

Cooking For A Cause with Chef Paul



Grilled Portobello Mushrooms



Ingredients:

- ½ cup finely chopped red bell pepper
- 1 clove minced garlic bulb
- ¼ cup olive oil
- ¼ tsp granulated onions
- 1 tsp salt
- ½ tsp ground black pepper
- 4 large portobello caps mushrooms

Preparation:

1. Preheat grill for medium heat.
2. In a large bowl, mix the red pepper, garlic, oil, onion powder, salt, and ground black pepper.
3. Lightly oil the grill grate. Place mushrooms over indirect heat, cover, and cook for 15 to 20 minutes.
4. Spread mixture over gill side of the mushroom caps. Place back on grill and keep warm for another 5 – 10 minutes.

Options:

Sprinkle cheese on top of pepper mixture and melt.

Create your own colorful vegetable mixture topping.

Want more delicious and healthy recipes straight from our kitchen?

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Partner Spotlight: JPMorgan Chase & Co.

In addition to donations of food, funds, and time that are the lifeblood of our organization, the FoodBank has other operational needs that caring corporations like JPMorgan Chase help to address.

Most recently, they've accepted the FoodBank into their Force for Good program, an initiative that provides free technology services to non-profits through the skilled volunteerism of JPMorgan Chase employees. For eight months, a group of ten IT professionals will work remotely and on-site to help improve the FoodBank's technology infrastructure, which is essential to the work that we do every day. These JPMorgan Chase employees will work on developing an online document management system for easier, paperless exchange of information.



support the communities where we live and work and help the FoodBank further its mission."

From agency record keeping to food sourcing and everything in between, the FoodBank relies on a network of IT systems that will be made more reliable and efficient with the tremendous help of Force for Good volunteers.

"We are very excited at JPMorgan Chase to collaborate with the Community FoodBank of New Jersey through our Force for Good program," said Madeline Hutchinson, America's Force for Good Lead at JPMorgan Chase. "This is a great opportunity for our tech employees to

Additionally, JPMorgan Chase has been a financial donor for more than twenty years, helping to fund critical FoodBank programs that feed our neighbors in need. They also support and attend our events, including the Women Fighting Hunger Luncheon, Blue Jean Ball, and Chefs Tableside Dinner.

"JPMorgan Chase is a longtime partner in the fight against hunger, supporting the FoodBank in a broader sense and also giving of their employees' time to help tackle specific challenges, like reorganizing our IT systems," said Carlos Rodriguez, President & CEO of the Community FoodBank of New Jersey. "We're also proud to have JPMorgan Chase Managing Director Alma DeMetropolis on our Board, sharing her expertise and commitment to our neighbors in need."

JPMorgan Chase employees also help out regularly in our warehouse, even bringing their families to volunteer together on Saturdays. Last year alone, almost 400 JPMorgan Chase volunteers contributed nearly 800 hours to our mission. In June, the company was honored with the HOPE Award at the All New Blue Jean Ball for its incredible commitment to volunteerism.

"We're reaching more people in need every day, thanks to the year-round commitment of corporate partners like JPMorgan Chase," Carlos Rodriguez said.

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



The Feed



Spring 2019

Taking Aim at Poverty in New Jersey

Lack of access to period supplies due to financial limitations is known as period poverty and is widespread among the low-income women and girls that the FoodBank serves. Through nearly forty-five years of anti-hunger, anti-poverty work in New Jersey, we know that women who are forced to make tough choices between food and other necessities are the same ones that often face disruptions to their educations, jobs, job searches, and other top priorities because they can't afford period products. These essential supplies—considered de facto luxury items in states that impose sales tax on them—cost a premium and are excluded from all state and federal assistance programs, including the Supplemental Nutrition Assistance Program (SNAP).

Now in its pilot year, the Community FoodBank of New Jersey's Period Initiative, in allied partnership with the National Diaper Bank Network, aims to address this gap and maintain dignity for women by providing free period supplies every month to women and girls in need in Essex, Somerset, Union, and Hudson counties.

Among them is Cece, who visits her local Period Initiative distribution to get supplies for herself and her seventeen-year-old daughter, who would otherwise miss school during her period.

"She would just sit home and wait for it to end," Cece told us.

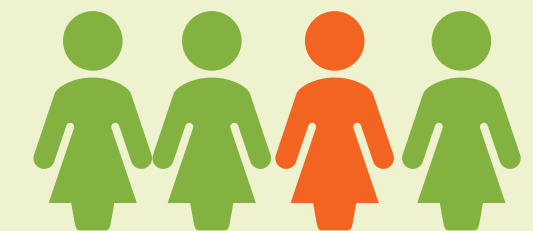
Unable to afford the necessary supplies, Cece couldn't leave the house to work during her period, and her daughter, who's about to graduate from high school, was falling behind in her classes. They're both grateful that the Period Initiative now allows them to be healthy and active all month long.

"It's good that this is available," Cece said. "It's a big help to us and to a lot of people."

The initiative currently involves ten of the FoodBank's partner agencies and two middle schools, leveraging



1 in 5 girls missed school because they couldn't purchase the products they needed.



Last year, 1 in 4 American women struggled to pay for the personal care they needed.

the National Diaper Bank Network's new Alliance for Period Supplies to purchase low-cost, bulk period supplies. Generous support to launch the initiative was provided by the Jewish Women's Foundation of the Jewish Community Foundation of Greater MetroWest NJ.

In January, the Period Initiative was chosen as a finalist for Impact100 Essex's prestigious 2018 Grant Award. With its potential for growth recognized by local change makers, the FoodBank plans to continue looking for ways to expand the initiative to assist more of the many thousands of women and girls without access to period supplies.

"Addressing period poverty is interrelated to our core function of fighting hunger in New Jersey," said FoodBank President & CEO Carlos Rodriguez. "This new initiative furthers the FoodBank's commitment to keeping women healthy so that they can work, go to school, and break the cycle of poverty."

To learn more about the FoodBank's Period Initiative and how you can help, visit cfbnj.org/hygieneprograms.

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 Nonprofit Finance Fund Novo Nordisk Prudential Foundation Robert Wood Johnson Foundation ShopRite LPGA SUS Charitable Trust Victoria Foundation William R. Kenan Jr. Charitable Trust \$50,000-99,999 ADP Foundation Anchorage Capital Group, LLC Anonymous Bis Charitable Foundation* Enterprise Holdings Foundation Food Research & Action Center and Walmart Foundation The Hyde and Watson Foundation Joy in Childhood Foundation Inc. Wells Fargo Foundation \$25,000-49,999 Azeez Foundation Chatham Asset Management, LLC Edrington Americas Ingrid Mahan Foundation, Inc. Joyn Foundation, Inc. MeLife Foundation Peerless Beverage Company Sandy Hill Foundation Santitas South Jersey Industries, Inc. State Street Foundation, Inc. Summit Area Public Foundation TD Charitable Foundation \$10,000-24,999 Accent Fence, Inc. 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Sysco United Way of Greater Philadelphia & Southern New Jersey US Foods Service Welsh Family Foundation Whole Foods Market ZT Group Int'l, Inc. \$1,000-\$9,999 175 Executive House, LLC 40 Washington LLC 44 South Munn, LLC 77 South Munn, LLC CNP, LLC AEA Investors SBF LLC	All Risk, Inc. Allied Beverage Group, LLC America's Charities Amerihealth Caritas Anonymous Appaloosa Management Charitable Foundation, Inc. Apple Matching Gifts Program Hollister Construction Services ASME (American Society of Mechanical Engineers) Aspire Home Mortgage Inc. AT&T Foundation Atlantic City Electric, an Exelon Company Atlantiacare Atlanticare Foundation ATM Money Machine, Inc. Attilio Esposito, Inc. Bally Gaming Barton & Shirley Weisman Foundation Inc. Bayer HealthCare Baysen Law Group Berkshire Hathaway Blueyees Foundation BMI-Rupp Foundation Bob's Discount Furniture Borgata Heart & Soul Foundation Borgata Hotel Casino & Spa Bravo Building Services, Inc. Broadbridge Financial Solutions, Inc. 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Verizon VFW Post #130 VFW Post #215 Greater Absecon Island VideoHelper Fund Virginia Metzler Family Foundation Waldrum Family Charitable Trust Water Dog Smoke House LLC Weldon Materials, Inc. Wenoco Leeds West Management Group Wingcraft LLC WithumSmith+Brown, PC Wyndham Worldwide Operations, Inc. YOH Foundation Zeke Capital Advisors, LLC <small>*Funds received via Feeding America</small>
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A Message From Carlos

Dear FoodBank Friends,

You've all heard me use the term "all in" in reference to the collaborative nature of the FoodBank's work. As we've recently entered a new phase of collective action, I want to use this message as an opportunity to reflect on what being "all in" really means.

I first heard the phrase from a teacher who was charged with galvanizing the Giants football team during a particularly challenging season. He used "all in" to motivate them to commit every bit of their energy to accomplishing the team's goals, with the important caveat that once they go "all in," there is no turning back.

It occurred to me then that the speaker's words also apply to our approach in the fight against hunger. Being "all in" is about commitment—personal and professional. For the FoodBank, it involves pursuing a deeper understanding of who our neighbors in need are and why they are hungry to shape our programmatic response accordingly.

But we can't be "all in" alone. Everyone has a role to play in ending hunger, and we must work together to create an ecosystem of support that meets the needs of our communities. Historically, the FoodBank's philanthropic partners have stepped up to meet this challenge, spreading the word about our mission and providing food, funds, and time to help build up our resources.

Their support was especially critical in helping the FoodBank respond to the need among federal employees and their families during the partial government shutdown earlier this year. With the help of our partners, the FoodBank expanded its services and hosted extra distributions to ease the burden for furloughed workers during their time of crisis.

I want to extend my deepest thanks to these individuals, foundations, corporations, and community groups for their commitment, which has helped to bring about the next phase of coordinated effort, bringing state government to the table.

The New Jersey Assembly, led by Speaker Craig Coughlin, has taken important steps to address food insecurity in the state with a sweeping anti-hunger bill package that addresses campus hunger, food waste, and other items critical to ensuring that all residents are well-fed. In November, I had the honor of delivering testimony to the Assembly Human Services Committee in support of these measures, each one a step in the right direction for hungry families throughout the state.

Working hand-in-hand with government and private philanthropic partners, some of the proposed bills are already on their way to becoming reality. Together, we've expanded SNAP to assist more college students, worked to facilitate donations, and set our sights on reducing food waste.

When we're "all in" together to fight hunger, it's amazing what we can accomplish. With help from stakeholders from all sectors of society, a food secure Garden State and a better tomorrow for our neighbors in need is a reality that we can deliver.

Sincerely,

Carlos M. Rodriguez



Follow Carlos on Twitter! @FoodBankCarlos



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 carry on its mission to fight hunger and positively impact the lives of people in need. Recent tax law changes provide a unique opportunity to maximize your charitable goals. To learn more about planned giving, visit cfbnj.org/plannedgiving or contact Rachel Laibson, Major Gifts Officer, at 908-355-3663 ext. 253 or rlaibson@cfbnj.org.



Josh Weston's 90th

In December, FoodBank leadership celebrated esteemed board member Josh Weston's 90th birthday at the Liberty Science Center. A luminary in the community, he has changed the lives of our neighbors in need with a lifetime of leadership and generosity.

Your Monthly Gift Fights Hunger Year-Round

Make a lasting difference for food insecure New Jerseyans by becoming a member of our Sustainers Circle. Your ongoing support allows us to plan for the year ahead and reach our goals of feeding and empowering even more of our neighbors in need. A \$30 monthly gift (just \$1 a day) can help provide 90 meals—enough for an entire month for a neighbor facing hunger. Join the Sustainers Circle today at cfbnj.org/sustainers.



Teen Leaders Inspiring Change

Did you know that the FoodBank has a brand new Teen Leadership Council? These ten students from across the state are working together to facilitate New Jersey's first-ever teen-hosted Hunger Forum to raise awareness and inspire others to take action in their communities. To learn more about the council and our other youth programs, please contact Michelle Jansen at mjansen@cfbnj.org

Can't Miss! Blue Jean Ball

The Community FoodBank of New Jersey's Blue Jean Ball, our largest annual fundraiser, will be held on Saturday, May 18 at the Central Railroad Terminal in Liberty State Park. The event will feature delicious food, plus a formal program and awards ceremony honoring some of our most dedicated supporters. Come for a great time, and feel good knowing that all funds raised will benefit the FoodBank's statewide hunger-relief efforts. For more information and tickets visit cfbnj.org/bluejeanball2019.



In Your Neighborhood

The recent federal government shutdown affected more than 5,000 workers living in New Jersey, from TSA agents, to IRS employees, to members of the U.S. Coast Guard. Without their paychecks, many faced hunger for the first time in their lives, turning to their local food pantries and soup kitchens to feed themselves and their families.

As a result, the FoodBank and its network of more than 1,000 community partners experienced an unprecedented influx of visits from federal workers. In January, the FoodBank held an emergency food distribution at Newark Airport to assist the airport's federal employees, many of whom worked without pay during the government shutdown.

James, a TSA agent, was one such federal worker in need who visited the distribution. "It's a struggle because I have no money for food, no diapers for my kids," he told us. James went on to describe the stack of unpaid bills that he had on his kitchen counter at home, saying that without his paycheck, he and his wife were skipping meals to feed their four young children.



Crying tears of relief, he received an assortment of food from two FoodBank staff members. "I feel so lucky because now I have food for the house," James said.

The Community FoodBank of New Jersey – Southern Branch also served a large number of federal workers at its onsite pantry, including members of the U.S. Coast Guard, like Freddie.

"The government shutdown forced us to decide whether to pay our bills or put food on the table for our family," he told us. Though the shutdown is over, its impact is lasting, as many of those affected are still getting back on their feet.

"At the FoodBank, we know that hunger is an emergency that can strike at any time," said Carlos Rodriguez, President & CEO of the Community FoodBank of New Jersey. "We're through the worst of the crisis, but we won't stop working to meet the need for those who are still struggling."

Helping Hands



Meet the Amaro Family. They've volunteered together at the FoodBank since 2013 in many capacities—doing clerical work, sorting and repackaging donated food, making Family Packs and senior boxes, and bagging pasta, among other important jobs. For parents Nancy and Jose, what began as an exercise in empathy for their three children became a way to give back to the community that their family looks forward to every month. "We may never meet the families that are receiving the food personally, but we know that we're helping out in some way," Nancy told us. The Amaros enjoy belonging to our community of volunteers, making a meaningful impact on hunger in a safe and positive environment. "The time goes by so fast. You meet all of the other volunteers, and you get to work together. The kids look forward to it, and we look forward to it," Nancy said.



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Can't Miss! Night of 100,000 Meals

The Community FoodBank of New Jersey – Southern Branch will host its second annual Night of 100,000 Meals on May 9, a chance to network and enjoy food from some of the area's most renowned restaurants while supporting the FoodBank's child feeding programs. For more information, please contact Renate Taylor, Development Officer, at 609-383-0474 ext. 112 or rtaylor@cfbnj.org.



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Helping Hands



Meet Ella. She's a jack-of-all-trades volunteer at our Southern Branch, working at the intake desk, with the mobile pantries, and stocking food in the warehouse, among other important jobs. No matter the work she's doing, she delights in helping to provide her hungry neighbors with the nutritious food that they need. "They stand in line at the mobile pantries for at least an hour – maybe even more – waiting to get food, and it really hurts my heart to see that," she told us, "but when we give them food, it makes me feel joyous because they're so grateful." Whenever possible, Ella takes the time to get to know the people she's helping. "I've met so many wonderful people that have just had bad experiences in their lives—sicknesses or financial problems. I'm grateful for what I have, but I'm even more grateful that I can give some help to these people who really need it," she said.



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