ residents struggle with obesity and many more suffer from being overweight. Initiatives to reduce the incidence of obesity through the SNAP-Ed program include the promotion of healthy corner stores, the facilitation of farm-to-school programs as well as educational initiatives that reduce screen time for children. Easy ways to access and prepare fruits and vegetables will be a primary focus of the program since only 12% of adults meet the recommended daily intake levels for fruit and only 9% meet the current recommendations for vegetable consumption.

If your school or organization is interested in participating with the SNAP-Ed program, please contact us at (908)-355-3663 ext. 500 to schedule a partnership meeting. The Community FoodBank of New Jersey's SNAP-Ed program will provide services within the following counties: Atlantic, Bergen, Cape May, Cumberland, Essex, Hudson, Middlesex, Monmouth, Ocean, Passaic, Union, and Salem. Visit NJSNAP-Ed.gov to learn more about the SNAP-Ed program and to find information about SNAP-Ed in other counties.



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Thank You To Our Recent Donors

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

\$100,000+
Joy in Childhood Foundation Inc.
Premio Foods, Inc.
United Airlines
Wawa Foundation, Inc.

\$50,000-99,999
Nokota Management

\$25,000-49,999
Bank of America
Broadridge Financial Solutions, Inc.
Capital One Bank
Chatham Asset Management, LLC
Goya Foods, Inc.
JPMorgan Chase
PNC Financial Services
Prudential Financial, Inc.
Wakefern Food Corporation

\$10,000-24,999
Alliant Insurance Services, Inc.
Cauldwell Wingate Co., LLC
Celgene Corporation
Citrix Cooperman & Company LLP
Colgate-Palmolive Company
Crispy Green
DTCC
ESM Ferolie
The Fournier Family Foundation
Hollister Construction Services
The John & Margaret Post Foundation
Johnson & Johnson Matching Gifts Program
Kings Food Markets, Inc.

Mazars USA LLP
The Mitzi & Warren Eisenberg Family Foundation
Morgan Stanley Smith Barney
Ralph Lauren
Ruane Family Foundation
RWJBarnabas Health
Strato, Inc.
Summit Medical Group Foundation
Toys "R" Us, Inc.

\$1,000-9,999
ADP LLC
Aetna Foundation, Inc./Partners In Community Giving
Ahold Delhaize USA Family Foundation
American International Group
Atlas Model Railroad Co., Inc.
ATM Money Machine, Inc.
Bank of America Matching Gifts Program
Bank Of New York Mellon
Community Partnership
Bessemer Trust
Blecker Family Foundation
Borgata Heart & Soul Foundation
Bristol-Myers Squibb Company
The Brookdale Foundation Group
Ramapo Trust
BRV Sharma Family Foundation
C.R. Bard, Inc.
Capaldi, Reynolds & Pelosi
Central United Methodist Church
Citi Community Development

Combined Federal Campaign
Community Presbyterian Church
Credit Suisse
Cushman & Wakefield
Diocese of Camden Summer in the City
F&G Mechanical Corp
Federal Farm Credit Bank
Funding Corporation
Flagship Resort Development Corp
Garden State Chapter of the American Fence Association
Garfunkel Wild, PC
Glen Ridge High School
Glenn Insurance, Inc.
Greater Egg Harbor Regional High School District
Hard Rock Cafe-Atlantic City
Impact 4 Good LLC
Investors Bank Foundation
Johnson & Johnson Law Department
Kuehne & Nagel
Levine, Staller, Sklar, Chan & Brown, P.A.
Linwood PTO
M&T Charitable Foundation
Macy's Foundation
Macy's Logistics & Operations
Marion Park Foundation
Merck & Co
Merck Foundation
Merkle Response Services, Inc.
Merrill Lynch
Millburn Middle School
The Mullin Family Foundation

New Jersey State Society
New Life Church
NJM Insurance Group
Nonprofit Finance Fund
The Office of Morristown, LLC
O'Melveny & Myers LLP
OneMain Financial, Inc.
Oxman Goodstadt Kuritz PC
Patella Construction Corp
PEF Services
Penske Truck Leasing
Pfizer Inc.
Prudential Foundation Matching Gifts
PSE&G
Region Nine Housing Corporation
Robert Wood Johnson Foundation
Rotary Club of Somers Point
Royal Suites Interval Association, Inc.
St. John's Evangelical Lutheran Church
Summit Lions Foundation
TKM Industries, Inc.
Turner Construction Company
Village Super Markets, Inc.
Vitamin Shoppe Industries, Inc.
Walmart Foundation
WaterTree Ventures LLC
Wells Fargo Bank
Whole Foods Market
Willis of New Jersey, Inc.
WithumSmith+Brown, PC



A Message From Carlos

Dear FoodBank Friends,

Though unemployment is at its lowest rate in recent history, many in the U.S., and New Jersey in particular, are still struggling financially.

Last month at one of our partner agencies, we met Sherryanne, a single mother living paycheck to paycheck, who shared her story of financial hardship. Having just been laid off from her job at a call center a few days prior, she had no savings to tap into and was already struggling to afford food. Unable to concentrate on her job search until she could feed her daughter, Sherryanne turned to a local food pantry for help. Looking for work versus putting food on the table is a choice that no one should have to make. Fortunately, Sherryanne left the pantry that day with a supply of nutritious food and the relief of being able to look for work without wondering where their next meal would come from.

A study released earlier this year by the United Way ALICE project shows that Sherryanne is not alone in her struggle. It reports that 43% of all U.S. households don't earn enough to afford basic modern necessities. These needs include housing, child care, health care, transportation, a cell phone, and as we know all too well, food.

This figure encompasses 16.1 million households living in poverty, as well as 34.7 million families that the United Way calls ALICE—Asset Limited, Income Constrained, Employed. Though technically above the federal poverty line, this group makes less than what is needed to pay for the bare minimum of modern living expenses.

Here in New Jersey, the Community FoodBank of New Jersey and our partner agencies know ALICE households as our neighbors in need. They are more than one third of all households in the state, male and female, young and old. They could be your child's teacher, your elderly neighbor's home health aide, a host at a local restaurant, the retail manager at your favorite store.

Our neighbors in need are hardworking members of your community who struggle to make ends meet and have little to nothing in savings. Though they may work multiple jobs, just one unexpected medical bill, rent hike, or layoff can plunge these families into poverty or even homelessness. Many times, they may find themselves in our food lines to prevent this descent and as a step to rebuild their future.

Forty-seven percent of households that the Community FoodBank of New Jersey serves—nearly half—have at least one member with a paying job. With this in mind, the FoodBank will continue its twofold mission of feeding the pantry lines while working to shorten them. We provide more than 47 million meals each year to our struggling neighbors, but the work can't end there. As the state's largest anti-hunger and anti-poverty organization, we must dig deeper to understand why so many lack access to food, what we can do to affect change, and how you can help.

September is Hunger Action Month, a month to raise awareness, take action, and dedicate yourselves to a solution to the hunger crisis. You can make an impact by:



Volunteering with friends, family, coworkers, or social groups in one of our warehouses or at off-site events



Making a donation to the FoodBank. Remember that every dollar provides three meals!



Hosting a food drive at work or in your neighborhood and encouraging donations of healthy non-perishables



Contacting your local representatives and asking them to oppose budget cuts to critical programs like SNAP, TEFAP, and WIC



Spreading the word to others about the problem of hunger in New Jersey and encouraging them to get involved with you

Your support makes a difference, during Hunger Action Month and all year long. Together, we can work towards a better tomorrow for our struggling neighbors.

Sincerely,

Carlos M. Rodriguez



Items Of Note

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 peoples' 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 or contact Rachel Laibson, Major Gifts Officer, at 908-355-3663 ext. 253 or rlaibson@cfbnj.org.

All New Blue Jean Ball

We've successfully revamped, reimagined, and reinvigorated our annual gala to raise close to \$1.2 million for the FoodBank! The All New Blue Jean Ball featured food truck fun on the Hudson, a farm-to-table dinner, a formal awards program, live entertainment, and a moveable feast of desserts and honored Goya Foods, David Tepper, and the FoodBank's volunteer corps for their dedicated support of our mission. Thank you to our event chairs, sponsors, and more than 460 attendees for making it an unforgettable evening! Visit us on Facebook to see more photos from the event.



Can't Miss! Chefs Tableside

Save the date for our Chefs Tableside Dinner on November 1 at The Westin Governor Morris. Acclaimed New Jersey chefs will create a unique five-course menu with wine pairings. For more information, please contact Renee Helfenstein, Director of Special Events and Community Outreach, at 908-477-9924 or rhelfenstein@cfbnj.org.

In Your Neighborhood

For the 2018 Students Change Hunger food and fund drive, Westfield High School students collaborated together to donate more than 5,000 pounds of food to the FoodBank. Students were honored at a ceremony in March for their efforts in helping families and children across our state have a healthy plate. Westfield High School received the "Heavyweight Championship" award to honor the dedication, commitment and tireless efforts of the students in fighting back against hunger. The school has been a longtime champion of access to healthy food for all within our communities.



Food drives were held at the annual Thanksgiving football game where parents and community members were encouraged to donate food. Students also worked together to host a number of school-based food drives as well as food collection days in the local community. The creativity in planning and launching the food drives is a testament of the incredible spirit of charitable giving at Westfield High School. We are looking forward to our continued partnership with Westfield High School as well as this year's upcoming Students Change Hunger food and fund drive that kicks off in September 2018. The FoodBank is recruiting new schools to participate and register for this year's drive. Additional information can be found at studentschangehunger.org. For more information, please contact Michelle Jansen, Director of Schools & Community Outreach at mjansen@cfbnj.org or call (908)-355-3663 x279.

Helping Hands



The HOPE Award at the All New Blue Jean Ball was presented to the FoodBank's most dedicated corporate partners, schools, organizations, and individuals who have demonstrated leadership and exceptional commitment as volunteers: Morgan Stanley, JPMorgan Chase & Co., Prudential Financial, Novartis Pharmaceuticals Corp., Wakefern Food Corporation, Lafayette Elementary School, Kean University, Seton Hall Preparatory School, The Church of Jesus Christ of Latter-Day Saints, Bob Griffin, Carol Haws, Betsey Bernhardt, and Nancy & John Shaw. The FoodBank relies on devoted volunteers like them to help fight hunger in New Jersey.

In Your Neighborhood

The pantry at Bethel Commandment Church in Whitesboro is one of the Southern Branch's most active agencies, serving as both a food pantry and a soup kitchen for more than 350 families a month.

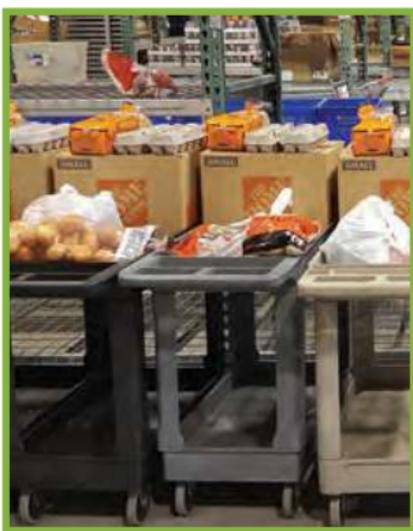
"We serve people of all backgrounds and nationalities," said Charles Farrow, Church Pastor and Pantry Director, "mostly locals, but people who come from further away, too. We don't turn anybody away."

Pantry services are available twice per week by appointment, and emergency baskets are given to those in need without appointments. Church members and scout troops work together to create the baskets for hungry people in the community. Healthy options like fresh produce and meat are also made available.

Whitesboro is located in Cape May county, which has one of the state's highest instances of food insecurity at a rate of 12.4%.

"There's a great need in our area because it's a resort area," Charles Farrow told us. "When summer's over, there are very few jobs left, so people turn to the FoodBank to get food for their families."

Fortunately, there are active feeding programs like the one at Bethel Commandment Church to help South Jersey families put food on their tables.



Helping Hands



Meet Jim and Jack. They became friends while volunteering at the Southern Branch on-site pantry, helping to organize food, restock shelves, and guide clients through the shopping area. "It really gives you a great feeling when you go home at night and you're tired to know that it's a good tired," Jack told us. One of their favorite activities to do together at the FoodBank is assembling emergency food boxes for clients who don't have pantry appointments but are in need of supplemental food. "It's something that's going to make the difference between their family having a meal or not," they said.