



## Thank You for Making an Impact!

Gratitude, Growth, Giving Back,  
and Giving Tuesday

### A Team Effort

Our food pantry managers and their patrons have asked for more fresh and healthy food options, and you have helped us provide it!

- 44 volunteers participated in two "U-Pick" Harvest Days at [America's Grow-a-Row \(AGAR\)](#), spending time in the fields to provide fresh corn, apples, peppers, and spaghetti squash for our pantries.
- AGAR hosted four "Free Farm Markets" at two food pantries, providing supplemental fresh produce to over 330 patrons.
- Seven volunteers made weekly trips this summer to the [Wagner Farm Arboretum](#) to transport 4,080 pounds of fresh produce to six different food pantries.
- Since launching [The Green Bean](#) in May, eight groups have already hosted "Stuff the Bean" healthy food collection events, and [we have](#)

another one scheduled this weekend in South Orange!

## More Than Food

In addition to collecting and distributing more and better food throughout our food pantry network, your financial support has helped us provide a total of \$39,029 in supplemental funding to our pantries this year (an average of \$2,295 per pantry).

MEND pantries use these funds to purchase more nutritious food for their patrons, and to help defray food transportation costs.

**Thank you to our donors, volunteers, and community partners, who have worked together to make this possible!**









The spaghetti squash distribution was a hit! Volunteers and patrons shared recipes, and asked and answered questions about the vegetable.

## MEND Announces Five New Trustees

We are pleased to announce the expansion of the MEND Board with the election of five new Trustees:

- A. Jabbar Abdi;
- Benjamin Eyler;
- Karen Hartshorn Hilton;
- Linda Klaiss; and
- Claire Sinclair.

The new Trustees join Board Chairman Jamie Anthony, and six other active Trustees. This Board growth comes at a pivotal time in the organization, as we look to build our programming and expand our reach to support the growing need.



Top Row (L-R): Karen Hartshorn Hilton, Benjamin Eyler, Claire Sinclair. Bottom Row (L-R): A. Jabbar Abdi, Sister Linda Klaiss

[Read More about our Trustees!](#)

Volunteer Opportunities

Along with our usual requests, we need help with a special Thanksgiving "Stuff the Bean" event. We will be stuffing our bus with frozen turkeys donated by [Kings Food Markets](#) and students from [The Pingry School, Short Hills Campus](#), throughout the day on Wednesday, November 14th. Join the fun if you have some time to spare!



[Volunteer Now](#)

### Getting Ready for Giving Tuesday

Wonderful volunteers from our food pantries spend countless hours this time of year focused on providing holiday meals for their patrons.

They search for the best grocery deals, clip coupons, negotiate bulk discounts with local stores, and then purchase, lug, transport, store, pack, and distribute thousands of special holiday meal food packages.

***Let's make it a little easier on them, and also allow patrons the dignity of shopping for their***

### ***own holiday meals!***

Donations to our inaugural #MENDGivingTuesday campaign will provide individual grocery store gift cards for our food pantry patrons. Our volunteers will still pack many holiday meal food packages with love, but they also welcome individual gift cards for their patrons (bonus: the gift cards take up a lot less room in the space-constrained pantries than frozen holiday meats!).

Please [like us on Facebook](#) and/or [follow us on Instagram](#) for #MENDGivingTuesday updates!







Food pantry managers attend a monthly MEND Advisory Board meeting to share ideas and discuss issues affecting their patrons. Photos by [Naki Studios](#).



MEND  
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