



**Annual
DINING OUT RAFFLE**

Enclosed are two ticket booklets with 12 chances to win a gift certificate for a delicious meal at one of many popular restaurants here on Cape Ann. Only one winner for each restaurant will be drawn. To be entered in the drawing and help the food pantry raise money to stock its shelves, fill out your ticket stubs and return them to us in the envelope provided along with your donation.

How your donation works...

Money raised by the "Dining Out Raffle" buys food to fill our pantry shelves. We can purchase a variety of canned and fresh foods from the Greater Boston Food Bank for the low cost of 18 cents a pound.

Use our chart to select a donation level:

- \$ 10.00 = 56 pounds of food
- \$ 25.00 = 139 pounds of food
- \$ 50.00 = 278 pounds of food
- \$ 75.00 = 417 pounds of food
- \$ 100.00 = 556 pounds of food

OR calculate the power of your own donation:

\$ _____ divide by .18
(enter your donation)
= _____ pounds of food



Tickets:
\$1 for one chance
\$5 for six chances

Drawing will be held on
September 6, 2007

SAVE THE DATE



Yankee Magazine
Showhouse

House tours, seminars,
demonstrations, and samplings

100% of tour ticket proceeds
benefit [The Open Door/Cape Ann
Food Pantry](#).

House Tours

September 7 through 30, 2007
Fridays, Saturdays, & Sundays
10 a.m. to 6 p.m.

Order tickets online:
cominghome.yankeemagazine.com

Yankee Magazine has chosen
our organization to be the non-
profit beneficiary for this
showhouse tour.

As soon as you step inside this
magnificent, 3,500-square-foot,
Magnolia home, you'll know
this is no ordinary showhouse.
It is a stunning Davis Timber
Frame home with water views
built by Gloucester's own Jeff
Amero.

Come tour the home to inspect
and experience all of the high
quality products and design
work in each room.

Mark your calendar now and
plan to join us for a home tour,
storytelling, tasty samplings,
handy seminars, and fun for the
whole family.

Name: _____

Address: _____

YES! I want to help buy food to stock the food pantry shelves.

\$10.00 \$25.00 \$50.00 \$75.00 \$100.00 Other

Your donation is tax deductible to the extent allowed by the IRS.

Mail to: 28 Emerson Avenue Gloucester, MA 01930
Phone: 978-283-6776 Fax: 978-282-9684
www.capeannfoodpantry.org



Gloucester Summer Food Service Program Adds Fresh and Locally Grown Produce to Menus

It is easier to make healthy food choices in Gloucester this summer. Kids are eating crunchy carrot coins, fresh corn, ripe blueberries, and bright red strawberries at The Open Door/Cape Ann Food Pantry's lunch sites with support from a grant provided by Project Bread-The Walk for Hunger. The \$5,000 grant helps dress up the summer lunch program menus with fresh, locally grown produce.

The Summer Food Service Program is sponsored by the USDA and supported by the Massachusetts Department of Education to provide free lunch for children ages 1 to 18.

Summer lunch sites in Gloucester:

Riverdale Park, Willowood Gardens, YMCA, and The Open Door

Lunches served: Monday through Friday, from 11:30 to 1 p.m.

The Summer Food Service Program in Gloucester has served more than 22,000 lunches since it first began in 2002.

Brown Bag Market for Seniors

Program expands access to nutrition for seniors

Senior citizens in Rockport and Gloucester who fall within USDA income eligibility guidelines can participate in the Brown Bag Market at two locations this year. Working with a SeniorCare nutritionist and RSVP volunteers, the Cape Ann Food Pantry brings this program to local senior centers once a month. Seniors receive bags packed with standard groceries such as cereal, juice, tuna, low-sodium soups, canned fruit, and vegetables. This nutritional package also includes a selection of fresh produce, cheese, yogurt, and other fresh food items.

Since the program's launch in 2006, more than 200 households have signed up for the program, and more than 22,000 pounds of nutritious food have been distributed to seniors through the Brown Bag Market.



Rockport Brown Bag Market:

Senior Center on Broadway
Last Thursday of the month

Gloucester Brown Bag Market:

Rose Baker Senior Center
Last Friday of the month

Mobile Market Adds New Site on Kitefield Road in Rockport

What is a Mobile Market? Imagine a warm, summer afternoon in the neighborhood. White tents are set in a semi-circle. Tables under the tents hold wicker baskets heaped with broccoli crowns, bell peppers, beefy tomatoes, lettuces, fresh beets, and cabbages as large as volleyballs. Kids are eating green beans. Everyone is helping. This is the Mobile Market. Since the program's launch in 2005, the Mobile Market has distributed more than 50,000 pounds of free fruits and vegetables to households in public housing neighborhoods.



Partnerships with The Food Project-North Shore, Brox Farms and Appleton Farms increase low-cost access to fresh produce.

2007 Mobile Market supported by:

- Hewitt Foundation
- City Development Block Grant
- North Shore United Way



2007 Weekly Market Schedule June 30 through November 17:

Riverdale Park, Gloucester:
Saturday, 9:30 to 11:30 a.m.

Willowood Gardens, Gloucester:
Wednesday, 3:30 to 5:30 p.m.

Kitefield Road, Rockport:
Saturday, 1 p.m. to 3 p.m.

2008: Essex & Manchester locations