

Market Basket  
SHOPPING SPREE  
Raffle  
Benefits Food Pantry

Prizes

ONE winner  
3-Minute  
Shopping Spree\*  
TEN winners  
\$25 Market Basket  
Gift Card

Tickets

SIX for \$5 or ONE for \$1

Drawing

The Open Door  
Autumn Breakfast  
Thursday, October 28  
7:30 a.m. to 9 a.m.

For your chance to win,  
fill out the ticket stubs  
and return them in the  
envelope provided along  
with your donation.  
(See tear-off on other side.)

\*3-Minute Shopping Spree  
will be held at  
the Gloucester Crossing  
Market Basket on  
Saturday, December 11  
at 6:30 a.m.

Rules and regulations  
are available at:  
[www.foodpantry.org](http://www.foodpantry.org)

**ATTENTION**

**Your donation will  
be matched!**

A very generous  
anonymous donor has  
promised to match all  
donations given,  
dollar-for-dollar, up to  
\$10,000.

# Eat Your Colors!

“Nutrition education begins with choice,” said Julie LaFontaine, The Open Door executive director. “By deconstructing the lunch bag, kids can take an active role in food selection.”

Children are encouraged to learn portion control when choosing fruits, vegetables, proteins and whole grains as well as increase their physical activity. Serving size is taught by using markers children can easily understand. For example, the size of a box of crayons is a standard serving for a lean protein.

“It’s a lot better than a bag lunch,” said thirteen-year-old Daniel C. as he tucked into his Mexican pizza with black bean and corn salad. “It’s made me choose more fruits and vegetables.” He admits that the variety, which includes such choices as kiwi fruit, okra, cactus salsa, mangoes, Jerusalem artichokes, and radishes, has taken him out of his “comfort zone.”

“The program introduces the palate to sometimes new and unusual foods,” said Jennifer Perry, who designed the pilot lunch menus. “We want the children to learn to make life-long healthy choices.”

Perry, promoted in June to the position of Nutrition Development Coordinator, now reviews and plans nutritional adequacy for all The Open Door programs. Now in its ninth year, The Open Door Summer Lunch, a USDA Child Nutrition program, provides a free lunch for children up to the age of 18 during the months they are not in school. In addition to the pilot site on Emerson Avenue, The Open Door Summer Lunch is offered in Gloucester at Riverdale Park, Willowood Gardens, Cape Ann Y, and Kitefield Road in Rockport.

For more information, please visit:  
[www.foodpantry.org](http://www.foodpantry.org)

From red and yellow to green and purple, a rainbow of nutritious food greets the Cape Ann children who attend The Open Door’s Emerson Avenue Summer Lunch site. The pilot program, designed to provide education around healthy food choices and portion sizes, offers children a chance to fill their trays with a variety of healthy food.



Photo: Jason Grow

**Her smile says it all!** Ten-year old Yvette P. reports checking the boxes on her **5-A-Day-The Color-Way** chart makes it fun to “choose and eat foods with lots of different colors.”

Your contribution will be matched dollar-for-dollar up to \$10,000!

\$ 25.00    \$50.00    \$75.00    \$100.00    \$150.00    Other: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_ (To receive updates on events, programs and advocacy.)

**Return your donation and raffle stubs to:**

28 Emerson Avenue  
Gloucester, MA 01930  
Phone: 978-283-6776 Fax: 978-282-9684

The need for food assistance through our programs has grown more than 20% in the past year. Your donation helps meet this need!



**SAVE THE DATE**

Autumn Breakfast  
Thursday, October 28  
7:30 a.m. to 9 a.m.  
Cruiseport Gloucester



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

## Second Glance

The Thrift Store of The Open Door

## Furniture Annex

Annex now open Wednesday, Friday, and Saturday  
10 a.m. to 4 p.m.

**We will pick up your furniture donation!**

Call 978-283-4298 to make an appointment.

Second Glance is open for shopping and donations  
Monday through Saturday  
from 9 a.m. to 6 p.m.

Store is located at 2 Pond Road, Gloucester

### Donate Your Garden Produce

Fresh whole food is a building block to great nutrition and better health.

If you have surplus fruits and vegetables from your garden, consider donating them to The Open Door to help feed your neighbors in need.

We distribute produce to our clients through the Food Pantry, the Mobile Markets, Summer Lunch, and our Community Meals.

For more information: [info@foodpantry.org](mailto:info@foodpantry.org)



Photo: Jason Grow

Fresh is best! Cherry tomatoes and herbs grow in the raised beds installed by The Food Project-North Shore.