

THANKSGIVING

harvest

A Quarterly Publication of The Greater Boston Food Bank

The Greater Boston Food Bank distributes approximately 30 million pounds of food and grocery products to more than 600 member hunger-relief agencies throughout eastern Massachusetts in a dedicated partnership to end hunger in our region.

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President's Letter

As the holidays approach, my thoughts often turn to friends, family, and colleagues, and the connections that sustain me throughout the year. It always puts me in mind of John Donne's meditation:

"No man is an island, entire of itself; every man is a piece of the continent, a part of the main... Any man's death diminishes me, because I am involved in mankind."

You may be a loyal Super Hunger Brunch attendee or come to our Kitchen Cabinet events. You may bring a can to the annual Red Sox Wives' Can & Cash Drive, or enter a bid in a Food Bank online auction. No matter what role you play in the fight to end hunger, your efforts in the "chain of giving" help feed 83,000 people every week who would go hungry without you.



Each of you is a vital link in The Food Bank's "chain of giving" and make possible our work to end hunger in our community.

Each of you is a vital link in The Food Bank's "chain of giving" and make possible our work to end hunger in our community. This redesigned issue of the Harvest newsletter is dedicated to you, our supporters, and celebrates your many contributions to our work.

You may have organized or donated to a food drive at your school or place of worship. You may be a volunteer who helps us sort and inspect food donations for distribution to our member agencies. Or you may work for an organization that donates food products to The Food Bank.

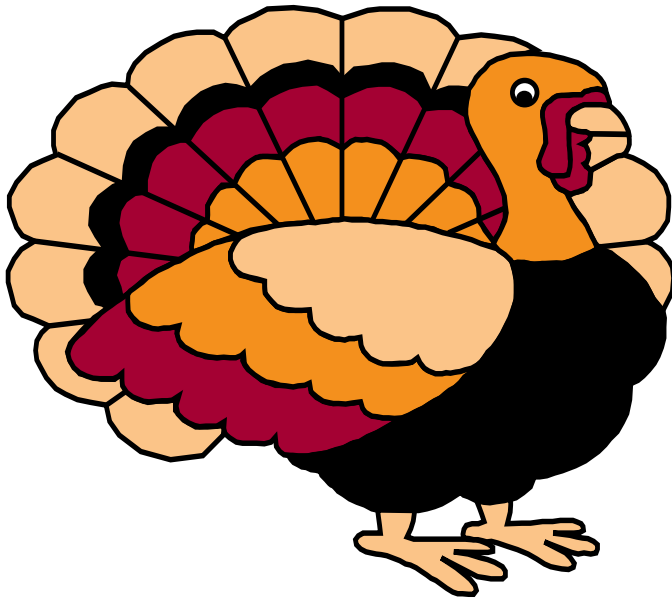
To launch our annual turkey drive last year, we invited friends and supporters to form an actual "Chain of Giving" to help us unload the season's first shipment of nearly 3,000 turkeys. We wanted to create a powerful visual image to convey what happens every day at The Food Bank sight unseen.

That turkey drive broke all records, exceeding our goal by nearly 500. We will repeat our "Chain of Giving" this year, and hope to distribute a record 36,000 turkeys to needy families this Thanksgiving. I'm confident that we will, thanks to our unbreakable "chain of giving."

Best wishes to you all for a happy and healthy Thanksgiving.

Catherine D'Amato
Catherine D'Amato
President and CEO





36,000 Turkey Goal

Our goal of 36,000 Thanksgiving turkeys for 2007 is the biggest ever. The frozen birds

come from these major contributors

- Stop & Shop Supermarket Company
- Perdue Farms
- BJ's Wholesale Club
- Turkeys 4 America


and turkey drives all over eastern Massachusetts.

There is still time to be a part of this year's Thanksgiving drive! If you haven't yet responded to our recent mail appeal, you can go to www.gbfb.org/turkeydrive and make a donation to help The Food Bank to secure last-minute turkeys. You can also track our progress online and download a printable black-and-white version of our Turkey Meter for children to color in. 

Matching Gift Challenge Hits Goal

Thanks to a generous matching gift challenge and the more than 2,750 people who responded to it, The Food Bank finished its fiscal year on September 30 by surpassing its ambitious operating budget goal of \$4.8 million.

"We are truly blessed," said Catherine D'Amato, "to have so many people in our community who share our commitment to end hunger in our region. We could never have met this goal without the support of the more than 20,000 people who contributed to our work over the past fiscal year."

As we start a new fiscal year, we know there is still much to do, especially during this holiday season. We hope, as you consider your year-end giving, you will join us once again in helping to feed those among us who are hungry. 

"The war against hunger is truly mankind's war of liberation"

— John F. Kennedy

Calendar of Upcoming Events

November 14 – 16 WAAF's Walk & Rock for Change.

Join the DJs of 107.3 FM in their 3-day walk and "pay-to-play" marathon to benefit The Food Bank.

November 5 – 16 13th Annual Construction®

The Boston Design Center will host this year's innovative displays, designed and constructed entirely of non-perishable foods by 20 participating architectural firms. Last year's dismantled sculptures yielded 45,500 pounds of food for The Food Bank. Open to the public.

January 2008 Super Hunger Month

Visit www.superhungermonth.org for details on an online auction and all of the month's other events.

VOLUNTEER SPOTLIGHT

The Rogers Brothers Do Dinner

When their friends in the restaurant business couldn't be home for Thanksgiving, Ken and John Rogers decided they'd cook up a feast for them. That was nearly a decade ago.

That year, the guest list was six people, invited to partake in the kind of big Thanksgiving dinner the two had learned to cook growing up in South Weymouth. It was a great night — so great that the next year six people turned into 60, and Ken and John knew they were onto something. Their annual Monday-before-Thanksgiving event grew into a restaurant affair, one with a higher purpose: helping to feed the hungry, with donations benefiting The Greater Boston Food Bank.

By the time their brother Andy came home from the Marines, the party had more than 100 guests, and required the help of everyone they knew to pull it all together. It now entails two months of planning, including letters to distributors and businesses asking for donations of food, supplies, and raffle prizes, as well as days of food preparation.

Now a semi-formal event for more than 200 — this year at Great Bay restaurant in Kenmore Square — the Rogers' story would be remarkable for its generosity of spirit alone. But whatever they do, they like to do just a little differently.



Ken, John, and Andy Rogers.

The brothers ask for no help from our staff and give no advance notice of their arrival at The Food Bank. But we know that about a week after Thanksgiving, Ken, John and Andy Rogers will come by with their amazing donation. Each year, they amble through our doors with the evening's receipts — all their guests' donations bundled together and most gratefully received.

The first year, they brought almost \$300. By 2006, it was \$12,235. All from one night, three brothers, and a lot of good will. And so, we give thanks — for generous families, inventive ideas, Thanksgiving surprises, and all the people who help us feed our hungry neighbors. 🍽️

January 17

Boston Bruins' "5 for Fighting"

The Bruins will participate in Super Hunger Month by kicking off their "5 for Fighting" Can & Cash Drive at the Boston Garden when they play the Toronto Maple Leafs.

January 17 – 27

Super Hunger Auction

More than 100 items available for auction online!

January 24

Super Hunger Chef

The Four Seasons Boston will host our exciting Super Hunger Chef cook-off. Enjoy cocktails, hors d'oeuvres, a sit-down dinner, show, and a unique culinary duel. Tickets are \$250 per person.

January 26 – 27

Super Hunger Brunch

Choose from an impressive list of participating restaurants, then make your reservation for brunch with friends or family at our signature wintertime fundraiser. Prices are \$25, \$35 or \$50 per person.

Holiday Foods Distributed

Last November we distributed more than 368,000 pounds of these traditional Thanksgiving foods — and this year we expect to distribute even more!

> Potatoes	134,400 lbs.
> Squash	129,898 lbs.
> Onions	68,260 lbs.
> Apples	32,838 lbs.
> Carrots	2,650 lbs.
> Grapes	400 lbs.



Land's Sake Farm's Molly Nicholson and director Grey Lee show off part of the October harvest of butternut squash to be donated to The Food Bank.

DONOR SPOTLIGHT

Rand Spero



Rand Spero and his wife Barbara Hall have been generous supporters since 2004.

As a financial planner, I routinely ask my clients to split their expenditures into essential and discretionary (optional) expenses. Not a single person considers the everyday food purchases they make to be optional. Clearly, some of us could save money by having fewer caffe lattes or

Bombarded with images of overflowing abundance on TV and all around us, it's easy to forget that hunger is a large-scale problem right in our own community. Massachusetts is full of working people making stressful choices. Imagine how parents must feel, not being able


support in feeding the hungry, I looked at how well a charity leverages its resources to get the most bang for its buck. I was pleased to find out that The Greater Boston Food Bank is extraordinarily efficient, using 90% of all the money it raises to help feed people in need.

Massachusetts is full of working people making stressful choices. Imagine how parents must feel, not being able to give their children proper food.

purchasing a smaller plasma TV. But what about the people who don't have enough money to buy even basic food — people for whom dinner is not an option the week the rent is due?

to give their children proper food because of another urgent need such as shelter or medical attention!

The problem is so big that the effort to address it effectively must be well managed. When I researched organizations to

So why do I donate to The Greater Boston Food Bank? Because I'm fortunate to have some discretionary income, and because, for me, lessening hunger remains an essential concern. I hope you share my sentiments. 



Fighting Hunger Feeding Hope Campaign Update

As we prepare to usher in a new era with our new distribution center; one link in our chain of giving deserves special note — the firm of Chan Krieger Sieniewicz, and the lead architect on The Food Bank's building project, Tom Sieniewicz. Tom and his partners are committed to city life and urban revitalization, sharing a passion for making lyrical buildings that shape, enliven, and enrich the public realm.

“... great design concerns itself not only with serving functional needs... but also with a desire to make places that lift the human spirit.”

Tom and his partners immediately recognized the impact that a much larger Food Bank would have in our city, and the compatibility of our mission with theirs. They were attracted to the new location — a public site on a major urban highway — and to the challenges presented by the complexities of building in this very public place.



Lead architect Tom Sieniewicz of Chan Krieger Sieniewicz and (above) a rendering of our new distribution center:

The firm's remarkable commitment to a solidly built structure that will be functional, beautiful and environmentally responsible is reflected in so many ways. It includes their decision to contribute Tom's time at no cost, a contribution that is now at more than six figures.

“I believe in the creative excitement of building,” says Tom. “I love to build. I love the smell of green concrete, of freshly sawn wood, of wet plaster or paint. I love the sheer mass of a collective that has to work together to get something built... great design concerns itself not only with serving functional needs... but also with a desire to make places that lift the human spirit. That is what we are striving for on behalf of The Food Bank.”

We are deeply grateful to Tom and his colleagues for all they are doing to create a new home for The Greater Boston Food Bank. 🍌

ClicknCook – Recipes for All

We're adding 900 new recipes with nutrition information to ClicknCookSM, the searchable recipe database created by our Nutrition Department for our member agencies and their clients.

Most of these recipes feature foods found in The Food Bank's inventory, including those regularly received through the United States Department of Agriculture (USDA) and the Massachusetts Emergency Food Assistance Program (MEFAP). But anyone can use ClicknCook to find a simple meal to cook quickly with the foods you have on hand. Go to www.gbfb.org/clickncook. 



The Greater Boston Food Bank's Nutrition Director Tara Hatala

Healthy Squash Recipe

This year, we will distribute more squash than any other traditional Thanksgiving food — an estimated 130,000 pounds. Here's a healthy ClicknCook recipe that you might try.

Stuffed Squash (serves 12)

3 medium butternut, acorn, or other squash that's heavy and has smooth skin.
To prepare squash, wash, halve, and remove seeds. Leave in skin and bake in oven for 10-20 minutes at 325°F.

Stuffing

1-½ cups onion, chopped
3 cloves garlic, finely chopped
9 tablespoons oil
1-½ cups celery
3 cups breadcrumbs
1-½ cups cheese, shredded

- 1 In a skillet, cook onions, garlic, and celery in oil.
- 2 Add breadcrumbs. Cook over low heat for 5-10 minutes.
- 3 Remove from heat and add cheese.
- 4 Pack mixture into squash.
- 5 Bake for 40-50 minutes at 350°F.
- 6 For added flavor, add sage or thyme.

Tips for a Worry-Free Turkey Dinner

These tips are available on our Web site in five languages to assist the diverse population we serve.

- Thaw and store your frozen turkey in the bottom of your refrigerator at 40° F or below until it's ready to be cooked.
- Allow one day for every 4 pounds for complete thawing.
- Use hot, soapy water to wash your hands and anything that comes into contact with raw turkey.
- Cook a 12-14 pound turkey at 325° F until a food thermometer, placed in the thickest part of the breast, reads 165° F for 15 seconds.
- Cook stuffing separate from the turkey, until it reaches 165° F for 15 seconds.
- Store leftovers within 2 hours in shallow containers in your refrigerator.
- Use leftover turkey and stuffing within 3-4 days, gravy within 1-2 days.
- Reheat sliced turkey, stuffing, and gravy to 165° F for 15 seconds.

Tips for Reducing Calories and Fat

- Refrigerate pan juices and skim off fat before preparing your gravy.
- Use evaporated skim milk in your pumpkin pie.
- Substitute skim milk and low-fat cheese for whole milk and butter in mashed potatoes.
- Substitute apple juice and cinnamon for butter, sugar, and marshmallows in baked sweet potatoes.
- Flavor vegetables with spices and onions rather than cream and butter toppings.
- Remove the skin on the turkey before eating. (Unless, of course, this is your favorite part!)

AGENCY SPOTLIGHT

It's Good to Have A Place to Turn

When hunger strikes people in Metro West, they are fortunate to have A Place to Turn for food. At this food pantry in Natick, clients can shop from stocked shelves for 10-12 days' worth of food.

A member agency of The Food Bank for more than 20 years, A Place to Turn serves an estimated 200 families in Natick and 24 surrounding cities and towns.

For this Thanksgiving, the pantry will prepare 120 turkey baskets for its neediest clients, complete with directions on safely thawing and cooking their turkey, and enough food for an average family to enjoy all the trappings of a traditional Thanksgiving dinner, plus breakfast.



“All of a sudden, longtime residents are finding themselves using community safety nets they haven't had to use before.”

The pantry's director Joanne Barry has noted about a five percent increase in demand over the last six months. “More of those we're serving now have never used a food pantry before.” Barry said. “There are fewer new immigrants and people in transition coming. All of a sudden, longtime residents are finding themselves using community safety nets they haven't had to use before.”

All of us need a place to turn to in difficult times. We're thankful for every one of our more than 600 agencies on the frontlines of hunger relief. 🍴

A Place to Turn's Thanksgiving Basket

- | 12-14 pound turkey
- | aluminum roasting pan
- | box of instant mashed potatoes
- | box or bag of stuffing
- 2 cans of green beans
- 2 cans of carrots
- | can yams or sweet potatoes
- | can of cranberry sauce
- | can of fruit (pineapple)
- | can of turkey gravy
- | can pumpkin filling
- | jar of pickles or olives
- | box of crackers
- | box of Jiffy mix
- | box of brownie mix
- | box of jello or pudding
- | pancake mix
- | syrup
- | coffee or cocoa

Plus perishables such as butternut squash, onions, carrots, potatoes, butter or margarine, eggs, oranges, juice

Major Food Rescues: Rides and Walks Benefit Second Helping

Second Helping
A Greater Boston Food Bank Program

The Pan-Massachusetts Challenge, the nation's original fundraising bike-a-thon, yielded 11,825 lbs. of prepared foods this past August.

The organizers of the **Avon 3-Day Breast Cancer Walk** donated 4,892 lbs. of food at walk's end on August 5.

Event Highlights



Sweet Harvest: Kitchen Cabinet members Renee Hoffman and Annsley McAleer enjoy the 'old Boston' atmosphere of the Algonquin Club in Back Bay.



Sweet Harvest: Kitchen Cabinet members Megan and Zach Bourque. Megan modeled Alpha Omega jewelry, courtesy of the Boston-based jewelers who generously donated the evening's top raffle prizes to benefit The Food Bank.

Sweet Harvest

A sold-out crowd joined The Food Bank's Kitchen Cabinet on October 18 for the volunteer committee's autumn fundraiser at Algonquin Club of Boston, where guests enjoyed fine food and specialty cocktails. A big thanks to our sponsors Pearl Vodka, San Pellegrino, Alpha Omega, the Algonquin Club, and the Prudential Center for parking. The Kitchen Cabinet is a group of socially-conscious professionals dedicated to raising funds and hunger awareness on behalf of The Food Bank.

'Gone Baby Gone' Premiere

Fifty lucky Food Bank supporters attended the Boston premiere and after-party on October 15 for this new film directed by Cambridge native Ben Affleck. The tickets were generously made available by Affleck and Miramax Films.

Annual Partner Appreciation Luncheon

On October 26, The Food Bank honored its many partners — food industry donors, hunger agency staff, philanthropic donors, volunteers, and other friends and supporters — at a luncheon at the Westin Copley Place.

Shaw's Supermarkets was honored with our Founder's Award, presented by founder Kip Tiernan, for being a top all-around supporter, donating food, money, and volunteers. And **Scott Mason** of Halifax, MA, received the Nally Award from Dan and Betsy Nally for organizing a food drive to benefit Pine Street Inn as part of his Eagle Scout project and for achieving more than four times his goal of 750 pounds.

Other honorees:

- **Food Donor of the Year**
John Cerasuolo Company, Inc.
- **Second Helping Donor of the Year**
Pan-Massachusetts Challenge
- **Leadership Award**
Four Seasons Hotel Boston
- **Volunteer of the Year**
LABBB Collaborative Program
- **Partner Agency of the Year**
East End House Food Pantry

Haru Japanese Restaurant and Sushi Bar

This new Back Bay restaurant donated the bar proceeds from its Grand Opening in the Shops at Prudential Center on November 8.

Ways to Give

Does your employer have a matching gift program?

The impact of your holiday generosity can be doubled — or even tripled — when donations are matched by your company! Don't leave these 'free' dollars untapped when they could help us feed even more of our hungry neighbors this year. We urge you to ask your personnel manager if your company will match your donation to The Food Bank. (Some even match gifts made by their retirees and/or spouses.) Just send the completed matching gift form along with your gift. We'll do the rest. See a current list on our web site of companies who match gifts to The Food Bank!

Send Us Your Email Address

To keep you updated on new developments, we'd like to send you email "news flashes" as significant events occur. Please provide us with your name and preferred email address (unless you already have, by phone or via an online donation), by sending an email to Development staff at developmentmailbox@gbfb.org. Put "e-news" in the Subject line. Thanks!

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FOOD BANK  SM

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