



## Filling Bellies and Changing Lives

School's out, but class is still in session for our Food Service Training Academy. The free fifteen-week hands-on program, held in the FoodBank's state-of-the-art commercial kitchen, provides nutrition education and marketable job skills that can lead to a living wage for those in need of a second chance.

"If you have a dream, you have to spend the rest of your life trying to achieve it," said Richard, a current student. "This program is a second opportunity. It's a chance for me to do something that I really want to do."

After being laid off from his job of ten years, Richard, who was raised in a family that visited pantries to help put meals on the table, was seeking a way to transform his passion for cooking into a stable career when he found out about the Food Service Training Academy.

In addition to changing the lives of its participants, the program also plays an essential role in the FoodBank's summer feeding efforts, as the students help prepare and package meals that nourish hungry kids across the state.



Meeting the need for food insecure children is a year-round challenge that intensifies during the summer months when kids lose access to school meals. Nearly 400,000 New Jersey kids receive free or reduced-price lunch, which may be their only reliable source of food for the week. With this in mind, the Community FoodBank of New Jersey participates in the USDA's Summer Food Service Program to provide nutritious meals to children who are vulnerable to hunger when school's out.

Last summer, the FoodBank provided more than 104,000 summer meals at sites across the state, including Boys & Girls Clubs, libraries, and recreation centers. This year's goal is to serve more healthy food to children in need in underserved areas.

"Some of these kids may not have meals at home when school's out for the summer," said Daryl Walker. A 2012 graduate of the Food Service Training Academy, Daryl is now in charge of production for the FoodBank's child feeding programs.

In keeping with the FoodBank's Hunger as a Health Issue initiatives and the USDA's strict nutritional guidelines, Daryl ensures that each breakfast includes milk, one fruit or vegetable, and one grain and that each lunch includes milk, two pieces of fresh produce, one grain, and one protein.

"This program is so important because it provides kids in need with nutritious food, food that will keep them healthy and energized." Daryl told us.

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## A Message From Carlos

Dear FoodBank Friends,

Every year, thousands of food insecure kids rely on the Community FoodBank of New Jersey to fill the nutrition gap that they face when the bell rings for summer vacation. For the next three months, our summer feeding program will be their lifeline, the bridge that sustains them from one school year to the next while they lose access to free or reduced-price school meals and dinners at our Kids Cafes.

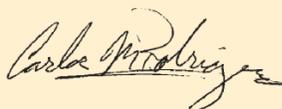
As you've already learned in this issue of *The Feed*, our goal for this summer is to expand the program's presence in underserved areas, providing more healthy meals to hungry kids in towns like Dover and Lodi. This is part of our commitment to a focused and targeted approach that addresses hunger on a community by community basis, connecting individuals, families, and municipalities with the resources that they need most.

Last year, the FoodBank provided more than 104,000 meals to hungry kids over the summer, but thousands more children in high-need neighborhoods who qualify for the USDA's Summer Food Service Program don't receive these meals. While hunger exists in every community throughout the state, we at the FoodBank have identified programmatic opportunities, like this one, where we can reach even more of our neighbors.

To this end, our programs work hand in hand, forming a support network for the more than 900,000 people in our state, including nearly 270,000 kids, who don't know where their next meal is coming from. Because the FoodBank sees **hunger as a health issue**, all of our efforts strive to do more than just fill bellies. We provide nutritious food and inspire healthy lifestyles to tackle hunger holistically. Our Food Service Training Academy students use fresh produce to create summer meals that adhere to the USDA's strict nutritional requirements and foster healthy development to help kids reach their full potential. This investment in their well-being in the early stages of life, especially during times of greatest need, like the summer, will lay the right foundations for their futures, with benefits for society as a whole.

Every day, we work to provide our hungry neighbors with the resources that they need most. The FoodBank is poised to expand its work into growth areas around the state, during this summer and beyond, and I know that it's possible with your support.

Sincerely,



Carlos M. Rodriguez



## Items Of Note



### Goya Foods, NJ Devils, and Prudential Center Team Up to Donate and Volunteer

Volunteers from Goya, the New Jersey Devils, and the Prudential Center visited the FoodBank on April 3 for their fourth annual Day of Service, during which they packed a portion of the more than 63,000 pounds of food that they donated. Their support will provide more than 52,700 nutritious, culturally-appropriate meals to our neighbors in need!



### Global Youth Service Day Engages Up-and-Coming Advocates

On April 13, 65 seventh through twelfth grade students attended Global Youth Service Day at the FoodBank, featuring a presentation by Senator Joe Cryan, a volunteer shift in our warehouse, and student-led service project presentations. To learn more about how we educate and activate children, teens, and young adults, contact Michelle Jansen at 908-355-3663 ext. 279 or [mjansen@cfbnj.org](mailto:mjansen@cfbnj.org).



### Emerging Leaders Board Adds to FoodBank Leadership Team

The Community FoodBank of New Jersey's new Emerging Leaders Board brings together ten rising stars from various industries to form the next generation of anti-hunger advocates. Members share a commitment to raise awareness and support for the fight against hunger by hosting events, engaging the community, and introducing the FoodBank's work to their personal and professional networks. To learn more about the Emerging Leaders Board, contact Rebecca Solheim at 908-355-3663 ext. 313 or [rsolheim@cfbnj.org](mailto:rsolheim@cfbnj.org).

### Planned Giving: Food • Help • Hope Legacy Society

By joining the Community FoodBank of New Jersey's new Food • Help • Hope Legacy Society, you can make a lasting impact for our neighbors in need



by helping the FoodBank to carry on its mission and fill the emptiness caused by hunger for future generations. Find out how your bequest can provide healthy food and support our initiatives by contacting Rachel Laibson at 908-355-3663 ext. 253 or [rlaibson@cfbnj.org](mailto:rlaibson@cfbnj.org).

## In Your Neighborhood

A FoodBank partner since 2011, Meals with a Mission in Garfield serves the homeless and working poor in Bergen County and the surrounding area. Their team of more than 375 volunteers cooks and packages over 15,000 hot meals each month for distribution to twenty four agencies, including soup kitchens, homeless shelters, senior centers, and more.

"We're giving back to our communities by providing a nutritious meal," said Richard Jarocki, Board President for Meals with a Mission, "and that hot meal is something that any of us would enjoy in our own homes."



At the beginning of this year, the organization distributed its millionth meal, reaching a landmark that they would never have imagined possible when they were founded almost nine years ago, cooking one night a week in a school cafeteria. Now, they touch the lives of thousands of people in need, with as much as ninety-percent of the food that they cook with coming from the FoodBank—more than 177,000 pounds last year alone.

"This fantastic milestone is a testament to all of the volunteers and administration who have donated and dedicated their time to this kind and hardworking organization," said Richard Rigoglioso, Mayor of Garfield. "I am proud to have such a respectable group here in our great city."

Though Bergen County is considered to be one of the most affluent parts of New Jersey, more than 70,000 of its residents are food insecure.

Marge, who lives in subsidized senior housing that's served by Meals with a Mission, is one of them. "They have very good food," she told us. She attends their regular lunch services for healthy food and company.

"I try to keep active and everything," she said, "and this food really helps me."

### Helping Hands



**Meet Randy.** He's been a regular FoodBank volunteer for four years, coming in once a week to help sort frozen food, repack donations, and put together meals for Kids Cafes and summer feeding sites. "I do whatever they need me to do," he said. "I enjoy coming in every week." Recently, Randy also began volunteering at the FOCUS Hispanic Center for Community Development in Newark, one of the FoodBank's local partner agencies. There, he helps pack senior boxes full of food from the FoodBank, preparing them for distribution. Randy likes to see the food make its way through our warehouse, to the agency, and finally, to the people who need it most. "It feels good to help and add value to the community," he told us.



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Follow Carlos on Twitter! @FoodBankCarlos



# In Your Neighborhood

Shore Family Success Center in Rio Grande is part of a statewide network that provides support to local families, including nutrition education classes taught through their partnership with the FoodBank.

Recently, they offered a Cooking with Kids Camp for children in third through fifth grades, taught by one of our SNAP educators. The six-week program included lessons on nutrition and gave the kids hands-on opportunities to make some healthy recipes in the kitchen.



“It’s fun to see kids come in and be introduced to something healthy that they may not have eaten before,” said Allison Farrell, Program Manager at Shore Family Success Center.

The center also runs a support group for grandparents raising their grandchildren, which, by popular demand, recently included a four-week nutrition class taught by a FoodBank SNAP educator to help attendees and their families be healthier.

“We really tailor our services to the needs of the individual community,” Allison told us. “Our families want to get back to basics and learn how to be creative with real, nutritious ingredients. We’re excited to work with the FoodBank to be able to incorporate good nutrition into the activities that we do.”

Shore Family Success Center also helps hungry neighbors access food for their families, assisting as many as eighty families per month during the area’s off-season.

“We’re a seasonal community,” Allison said. “Everything is very tourist-driven. During the fall and winter we see more people needing food assistance, but the FoodBank is a great support for us and partner with us.”

## Helping Hands



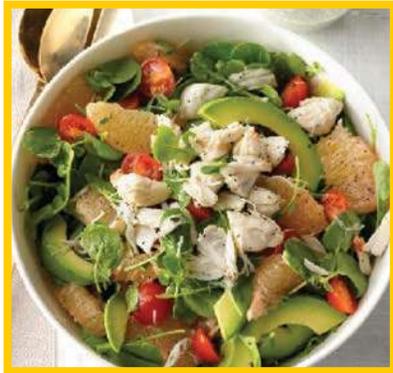
**Meet Oscar and Sergio.** Both retired, they volunteer together at the Egg Harbor Township on-site pantry. “We take care of the people,” they told us, “and we love doing it.” Oscar and Sergio help their South Jersey neighbors in need move smoothly through their appointments, completing their intake papers and guiding them through the shopping area. They strive to make clients feel as welcome as possible, eliminating any stigma associated with getting help at a pantry. “Sometimes people come in who just lost their job, and they feel so bad,” they said. “We try to make them feel better. It’s okay to ask for help.”

# Cooking For A Cause

with Chef Paul



## Crab, Grapefruit and Watercress Salad



### Ingredients:

- 1 tbsp poppy seed
- 13 ounces drained jumbo lump crabmeat
- 6 cups watercress
- 2½ cups segmented pink grapefruit
- 12 each halved cherry tomatoes
- 1 each sliced avocado
- 1½ tsp grapefruit juice
- 3 tbsp champagne vinegar
- 3 tbsp honey pure clover
- 1 tsp Dijon mustard
- ½ cup canola oil
- 2 tbsp chopped sweet onion
- ½ tsp sea salt

### Preparation:

1. Process the vinegar, honey, onion, mustard and salt in a blender or food processor until smooth.
2. While processing, gradually add oil in a steady stream until dressing thickens.
3. Pour into a serving bowl; stir in poppy seeds.
4. Transfer ¼ cup salad dressing into a small bowl. Toss with crab. Add remaining ingredients to serving bowl; gently toss until combined.
5. Top with crab mixture.

Want more delicious and healthy recipes straight from our kitchen?

Follow us on social!

## Partner Spotlight: Sanofi

One of the latest additions to the FoodBank's roster of Corporate Impact Partners is Sanofi, whose mission "to protect, enable and support people facing health challenges" directly aligns with our goal of addressing hunger as a health issue. Specifically, Sanofi has provided essential support to help fund the specialty food that we distribute as part of *Food, Health and Hope: An Answer to Diabetes*, the FoodBank's diabetes initiative in partnership with the Summit Medical Group Foundation.

With Sanofi's generosity, participants visited distributions twice per month, receiving nearly 117,000 pounds of diabetes and hypertension-friendly food, including more than 67,000 pounds of fresh produce and more than 4,600 specialty food boxes during the program's pilot year. The menus included low sodium nonperishables, like canned chicken, whole wheat pasta, brown rice, oatmeal, canned vegetables, and more. Neighbors in need also received fruits and vegetables, fresh helpings of broccoli, sweet potatoes, kale, carrots, strawberries, apples, and squash, just to name a few.

Another of the FoodBank's potential growth areas, the diabetes initiative will recommence in July with a new cohort of participants. This year's goal is to enroll 300 neighbors



in need living with diabetes or pre-diabetes.

"Providing regular access to healthy food is a huge step towards reducing rates of chronic disease among our neighbors in need," said Carlos Rodriguez, President



& CEO of the Community FoodBank of New Jersey. "We're grateful for partners like Sanofi, who are committed to ensuring proper nutrition for all, regardless of socioeconomic status."

In addition to supporting food for the diabetes initiative, Sanofi was also a sponsor of our 3rd Annual Women Fighting Hunger Luncheon in March to help fund the FoodBank's child feeding programs, which provide healthy food through afterschool dinners at our Kids Cafes, summer meals to bridge the nutrition gap between school years, and Family Packs with supplemental food for the weekend.

Sanofi employees come to the FoodBank as regular volunteers, as well, helping to sort and pack donated food for distribution throughout the state. In the first few months of our partnership alone, they've donated nearly 200 hours of their time.

"Sanofi provides food, funds, and time—all three of the FoodBank's most needed resources. They are a welcome addition to our team of private philanthropic partners," Carlos Rodriguez added.

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@cfnj.org](mailto:dscheinholtz@cfnj.org).

## Thank You To Our Recent Donors

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

<b>\$100,000+</b> Stop & Shop Family Foundation	PNC Foundation Prudential Foundation Matching Gifts Retail Business Services	Atria Inc. Bank of America Charitable Foundation, Inc. Bank Of New York Mellon Community Partnership	Flagship Resort Development Corp Foster-Karney Foundation Fund Friends of Mainland PBA #77 Fulton Bank Garden State Chapter of the American Fence Association Glass Gardens/ShopRite Supermarkets Glen Ridge Congregational Church Google Matching Gifts Program Grossman Family Partnership Helen Branch Family Foundation, Inc. Hoboken Spurs IBM Employee Services Center Liquid Church M&T Charitable Foundation Mack-Cali Realty Marsh & McLennan Agency LLC	Matt Blatt Egg Harbor Township Kia Mazars USA LLP McKinsey & Company, Inc. Merck Foundation Michael Kors Millburn High School Key Club NATCA Charitable Foundation National Air Traffic Controllers Association New Jersey Manufacturing Extension Program, Inc. New Jersey State Society New Life Church New York Jets Next Level Performance OceanFirst Bank OneMain Financial, Inc. Petro Cohen Petro Matarazzo Warrington, PC Petro Home Services Prospect Presbyterian Church at Maplewood Robert Wood Johnson Foundation	Samsung Electronics America Sanofi ShopRite Of Lincoln Park (#297) South Jersey Industries, Inc. Stratton Charitable Foundation Summit Medical Group Foundation Terumo Medical Corporation TIAA-CREF UBS Matching Gift Program Employee Contributions Verizon Foundation Wakefern Food Corp. Walmart Foundation Wawa Foundation, Inc. West Essex High School WithumSmith+Brown, PC
<b>\$50,000-99,999</b> Columbia Bank Foundation Ethicon, Inc. Kings Food Markets, Inc. New Jersey State AFL-CIO Prudential Financial Reinvestment Fund, Inc. United Airlines	Russo Family Foundation Inc. Stop & Shop Tata America International Corp The Fournier Family Foundation	BASF Corporation Bramnick, Rodriguez, Mitterhoff, Grabas & Woodruff, LLC Bristol-Myers Squibb Company Builders League of South Jersey Caldwell Wingate Co., LLC Chelsea Lighting Conagra Brands Foundation Coronet Inc Credit Suisse Cushman & Wakefield Delta Dental of New Jersey, Inc. Delta Sigma Theta Sorority Driscoll Foods Eastern Produce Council, Inc. Exxon Mobil Fifth Generation Inc.			
<b>\$25,000-49,999</b> Bayer Feeding America PNC Financial Services The Russell Berrie Foundation RWJBarnabas Health	<b>\$1,000-9,999</b> AAA North Jersey ADP, LLC Amegent American Heart Association, Inc. Apple Matching Gifts Program Atlantic City Linen Supply Inc. Atlantic County Charities Atlantic Marine Electronics, Inc. AtlantiCare Regional Med Center PDRC ATM Money Machine, Inc.				
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\*Funds received via Feeding America

