

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
- On Your Mark Job Training
- Food Rescue

Medically Tailored Groceries and Support to Manage Chronic Illness

In 2017, The Open Door hired its first Registered Dietitian and Matt could not be happier about it.

Matt, who lives with diabetes, atrial fibrillation and mental health issues, was having dinner at The Open Door Community Meals when he learned that we provide free nutrition counseling. He wasted no time in making his first appointment. That was six months ago.

Matt is now 20 pounds lighter, his blood sugar is stable and he has more energy.

“I am more enthusiastic,” he says. “Rather than forcing myself to go to the gym because I know it will make me feel better, I want to go because I am feeling better.”

Matt has come to firmly believe food is medicine.

Tufts Health Care Foundation also believes that food is medicine, providing a \$60,000 planning grant to partially fund The Open Door’s new integrated Medically Tailored Grocery Program for seniors who live with chronic illness. Planning for the pilot program will occur throughout 2019 with plans to launch in 2020.

“With support from Tufts, this cutting edge program will help seniors living with chronic illnesses better manage their health,” said Julie LaFontaine, Executive Director. “It will help them live better quality lives, all while saving significant money on health care costs.”

Massachusetts spends an avoidable \$2.4 billion in healthcare costs every year as a result of food insecurity, according to The Greater Boston Food Bank and researchers from Children’s HealthWatch.

Studies show food insecurity is associated with elevated risk of diabetes mismanagement, increased hospital admissions due to low-blood sugar, increased use of health services, as well as an increased risk of developing health conditions like osteoporosis, kidney disease, and high blood pressure.

The Open Door Medically Tailored Grocery Program targets **food insecurity and wellness** by providing



Healthy Choice demonstrates what makes up a healthy plate.

diagnosis-specific food available in our food pantries. The program will also offer nutrition counseling, nutrition education workshops (including eating healthy on a budget), cooking demonstrations, supportive nutrition wrap-around services, SNAP Application and Advocacy through our Client Services department, and our pantry tasting stations that will include diagnosis-specific recipes.

As Matt has experienced for himself, access to and consumption of healthy foods helps mitigate the debilitating side effects of severe chronic illness. Better management of illness through a nutritiously adequate diet can increase energy and mobility, all of which significantly improves quality of life. ■



Give securely online at foodpantry.org/donate

PLEDGE TO GIVE TODAY to help feed hungry families.

Please accept my **ONE-TIME** gift of \$ _____

Make your check payable to The Open Door or give securely online at foodpantry.org/donate

Join the Good Egg Club with a monthly gift!

I would like to help hungry families in our community with a **MONTHLY** Good Egg contribution of \$25 \$50 \$75 \$100

Other \$ _____ (12 Months)

Starting: _____ Ending: _____





Greetings!

Thank you for all YOU do to make our community a wonderful place to live! I'm excited that we

have a lot going on at The Open Door in our 10 Cape Ann and North Shore communities. Hunger doesn't take time off!

Do you know The Open Door's requests for help with food have increased 17% in the last year? Despite reports of a strong economy, 4 in 10 struggle—even working more than one job.* All around, there is need you may not see. Trish just retired at 80-years-old. Now she comes to the Food Pantry because "fruits and vegetables are so expensive."

This summer, local business closures have impacted at least 250 local families. Seasonal work brought migrant families to the Food Pantry. School is out, and families count on our 15 Summer Meals sites so kids don't go hungry.

Please be as generous as you can. We need your help to make sure there is enough good food to go around.

I am so grateful for your donations that make it possible for The Open Door to meet our neighbors' need for food and offer new programs like Medically Tailored Groceries so those in need can regain and maintain their health. "We all do better when we all do better."

With a grateful heart,

Julie LaFontaine, Executive Director

*UBS Investment Bank quarterly survey



The 2019 Summer Meals Kick-off Picnic at Riverdale was a blast! Thank you to our Summer Meals interns (above), volunteers, and staff who made it happen! Special thanks to Pure Energy Entertainment for getting everyone up off their feet and dancing.

THANK YOU!

Maximize your donation!

Many employers match their employees' charitable donations. Please check with your employer's HR department.

Would you consider donating to The Open Door in your will?

Please contact Sarah Grow, Director of Advocacy and Development, at sarah.grow@foodpantry.org for more information on bequests and other planned gifts.



Make Your Own Recycled NO SEW! T-Shirt Bag

1. Remove sleeves

Turn shirt inside out. Lay shirt flat. Cut off sleeves and collar.

2. Cut fringe

Draw a horizontal line about a 1/3 of the way up the shirt. Cut fringe into 1" wide strips from the bottom up to the line.

3. Tie knots

Tie the front and back fringes together. Repeat, tying one knotted fringe to the next to close holes.

