

Cooking For A Cause with Chef Paul



Roasted Acorn Squash



Yield:
4 servings

Ingredients:

- 1 acorn squash
- 1 tablespoon butter cut into 4 pieces
- 1 pinch kosher salt and ground black pepper to taste
- 2 teaspoons brown, dark sugar

Preparation:

1. Heat the oven to 400 degrees F and arrange a rack in the middle.
2. Cut the squash in half lengthwise and scrape out the seeds. Cut a small slice off the rounded side of each half to stabilize the halves so they sit upright.
3. Using your fingers, coat the flesh of each half with 1 piece of the butter, then season generously with salt and pepper.
4. Divide the sugar and remaining butter pieces among the squash cavities.
5. Place the halves cut-side up on a baking sheet. Roast until fork-tender, 45 minutes to 1 hour.

Want more delicious and healthy recipes straight from our kitchen?

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Partner Spotlight: PNC

Soon, New Jersey's children will head back to school to learn, play, and prepare for bright futures, but nearly 270,000 of them are at risk of falling behind without access to nutritious food. With the support of corporate partners like PNC, we can provide the fuel they need to succeed in the classroom and enjoy everything that comes with just being kids.

PNC has donated funds for the FoodBank's Family Pack program since 2017 as part of their "Grow Up Great" initiative, which prepares children for success in school and life through opportunities that enhance their learning and development. This support helps to provide more than 49,000 Family Packs with supplemental food for the weekend, when kids miss school meals, to households in need throughout New Jersey.



Jill Gateman is Executive Vice President of Northeast Corporate Banking at PNC and also serves on the Community FoodBank of New Jersey's Board of Directors.

"At PNC, we know that the early years of a child's life are critical to their long-term well-being," she told us. "To that end, our support of the FoodBank's Family Pack program through our 'Grow Up Great' initiative helps to ensure that all kids can get the right start and reach their full potential with proper nutrition."

PNC has also served as the volunteer hour sponsor at our annual Women Fighting Hunger Luncheon every year, which raises money for the FoodBank's child feeding programs—Kids Cafes that serve nutritious after-school meals, Family Packs that provide food for the weekend, and summer feeding sites that serve breakfasts and lunches to kids when school's out. Traditionally, luncheon attendees spent the volunteer hour creating Family Packs, but this year, they made hygiene kits instead to provide period supplies and other critical items to girls in need at local middle schools.

PNC also made a generous contribution to this year's Blue Jean Ball, which raised more than \$1.36 million to help address hunger as a health issue for our neighbors in need, including children and their families.

"Eliminating childhood hunger is a huge goal, one that the FoodBank works toward every day with the support of caring partners, like PNC," said Carlos Rodriguez, President & CEO of the Community FoodBank of New Jersey. "Together, we can ensure that all children are afforded equal opportunity to grow up healthy and achieve their dreams."

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.

Thank You To Our Recent Donors

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

\$100,000+ Feeding America Premio Foods	Inserra Supermarkets Mazars USA LLP Mitzi & Warren Eisenberg Family Foundation	Bassett Foundation Blecker Family Foundation BMI-Rupp Foundation Bristol-Myers Squibb Company	Hannon Family Foundation Hard Rock Hotel & Casino Atlantic City Horizon Blue Cross Blue Shield of New Jersey Impact100 Essex Ironworkers Local #399	Network Doctor New Jersey Food Council NJM Insurance Group North Brunswick Township High School Ocean Wind, LLC Other Fellow First Foundation Fund of the Community Foundation of New Jersey	Slattery Marketing Corp. South Jersey Industries, Inc. St. John's Evangelical Lutheran Church Telstra Incorporated TKM Industries, Inc. Tropicana Casino & Resort Turner Construction Company
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The Feed



Fall 2019

Addressing the Hidden Hunger Crisis: Food Insecurity in College

In May, college students all over the country walked in graduation ceremonies to proudly accept their diplomas, and more will return to school this month to continue their studies. Millions of them have gone hungry for the sake of their education.

Erica is a junior at Berkeley College who understands their struggle all too well.

"What do you do? Where's the balance?" she wonders as one of New Jersey's nearly 140,000 food-insecure college students. "It's really hard working and being a full-time student. I can't get a great job yet, and I can't afford certain things, and food is one of them."

A recent report from the Government Accountability Office estimates that, with tuition and housing costs on the rise and financial aid and wages remaining stagnant, more than a third of college students nationwide don't have enough to eat, hindering their abilities to excel in the classroom and putting them at greater risk of dropping out.

"It got to a point where I was so hungry in between classes that I thought about asking my parents and other family members for food," she said.

Erica is a married mother of two who works part-time and has gone back to school in search of a fulfilling career to support her family. Her husband works full-time but recently accepted a lower paying job so that he can be home to care for their kids while she's in school. Despite their combined efforts, they struggle to balance tuition payments and costs of living.

"It got to a point where I was so hungry in between classes that I thought about asking my parents and other family members for food," she said.

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In response to this epidemic, more than 20 campus pantries now operate across New Jersey. The Community FoodBank of New Jersey works with 13 of them, providing food and other resources to students in need, who though hungry themselves, often bring food home from school to their struggling families, as well. Since 2014, the FoodBank has distributed about 93,000 pounds of food through college pantries, which collectively provide for nearly 2,300 students per month. The FoodBank also partners with state government to help enact long-term solutions to college hunger in New Jersey.

Erica, who told her story at her school pantry's opening earlier this year, perfectly describes the dilemma that too many students face: "Should we go back to school and better our lives, or are we going to just have some job that pays just enough for the basics and we can never succeed or move forward?"

With an approach that meets immediate needs and focuses on lasting solutions, the FoodBank works tirelessly to ensure that fewer students must make these difficult decisions. Keep reading this issue of *The Feed* for an inside look at how we provide students of all ages with nutritious meals as they head back to school.

A Message From Carlos

Dear FoodBank Friends,

Close to 900,000 New Jerseyans share in their struggles with food insecurity, though they all come from different backgrounds and walks of life. They are children and seniors, students and professionals, parents and veterans. They go to school, work multiple jobs, serve as caretakers for ailing family members, and provide for households of all sorts and sizes—and hunger affects each one of them differently.

If their experiences with hunger aren't all the same, then why should our responses to the problem be?

At the Community FoodBank of New Jersey, we work to meet the need where hunger lives, providing tailored solutions that suit specific demographics and individual communities to maximize our impact with food. Every day, we're out in the community meeting our neighbors in need and talking with our community partners, making these conversations a part of our plan to localize and improve the way we fight hunger in New Jersey.

The FoodBank is not just in Hillside or Egg Harbor Township; it's throughout the 16 counties we serve.

In every city and every town across our service area, we're there and ready to help connect our struggling neighbors with food and other resources according to their specific needs.

Fall is a time to address the needs of students of all ages as they head back to the classroom to work towards healthy and productive futures. We've determined the most effective ways to bridge the nutrition gap that many of them face and ensure their abilities to succeed. During the school year, the FoodBank provides K-12 students with healthy after-school meals at Kids Cafes and Family Packs with supplemental food for the weekend. We're expanding our reach into more college pantries across the state and working with government officials on long-term solutions to the pervasive problem of campus hunger.

In May, New Jersey took a meaningful step forward for food insecure college students with the signing of the Hunger-Free Campus Act into law by Governor Phil Murphy. Proposed by Speaker Craig Coughlin, the bill appropriates \$1 million to establish a grant program to address food insecurity among students enrolled in public colleges and universities.

The FoodBank is a local presence in the lives of students and all of our hungry neighbors, listening to their feedback as we work tirelessly to meet basic needs today and create lasting change for tomorrow. With this individualized approach and the help of supporters like you, hunger is solvable.

Best wishes for a wonderful fall season.

Carlos M. Rodriguez

Follow Carlos on Twitter! @FoodBankCarlos



Items Of Note

NEW! Online Sign-Up for Volunteers



Our new online scheduling makes it simple to plan your next volunteer visit with us! Register as an individual, family, or group to make a direct and meaningful impact on hunger in the FoodBank's warehouse or at off-site events. View the volunteer calendar and sign up online at cfbnj.org/volunteer.



Youth Unite to Fight Hunger

Help the students in your life start the school year off right by getting them involved in one of the FoodBank's innovative youth programs. Register their school for Students Change Hunger, the annual statewide food and fund drive competition, and encourage teens to learn more about our upcoming Teen Hunger Summit. To discover our youth-centric offerings, contact Michelle Jansen at 908-355-3663 ext. 279 or mjansen@cfbnj.org.



Hunger is solvable, together! Along with the Feeding America nationwide network of food banks, Hunger Action Month is a time to mobilize in an effort to end hunger. You can make a difference by donating, volunteering your time, hosting a food drive at work or in your neighborhood, contacting your local representatives, and spreading the word to others about the problem of hunger in New Jersey.

By joining the Food • Help • Hope Legacy Society, you can help the FoodBank carry on its mission for years to come. Learn more at cfbnj.org/plannedgiving.

In Your Neighborhood

A mother of two who has gone back to school. A high-achiever who works and studies full-time but doesn't have enough food at home. A veteran on a fixed income striving for a new career. All are among those who have sought support from the Berkeley College Foundation Food Pantry.

Since opening its doors on Berkeley College's Newark campus in January, the pantry has served 67 students, about 20 of whom visit on a weekly basis. Any Berkeley College student who is taking classes or visiting is welcome to use the pantry.



"We know that a number of our students have numerous external dynamics that they're dealing with—housing insecurity, food insecurity, having to manage life and family and friends while still trying to make their dreams come true in the classroom," said Dallas Reed, Vice President of Student Development and Campus Life at Berkeley College, "and we know that this is one step in closing that gap and providing another layer of service and support."

Hunger strikes at the heart of Essex County, where the campus is located, which has the highest food insecurity rate in New Jersey at 16.3%.

For some, the pantry, which operates on a point system that allows for weekly visits, serves as a lifeline for their families at home, as well.

Al-Samir works and studies full-time, on top of his role as the campus's Student Government Association president. He lives with his mother, a single parent who also appreciates the pantry's services.

"Even though I work, I still have financial issues," Al-Samir said, "so having the pantry here is helpful, where I can actually find something to make a meal for the week or for the day or just a snack before class."

Helping Hands



Meet Anusha. At just 14 years old, she's already made an impact for her hungry neighbors as a volunteer, food drive coordinator, and member of the FoodBank's first-ever Teen Leadership Council. "There's always something you can do to help. You're never too young to make a difference," she said. On top of her volunteer work in our warehouse and her efforts to raise money and food for the FoodBank, Anusha is working with her sister to create an app to help people in need locate food assistance resources in their area. "Just knowing that we all have the power to help someone is something that I feel really strongly about," she told us. "I've seen people become so much happier just from getting basic necessities like food, and it just felt incredible."

In Your Neighborhood

Nationwide, research shows that a shocking 25% or more of community college students are food insecure. This holds true at Atlantic Cape Community College, one of the FoodBank's campus pantry partners, where about a quarter of respondents to a recent survey of students said that a lack of food has affected their schoolwork and their attendance in class.

To help students struggling with hunger, the college is working to establish pantries on its three campuses in Atlantic City, Cape May, and Mays Landing, which will carry fresh and shelf-stable options, as well as convenient "grab and go" prepared foods. Though the choice pantry model is new to the school, their work to nourish students in need has been ongoing for a number of years. A partner with the FoodBank since 2017, the college provides about 125 boxes of supplemental food per month for students to bring home for themselves and their struggling families. Students, staff, and members of the local chapter of the American Association of University Women all volunteer to help hand out the boxes in the campuses' student centers.

"We are so proud to partner with the FoodBank," said Jean McAlister, Chief of Staff at Atlantic Cape Community College and Executive Director of the Atlantic Cape Community College Foundation.

"We see the need among students, and if we want our students to excel, then we have to provide as many tools as possible."



The college also hosted a *Food for Finals* program this semester, which offered fruit in the morning, lunch items in the afternoon, and coffee and snacks in the evening every day during final exams week to ensure that students have the fuel that they need for a strong end to the semester.

"Students should not have to make choices that involve whether or not they can eat," Jean added. "We are doing our small part investing in our students to be successful."

Helping Hands



Meet Jane. She's been a volunteer at our Egg Harbor Township facility for eight years, helping with a little bit of everything before settling into work as a receptionist. "We're the first faces they see when they come through the door," she said. Jane works hard to ensure that pantry clients feel comfortable visiting the FoodBank, telling them, "Today I'm behind this counter. Tomorrow, I could be in front of this counter asking the same thing you are. Do not ever be ashamed. Do not ever be hungry. Because we're here for you." Positive volunteers like Jane help the Egg Harbor Township on-site pantry serve South Jersey families in need. "I like to show what the FoodBank can do for them," she told us.