



Summer Happenings:

Stories from our patrons, Supporting the Green Bean, and Spreading the word about MEND

Food Pantry Patrons Share Their Stories

MEND recently asked food pantry patrons to share their stories, and heard some similar themes:

- Many patrons struggle to make ends meet, due to the high cost of living in Essex County;
- Having a food pantry to turn to in times of need truly helps; and
- Patrons appreciate having more access to healthier foods.

With the support of our donors, as well as some key strategic partnerships, MEND has focused its efforts on collecting and distributing more nutritious foods through its food

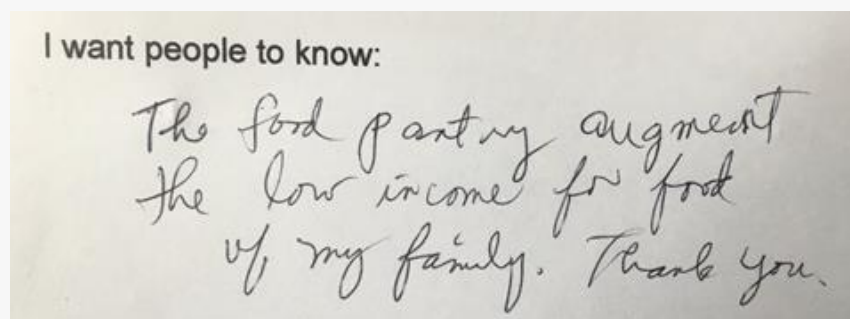
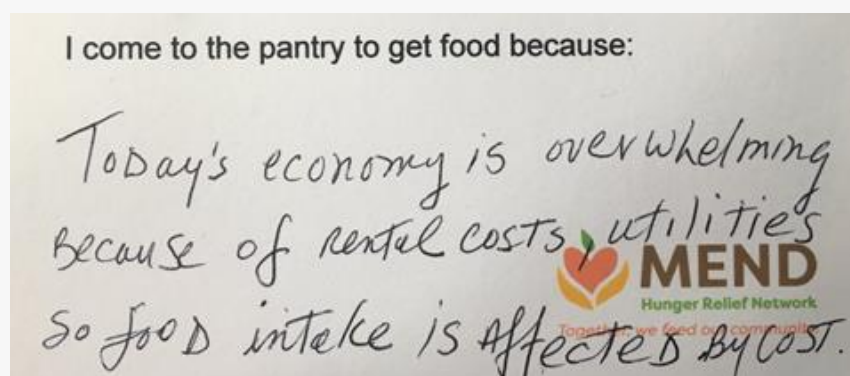
pantry network in recent years.

Denise, a MEND food pantry patron, welcomed MEND's commitment to improving the quality of food that its food pantries distribute.

"I'm happy that the food [pantry] gives out healthy food," she said. "The things I get are very nutritious. I get low-salt mixed veggies. I have high blood pressure, so it really, really helps."

Thank you to our supporters for allowing us to provide more fresh & healthy food to Denise, and so many others!

[Read more about Denise](#)



I want people to know: *That this
MAKES AND MEANS A
GREAT deal to HAVE
this AVAILABLE*

I want people to know:
*that it is a very good place to get help
people are very friendly.*



Bike for the Bean

Get ready to ride! On Saturday, July 21st, at 12:30 p.m., we'll host our first "Bike for the Bean" Fundraiser at CycleBar Livingston (277 Eisenhower Parkway, Livingston).

For \$100, you can reserve (or donate) a bike, and participate in a 45-minute spin class to benefit MEND. All levels welcome!

Funds will be used to purchase and

distribute more fresh and healthy food to those in need through MEND's new mobile food pantry, *The Green Bean*.

Want to spend the day with your kids and do some good? Ages 12+ may participate (with a waiver signed by a parent), so bring them along!

Support this Event!



Donors "Stuff the Bean" to Help Fill Summer Food Gap

MEND launched its new mobile food pantry, The Green Bean, earlier this year, and has now scheduled several "Stuff the Bean" food collection events to collect more fresh and healthy food for those in need.

Summer is a particularly difficult time of year for many families, because they lose access to Federal school-based feeding programs during the break. MEND's *Summer Hunger Busters* program provides more child-friendly, nutritious foods to its pantries, to help fill the summer food gap.

The Green Bean's first stop was Tuscan Elementary School in Maplewood. There, students toured the bus, and collected 900 pounds of healthy needed foods. Next was a "Meet the Green Bean" event at the South Orange Public Library, to celebrate Opening Day for the library's teen volunteers' summer reading program and kick off the teen's annual summer food drive.

Still to come:

- **Friday, 7/13 (noon - 4:00 p.m.): Stop & Shop, 407 Valley Street, South Orange**
- **Tuesday, 7/24 (10:00 a.m. - noon): Newman Orthodontics, 395 Pleasant Valley Way, West Orange, NJ.**

Stop by and help us "Stuff the Bean"

to support MEND's *Summer Hunger Busters* campaign, or support our efforts by donating to our summer appeal!

We will use donated funds to purchase fresh produce and other needed items to supplement what we collect from the "Stuff the Bean" community food drive events.

Donate to MEND's Summer Appeal!





STUFF THE BEAN!

**DONATE NEEDED ITEMS TO
MEND'S NEW MOBILE FOOD PANTRY,
THE GREEN BEAN!**

**VISIT STOP & SHOP
407 VALLEY STREET, SOUTH ORANGE
FRIDAY, JULY 13TH (NOON - 4:00 P.M.)
TO "STUFF THE BEAN" WITH:
TUNA, PEANUT BUTTER AND DIAPERS/WIPES**



#STUFFtheBEAN

For more info, visit
www.mendnj.org/greenbean

Newman Orthodontics Summer Food Drive

Tuesday, July 24th (10 a.m. - noon)
395 Pleasant Valley Way, West Orange, NJ

We are collecting the following healthy food items to help feed families in need over the summer months:

- low-sugar cereal
- plain oatmeal (in canisters)
- shelf-stable milk (liquid preferred, any variety)
- cans of tuna (in water)
- peanut butter

The Green Bean,
MEND's new mobile food
pantry, will be on site to
collect the food!



MEND (Meeting Essential Needs with Dignity) is a 501(c)(3) non-profit organization that strengthens and supports an interfaith network of 17 food pantries located throughout Essex County, NJ.

Call for Volunteers!

We need lots of help to collect and transport more fresh and healthy food for our pantries this summer! Sign up now for some upcoming summer shifts (weekday drivers with daytime availability are especially needed).

[Volunteer with MEND](#)



MEND Interviewed on WZYE/95.9 FM

Last month, MEND representatives were interviewed on WZYE/95.9 FM's "Grassroots Collective" radio show, hosted by Frank McGehee, Deputy Mayor and Committeeman, Township of Maplewood.

Robin Peacock, MEND's Executive Director, and Kate Cahill, MEND Trustee and Manager, The Food Pantry at Our Lady of Sorrows in South Orange, discussed how MEND supports its food pantry network. They described what it's like to run a food pantry and work with volunteers and patrons, and shared how community members can help MEND's efforts.

Stay tuned for more info about ways in which MEND and WZYE/95.9 FM are partnering (hint: you may want to dust off your dancing shoes!).

[Listen to the Broadcast!](#)



Vicinity Media Group Features MEND in Best of Essex Awards

Vicinity Media Group, publisher of Suburban Essex Magazine, has designated MEND as the official community organization for the Best of Essex 2018 Readers' Choice Awards, which runs from July 1st to October 15th, 2018.

The campaign encourages residents to vote for their favorite businesses in Essex County, across several

categories. MEND will be featured in print and online ads, and profiled as part of the contest.



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