Feeding People

JENNY, 51, AND HER FAMILY

“On Monday, we literally had just $7 to last us until Thursday. My mother, who sometimes helps out, was digging in her purse for quarters.”

Jenny is married with two teenage children. When she got sick and lost her job, she cashed in her retirement savings and depleted their food pantry savings. “Before we really understood we were poor.”

Now she works two part-time jobs and her husband works full-time. She plans two meatless meals a week, and lives on a $400 monthly grocery bill for her family. “It’s a very tight budget,” says Jenny, who sometimes helps out at The Open Door.

The Open Door Family says, “I don’t choose what would happen to my family.”

BRENDA, 69, AND JOHN, 75

“When Brenda and John were in their 30s, with scarce jobs in a machine shop, they saved money, and bought a home in Gloucester. Ten years ago, the company closed, Brenda was laid off, and they moved to Puerto Rico. Now retired, and living on social security alone, with a mortgage of $3,740 a month, they budget, clip coupons, use their SNAP (Food Stamps), and come to the food pantry to make sure Brenda has a diabetes-sensitive diet every day. Before coming to The Open Door, Brenda said she had enough to not be hungry, but “we need a healthy diet.” Without The Open Door, they wouldn’t have fresh fruits and vegetables because they “are just too expensive.”

“What we had for years was good. We didn’t have too much, but…if you had to remove—so all families can join in.”

The Open Door Executive Director Julie LaFontaine.

On Campus

RESPONDING TO A 2016 NSCC Hunger and Nutrition Survey that identified almost 54 percent of students having high or very high levels of food insecurity with 19 percent amongst students, NSCC reached out to partners The Open Door, Greater Boston Food Bank, and Beverly Bootstraps to provide healthy foods and nutrition education and outreach.

The Open Door and Beverly Bootstraps are alternating providing meals every other month, and currently 400 student families are registered.

“Mobile Market is making sure students of all ages are nourished and ready to learn,” said Sheila McAdams, Principal Winthrop School. “Students cannot succeed in academics when they are hungry.”

Since beginning Mobile Market in the fall, “students are now enjoying about 3,500 pounds of fresh produce at each market.”

The 2016 NSCC Hunger Survey identified students from Gloucester, Lynn, Saugus and Salem as the most vulnerable with 62–93 percent of students reporting high or very high food insecurity levels.

“Students cannot succeed in academics when they are hungry,” says Sheila McAdams, Principal Winthrop School. “Students cannot succeed in academics when they are hungry.”

“Mobile Market has been in full gear, along with a new PowerPantry program that provides healthy snacks to children during the school day. New “kickers” are saving students worrying about how hungry they are,” says Sheila McAdams, Principal Winthrop School.

“We are all about the concept of helping others, empathy and service.”

Last week at Winthrop Mobile Market a participant said “I was really shocked and disturbed by how many families have food insecurity. They have no income, rent, or grocery shopping, but now I have lunch for Friday.”

With Mobile Market at Winthrop School Principal, Sheila McAdams says “everyone can celebrate around food—hunger is the common denominator—so all families can join in.”

Isn’t that what the Holidays are all about?

The Open Door Mobile Market program, a new farmers market, is making sure students of all ages are nourished and ready to learn.

The Open Door and Beverly Bootstraps are alternating providing meals every other month, and currently 400 student families are registered.

“The Open Door Mobile Market site at Winthrop School has been in full gear, along with a new PowerPantry program that provides healthy snacks to children during the school day. New “kickers” are saving students worrying about how hungry they are,” says Sheila McAdams, Principal Winthrop School.

“We are all about the concept of helping others, empathy and service.”

Last week at Winthrop Mobile Market a participant said “I was really shocked and disturbed by how many families have food insecurity. They have no income, rent, or grocery shopping, but now I have lunch for Friday.”

With Mobile Market at Winthrop School Principal, Sheila McAdams says “everyone can celebrate around food—hunger is the common denominator—so all families can join in.”

Isn’t that what the Holidays are all about?


Feeding People

The Open Door Mobile Market program, a new farmers market, is making sure students of all ages are nourished and ready to learn.

The Open Door and Beverly Bootstraps are alternating providing meals every other month, and currently 400 student families are registered.

“The Open Door Mobile Market site at Winthrop School has been in full gear, along with a new PowerPantry program that provides healthy snacks to children during the school day. New “kickers” are saving students worrying about how hungry they are,” says Sheila McAdams, Principal Winthrop School.

“We are all about the concept of helping others, empathy and service.”

Last week at Winthrop Mobile Market a participant said “I was really shocked and disturbed by how many families have food insecurity. They have no income, rent, or grocery shopping, but now I have lunch for Friday.”

With Mobile Market at Winthrop School Principal, Sheila McAdams says “everyone can celebrate around food—hunger is the common denominator—so all families can join in.”

Isn’t that what the Holidays are all about?

The Open Door Mobile Market program, a new farmers market, is making sure students of all ages are nourished and ready to learn.

The Open Door and Beverly Bootstraps are alternating providing meals every other month, and currently 400 student families are registered.

“The Open Door Mobile Market site at Winthrop School has been in full gear, along with a new PowerPantry program that provides healthy snacks to children during the school day. New “kickers” are saving students worrying about how hungry they are,” says Sheila McAdams, Principal Winthrop School.

“We are all about the concept of helping others, empathy and service.”

Last week at Winthrop Mobile Market a participant said “I was really shocked and disturbed by how many families have food insecurity. They have no income, rent, or grocery shopping, but now I have lunch for Friday.”

With Mobile Market at Winthrop School Principal, Sheila McAdams says “everyone can celebrate around food—hunger is the common denominator—so all families can join in.”

Isn’t that what the Holidays are all about?

The Open Door Mobile Market program, a new farmers market, is making sure students of all ages are nourished and ready to learn.

The Open Door and Beverly Bootstraps are alternating providing meals every other month, and currently 400 student families are registered.

“The Open Door Mobile Market site at Winthrop School has been in full gear, along with a new PowerPantry program that provides healthy snacks to children during the school day. New “kickers” are saving students worrying about how hungry they are,” says Sheila McAdams, Principal Winthrop School.

“We are all about the concept of helping others, empathy and service.”

Last week at Winthrop Mobile Market a participant said “I was really shocked and disturbed by how many families have food insecurity. They have no income, rent, or grocery shopping, but now I have lunch for Friday.”

With Mobile Market at Winthrop School Principal, Sheila McAdams says “everyone can celebrate around food—hunger is the common denominator—so all families can join in.”

Isn’t that what the Holidays are all about?

The Open Door Mobile Market program, a new farmers market, is making sure students of all ages are nourished and ready to learn.

The Open Door and Beverly Bootstraps are alternating providing meals every other month, and currently 400 student families are registered.

“The Open Door Mobile Market site at Winthrop School has been in full gear, along with a new PowerPantry program that provides healthy snacks to children during the school day. New “kickers” are saving students worrying about how hungry they are,” says Sheila McAdams, Principal Winthrop School.

“We are all about the concept of helping others, empathy and service.”

Last week at Winthrop Mobile Market a participant said “I was really shocked and disturbed by how many families have food insecurity. They have no income, rent, or grocery shopping, but now I have lunch for Friday.”

With Mobile Market at Winthrop School Principal, Sheila McAdams says “everyone can celebrate around food—hunger is the common denominator—so all families can join in.”

Isn’t that what the Holidays are all about?

The Open Door Mobile Market program, a new farmers market, is making sure students of all ages are nourished and ready to learn.

The Open Door and Beverly Bootstraps are alternating providing meals every other month, and currently 400 student families are registered.

“The Open Door Mobile Market site at Winthrop School has been in full gear, along with a new PowerPantry program that provides healthy snacks to children during the school day. New “kickers” are saving students worrying about how hungry they are,” says Sheila McAdams, Principal Winthrop School.

“We are all about the concept of helping others, empathy and service.”

Last week at Winthrop Mobile Market a participant said “I was really shocked and disturbed by how many families have food insecurity. They have no income, rent, or grocery shopping, but now I have lunch for Friday.”

With Mobile Market at Winthrop School Principal, Sheila McAdams says “everyone can celebrate around food—hunger is the common denominator—so all families can join in.”

Isn’t that what the Holidays are all about?

The Open Door Mobile Market program, a new farmers market, is making sure students of all ages are nourished and ready to learn.

The Open Door and Beverly Bootstraps are alternating providing meals every other month, and currently 400 student families are registered.

“The Open Door Mobile Market site at Winthrop School has been in full gear, along with a new PowerPantry program that provides healthy snacks to children during the school day. New “kickers” are saving students worrying about how hungry they are,” says Sheila McAdams, Principal Winthrop School.

“We are all about the concept of helping others, empathy and service.”

Last week at Winthrop Mobile Market a participant said “I was really shocked and disturbed by how many families have food insecurity. They have no income, rent, or grocery shopping, but now I have lunch for Friday.”

With Mobile Market at Winthrop School Principal, Sheila McAdams says “everyone can celebrate around food—hunger is the common denominator—so all families can join in.”

Isn’t that what the Holidays are all about?
Without a little help from The Open Door, there wouldn’t be enough good food to eat or to celebrate with their families.

I’m often asked what our greatest challenge is here at The Open Door. It’s a straightforward question: we have enough good nutritious food. Last year we provided a record 1,398,837 pounds of good food to 6,917 people, and we’re seeing more people coming to us all the time. Our year-end fundraising goal is in sight, but we aren’t quite there yet. In addition to food, we must raise every dollar in our budget to keep our commercial kitchen in top shape, our refrigerators and freezers in working order, our food rescue fleet on the road, and our staff ready to serve all who come in need.

The Open Door team is deeply grateful for a community that responds with such compassion and generous gifts to keep our shelves stocked with good food.

Can we count on you to help us again? A gift to The Open Door Food Pantry as a student in her 20s, and later when she suddenly became a single parent.

A STRUGGLING STUDENT AT North Shore Community College and Simmons College, she often went hungry.

“On the bad days, when my schedule hadn’t allowed for a food pantry visit, I would buy a big bag of Poiled Gold pretzels and I’d eat a third of the bag for breakfast and a third for lunch and a third for dinner.”

Without any family support, she graduated college in four years, and want to work in marketing. She put her pantry visits behind her. All was going well until 10 years ago, while studying for a Master of Social Work (MSW) at Salem State, she suddenly became a single parent overnight by taking in her two nieces from the South Carolina foster care system.

She put her pantry visits behind her. All was going well until 10 years ago, while studying for a Master of Social Work (MSW) at Salem State, she suddenly became a single parent overnight by taking in her two nieces from the South Carolina foster care system.

She put her pantry visits behind her. All was going well until 10 years ago, while studying for a Master of Social Work (MSW) at Salem State, she suddenly became a single parent overnight by taking in her two nieces from the South Carolina foster care system.

She put her pantry visits behind her. All was going well until 10 years ago, while studying for a Master of Social Work (MSW) at Salem State, she suddenly became a single parent overnight by taking in her two nieces from the South Carolina foster care system.

The Open Door team is deeply grateful for a community that responds with such compassion and generous gifts to keep our shelves stocked with good food.

Can we count on you to help us again? A gift to The Open Door Food Pantry as a student in her 20s, and later when she suddenly became a single parent.

A STRUGGLING STUDENT AT North Shore Community College and Simmons College, she often went hungry.

“On the bad days, when my schedule hadn’t allowed for a food pantry visit, I would buy a big bag of Poiled Gold pretzels and I’d eat a third of the bag for breakfast and a third for lunch and a third for dinner.”

Without any family support, she graduated college in four years, and want to work in marketing. She put her pantry visits behind her. All was going well until 10 years ago, while studying for a Master of Social Work (MSW) at Salem State, she suddenly became a single parent overnight by taking in her two nieces from the South Carolina foster care system.

She put her pantry visits behind her. All was going well until 10 years ago, while studying for a Master of Social Work (MSW) at Salem State, she suddenly became a single parent overnight by taking in her two nieces from the South Carolina foster care system.

She put her pantry visits behind her. All was going well until 10 years ago, while studying for a Master of Social Work (MSW) at Salem State, she suddenly became a single parent overnight by taking in her two nieces from the South Carolina foster care system.

She put her pantry visits behind her. All was going well until 10 years ago, while studying for a Master of Social Work (MSW) at Salem State, she suddenly became a single parent overnight by taking in her two nieces from the South Carolina foster care system.

The Open Door team is deeply grateful for a community that responds with such compassion and generous gifts to keep our shelves stocked with good food.

Can we count on you to help us again? A gift to The Open Door Food Pantry as a student in her 20s, and later when she suddenly became a single parent.

A STRUGGLING STUDENT AT North Shore Community College and Simmons College, she often went hungry.

“On the bad days, when my schedule hadn’t allowed for a food pantry visit, I would buy a big bag of Poiled Gold pretzels and I’d eat a third of the bag for breakfast and a third for lunch and a third for dinner.”

Without any family support, she graduated college in four years, and want to work in marketing. She put her pantry visits behind her. All was going well until 10 years ago, while studying for a Master of Social Work (MSW) at Salem State, she suddenly became a single parent overnight by taking in her two nieces from the South Carolina foster care system.

She put her pantry visits behind her. All was going well until 10 years ago, while studying for a Master of Social Work (MSW) at Salem State, she suddenly became a single parent overnight by taking in her two nieces from the South Carolina foster care system.

She put her pantry visits behind her. All was going well until 10 years ago, while studying for a Master of Social Work (MSW) at Salem State, she suddenly became a single parent overnight by taking in her two nieces from the South Carolina foster care system.

She put her pantry visits behind her. All was going well until 10 years ago, while studying for a Master of Social Work (MSW) at Salem State, she suddenly became a single parent overnight by taking in her two nieces from the South Carolina foster care system.

The Open Door team is deeply grateful for a community that responds with such compassion and generous gifts to keep our shelves stocked with good food.

Can we count on you to help us again? A gift to The Open Door Food Pantry as a student in her 20s, and later when she suddenly became a single parent.

A STRUGGLING STUDENT AT North Shore Community College and Simmons College, she often went hungry.

“On the bad days, when my schedule hadn’t allowed for a food pantry visit, I would buy a big bag of Poiled Gold pretzels and I’d eat a third of the bag for breakfast and a third for lunch and a third for dinner.”

Without any family support, she graduated college in four years, and want to work in marketing. She put her pantry visits behind her. All was going well until 10 years ago, while studying for a Master of Social Work (MSW) at Salem State, she suddenly became a single parent overnight by taking in her two nieces from the South Carolina foster care system.

She put her pantry visits behind her. All was going well until 10 years ago, while studying for a Master of Social Work (MSW) at Salem State, she suddenly became a single parent overnight by taking in her two nieces from the South Carolina foster care system.

She put her pantry visits behind her. All was going well until 10 years ago, while studying for a Master of Social Work (MSW) at Salem State, she suddenly became a single parent overnight by taking in her two nieces from the South Carolina foster care system.

She put her pantry visits behind her. All was going well until 10 years ago, while studying for a Master of Social Work (MSW) at Salem State, she suddenly became a single parent overnight by taking in her two nieces from the South Carolina foster care system.

The Open Door team is deeply grateful for a community that responds with such compassion and generous gifts to keep our shelves stocked with good food.

Can we count on you to help us again? A gift to The Open Door Food Pantry as a student in her 20s, and later when she suddenly became a single parent.

A STRUGGLING STUDENT AT North Shore Community College and Simmons College, she often went hungry.

“On the bad days, when my schedule hadn’t allowed for a food pantry visit, I would buy a big bag of Poiled Gold pretzels and I’d eat a third of the bag for breakfast and a third for lunch and a third for dinner.”

Without any family support, she graduated college in four years, and want to work in marketing. She put her pantry visits behind her. All was going well until 10 years ago, while studying for a Master of Social Work (MSW) at Salem State, she suddenly became a single parent overnight by taking in her two nieces from the South Carolina foster care system.

She put her pantry visits behind her. All was going well until 10 years ago, while studying for a Master of Social Work (MSW) at Salem State, she suddenly became a single parent overnight by taking in her two nieces from the South Carolina foster care system.

She put her pantry visits behind her. All was going well until 10 years ago, while studying for a Master of Social Work (MSW) at Salem State, she suddenly became a single parent overnight by taking in her two nieces from the South Carolina foster care system.

She put her pantry visits behind her. All was going well until 10 years ago, while studying for a Master of Social Work (MSW) at Salem State, she suddenly became a single parent overnight by taking in her two nieces from the South Carolina foster care system.

The Open Door team is deeply grateful for a community that responds with such compassion and generous gifts to keep our shelves stocked with good food.

Can we count on you to help us again?