

Food For Free

The Food Line

Spring 2010

Crisis as Chrysalis—

Donors Respond to Downturn; Programs Grow Dramatically

In the last two years, the need for emergency food programs has grown steadily. As the Boston Globe noted, in a February 2 article, “Nearly one out of every ten state residents last year relied on a food pantry, soup kitchen, or shelter—a 23 percent increase over four years before.”

Thanks to incredibly generous support from individuals, local businesses, foundations, and the City of Cambridge, Food For Free is in the midst of much-needed expansion, one that will help us to reach more people, through more food programs, than ever before.

Transportation Partnership

Most of the food programs served by Food For Free’s *Produce Rescue* program also receive food from the Greater Boston Food Bank. Many of these programs have relied on transportation services called “The Food Drive for the Hungry” provided by the America Red Cross of Massachusetts Bay.

In June, the Red Cross will be forced to discontinue their “Food Drive” transportation service, due to funding cuts.

In March, the Greater Boston Food Bank approached Food For Free about picking up this service for eight of the programs that had previously been served by the Red Cross. Food For Free will start providing this new service in June. We anticipate moving an additional 700,000 pounds of food this year

between the Greater Boston Food Bank and local pantries, meals, and shelters.

“I applaud Food For Free’s willingness to step in where there was a need”

Catherine D’Amato, CEO
Greater Boston Food Bank.

“I applaud Food For Free’s willingness to step in where there was a need” said Catherine D’Amato, CEO of the Greater Boston Food Bank.

“Transportation—we know—is critical to the functioning of the emergency food system, yet it can be hard to find the funding for this kind of “behind the scenes’ work. We at the Greater Boston Food Bank are thankful that Food For Free knows the importance of simply getting food to those who need it.”

Produce Rescue

Produce Rescue is at the heart of Food For Free’s work. Each morning, five days a week, our drivers visit the wholesalers at the New England Produce Center in Chelsea where they solicit donations of fresh fruits and vegetables that might otherwise go to waste. Their route then takes them to several retail stores, where they gather not only fresh produce, but also baked goods, dairy products, and prepared foods. This salvaged food is transported immediately to one of the food programs we serve, and is typically used to prepare a meal or sent home with a family within 24-48 hours of collection.

Reaching More People Than Ever

Produce Rescue served 65 food programs in 2009. Since the beginning of 2010, we

Continued on page 2

Food For Free
gives special thanks to
Didriks and Olé Mexican Grill
for their spring 2010 fundraising events.
Together, these events raised \$5,500
for our Produce Rescue program.



How You Can Help

Make a donation: Checks can be mailed to 11 Inman St., Cambridge, MA 02139. Or you can give online at www.foodforfree.org

- **Payroll deductions:** Many workplaces will let you deduct donations from your paycheck. Talk to your HR department to find out how.
- **Matching gift programs:** Some employers will match donations. Ask your HR department whether this applies to your gift to Food For Free.
- **Donate in honor of birthdays, weddings, & holidays.**
- **Planned giving:** A single line in your will can make a difference for the next generation.
- **Donate stock:** Call 617-868-2900 and speak to David Leslie for more information.

Volunteer: Call us at 617-868-2900 to learn about current volunteer openings.

- **Ride on the truck:** Truck shifts are on weekdays, from 7:30-10:30 or 10:30-2:00. Contact David Leslie (director@foodforfree.org) to find out which shifts are available.
- **Field of Greens:** Wednesdays are volunteer work days at Field of Greens. Contact Farm Manager Brianna Asbury (fieldofgreens@foodforfree.org) for more information.
- **Farmers' Market Rescue:** shifts are weekday evenings from 5-7:30. Contact David Leslie (director@foodforfree.org) to sign up.

- **Home Delivery:** shifts are on Saturday mornings. Contact David Leslie (director@foodforfree.org) for more information

Stay in Touch!

- **Email:** Join our email list by visiting www.foodforfree.org/maillinglist.html and clicking on the button that says "Click here." Or, send email to Michelle at development@foodforfree.org
- **Facebook:** Become a "fan" and see what's happening with Food For Free right from your News Feed.



have added eleven food programs: Boston Medical Center's Elders Living at Home, the Campus Kitchens Project at UMASS Boston, Heading Home's Up and Out program, The Women's Center, Food Not Bombs, and six Cambridge youth programs. This brings our current roster to 76 programs. We expect to serve 68 of these programs year-round in 2010 and at least eight seasonally or occasionally, as needed.

Food For Free distributed 875,762 pounds of food during 2009. The majority of the food we distributed—about 66%—was fresh produce. About 15% was bread or other baked goods. The remaining 19% included dairy products, prepared foods, a small amount of meat, and a wide variety of shelf-stable groceries.

A Record-Setting First Quarter

In the first three months of 2010, Food For Free distributed 234,403 pounds of food—an increase of 29% over the the

first quarter of 2009.

Home Delivery

Home Delivery brings food those who are unable to get to a food pantry due to illness or disability. *Home Delivery* serves people with disabilities and people 62 years old or older who have a chronic illness.

Despite their physical limitations, most *Home Delivery* clients wish to live as independently as they can. *Home Delivery* allows them a measure of independence while insuring that they have access to nutritious foods, including the fresh fruits and vegetables that are essential to controlling diet-related illnesses such as diabetes.

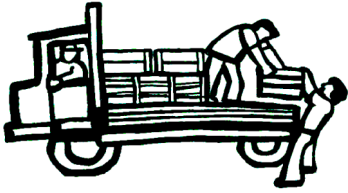
Our 2009 client survey found that *Home Delivery* increases the likelihood of clients eating fresh fruit and vegetables daily, and decreases the incidence of clients

skipping meals due to a lack of available food.

Food For Free began our *Home Delivery* program in 2001 at the request of the Cambridge Department of Human Services. Since the summer of 2007, *Home Delivery* has been fully enrolled, with 50 clients, and has consistently had a waiting list of more than 10 prospective clients.

On February 18, 2010, Food For Free's Board of Directors approved an expansion of our *Home Delivery* program to begin to better address the growing need for this program. We are currently serving 53 clients and continue to reach out to prospective clients. We expect to serve 60 clients by the fall, at which point we will assess the program and determine whether further expansion is feasible.





Food For Free

2009 Annual Report

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For our nation, the year 2009 will long be remembered for the financial crisis and the near collapse of national economies worldwide.

For Food For Free, 2009 was also remarkable:

- for the critical needs faced by thousands of individuals and families in the communities we serve;
- for our ability to collect and deliver more food, especially fresh produce and bread, than ever before; and
- for the truly generous and caring response to our request for funding assistance from our friends and supporters—individuals, families, communities of faith, foundations, businesses, corporations and universities—all of whom made it possible for Food For Free to accomplish ever more in our daily work, and to do so in the most

challenging economic times for our society since the Great Depression of the 1930's.

In his most recent book, *Food Rules: An Eater's Manual*, Michael Pollan writes;

“Populations that eat a so-called Western diet—generally defined as a diet of lots of processed foods and meat, lots of added fat and sugar, lots of refined grains, lots of everything except vegetables, fruits and whole grains—invariably suffer from high rates of the so-called Western diseases: obesity, type 2 diabetes, cardiovascular disease, and cancer. Virtually all of the obesity and type 2 diabetes, 80 percent of the cardiovascular disease, and more than a third of all cancers can be linked to this diet.... The arguments in nutritional science are not about this well-established link: rather they are all about identifying the culprit nutrient in the Western diet that might be responsible for chronic diseases.... The point is that, as eaters (if not as scientists) we know all we need to know to act: This diet, for whatever reason, is the problem.

Food For Free is committed to helping to feed those in our local communities who are most at risk of being hungry. Moreover, we are also determined to rescue food—from markets, both wholesale and retail, and from farms and farmers' markets—which otherwise would go to waste. But, perhaps just as importantly, Food For Free recognizes that we play an important role in the health of our neighborhoods. Our goal is not just to rescue food and bring it to the people in need in Cambridge, Somerville and Boston; our commitment is also to provide healthy and nutritious food—the kind of food we all want to serve to our families—to those among us who may be not just hungry, but who are

2009 Expenses

Salaries	\$146,449
Fringe	\$45,505
Transportation	\$14,525
Food Purchases	\$7,691
Bank & Credit Fees	\$2,180
Payroll Fees	\$1,557
Miscellaneous	\$4,060
Outside Services	\$9,586
Printing & Postage	\$14,477
Rent	\$1,800
Depreciation	\$426
Office	\$577
Telephone & Communication	\$3,071
Insurance	\$10,368
Dues	\$466
Repairs	\$50
Total Expenses for 2009:	\$262,788

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Jarret Barrios, President of the Gay and Lesbian Alliance Against Defamation; Steve Curwood, Host and Executive Producer of *Living on Earth*; Tom and Ray Magliozzi, "Click and Clack" from *Car Talk*; Barbara Taggart, Cambridgeport plumber and community activist; and musicians Booty Vortex and Jeremy Lyons.

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Massachusetts Avenue Baptist Church:
Epic Food Pantry
Pentecostal Tabernacle Food Pantry
Project Soup: Home Delivery Program
Rosie's Place Groceries
St James' Episcopal Church:
Helping Hand Food Pantry
St. Paul's African Methodist Episcopal Church
Food Pantry
Western Avenue Baptist Church
Zinberg Clinic Pantry I (Cambridge Hospital)
Zinberg Clinic Pantry II (Somerville Hospital)

Meal Programs

First Parish Church Tuesday Meals
Harvard Square Meals
Healthy Meals for All
Massachusetts Avenue Baptist Church: Meal Program
Pilgrim Church: Loaves and Fishes
St. Peter's Episcopal Church: Common Cares

Shelters, SROs, & Special Needs Residences

CASPAR: Albany Street Shelter
CASPAR: New Day
CASPAR: Womanplace
Catholic Charities: St. Patrick's Shelter
Commonwealth Land Trust: 523 Massachusetts Ave.
Commonwealth Land Trust: Bowdoin Manor
Community Resources for Justice:
Somerville Transition Shelter
First Church Shelter
Heading Home
Ruah, Breath of Life
Wellmet Project, Inc.: Leonard Avenue Residence
Wellmet Project, Inc.: William Street Residence

Youth Programs

Area 4 Day Care
Area 4 Youth Center
Breakthrough-Cambridge
Cambridge Cares about AIDS: Youth On Fire
Cambridge Economic Opportunity Committee Daycare
Centro Presente: Pintamos Nuestro Mundo Youth Program
Frisoli Youth Center
Gately Youth Center
King Open School: Extended Day Program
West Cambridge Youth Center
Willis D. Moore Youth Center

Drop-in Centers & Other Programs

Cambridge Cares about AIDS:
Needle Exchange Program
Cambridge Cares about AIDS: Peer Support Program
Concilio Hispano
Grant Manor Apartments
On The Rise
The Ruby Rogers Advocacy and Drop-In Center
Schiff Day Treatment Program

Seasonal Delivery Sites

Boston Medical Center Food Pantry (Jun.-Oct.)
Harvard Square Homeless Shelter (Oct.-Apr.)
Phillips Brooks House Association Refugee Youth
Summer Enrichment Program

Occasional Delivery Sites

Child Care Resource Center
Salvation Army, Central Square
Somerville-Cambridge Elder Services: Meals on Wheels
Union Baptist/Project Uplift
YMCA—Central Square



2009 Food Donors

Farms & Farmers Market Vendors

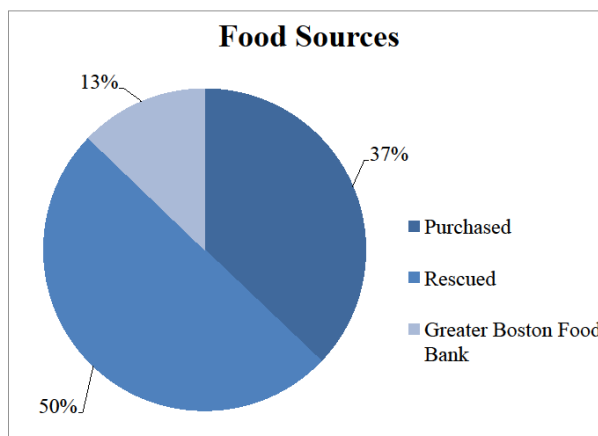
Atlas Farm
 Big Sky Bakery
 Blue Heron Organic Farm
 Breadsong Corner Bakery
 Clear Flour Bread
 Danish Pastry House
 Dick's Market Garden
 Drumlin Farm
 Enterprise Farm
 The Farm School
 Farmer Al
 Fertile Crescent
 Full Bloom Market Garden
 Gaining Ground
 Grateful Farm
 Hamilton Orchards
 Hansen's Farm
 Heaven's Harvest CSA
 Hi-Rise Bread Company
 Hmong Farms at Flats Mentor Farm
 Hutchins Farm
 Iggy's Bread
 Keown Orchard
 Kimball Fruit Farm
 Land's Sake Farm
 Lanni Orchards
 Lindentree Farm
 Mamadou Bakery
 Nicewicz Family Farm
 Parker Farm
 Red Fire Farm CSA
 Siena Farm
 Signal Rock Farm
 Silverbrook Farm
 Stone Soup CSA
 The Farm School
 Verrill Farm
 Waltham Fields
 Community Farm

Wholesalers

Boston Tomato & Packaging
 Gregg Dziama, Inc.
 J. Bonafede Co.
 J. Maheras Co.
 Peter Condakes
 Yello Glow
 Bananas

Retailers

Boston Organics
 Costco
 Great Harvest Bakery
 Harvest Co-Op Market
 Petsie Pies
 Starbucks
 Target
 Trader Joes
 ■ Fresh Pond
 ■ Memorial Drive
 Whole Foods
 ■ Prospect Street
 ■ River Street
 ■ Fresh Pond
 When Pigs Fly Bakery
 Wine and Cheese Cask



Other Sources

Boston Area Gleaners
 Coutts Specialty Foods
 Curves
 The Greater Boston Food Bank
 how2heroes
 National Association of Letter Carriers



Director's Report

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also unable to afford those foods essential to a healthy diet.

In 2009 Food For Free distributed more than 875,000 pounds of food. The vast majority — nearly two-thirds—were fresh fruits and vegetables, much of it grown locally. Another 15% of the food we delivered were fresh breads and baked goods, and the remainder were a mix of dairy products, prepared foods, fresh and frozen meat, and a wide variety of shelf-stable groceries. All this food was delivered to 65 distinct programs: 22 food pantries, 15 shelters/residences, 12 youth programs, eight meal programs and eight other human service agencies.

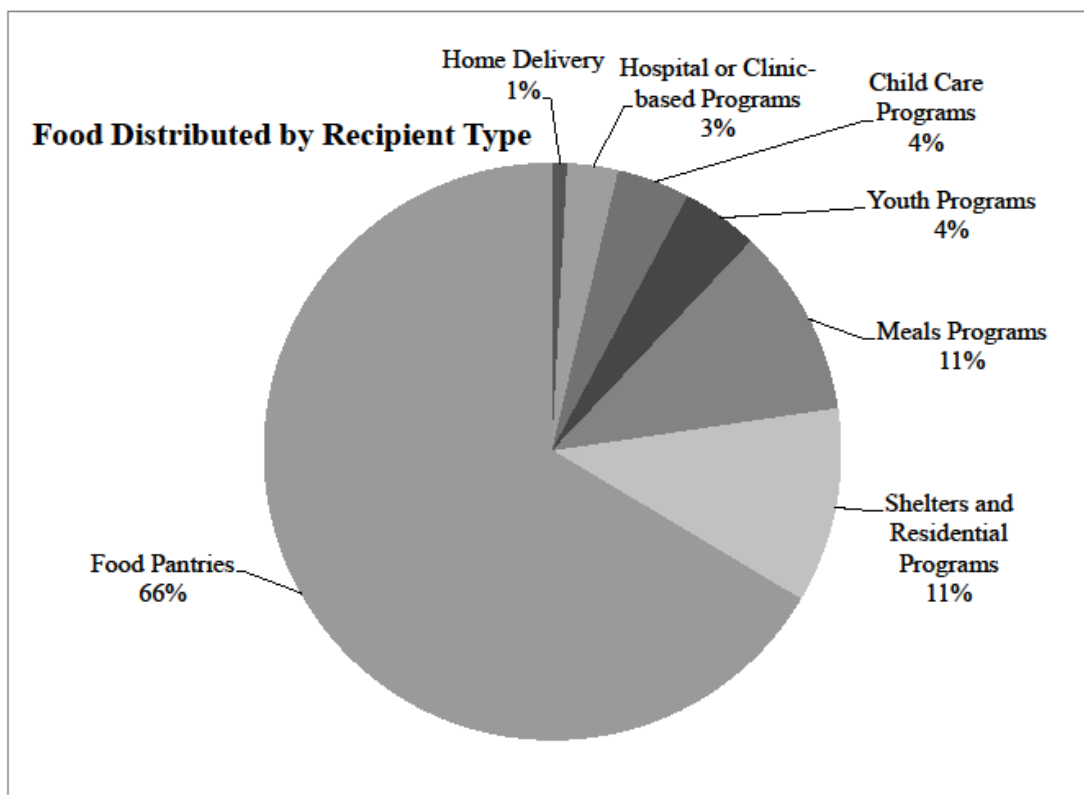
To do all this, it was essential that we had even greater support from our long-term friends and supporters. And, with-

out question, we did! But, we also needed to find and develop new sources of support—and we did that, too! In February 2009, at perhaps the lowest moment in the financial crisis, Didrik's raised nearly \$3,000 for our *Produce Rescue* program in a month-long promotional effort. Beginning in July, MetroPedal Power with their cargo tri-cycles assisted our rescue efforts with regular food pick-ups and deliveries which we weren't able to incorporate into our regular truck routes. And, in October, our sixth annual Party Under the Harvest Moon had more sponsors, more restaurants, more volunteers, and more party-goers than any of our previous events. These were just a few of the new initiatives and successes which highlighted our efforts throughout the year.

Furthermore, speaking of volunteers, words cannot express how vital all our volunteers—on our trucks, at our Field of Greens, in the office, at the farmers' markets, planning and putting on our fall gala, and, of course, serving on our Board of Directors—were to all the work we were able to accomplish in 2009. Kudos—and thank you—to each and every one of them!

We do, indeed, genuinely appreciate all the wide-ranging support we receive year in and year out to make our work possible—and we hope that we can count on your continued support of our work in the years ahead.

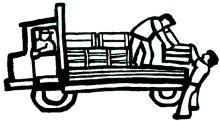
—David R. Leslie



Save the Date!



The Party Under the Harvest Moon will be **October 15** at MIT's Morss Hall.
Join us for great food, live music, and a chance to support our Produce Rescue program.



Food For Free Committee, Inc.
11 Inman St.
Cambridge, MA 02139

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Inside!**