

# Neighbors In Need

Fall 2019

Bringing healthy food to those in need for more than 35 years

## Massachusetts has highest cost of food in the United States!

### Our Board

#### Officers:

**President** Jorge Collado  
**Vice President** Claire Ross  
**Treasurer** Brenda Cronin  
**Secretary** Lisa Smith (staff)

#### Board of Directors:

Julie Brady  
Ben Kellman  
Lori St.Cyr  
Rob Thomas  
Emily Strong

#### Advisory Council:

Fernando Alonso  
Priscilla Bartle  
Bob & Roseann Behrens  
LuAnne Bonanno  
Bill Buck  
Brian Carmichael  
Janet Clarke  
Rachel Combs  
Rev. Gabriella Garcia  
Zoe Hastings  
Rejeanne Keeley  
Morgan Kiker  
Jean Kookan  
Linda Piette  
Karen Purtschert  
Glenn Rogers  
Catherine Rosen  
Maureen Smith  
Ed Warnshuis

#### Executive Director:

Linda Zimmerman

#### Photography

Tosca Chirco • Marilyn Peck  
Lisa Smith • Emily Strong  
Linda Zimmerman

According to data released by Feeding America and the Greater Boston Food Bank this spring, the cost of a meal in Massachusetts is the most expensive out of any state in the country. For those of us living in Eastern Massachusetts, *we have the highest food costs in the state*. Additionally, the amount of money per week food-insecure households need for food (called a “food budget short fall”) has increased over last year and it is several times higher here in Massachusetts than the national average.

Catherine D’Amato the CEO of The Greater Boston Food Bank reported, “One in 11 Massachusetts residents not only doesn’t know where their next meal is coming from but can’t even afford to buy as much food as they could last year.” She continues, “The situation has gotten worse for those struggling with hunger in the Commonwealth. A family of four is short more than \$80 a week. That is insurmountable for many hard-working low-income people scrambling to also meet the high cost of housing, health care, utilities, transportation and other basic needs in our state.”

This high cost of food and food insecurity makes worse a wide-range of already existing challenges. 90,000 children in Massachusetts live in high poverty neighborhoods, places where healthy, affordable food may be harder to find. Almost 50% of households in Lawrence lack vehicle access, making it a challenge for those needing to travel to purchase food at grocery stores. Lawrence also has the highest rates of adult asthma and diabetes in the Northeast, as well as high rates of cardiovascular disease and obesity. We know that these are all health conditions that can improve with a healthy diet full of fresh produce, but these foods can be more expensive and less accessible for our most vulnerable.

To address these challenges NIN distributes healthy food to 850 families each week at 13 area food pantries. We are grateful for your help in fulfilling our mission and always welcome volunteer support as well as food, infant supplies or monetary donations.



Photo by Luiza Braun on Unsplash



Neighbors In Need fights hunger locally by distributing healthy food at 13 Food Pantries strategically located in the neighborhoods of Greater Lawrence. 9 of these pantries are open to the public. NIN also helps hungry infants and infants with diaper need, by providing caregivers formula, diapers and other necessities for children under the age of 5 at the Diaper Pantry in our Lawrence office.

# Helping Hands



Thanks to **Yang's Fitness** for including us in their Dundee Park open house and collecting canned goods for us at the event.

We regularly pick up donated food at **Restaurant Depot**, **Stop & Shop**, **Target**, and **Walmart** through the Feeding America Partnership with The Greater Boston Food Bank. These corporate partnerships are a win-win. They help us to provide much needed food for our clients each week and they are eliminating food waste across America.



Every Tuesday and Thursday night volunteers from Neighbors in Need pick up left over bread, bagels and other baked goods from the **North Andover Panera**. In 2019 alone, we have received almost 4,000 pounds of baked goods. Thanks to **Jorge Collado** and **Karen Bailey** who pick up bread weekly. And to **Wayne Johnson** and **Judy Hajec** who sort these donations once they arrive at the Warehouse every Wednesday and Friday morning.



**St. Augustine School** visited the Warehouse this September for their 2nd Annual Auggies Give Back community service day. The youth had a fantastic morning, washing milk crates and sorting food.

We're grateful for the donated space at this year's **Methuen Day**. Volunteer, **Ken Peck** was instrumental – providing the table, chairs, tent and his passion for getting others involved in feeding the hungry.



Thank You to our supporters!

**Sustaining Grants**

**Cummings Foundation**

**Josephine G. Russell Trust**

**Artemas W. Stearns Trust**



ROTARY CLUB of ANDOVER  
"where doing good is serious fun"



Essex County  
Community Foundation

*And all of the many more churches, businesses, schools, organizations and individual donors who have made donations over the last year!*



# Thank You 2019 Farming Partners!

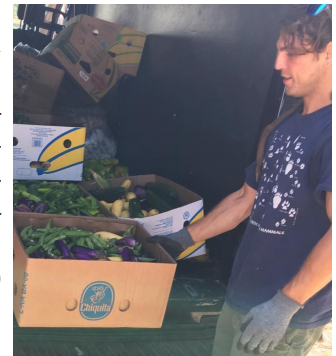
An apple a day keeps the doctor away! Or so we have been told—and we now know that this is true and that eating fresh fruits and vegetables is associated with many health benefits. Not to mention that locally grown produce in season is simply delicious! For those reasons and more we are grateful to the gardens and farms that contribute to our Farming for our Neighbors program. This year alone we have already distributed 191,000 pounds of produce to the 850 families that come to one of our 13 weekly food pantries, which is by far the most produce we have distributed in our 36 year history!

Neighbors in Need picked up much appreciated produce all summer long at Johnson's Highland View Farm in Windham, NH., where farmer, Scott Johnson, not only sells just-picked veggies but also everyone's favorite summer time treat, ice cream.



Youth volunteers harvesting peppers at the Giving Garden—an interfaith organic garden coordinated by South Church in Andover. 90% of the produce grown at the Giving Garden is donated to NIN!

Rocco Peluso, Neighbors in Need Warehouse Manager, picking up produce at Pleasant Valley Gardens in Methuen. Pleasant Valley Garden is a long-time NIN vegetable donor. Since 2015 they have donated 75,000 pounds of produce.



The following farms and gardens contributed to the Neighbors in Need Farming for our Neighbors Program this year:

Andover High School Sustainable Garden ♥ Farmer Dave's CSA ♥ The Giving Garden at Rolling Ridge ♥ Johnson's Highland View Farm ♥ Lawrence Correctional Alternative Center ♥ Pleasant Valley Gardens ♥ West Parish Permaculture Garden



## Contact us:

Mailing address:

P.O. Box 447  
Lawrence, MA 01842


Office Location:


60 Island St.,  
Suite 216-East  
Lawrence, MA

Phone: 978-685-8321

Email: [neighborsinneed@verizon.net](mailto:neighborsinneed@verizon.net)

Website: [www.needfood.org](http://www.needfood.org)

 Like us on Facebook

 Follow us on Instagram

 **amazon smile**  
You shop. Amazon gives.

Choose Neighbors in Need as  
your Amazon Smile Charity



# Neighbors in Need

P. O. Box 447

Lawrence, MA 01842-0947

NONPROFIT ORG.

U.S. POSTAGE PAID

LAWRENCE, MA

PERMIT NO. 12

*Bringing healthy food to those in need for over 35 years!*

## *Help Neighbors in Need feed hungry families this holiday season!*

Last year Neighbors in Need helped 2,400 Greater Lawrence families celebrate during the holiday season with meal baskets. You can help by holding a food drive to collect needed food items, or by donating complete meal baskets.

### How you can help

- Hold a food drive with your friends, neighbors, community organization or place of work.
- Put together one or more meal baskets (see right). Shopping for food for a basket is a great way to engage children.
- Volunteer! Help distribute or deliver meal baskets. Or participate in NIN's family volunteer event on Saturday, November 23.
- Make a cash donation to help purchase chickens, fresh produce and desserts distributed to our smallest families.

### To assemble & donate a Thanksgiving Meal Basket

Purchase the following: **Frozen** Turkey ♥ Fresh potatoes, carrots, broccoli, winter squash and/or other fruits & veggies ♥ Rice & beans: pink beans, red beans, black beans or gandules (a favorite!) ♥ Gravy, herbs or other seasoning packets ♥ Stuffing mix ♥ Cranberry sauce or fresh cranberries ♥ Bread or rolls ♥ Dessert items: fresh pies, baking mixes or other baking supplies and/or pie ingredients (apples, squash, pumpkins)

- ♥ Coffee, tea, or other festive drink
- ♥ Paper napkins, other paper goods or table decorations

Call to let us know you have a meal to donate. Place all items in one large box or bin for drop off at 8 a.m. on Tues., Nov. 26. When you contact us, we'll let you know where to bring your meal basket!



Call or email Neighbors in Need at 978-685-8321 or [linda@needfood.org](mailto:linda@needfood.org) to volunteer or make your Thanksgiving food donation!