

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 2007

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

Nutrition Outreach & Education

Mobile Market

Senior Brown Bag Market

SERVE New England

The Food Pantry Gets a Facelift

It is amazing what a dozen gallons of paint, several hundred square feet of beadboard, and a lot of determination can do to transform a functional space into a fabulous place. That happened for The Cape Ann Food Pantry this fall.

When Project Bread—The Walk for Hunger called to ask if we would like to be featured on the popular **7NEWS Room for Improvement** segment, we couldn't turn down the unexpected opportunity to upgrade the food pantry.

Working with the producer and the seasoned talent of designer **Kris Schaffer** of **Inside Art**, the pantry underwent a much needed nip and tuck to become a more welcoming place of hospitality.

Fresh paint, provided by **California Paint**, warmed the pantry walls with rich shades of gold and the soft blush of clementine. New birch chairs lined the waiting room, and sturdy shelving was added for handy storage with the help of **IKEA**. The counters were topped with a fresh laminate from the **Building Center of Gloucester**.

Several wooden benches and an amoire to hold office supplies were selected from **Bernie & Phyl's Furniture**, and new hardware and accessories came from **Rocky ACE Hardware** of Norwood. Handsome chalkboard signs were lettered by **Seaside Graphics** and hung from the ceiling.

Our friends at **Costello Construction** pulled it all together by resurfacing our pantry shelves with beadboard and installing new wainscoting.

Many thanks to all the helping hands that made this project happen in just six short weeks.

BEFORE



AFTER



From the desk of the Executive Director

Dear Friend:

When I visited the Museum of American History in Washington, DC, a few years ago, there was a wonderful exhibit of a house. The curators had actually reassembled a house from Ipswich, MA, inside the walls of the Smithsonian. You could peek through the windows and back through time to see how past generations lived.

What caught my eye most of all was a sign that read: "The home is the church of childhood, the hearth and the table its holy rites."

In these challenging economic times, we see more and more people who need help holding those basic "holy rites" in place.

For what is a hearth without heat and what is a table without food?

When I say that I work at a food pantry, people think of canned corn and USDA peanut butter. There are certainly plenty of both on the shelves of the Cape Ann Food Pantry, but the pantry also provides fresh milk and eggs, bakery bread, fruits, vegetables, and a variety of fresh foods.

We know that being a food pantry is not just about providing food. It is about providing access to good nutrition. And, it is not just about providing access to good nutrition, it is about helping people stay healthy. At the Cape Ann Food Pantry, we work to connect families to good nutrition and health.

Last year I stood at the Mobile Market food demonstration table making grilled cheese and tomato sandwiches. The little girl who was next in line waited patiently as the cheese melted and the bread browned. I could feel her watching my face, so I smiled and looked into her puzzled eyes:

"Is it your job to make sure kids get to eat?" she asked.

My answer was simply: YES.

I believe that it is my job. It is our job. It is a job we do TOGETHER. It is a job we do BETTER because we are a community that cares.

Your financial contribution will help us continue to connect families to good nutrition this holiday season and into the New Year.

Warmly,



Julie LaFontaine



That's a lotta squash!

Chris Grant, of Essex, grew more than 1,800 pounds of squash for The Cape Ann Food Pantry this fall. The project was completed for Grant to receive his Eagle Scout honor.



Yankee Magazine

Showhouse Tours Benefit the Cape Ann Food Pantry

Stunning views, inside and out, greeted hundreds of visitors to Westbrook Acres in Gloucester, Massachusetts, this September.

The month-long program raised over \$11,000 to benefit The Open Door/Cape Ann Food Pantry. The money is earmarked to purchase both milk and eggs year-round, supporting a commitment of The Open Door/Cape Ann Food Pantry to provide fresh milk and eggs all year for its clients.

"Our volunteers, the visitors, and the sponsors made the Showhouse tours a true celebration of hearth and home," said Julie LaFontaine, executive director of The Open Door/Cape Ann Food Pantry.

"The *Yankee Magazine* Showhouse helped to raise needed money and fit our mission of providing food and hospitality."

Thank you to all who participated, visited, enjoyed, and supported this effort.

**CHECK OUT OUR WEB SITE
TO READ MORE ABOUT:**

PROGRAMS
VOLUNTEER OPPORTUNITIES
RESOURCE GUIDE

www.capeannfoodpantry.org

The Open Door
Cape Ann Food Pantry
28 Emerson Avenue
Gloucester, MA 01930

phone: 978-283-6776
fax: 978-282-9684
e-mail: info@foodpantry.org

Gloucester High School Interact Club



Service club students sorted more than 23,000 pounds of food during our Thanksgiving Food Drive. More than 50 different groups hosted food collection sites this year.

Celebrating Our Food System

Food Partners Honored at Annual Autumn Breakfast

There is a whole food system that supports the work that we do. It involves a combination of grocers, growers, food banks, caterers and bakeries.

At the Cape Ann Food Pantry, we are lucky. We have a refrigerated truck. We have staff and volunteers. We have a large walk-in refrigerator and freezer. We are able to gather fresh food on a daily basis from our local grocery stores such as Shaws, Rockport IGA, Trader Joe's and Crosby's Marketplace. The US Department of Commerce and Gortons keep us supplied with seafood. We have relationships with programs such as Appleton Farms and The Food Project-North Shore that provide us with thousands of pounds of fresh produce. Last year we captured more than 200,000 pound of food that would have otherwise been thrown away.

At our annual Autumn Breakfast, we celebrated the vast network that supports the food pantry, and we honored three exceptional partners in our success.

Community Food Partners (left to right):

James O'Brien
Topsfield Fair

Catherine D'Amato
Greater Boston Food Bank

Kathleen Soares
The Green Thumbs Youth Project



EVENTS & HAPPENINGS

Cookin' Healthy: Gloucester's Health Expo



Jack Vondras, Gloucester Public Health Director, and Julie LaFontaine, Executive Director of The Open Door/Cape Ann Food Pantry demonstrated how to make healthy vegetable quesadillas at Gloucester's annual Health Expo. The simple recipe was a big hit with both young and old. More than 500 samples were distributed.



Fallon Community Health Plan raised **\$2,500** for the Cape Ann Food Pantry at their annual golf tournament.

The Clean Team provided the Cape Ann Food Pantry with funds for **75 Holiday Meal Baskets**.



The **Good Time** crew at **North Shore 104.9** teamed up with the pantry for a third year in a row to host a food collection site at **Shaw's Supermarket** on Eastern Avenue. With the help of state **Senator Bruce Tarr** and the youth leaders of **The Food Project--North Shore**, we collected a record **2,700 pounds** of food.



Suez Energy provided the **\$1,000** to the Cape Ann Food Pantry for Holiday Meal Baskets.

Spirit of State Street: A lively service group comprised of retired State Street Bank employees joined our volunteer ranks this year to help pack and distribute 564 turkey meal baskets to local families at Thanksgiving.

Food for Friends: The paper turkeys you buy at Gloucester **Stop & Shop** help raise money to support The Cape Ann Food Pantry.

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

\$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 _____

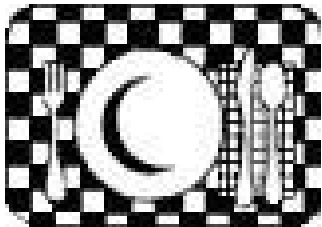
Address _____

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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