



Harvesters Circle Spring E-Newsletter

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Spring E-Newsletter

President and CEO's Corner



As another winter comes to a close and spring is around the corner, our thoughts turn to new beginnings. And hope.

Together, we have already accomplished so much. Last year, your generosity helped us move into our new home, which in turn enabled us to provide an additional 3.5 million pounds of food to those who are hungry in our communities.

Still, our challenges continue, because more people than ever are depending on The Greater Boston Food Bank for help.

The recently released Hunger in Eastern Massachusetts 2010 study paints a painful picture, revealing that more than 394,000 people are served by The Greater Boston Food Bank annually, a 23 percent increase since 2005. This means that more than 8 percent of the population of eastern Massachusetts uses a food pantry, soup kitchen, or shelter.

[Click here to read more.](#)

Partners in Change

The Women's Lunch Place and The Greater Boston Food Bank



It's hard for a poor or homeless woman to get a free meal, much less a nutritious one. Fortunately, working in conjunction with The Greater Boston Food Bank, the Women's Lunch Place (WLP) feeds from 125 to 175 women per day.

Although The Greater Boston Food Bank has provided food for the WLP for more than a decade, the current economic climate has only emphasized the importance of this partnership. "We rely heavily on The Food Bank, along with our strategic funders, to be able to offer healthy breakfast and lunch to our guests six days per week," says Sharon Reilly, Executive Director of the WLP.

"The Food Bank's enormous and healthy supply of food allows us to offer items like salmon, cottage cheese, yogurt, oatmeal and blueberries. These are wholesome products the women we serve certainly can't afford, and as an organization we couldn't afford either in the current marketplace."

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Volunteer Hands-on Support



Did You Know?

The Greater Boston Food Bank has the largest volunteer program in New England, and our volunteers save the organization about \$600,000 per year.

If you haven't already tried it, volunteering at The Greater Boston Food Bank may be worth considering this year.

"When people volunteer with us, they get a true sense of the size and scope of our work," explains Amy Cooper-Ayles, the organization's Director of Volunteers. "Volunteers get a first-hand look at our new facility and how we operate, and a deeper understanding of the impact of their generosity."

Each quarter The Food Bank invites Harvesters Circle

donors to attend an exclusive, donor-only volunteer event. Participants receive a tour of the new building and training on how to sort donated food before they begin to work.

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Program Update

Brown Bag Helps Seniors on Cape Cod



The Barnstable Senior Center recently became the thirteenth site, and the first on Cape Cod, to begin receiving healthy food through The Greater Boston Food Bank's Brown Bag program.

"The folks at the Barnstable Senior Center reached out to us last year," explained Paul Colligan, Director of Programs at The Food Bank. "Their seniors needed help, so now we're dropping off enough food each month for 500 bags of groceries to help meet the need."

The Brown Bag program works in partnership with a variety of community organizations, providing a supplemental bag of groceries to seniors and families with children. The food items in the bag are highly nutritious and desirable, targeted for the primarily senior clientele.

[Click here to read more.](#)

Nutrition Tip

Never Underestimate the Power of a Berry

Loaded with nutrition and flavor, berries are a quick and easy addition to meals and snacks. Farmers' markets are a few months away from offering a ripe New England crop, but you can still take advantage of what the grocery store has to offer year-round.

Research shows that berries are among the fruits with the highest concentration of antioxidants and phytochemicals. Just one cup of strawberries contains more than the daily recommended amount of the powerful antioxidant vitamin C, but all berries are good sources of vitamin C, so choosing one over the other based on your preferences will not reduce the overall nutritional benefits. Berries are also a good source of fiber, provide one fruit serving per half cup, and are available fresh, frozen, canned or dried. With all of these options, it's easy to include them in your diet by eating them on their own or adding them to recipes.

[Click here to read more.](#)

Upcoming Events



The Greater Boston Food Banquet 2010

**Thursday May 6, 2010
6:00pm**

**The Yawkey Distribution Center
70 South Bay Avenue**

Boston, MA 02118

Please mark your calendar as on Thursday, May 6, 2010 we host our primary fundraising event, The Greater Boston Food *Banquet*. In 2009, we raised nearly \$1 million which enabled us to strive to meet the growing demand for emergency food assistance. With the support of generous donors like yours, we hope to surpass the success of last year's event.

It's never too early to get ready for the exceptional food, cocktails, music, and live auction with Billy Costa, NECN TV Diner Host. To learn more about [sponsoring](#) the Banquet in 2010, contact **Gail Favreau** at **617-427-5200** or gfavreau@gbfb.org to let us know about your intentions.

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