

# NEWS

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# FOOD & HOSPITALITY

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A Publication of The Open Door | Fall/Winter 2013



## OUR MISSION

The mission of The Open Door is to alleviate the impact of hunger in our community.

We use practical strategies to connect people to good food, to advocate on behalf of those in need, and to engage others in the work of building food security.

## WHAT WE DO

- Food Pantry
- Community Meals
- Summer Meals
- Mobile Market
- SNAP Application Assistance
- Nutrition Education and Outreach
- Second Glance Thrift Store
- PowerSnack
- Community Service

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Connect with us!

**FOODPANTRY.org**



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SecondGlanceThriftStore

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@AtTheGlance

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## Mobile Market Adds Two New Locations

The Open Door Mobile Market rolled into two new locations this fall bringing fresh fruits and vegetables to seniors at the Ipswich Senior Center and to nearly one hundred homeless families who are currently living at the Extended Stay in Danvers while they search for permanent housing.

The Open Door first launched the Mobile Market in Gloucester in 2005 as a response to the USDA Dietary Guidelines for Americans recommendation that people eat five servings of fruits and vegetables a day to maintain a healthy lifestyle. Since that time, the program has grown to serve four public housing neighborhoods, two low-income schools, three senior centers, and most recently families displaced by homelessness. The Open Door also assisted Beverly Bootstraps and Haven from Hunger in successful replication of the Mobile Market model to serve Beverly and Peabody residents.

The Mobile Market model is designed to address barriers to access when it comes to good food. People living on a fixed or limited income are faced with many challenges when making food choices which can include limited transportation, high cost of food, lack of nutrition education, and perceived social stigma.

All sites are located strategically to reduce the need for transportation. The Open Door truck comes to one convenient location in a neighborhood, or at a community center, or at a school to set up for distribution.

At the Mobile Market, the food is free. Some of the produce for the Mobile Market is grown locally by The Food Project-North Shore in Beverly, by Appleton Farms in Hamilton, or by Farmer Dave's in Dracut. Other product is purchased wholesale from Cape Ann Fruit Co. in Gloucester, or through the Greater Boston Food Bank.

Each week a Demonstration Chef prepares a recipe and offers samples to people as they "shop." In a simple exchange, people share what they know and learn new ways to prepare food.

Participants are asked to contribute two hours of volunteer time over the course of the season to make the program a success. Individual involvement with the program gives a sense of ownership and helps remove some of the social stigma that can be associated with receiving food assistance.

The Mobile Market is a prevention-based approach grounded in nutrition education and public health to alleviate the impact of hunger in the community.



As we celebrate the close of another year, I want to stop to take some time to reflect on how YOU have helped The Open Door carry out its mission this past year to alleviate the impact of hunger in our community.

We use practical strategies to connect people to good food, to advocate on behalf of those in need, and to engage others in the work of building food security.

YOU helped improve the health and lives of 5,621 people living in Gloucester, Rockport, Manchester, Essex and Ipswich—1 in 6 Gloucester residents—last year.

YOU helped people connect to 831, 777 pounds of good food through our full-choice food pantry offering free groceries, milk, produce, eggs and through our nightly Community Meals program offering both food and companionship to those who need it.

YOU helped bring the Mobile Market, a FREE farmers market, to public housing neighborhoods, schools where 50% or more of the children are eligible for free or reduced-price lunch and to Senior Centers in Gloucester, Ipswich and Rockport.

YOU helped the Summer Meals program grow from just two sites to 11 sites where kids can get a free meal during the months when school is not in session.

YOU made PowerSnack, an after-school supper program, possible. We know that GOOD NUTRITION + education EQUALS healthy kids. Healthy kids learn better, and everyone wins.

YOU helped us offer cooking classes, and YOU helped us grow fresh produce in 15 raised beds for our kitchen and pantry.

YOU helped us advocate for policies that better serve the people who need it most, and YOU donated nearly 20,000 volunteer hours.

On November 1, the modern-day food stamp plan, now called the Supplemental Nutrition Assistance Program (SNAP), scaled back benefits for all recipients when a recession-era boost in benefits expired. The exact reduction that families saw depended on their individual situations, but on average, a family of four now receives \$36 less per month, according to the USDA.

We have seen an immediate increase in requests for food assistance. We cannot meet the need alone. The Open Door has grown from the heart of a community that cares for its own, and that is reflected in the way we can respond to the needs of our neighbors.

As you consider giving a gift this year, will you please remember that it is your financial support helps us help people?

With much appreciation,



When Jordan turned six, she asked her friends to donate food or money to The Open Door. Jordan raised \$140 and collected 93 pounds of food.



The Open Door is pleased to host **Connie Chuesumran**, a **FoodCorps** service member. Connie works

with PowerSnack, an after-school supper program at Veterans' Memorial, to connect kids to good food and teach them about making food choices.

FoodCorps is a nationwide team of leaders that connects kids to real food and helps them grow up healthy. FoodCorps Massachusetts places motivated leaders like Connie in limited-resource communities for a year of public service.



The TD Charitable Foundation, the giving arm of TD Bank, America's Most Convenient Bank®, donated a total of \$30,000 to The Open Door as part of the bank's commitment to giving back to the community. THANK YOU!





**The Open Door and North Shore 104.9** collected **13,424 pounds of food** at the annual **Thanksgiving Food Drive** on Saturday, November 23 in Gloucester at Shaw's Supermarket, Stop & Shop, and Market Basket. Thank you COMMUNITY!

**Eastern Point Communications** donated \$10,000 to support the Holiday Basket program.



**Food for Friends:** The paper turkeys you can purchase at Gloucester **Stop & Shop** help raise money to directly support the programs of The Open Door



After the bell, children at Veterans' Memorial Elementary can fuel up with **PowerSnack**, a healthy after-school supper program offered by The Open Door in partnership with the Gloucester Public School Food Department. The hearty snack includes an entrée paired with fresh fruit and vegetable choices offered on a salad bar.

## #WhoGoesHungry?

Americans in need are facing a tougher struggle with hunger this holiday season. Across the board cuts to SNAP, the federal food stamp program, made on November 1 mean tighter budgets for food.

The truth is, cutting SNAP means many people go hungry. And that harms the health and well-being of seniors, veterans, children, and families. Ask your member of Congress: Who goes hungry?

Learn more: [www.whogoeshungry.org](http://www.whogoeshungry.org)

# ADVOCATE

- ◀ Call or write at least one elected official and ask them to support the nutrition programs in your community.
- ◀ Invite a representative from **The Open Door** to speak at your church, school, business, civic group, community association or alumni group.
- ◀ Share your personal stories and experiences, if you have received help from a hunger relief agency before, to help us educate others across the state about the issue of hunger.
- ◀ Write a letter to the editor about the issue of hunger and/or the innovative solutions being offered in your community.
- ◀ Start conversations or share content about hunger in your community through your social networks—Facebook, Twitter, LinkedIn, and personal blogs.

## GREEN MONSTER SMOOTHIE

### Ingredients

- 1 cup fat-free milk
- 1/2 cup fat-free plain yogurt
- 1 banana, frozen and chunked
- 1/2 cup mango, frozen and chunked
- 2 cups fresh spinach
- 1 cup ice cubes (optional)

### Directions

Blend milk, yogurt, banana, mango, spinach, and ice cubes until smooth.





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**FOODPANTRY.org**

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# 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.

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

- \$25     \$50     \$100     \$250     \$500     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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