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FOODPANTRY.org

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# NEWS FOOD & HOSPITALITY

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## 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
- Holiday Baskets
- SNAP Assistance
- Nutrition Education & Outreach
- Second Glance Thrift Store
- PowerSnack
- Senior Soup & Salad
- Advocacy
- Community Service
- Garden Project
- Good Food Box
- Cooking Classes
- Job Training
- Food Rescue

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@AtTheGlance

## Ipswich Community Food Pantry Opens Doors

Nestled in Agawam Village, at the heart of the Ipswich Housing Authority, is a tiny barn-red building filled with local good food. Green and orange signs proudly point to the new home of The Open Door Ipswich Community Food Pantry.

“We are excited to provide more expanded services to Ipswich and the surrounding neighborhoods,” says Julie LaFontaine, Executive Director of The Open Door. “The former Ipswich Food Pantry board were amazing stewards, and we are delighted to partner with the community to carry on their good work to make sure no one goes hungry.”



*Ipswich Rotarians from both sides of the pond have helped fund and renovate The Open Door Ipswich Community Food Pantry's new site at Agawam Village.*

In January 2016, after a period of due diligence from both organizations' boards, the former all-volunteer run Ipswich Food Pantry merged with The Open Door to become The Open Door Ipswich Community Food Pantry, to provide a multi-service food and nutrition resource center for residents of Ipswich, Topsfield, Rowley, Boxford, Hamilton, and Wenham.

Partnering with the Ipswich Housing Authority and the former board of the Ipswich Food Pantry, The Open Door opened up the new centralized location at Agawam in May to offer handicapped accessibility, parking, and plenty of space for expanded healthy food choices.

Funding from Institution for Savings provided seed money for a refrigerator and freezer, a state grant written by the Ipswich Housing Authority funded some capital improvements for the building, funding from People's United provided program support, money from visiting Rotarians from Ipswich in England provided a new counter, and local Rotarian muscle painted the beautiful barn for all to see. The Ipswich Lions Club organized and held an Empty Bowl Dinner in November to benefit the new food pantry.

## Ipswich Board Members

Joining The Open Door board of directors this fall are Ipswich residents Irene Josephson of Joset Corporation, and Robert “Bob” Gravino of the Ipswich Rotary Club.

Irene is an active member of both the Ipswich and Cape Ann Chamber of Commerce, and treasurer of the Essex County Beekeepers Association in Topsfield. “I am honored to be part of The Open Door,” says Irene. “They provide good food to keep people healthy, and their expertise is welcome here in Ipswich.”

Ten-year Rotarian, retired United States Coast Guard Captain with 34-years of service, and former director of public works in both Gloucester and Ipswich, Bob Gravino brings his dedication to both public and community service to the board. “After years of moving around with the Coast Guard, I learned to appreciate the good work that organizations like The Open Door do in their communities,” he said.

## 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:

\$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.

Name \_\_\_\_\_

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 [foodpantry.org](http://foodpantry.org) or send a check to The Open Door, 28 Emerson Avenue, Gloucester, MA 01930



Dear friends,

A few years ago, I visited the Museum of American History in Washington, DC. There, I saw a house that had been transported from Ipswich, MA and reassembled inside the walls of the Smithsonian. You could peek through each window and look back through time to see how past generations lived.

However, what has stuck with me most was this quote from Reverend Horace Bushnell

which read: "The home is the church of childhood, the hearth and the table its holy rites."

In these challenging economic times, we see more people who need help holding those basic "holy rites" in place. For what is a hearth without heat and what is a table without food?

Last January, the Ipswich Community Food Pantry merged with The Open Door to become The Open Door Ipswich Community Food Pantry. We relocated the food pantry from the basement of a local church to a more central, handicap-accessible location with Ipswich Housing Authority.

Although our distribution site in Ipswich is new, our service to Ipswich residents is not. We have been supporting Ipswich residents since 1978. Last year, The Open Door provided 77,572 pounds of food to 341 Ipswich households representing 643 people (4.7% of Ipswich's population) through our pantry in Gloucester, the Mobile Market located at the Ipswich Senior Center and at Agawam Village. Additionally, we have worked with Winthrop Elementary School principal, Sheila McAdams to provide a Summer Meals program for kids for the past three years.

Now, with the support of the community behind us, we can offer a full-service food pantry in Ipswich with fresh milk, eggs, produce, bread, and canned goods on Tuesdays and Thursdays.

We want to thank the community and volunteers for welcoming us to your neighborhood. We look forward to working with you to build a resource for Ipswich in Ipswich—a community with a long history of nourishing its own. With your help, we connect families to good nutrition and health.

As you give thanks this year, please consider making a gift to support The Open Door Ipswich Community Food Pantry. Your support will help us deliver services to those who need a little help making ends meet.

Sincerely,

Julie LaFontaine, Executive Director

## Are You a Good Egg?

It's easy to become a member of the Good Egg Club. Your once-monthly donation can help make a difference in the lives of hungry people not just at the holidays, but all year long.

Go to [www.foodpantry.org/goodegg](http://www.foodpantry.org/goodegg) and download the Good Egg Pledge Card. Complete it with an amount you can comfortably give each month and return it to us at:

The Open Door  
28 Emerson Avenue  
Gloucester, MA 01930

Questions? Call us at (978) 283-6776 x206



## HELPING FAMILIES EAT TOGETHER

One Ipswich father of three "Davis" started coming to The Open Door because "there were times my wife and I would go without eating so our kids could eat." He and his wife would make their food separate from their children's and eat the leftovers—if there were leftovers.

Every night he worked the swing shift, and took care of his children during the day when his disabled wife was unable to. Before coming to the food pantry, he would buy "bulky items for less that were

*"I don't know where my family would be right now. The Open Door helps us eat every day... you don't realize how big it is—having dinner together."*

on sale" to make sure he could put food in his family's bellies.

Along with fresh healthy food from the food pantry, The Open Door helped Davis apply for SNAP (Food Stamps) and now he and his family get almost \$300 in SNAP benefits a month for his family of five.

"SNAP and the food pantry work together so I can get my meals for the week," says Davis, referring to the fact that what he can't find at the food pantry, he purchases at the grocery store and manages to stretch his food budget. Now they eat more salads, and they are eating together as a family when they couldn't before.

"Going to work without eating," he says, "you drink a lot of water when you are hungry. I still went to work every day—without that income, we wouldn't have a home."



### The Open Door Ipswich Community Food Pantry

00 Southern Heights, Ipswich, MA

Tuesday: 11-5

Thursday: 11-7

Call: 978-283-6776

## Ipswich Community Food Pantry Volunteer Award

Volunteers Giselle Rein and Susan Otis received the Helen Muise Community Service Award in front of an appreciative crowd of 300 at The Open Door Autumn Breakfast on October 27 for giving of their time and talent to nourish others at the Ipswich Community Food Pantry.



Together, they owned and operated OTISREIN art gallery in downtown Ipswich. Crows have long been the signature of their collaborative work because they symbolize their commitment to community and working together to make the world a better place.

When Ipswich Community Food Pantry merged with The Open Door earlier this year, the pantry was

relocated to Agawam Village where Giselle and Susan live. They were the first to fill out volunteer applications to help in the new building. Now they both volunteer to stock shelves, work the counter, and assist clients as they come in.

Susan loves working at the pantry where she gets to make a "human connection that makes everyone feel good. Connection—it's an essential human need," she says.

For Giselle, she loves that The Open Door "is about health, wellness and nutrition. It's not about empty calories, but about helping people be well."

Ipswich Community Food Pantry manager Luke Kleindienst is grateful for their support. He says, "they are extremely dedicated. They go above and beyond any call of duty and put their hearts into volunteering. They do it because they love it." Thank you Susan and Giselle!

## SNACK PACK ATTACK

EBSCO employees spent their lunch break on October 16 packing healthy SNACK PACKS for kids for The Open Door to be distributed to Ipswich children. The 250 packages will be available through the Ipswich Community Food Pantry and given to Ipswich school teachers for kids who don't have snacks at school.



Good food and healthy snacks help kids do better in school. Big thank you to EBSCO employees and partner United Way for making it happen!

## Tiger Food Drive—They're Grrrrreat!

Ipswich High School collected 718 pounds of food for The Open Door Ipswich Community Food Pantry during Spirit Week with help from National Honor Society students!

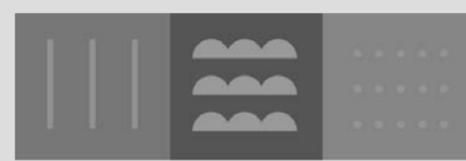


## First Annual Ipswich Empty Bowl Dinner!

Hats off to the Ipswich Lions Club 33N for the First Annual Lions Club Empty Bowl Dinner to support the Ipswich Community Food Pantry held on November 3 at the Hellenic Center.

Nearly 300 Ipswich community members turned out for the benefit, chose a bowl, ate some delicious soup donated by local restaurants Ipswich River Provisions, CK Pearl, Jules' Kitchen, Ipswich Inn Bed & Breakfast, Vinwood Caterers, and Ipswich Ale Brewer's Table, and then took their bowls home to remind them that someone in their community is hungry. Artists from Ascension Church, Ipswich Inn Bed & Breakfast, The Residents at Riverbend, Ipswich Senior Center, First Church of Ipswich, and Girl Scout troops of Topsfield and Middleton created those beautiful one-of-a-kind bowls.

Community volunteers from the Ipswich Lions and Rotary helped make the event a roaring success, and a great night was had by all!



## THREE SISTERS GARDEN PROJECT

### LOCAL GOOD FOOD FOR ALL

The Three Sisters Garden Project operates a 170-acre farm committed to increasing the supply of sustainable local foods on the North Shore. Along with their regular CSA shares, they make local food donations to food pantries and community meal programs, and make sure to accept SNAP, WIC, and Senior Coupons for payment of their shares. So far this year, Three Sisters has donated **2,499** pounds of fresh produce to The Open Door Ipswich Community Food Pantry at a retail value of **\$6,623!**