

A Publication of The Open Door/Cape Ann Food Pantry

We are a nonprofit, community-supported, charitable organization committed to feeding the hungry of Cape Ann.

Fall/Winter 2006

OUR MISSION

To alleviate hunger in the communities of Cape Ann.

We accomplish this by providing free meals and food in a hospitable environment, providing advocacy on behalf of the disadvantaged whenever possible, and providing job-skills training and job placement through our programs.

WHAT WE DO

Free Emergency Groceries

Hot Meals

Food Rescue

After-School Snacks

Summer Lunch

Food Stamp Application Assistance

Low-cost Items through Second Glance Resale Shop

Job Training

Free Clothing & Household Items through Referral

Holiday Meal Baskets

Collaborative Nutrition Programs

Community Service Programs

Food Security Outreach & Education

Mobile Market

Senior Brown Bag

SERVE New England

Serving Up the Holidays Cape Ann Food Pantry Style

It took a community to put together Thanksgiving for the 473 households that turned to The Cape Ann Food Pantry for help this year. Our Holiday Meal Baskets, provided both at Thanksgiving and during the December holidays, offer our clients an opportunity to prepare their own dinners and eat surrounded by the comforts of home.

Each year in early October we begin to gather our resources to be ready for the hundreds of people who register to receive this special meal. We try to calculate the anticipated need with early registration so we can order our food from a combination of wholesale distributors, food banks and SERVE New England.

The financial muscle for this annual project comes through the generosity of many individuals, businesses and school groups; each \$20 donation helps us distribute a turkey basket complete with all the fixings to feed a family of four.

More than twenty-five volunteers and staff gathered on T-Day, the Friday before Thanksgiving, in the dining room at 28 Emerson Avenue to assemble the makings of the traditional American feast. Bags were packed with potatoes, cranberry sauce, pie filling, squash, carrots, stuffing, gravy, and dinner rolls. Our truck stood brimming with turkeys on the loading dock just outside the back door. At 3:00 p.m. the doors opened to a crowded waiting room. People entered the dining room in high spirits to check in with Holiday Meals coordinator Corinne Holt, who had scheduled their appointments in 15-minute intervals to make pick-up run smoothly for everyone. From the check-in point they moved through four stations to pick up the different parts of their Holiday Meal Basket.



Lanesville's Cub Scout Pack #56 was on hand all afternoon to help people to their cars with their bags and boxes.



The entire operation was executed in less than four hours. 250 households were served that afternoon. By the time we closed our doors the day before Thanksgiving, a total of 473 households had received the bounty made possible by a generous Cape Ann community.

(left) Volunteers bag birds in the back of the pantry's refrigerated truck.

Greetings!

When I first started working at The Open Door/Cape Ann Food Pantry nearly five years ago, I found a little piece of paper taped to the computer monitor I inherited. It read: "Never ask others to do what you are not willing to do yourself." Some of you will recognize that quote from Eleanor Roosevelt. Something in me recognized the timeless truth in that admonition. It became our motto here at the food pantry as we moved forward into the future.



Since that time the organization has grown to meet an increased need in the community. We added a Summer Food Service Program with free lunch for kids during the summer months when school is not in session. We streamlined our community service program. We began to offer food stamp application assistance on site. We built job-training into our resale program at Second Glance. We launched a free farmers' market at two of Gloucester's largest public housing sites. We teamed up with SeniorCare and the Council on Aging to provide Gloucester seniors with a local version of Brown Bag. Our guiding goal has been to increase access to nutrition for limited-income households.

Still, Project Bread's Status Report on Hunger in Massachusetts, released several weeks ago, indicates "the prevalence of food insecurity and hunger in low-income communities in Massachusetts has reached an unprecedented high." Gloucester was identified in the study as one of 34 cities and towns across the state with the "highest concentration of hunger."

Many situations and many stories bring people to our doors for help. The loss of a job. The death of a spouse. An illness. An abusive relationship. Or simply the high cost of living on the North Shore. It is sometimes through tears that people say: "Thank you. Thank you for helping. I don't know what I would do without the help of the food pantry right now." In that situation, words always feel too small to adequately meet the rawness of the human need. It has only been in the last year that an acceptable reply has grown from deep in my heart. It is a simple answer, six words, but I say them with faith, "You would do it for me."

We do it for each other, and that is what makes us a community. As we move into a new year with plans to deepen our mission of food and hospitality through more access to nutrition, we ask you to keep the programs of The Open Door/Cape Ann Food Pantry near the top of your year-end giving list.

Sincerely,

Julie A. LaFontaine, Executive Director



Interact Club Sorts & Stacks 21,837 Pounds of Food

They're the unsung heroes that make the food pantry look so fine. On the three busiest food pantry days of the year, the Interact Club of Gloucester High School works behind the scenes to pack away the tons of food collected during the Thanksgiving Food Drive. In the past five years, the members of this community service club have packed and stacked a total of 115,740 pounds of food.



Brookwood School Kids Pack Emergency Meal Bags for Seniors

For the second year in a row, The Cape Ann Food Pantry has teamed up with SeniorCare Meals-On-Wheels to provide emergency meal bags for homebound seniors in the event of weather that could prevent SeniorCare drivers from safely delivering the meal of the day.

Brookwood School students spent a morning at The Cape Ann Food Pantry helping pack more than 900 meal bags with a variety of nutritious, shelf-stable items.

**CHECK OUT OUR NEW & IMPROVED WEB SITE
TO READ MORE ABOUT OUR:**

**PROGRAMS
VOLUNTEER OPPORTUNITIES
RESOURCE GUIDE**

www.capeannfoodpantry.org

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Improving Access to Fresh, Healthy, Affordable Food

You have known us best for our canned goods and USDA peanut butter, but the Cape Ann Food Pantry is expanding through a new collaboration that focuses on nutrition with increased access to fresh, locally grown produce.

The "Cape Ann Farm to Table" project is a specific partnership between The Cape Ann Food Pantry and The Food Project-North Shore to improve local residents' access to

fresh, healthy, affordable food. This year more than 10,000 pounds of produce was grown by The Food Project-North Shore and distributed to area residents who visited the Pantry's two Mobile Markets located in Gloucester's family public housing neighborhoods; to seniors who participated in the monthly Brown Bag Project; to clients who came for groceries at the Food Pantry; and to guests who enjoyed a meal at The Open Door.



The Food Project-North Shore provided the "Cape Ann Farm to Table" project with youth volunteers on a weekly basis to help staff the Mobile Market, prepare food demonstrations, and make meals for The Open Door during July and August.

The Pantry worked with The Food Project at the pilot Cape Ann Farmers' Market in the summer of 2006 to help establish the use of food stamps to increase buying power for the purchase of fresh food items. During the one month pilot, customers demonstrated a high volume of food stamp usage. On average, the market accommodated \$70 of food stamp sales per week for a total of \$280 food stamp sales for the month of August, well over the average weekly and monthly food stamp sales for farmers' markets across the state. As partners again this year, The Food Pantry and The Food Project will implement a streamlined and discrete form of currency that makes it possible for customers to use food stamps, federally-funded WIC coupons and senior farmers' market coupons at the 2007 Farmers' Market.

The "Cape Ann Farm to Table" project begins to bridge the gap between traditional hunger-relief work and the nutritional health of the people we are privileged to serve.



EVENTS & HAPPENINGS

7th ANNUAL *Spirit of Giving* FOOD DRIVE

Gloucester Shaw's directs your grocery donation straight to the local shelves of The Cape Ann Food Pantry.

Danversbank provided The Cape Ann Food Pantry with funds for 300 December Holiday Meal Baskets.



North Shore Striped Bass Tournament Benefits The Cape Ann Food Pantry

The North Shore Striped Bass tournament is held over Labor Day weekend with proceeds directed to fighting hunger in our community. The tournament is named in memory of its founder, Leo Almeida, a lifelong resident of the North Shore who created the tournament to bring together his love of fishing and his commitment to the community.



Food for Friends

The paper turkeys you buy at Gloucester Stop & Shop help support The Cape Ann Food Pantry.



North Shore 104.9 and Charlie Curtis teamed up on a November Saturday outside Shaw's Supermarket on Eastern Avenue to help The Cape Ann Food Pantry collect more than 1,300 pounds of food.



Landmark School students assisted with the special supermarket collection site.

Annisquam Village Church Childrens' Choir Chants

The smaller voices of the community chanted a special performance for our guests at The Open Door on Thanksgiving Eve.



YES! I want to support the work of The Open Door/Cape Ann Food Pantry

SPECIAL ALERT: Donations received before December 31, will be matched dollar for dollar up to \$18,000 with a generous contribution from an anonymous donor.

\$35 \$50 \$75 \$100 \$150 OTHER: \$ _____

Name _____

Address _____

City _____ State _____ Zip _____

Please send your check to: The Open Door/Cape Ann Food Pantry, 28 Emerson Avenue, Gloucester, MA 01930

Please make my donation in the name of the person listed below:

Name _____

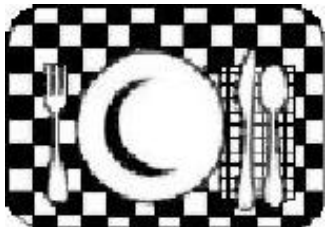
Address _____

City _____ State _____ Zip _____



MAKE A GIFT IN SOMEONE'S NAME

Just tell us who you would like to honor with a gift to The Open Door/Cape Ann Food Pantry, and we will send them a card to let them know that a donation has been made in their name.



The Open Door Cape Ann Food Pantry

28 Emerson Avenue, Gloucester, MA 01930

Providing Food and Hospitality

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The Open Door/Cape Ann Food Pantry is a member agency of the North Shore United Way.