

# word

our region's stand against hunger begins here.



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#### E-NEWS

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## When school ends, summer hunger begins

With the end of the school year upon us, children will be at risk of going hungry this summer without the benefit of school meals. These long days can be extremely stressful for families with children when there isn't enough food to go around at home.

The Food Bank has been working extensively with schools to ensure healthy meals are reaching children each school day. For the past year, we have been collaborating with the Eos Foundation to bring Breakfast in the Classroom to nine schools throughout Western Massachusetts. The program offers a nutritious breakfast to every child, no matter the families' income level, served in the classroom right after the opening bell.

However, once school is out for the summer, we anticipate that nearly 2,000 students from these nine schools alone will miss out on approximately 126,000 breakfasts. When you begin to consider all of the *other* schools and students in the area, the potential number of missed meals in our region is staggering.

Through the ongoing support of individual, corporate and institutional partners, we are committed to distributing fresh, healthy food directly to these families in need through our Mobile Food Bank as well as through our 200 local partner feeding programs. We cannot do this important work without you. By visiting our website ([foodbankwma.org](http://foodbankwma.org)) and making a donation to support The Food Bank, we can work together so that no child will go to bed hungry this summer. ●

**Building Relationships**



Executive Director  
Andrew Morehouse

Dear Friends,

Success in life — no matter how you define it — depends on strong relationships whether they are with family, friends, professional colleagues, pastors, counselors, or social services through government and/or non-profit organizations like The Food Bank. Usually, it's all of the above. No one in

society succeeds exclusively on their own merits. We all rely on others to varying degrees. We all strive for opportunities to get ahead, for a fair shake, some compassion and, at times, a hand up.

We too, at The Food Bank, succeed because our thousands of food and funds donors equip us to partner with hundreds of local feeding sites — local pantries, meal sites, senior centers, and our Mobile Food Bank in neighborhoods with the highest rates of food insecurity. In this issue, you'll read about our expansion of the Mobile Food Bank. You'll read about new partnerships that we're forging particularly to tackle child hunger and eating healthy both during the summer months when school is out as well during the school year when school meals have the potential of feeding so many more children at risk of hunger.

We will continue to feed people day in and day out for as long as they need it. That said, we know that we will only solve hunger to the extent that we continue to broaden our community partnerships. We intend to do just this and we invite you to deepen your involvement with The Food Bank. A great way to do this is by attending our Breakfast at The Bank — the first Thursday of every month at our facility in Hatfield from 8:30 – 9:30 a.m. Seeing is believing the magnitude of our challenge and impact. Believing is critical so that, together, we may get closer to realizing our vision of a Western Massachusetts where no one goes hungry and everyone has access to nutritious food. ●

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*“We know that we will only solve hunger to the extent that we continue to broaden our community partnerships. We intend to do just this and we invite you to deepen your involvement with The Food Bank.”*

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The mission of The Food Bank of Western Massachusetts is to feed our neighbors in need and lead the community to end hunger.

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# A Recipe to End Hunger

It takes many ingredients to contribute to our recipe to end hunger. From the work of our staff and volunteers, to the support of our donors and community partners, it truly takes a collaborative effort to feed our region's neighbors in need.

On Friday evening, April 29, all of these ingredients came together at The Naismith Memorial Basketball Hall of Fame in Springfield to cook up a very special Recipe to End Hunger. Some of the area's top restaurants, food vendors, beer brewers, and wine distributors united to support this special 1950s-themed event, raising more than \$50,000 for The Food Bank.

"It's a celebration of the community, because we rely on the community," explains Andrew Morehouse, Executive Director at The Food Bank of Western Massachusetts. "We count on the community to help support our mission to feed our neighbors in need and lead the community to end hunger. And we thank everyone for all of the support we've received to make this special event such a great success." ●



## Greenfield 4<sup>th</sup> graders learn that Cooking Matters

The cafeteria at Newton Elementary School in Greenfield was specially decorated on March 31 as students prepared for an exciting after-school event. Fourth graders smiled and talked as they cooked shepherd's pie and mixed up ranch dressing from scratch to top their fresh salad. On this day, they were preparing a meal for their families to celebrate their graduation from Cooking Matters in The Classroom.



*The Food Bank's Education Coordinator, Molly Sauvain, works with fourth grade students at Newton Elementary School to prepare a special meal for their families.*

For six weeks, The Food Bank's Education and Nutrition teams worked together to lead the hands-on lessons designed to teach fundamental cooking skills to children at the school. These new skills empowered the young students to prepare healthy meals using nutritious foods. The Cooking Matters program is based on a curriculum created by Share Our Strength, a national anti-hunger organization.

"Cooking Matters gets them excited about food," explains The Food Bank's Education Coordinator, Molly Sauvain. "If you're not getting that at home, it is great to get it at school. Not only are they now thinking about healthy food, but they also have the skills to prepare it."

Research has shown that poor dietary habits during childhood have long-lasting effects on physical and mental health — both of which contribute to poor academic performance. However, when youth are involved in preparing food, they are more likely to eat nutrient-dense foods, including fruits, vegetables and whole grains.

Each two-hour class begins with a fun group activity designed to get students thinking about food. A nutrition lesson follows, focusing on the importance of healthy eating. Then students split into two groups to prepare, taste and discuss different recipes.

"My favorite part has been the whole thing basically," said one student. "I really like cutting up fruits and vegetables and learning to eat healthier."

The benefits of Cooking Matters extend beyond the kitchen and into the classroom. "We've been learning fractions in class and they have automatically been making connections with cooking," said their teacher Jami Witherell. "It's a very interactive program. Getting a fraction wrong when you're cooking resonates more than getting an answer wrong in class."

As mothers and fathers enjoyed the delicious meal prepared for them, they were thankful that their children were graduating from the program but wished that it didn't have to end.

"That they are making a meal for their families is important because of the independence of it all," said Newton School principal Melodie Goodwin. "This program really brings it all together. It's all right here on the table."

The Food Bank will continue to provide the program at more schools, and for different age groups, throughout the year. ●

6th Annual

# WILL BIKE 4 FOOD

Presented by  Stop&Shop®



**WB4F returns on  
Sun., Sept. 25, 2016  
The Lion's Club Pavilion  
in Hatfield, MA**

**Form a team with at  
least four people:**

- friends
- family
- co-workers
- businesses
- community organizations
- church groups
- schools

**Four routes. One destination. A community without hunger.**

On Sept. 25, hundreds of riders, volunteers, and generous donors will join together to pedal towards a hunger-free community at The Food Bank's 6th annual Will Bike 4 Food cycling event.

Registration is already open for our exciting ride to end hunger in Western Massachusetts. With more than 100 riders already registered, this year's event is shaping up to be our biggest ride yet.

You can choose to ride one of four different routes through the scenic Pioneer Valley — 10, 25, 50, or 100 miles. So, there's sure to be a ride that's just right for everyone, regardless of your experience level.

We have a lot of exciting things planned for the entire family, including a chicken barbecue by Smithsonian Cafe and Chowder House, fun games, music and entertainment all day long. All proceeds from the event will benefit The Food Bank.

For more information about Will Bike 4 Food, and to register, visit [www.willbike4food.org](http://www.willbike4food.org). ●

**Everyone is invited to join us for Breakfast at The Bank**

The Food Bank invites everyone to a new and unique opportunity to learn about the impact that hunger has on our community and what we're doing to prevent it.

Join us for an engaging and informative hour, where you'll get a tour of our warehouse in Hatfield. A light breakfast will be provided and open conversation will be encouraged.

Breakfast at The Bank is held on the first Thursday of every month, beginning at 8:30 a.m. The free event is open to everyone 18 and over. Space is limited, so reservations are required by calling 413-247-9738, or online at [foodbankwma.org/get-involved/breakfast-at-the-bank](http://foodbankwma.org/get-involved/breakfast-at-the-bank). ●



to our supporters  
**thank you**

**The following businesses, organizations, and foundations made a gift of \$1,000 or more between January 1, 2016 and March 31, 2016.**

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**Mobile Food Bank expansion will double distribution**

The Food Bank is excited to announce that we have been awarded a \$125,000 grant from Our Family Foundation by Stop & Shop for the expansion of our Mobile Food Bank over the next three years. In our last fiscal year, the program delivered monthly healthy perishable food directly to more than 7,700 children and 2,200 seniors across our region. The grant will double the number of distributions, while meeting our strategic goal of feeding more people more equitably. For more information about our Mobile Food Bank, visit our website at [www.foodbankwma.org](http://www.foodbankwma.org).

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