Cider-Braised Chicken, Brussels Sprouts, and Apples

Servings: 4

Ingredients:
4 slices bacon, chopped
8 bone-in, skin-on chicken thighs (about 2 lbs total)
2 medium tart apples, cored, and halved if large (2 cups)
2 cups halved Brussels sprouts

Methods:
1. In a very large skillet cook bacon over medium heat until crisp; remove from skillet and drain on paper towels.
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 crisp-tender; remove from skillet. Drain and discard drippings from skillet.
4. Add bacon, thyme, mustard, and salt to skillet, scraping up any browned bits. Bring to boiling; reduce heat.
5. Return chicken to skillet. Cover and simmer 5 minutes.
6. Add Brussels sprouts. Cover and cook 5 minutes.
7. Add apples and cognac, uncovered, 3 to 5 minutes more or until chicken is done (at least 165° F).
8. To serve, divide chicken thighs, Brussels sprouts, and apples among shallow bowls or dinner plates. Spoon cider mixture over top. Sprinkle each serving with bacon.

Step & 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, Step & 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 Step & Shop stores as part of their participation in CFBNJ’s Retail Gleaning Program, which mitigates waste by gathering food that would otherwise be discarded. One of the most important categories of food donated by Step & 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 Step & Shop’s generosity and our desire to provide the elements of a balanced meal to our neighbors in need.

Step & Shop’s corporate philanthropic arm, the Aholt 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, Step & 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, Step & 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 Step & Shop, NWCG and Teleport 47 for the second annual Feeding Our Families Food Drive, during which more than 250 Step & Shop stores 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 12,000 meals, thanks to shoppers and over 100 volunteers! Step & 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.

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, 8% 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 predominantly 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, with over 27% of NJ residents struggle with obesity and many more be classified as 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 educate screen time. Children.

Healthy Foodstик}}
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. Sherryanne left the pantry 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 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 in poverty, as well as 34.7 million families that the United Way considers “ALICE.”

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 neighbor’s child, your elderly neighbor’s 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 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 nothing in savings.

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
- 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

A Lasting Legacy

You know how gratifying it is to support a worthy cause. Ask us here 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 Labson, Major Gifts Officer, at 908-355-3683 ext. 253 or rlabson@cfbnj.org

All New Blue Jean Ball

We’ve successfully revamped, reimagined, and reinvented 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 480 attendees for making it an unforgettable evening! Visit us on Facebook to see more photos from the event.

In Your Neighborhood

For the 2018 Students Change Hunger food and fund drive, Westfield High School students 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 next year for the annual drive. Additional information can be found at studentschangehunger.org. For more information, please contact Michelle Jensen, Director of Schools & Community Outreach at mjansen@cfbnj.org or call (908)-355-3683 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., Westfield Food Corporation, Lafayette Elementary School, Kean University, Seton Hall Preparatory School, The Church of Jesus Christ of Latter-Day Saints, Newbridge School, and Westfield High School. Students 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.

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Can’t Miss! Chefs Tableside

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

Items Of Note

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

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

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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.