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.”

M m 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.

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 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 nutritionally adequate diet can increase energy and mobility, all of which significantly improves quality of life.

Healthy Choice demonstrates what makes up a healthy plate.
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

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.

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.

With a grateful heart,

Julie LaFontaine, Executive Director

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