Grilled Portobello Mushrooms

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

**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 grill the portobello cap over indirect heat, cover, and cook for 15 to 20 minutes.
4. Spread mixture over grill 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? Follow us on social!

**Thank You To Our Recent Donors**
These corporations, foundations and organizations made recent generous donations to the Community FoodBank of New Jersey:

**Cooking For A Cause**
with Chef Paul

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 JPMorgan Chase professionals will work tirelessly 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.

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 Chef’s Table gala.

“JPMorgan Chase is a long-time partner in the fight against hunger, supporting the FoodBank in a broader sense and also giving of their employee’s 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 Deflari-Bona on our Board, sharing her expertise and commitment to our neighbors in need.”

JPMorgan Chase employees also help out regularly in our warehouse, event bringing their families to volunteer together on Saturdays. Last year alone, almost 400 JPMorgan Chase volunteers contributed nearly 600 hours to our mission. In June, the company was honored with the HOPE Award at the NJ New Business Awards. "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 Scheinholz, Director of Corporate Relations, at 908-242-3851 or dscheinholtz@cfbnj.org.

**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 Ceci, 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 at home and wait for it to end,” Ceci told us.

Unable to afford the necessary supplies, Ceci 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 both felt hopeful that the Period Initiative now allows them to be healthy and active all month long.

“It’s good that it’s available,” Ceci 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 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 cbnj.org/hygieneprograms.

**What’s Inside**

- Message From Carlos
- In Your Neighborhood
- Healthy Spring Recipe
- Partner Spotlight
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 are and why they are hungry to shape our programmatic response accordingly.

But we can’t “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 those we serve. 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 fight against 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 fight against food insecurity.

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.

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.

Follow Carlos on Twitter! @FoodBankCarlos

In Your Neighborhood

The recent federal government shutdown affected more than 1 million 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. 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.

Items Of Note

A Lasting Legacy

You now 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 Labison, Major Gifts Officer, at 908-555-3663 ext. 253 or rlabison@cfbnj.org.

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James, a TSA agent, was one such federal worker in need of the food distribution. “It's a struggle because I have no money for food. I have no diapers for my baby,” he told us.

Helping Hands

Meet Ella. She's a pick-of-all-trades volunteer at our Southern Branch, working at the intake desk, with the mobile pantry, 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 joyful because they're so grateful.” Whenever possible, Ella takes the time to get to know the people she's helping. “I want to help them and have conversations with them that have just had bad experiences in their lives—witnesses 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.

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 Renata Taylor, Development Officer, at 609-383-0747 ext. 112 or rtaylor@cfbnj.org.