



THE  
**Open Door**  
Feeding people. Changing lives.



# NEWS Food & Hospitality

A publication of The Open Door

Fall/Winter 2009

## OUR MISSION

To alleviate the impact of hunger in our community.

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

## WHAT WE DO

- Food Pantry
- Community Meals
- Summer Lunch
- Mobile Market
- Holiday Meal Baskets
- Food Stamp Application Assistance
- Low-Cost Items through Second Glance Thrift Store
- Free Clothing & Household Items through Referral
- Community Service
- Nutrition Outreach & Education

## What is Community Food Security?

*Looking Beyond the Cans of Corn*

In November 2009, the USDA's Economic Research Service (ERS) released its annual report on Household Food Security in the United States. In our great nation, an astounding 49.1 million people live in food-insecure households. A number that climbed more than 11% over the previous year. Of the 49.1 million people who reported food-insecurity, 16.7 million are children.

The USDA has broadly defined food security as having consistent, adequate access to nutrition in a socially acceptable environment. Those who are food insecure worry that they won't have enough to eat; they fear their food will run out; they skip meals so their children can eat.



Congressman John Tierney and his staff joined Gloucester children for Summer Lunch at Riverdale Park in August. He is pictured here as he passes out Red Delicious apples at the Back-to-School Picnic. The Summer Food Service Program is a federally funded program.

As 2009 draws to a close, The Open Door completes the end of a three-year strategic plan to deepen our programs in the communities we serve. Today we have five Mobile Market sites, five Summer Lunch sites, and two Senior Market sites. We offer food stamp application assistance. We are positioned to serve low-income residents of Gloucester, Rockport, Manchester, Essex, and Ipswich with better access to nutrition.

As the new year dawns in 2010, The Open Door begins the work of a 5-year plan for community food security. It is a plan to reduce the impact of hunger in our communities using practical strategies to connect people to good food, advocate on behalf of those in need, and engage others in the work of building community food security.

Food security is not achieved by simply holding a food drive. It is not solved by serving more meals in a soup kitchen. True community food security is grounded in nutrition education, public health, and strong community development. It is a prevention-based approach that involves strategic partnerships with our school systems, our local, state and federal governments, our hospitals, our faith communities, our business communities, and our farmers.

A comprehensive plan for community food security addresses diet-related health problems, participation in the federal nutrition assistance programs, and barriers to food access. It encourages community participation; and it fosters self-reliance.

## From the Desk of the Executive Director

Season's Greetings!

This time of year, The Open Door Food Pantry bustles with activity. Carts, laden with pies and the stuff of happy holidays, line the hallway. Turkeys with their trimmings arrive in glorious abundance as people from all corners of the community rally to help make sure no one goes without during the holidays. It is heartwarming to see such goodwill and generosity. It makes me proud to be part of this community.



But what happens when the dust settles? What happens after the last call for turkey? Will people be any less in need after the holidays? The answer is: NO. The need is still here in January and February and all year round.

There are a variety of reasons people seek help from The Open Door.

I met Daniel and Sarah this fall. They live here in Gloucester with their two teenage boys and their daughter who is in elementary school. They do not have a car of their own. Daniel takes the train to Lynn every day where he catches a bus that takes him to his job at the mall on Route 1. Sarah works locally as a cashier, so she can walk to work. After she finishes her shift, she goes to a job-training class where she improves her skills to find better-paying employment. Some weeks their family needs to use the pantry. Some weeks they have enough to get by without a visit to the food pantry.

When a person comes to the pantry, they don't just receive a bag of groceries. They are given a choice. They leave the pantry with a variety of items such as milk, eggs, fresh produce, meat, and bread, as well as the traditional food of a pantry.

Help doesn't stop there. A visit with our Food Stamp Outreach coordinator could indicate that they are eligible for a food stamp (SNAP) benefit. The coordinator assists clients in filling out the paperwork and in gathering the necessary support documents it takes to qualify for this USDA program.

At the pantry, a person might be given a referral to receive free household and clothing items from Second Glance, The Thrift Store of The Open Door. They are also pointed to other programs in the community that assist with utilities, medication, and rent.

People get help at The Open Door, but most of all they are given hope.

This year we have seen a 22% jump in requests for services across our programs. We need your continued support to help those families who operate close to the edge. We need your help to provide health and hope in the coming year. Together, we are feeding people and changing lives.

Sincerely,

A handwritten signature in black ink that reads "Julie LaFontaine".

Julie LaFontaine  
Executive Director

## KEEPIN' IT COOL...

Local Donor Gives Money to Buy  
New Commercial Refrigerator



Ralph Bates of Manchester-by-the-Sea, has generously donated money to buy a new commercial refrigerator for The Open Door.

The refrigerator, made by True Food Service Equipment, will replace an older, less energy-efficient model in the kitchen. The new appliance will help provide colder product temperatures, lower utility costs, and better food safety for the clients and guests of The Open Door.

Ralph Bates is no stranger to The Open Door kitchen. He also provided funds to purchase a combination Wolf gas range back in 1999.

"Ralph Bates' gift is both generous and practical," said Julie LaFontaine, executive director. "An energy-efficient refrigerator saves us money, and it helps us better handle the volume of food we serve our clients and guests."



[www.facebook.com/TheOpenDoorMA](http://www.facebook.com/TheOpenDoorMA)

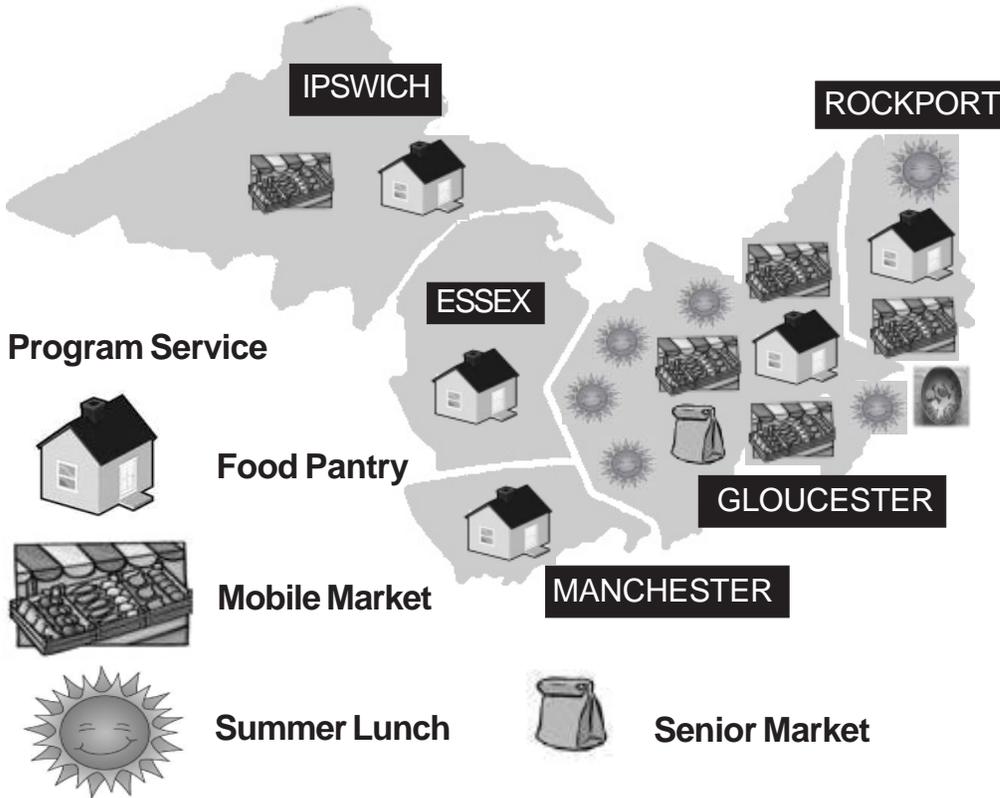
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# REAL PROGRAMS SERVING REAL PEOPLE



Robert Shea won the 2009 Grocery Shopping Spree Raffle. He is pictured with his daughters, Lucy and Margot, and Anne Andrejko, who made the mad dash on Saturday, December 12. The Grocery Shopping Spree Raffle helped raise more than \$12,000 for The Open Door Food Pantry.

## SAVE THE DATE 2010 Empty Bowl Dinner



Thursday, May 13  
Cruiseport Gloucester  
4 p.m. to 8 p.m.

Come celebrate the  
10th Annual  
Empty Bowl Dinner!

Special bowls and prizes.

Fun for the whole family.

[www.foodpantry.org](http://www.foodpantry.org)



Coldwell Banker presents a check for \$1,162. Joan Wogan, Coldwell Banker, and Julie LaFontaine, Executive Director.

## Donate. Shop. Second Glance

The Thrift Store of The Open Door

Store and donation hours  
Monday through Saturday  
9 to 6



Courtesy photo



Courtesy photo

Gloucester High School STEP program students with mental and physical challenges work at The Open Door Food Pantry with their job coach.

# THANK YOU!

If you have already sent a financial contribution to help meet the holiday need, please enjoy the newsletter, and keep us in mind for another time.

I would like to support families in our community with a **ONE-TIME** contribution:

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

I would like to support families in our community with a **MONTHLY** contribution of \$ \_\_\_\_\_  
(12 Months) Starting: \_\_\_\_\_ Ending: \_\_\_\_\_

Please bill my credit card.

Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_

Options for giving:  Contribution. My address is listed below.

In honor of person(s) listed below. Please notify them of my gift.

In memory of: \_\_\_\_\_

Please notify person(s) listed below.

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Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Your contributions are tax-deductible to the extent allowed by law. Federal Tax I.D. #22-2513482

Make your donation online at [www.foodpantry.org](http://www.foodpantry.org), or send check to The Open Door, 28 Emerson Avenue, Gloucester, MA 01930



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[www.foodpantry.org](http://www.foodpantry.org)

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