

NEWS

FOOD & HOSPITALITY

A publication of The Open Door | Spring/Summer 2011



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 Lunch
- Mobile Market
- Senior Market
- Holiday Baskets
- SNAP Application Assistance
- Nutrition Education and Outreach
- Second Glance
- Thrift Store & Furniture Annex
- Job Training
- Advocacy
- Community Service



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



facebook.com/TheOpenDoorMA

How Does Your Garden Grow?



From garden to table, growing fresh food and cooking healthy meals form the central theme for two new programs at The Open Door this summer and help put good food onto the tables of those who need it the most.

“The Open Door’s core mission is to connect people to good food,” said Julie LaFontaine, The Open Door’s executive director. “Getting back to the basics can lead to better nutrition.”

The Open Door’s **Good Food Garden Project** has transformed the barren asphalt landscape at the side of the food pantry into a vibrant food-jungle. Using the *Square Foot Gardening* method, seven families with fifteen children learned how to plan, choose, plant and grow a garden in the raised beds provided by The Open Door. With expertise provided by The Food Project—North Shore and Gloucester’s Backyard Growers, families managed both spring and summer plantings to yield crops they will harvest through mid-October.

“I always wished for a garden but never had a place,” said Andrea Hurlbut, a single mom who packed her 6’ x 4’ garden with tomatoes, brussels sprouts, kale, broccoli, carrots, bush beans, and more.

Now Andrea delights in watching her five-year-old daughter Isidora get involved in planting. “She loves carrots, so I put her in charge of them. It was good for her to be responsible.” But the best part by far, she said, was watching Isidora pick snap peas straight off the vine, and pop them into her mouth. “She was so surprised that something so green could taste that great.”

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Parent, Good Food Garden

The Open Door partnered with **Cooking Matters**, a program of Share Our Strength, to offer family cooking classes. For six weeks, the families enrolled in the **Good Food Garden Project** learned how to cook, plan and prepare nutritious food with simple ingredients found in the food pantry or at the grocery store along with produce grown from their raised beds. Cooking Matters brought the culinary know-how and a professional chef, while The Open Door’s nutritionist Jen Perry taught the nutrition classes.

“Our family cooking classes are all about getting children invested and actively involved in choosing healthy foods,” said Jen Perry, “rather than just eating what magically appears before them on the table.”

During class, the children prepped food while their parents participated in nutrition education. From making shopping lists to helping put groceries away, parents learned how to engage their children in every aspect of food preparation in the home. Towards the end of class, parents and children came together to cook and then taste the food they prepared. Families were encouraged to discuss and share what they had learned. Each week, families were given a bag of groceries so they could make the meals again in their own kitchens.

“The kids loved taking turns cutting, measuring and deciding together as a group on a meal,” said Rob, a single parent with four children in the home who thought the cooking classes were just fantastic. “They made it fun.”



This was the first of four 6-week sessions of Cooking Matters classes to be offered at The Open Door.

Spanish translation for Cooking Matters classes was provided by Iriana Rodriguez and Jared LaFontaine both are students at Manchester/Essex Regional High School.

DONATE



FREE furniture pick ups!

Have large furniture items to donate to Second Glance? We can come to you.

Call now to see if pick up service is available in your area.

We are just a phone call away.

978-283-4298



We want your old electronics!



Recycle your old electronics for free at Second Glance. Sorry, no TV's or computer monitors accepted.

SHOP

Second Glance Thrift Store is located at 2 Pond Road in Gloucester.

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

Every time you donate or shop at our newly renovated thrift store, you help support The Open Door programs.

www.foodpantry.org

Back-to-School Items Needed

- Tuna, chicken and turkey
- SunButter (nut-free)
- Breakfast cereal
- Snack-size fruit cups
- Juice boxes
- Pretzels, crackers, and raisins

SAVE THE DATE

Join us to kick-off the Thanksgiving Food Drive

Autumn Breakfast

Thursday, October 27, 2011
Cruiseport Gloucester
7:30 a.m. to 9 a.m.



Shopping Spree Raffle

to benefit the **FOOD PANTRY**



- Prizes:** ONE winner: Market Basket 3-Minute Shopping Spree*
TEN winners: \$10 Gift Card to Market Basket
- Tickets:** SIX tickets for \$5 or ONE ticket for \$1
- Drawing:** The Open Door Autumn Breakfast on Thursday, October 27, 2011
Cruiseport Gloucester, 6 Rowe Square, Gloucester

* Shopping Spree will be held at the Gloucester Crossing Market Basket on Saturday, December 10, 2011, at 6:30 a.m. Rules can be found at www.foodpantry.org.

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

Yes, I want to help The Open Door Food Pantry!

- Enclosed is \$ 10.00 for my SHOPPING SPREE RAFFLE TICKETS.
- Enclosed is my donation: \$25.00 \$50.00 \$75.00 \$100.00 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 Open Door provides food assistance to more than 5,000 people each year. Your financial help makes a BIG difference for those in need.