
MEND Monthly Newsletter, May 2024

Lisa Duggan <lisa@mendnj.org>
To: Lisa Duggan <lisa@mendnj.org>

Wed, Jun 5, 2024 at 1:36 PM



Dear *{{First Name}}*,

You are, quite simply, ah-MAY-zing!

Read on to see how you make your community healthier and happier (as summarized in the latest [Impact Report](#)), and be sure to:

- [SAVE THE DATE for MEND's Virtual Town Hall](#) (June 11th). Community leaders and staff will give updates and share some exciting news that you won't want to miss!
- [VOTE for the name of the new box truck](#) (what name will be best to live up to the "Green Bean" bus and the "Sweet Pea" van??);
- [SIGN UP for 10 Days of 10Ks](#), and more...

And, as always, please [reach out](#) if you'd like to connect ahead of the Virtual Town Hall!

Yours in Gratitude,
Robin Peacock
Executive Director

Read the 2023 Impact Report to See Your Generosity in Action!

Two Ways to Engage with MEND in June!



Tune In to the Virtual Town Hall!

Tune in virtually on **Tuesday, June 11th, at 7pm** to hear from MEND leaders and community partners about your community impact, developing trends, and some exciting operational updates!

You'll also have an opportunity to ask questions and learn more about how you can increase access to fresh and nutritious food in your community.

[Submit Questions in Advance!](#)

[Add the Event to Your Calendar!](#)

Cast Your Vote: Name MEND's New Box Truck!

On June 4th, be sure to vote in the New Jersey primary and - almost as important - **starting today**, you can **cast your vote** to name MEND's new box truck!

Following in the footsteps of the *Green Bean Bus* and the *Sweet Pea Van*, you can help MEND choose a clever and catchy name for the new truck! Once named, the good folks at [4Elbows](#) will donate their design expertise to create a corresponding eye-catching wrap for the truck's exterior!

Made possible by grants from [The Community Food Bank of New Jersey](#) and [Sisters of St. Joseph of Chestnut Hill](#), the box truck will **double** the amount of fresh and healthy food delivered to MEND community partners throughout Essex County!



The Green Bean Bus
(2017-2023)



The Sweet Pea Van
(2020)



Name TBD!
(2024)

Polls close Friday, June 7! Don't delay, vote today!

Cast Your Vote for the Name of the New Box Truck Now!

MEND Network News



Reinforcing Learning Through Mobile Markets

Did you know... 8 of the 13 "Mobile Market" partners are schools? And 15 of the 25 total MEND on the Move partners are specifically focused on supporting families with young children!

Mobile Markets increase access to fresh food for the youngest community residents, while also reinforcing nutrition lessons. A recent market at **Newark Day Center** color- and content-coordinated with classwork displayed on the wall!

Interfaith Food Pantry of the Oranges (IFPO) SAMPLING OF GROCERIES



Pantry Spotlight: *Interfaith Food Pantry of the Oranges*

Each month, MEND convenes a meeting of its Advisory Board (i.e., the coming together of pantry leaders from across the County to share ideas and resources, address trends, and collectively problem solve). Pantry Spotlight presentations, included in those meetings, offer an opportunity for pantry managers to share more about their operations.

This month's Pantry Spotlight was presented by Interfaith Food Pantry of the Oranges (IFPO). IFPO serves an average of 620 families at each of their weekly distributions, with 46% of those served being children. This number is double IFPO's pre-pandemic volume.

Patrons come from households where the primary spoken languages are Spanish, English and Haitian Creole. IFPO also provides patrons with other essential items such as diapers, toiletries and cleaning supplies. Additionally, IFPO offers support by inviting organizations to provide patrons with a variety of services, like assistance in applying for state and federal benefits, health screenings and vaccines, and tax preparation.

7th Annual 10 Days of 10Ks: July 12-21

Get Ready to Run (or Walk) for Healthy Hunger Relief!

10 Days of 10Ks is a fun-tastic way to fight hunger in your community! Choose a distance that is meaningful to you and run (or walk) one, two or all ten days! All levels of athletes are welcome, and every step makes a difference.

Once again, thanks to the generosity of The Peek family, donations made to 10 Days of 10Ks will be matched - up to \$50K!

Register to Walk or Run!



Sponsor the Event!



**10 DAYS
OF 10 Ks**



Presenting your 2024 Hosts!



DAY 1 (7.12.24) **MapSo Tri** (6:30am @Able Baker, Maplewood)



DAY 2 (7.13.24) **Black Men Run** (7:30am @Floods Hill, South Orange)



DAY 3 (7.14.24) **Essex Running Club** (7:30am @Brookdale Park, Montclair)



DAY 4 (7.15.24) **Sole Runners** (6:30am @South Orange Rescue Squad)



DAY 5 (7.16.24) **Sassquad Trail Running**

(6:30am @Turtle Back Rock Picnic Area, West Orange)



DAY 6 (7.17.24) **Allison Kalsched Fitness**

(6:30am @South Mtn. Reservation Dog Park, Maplewood)



DAY 7 (7.18.24) **TRLumph Coaching** (6:30am @The Baird, South Orange)



DAY 8 (7.19.24) **D&I Fitness** (6:30am @D&I Fitness, South Orange)



DAY 9 (7.20.24) **CKO Kickboxing** (7:30am @CKO Kickboxing, Maplewood)



DAY 10 (7.21.24) **SOMA Fox Running Club** (7:30am @Millburn Library, Millburn)

Supply Needed Items

You can support patrons of MEND pantries, mobile markets and home deliveries by [hosting a drive](#) to collect fresh food or other essential items, or by purchasing items from [MEND's Amazon Gift Registry](#).



Advocacy and Health Equity Happenings

MEND Hosts Q2 Meeting of Food and Health Equity Coalition

The Food and Health Equity Coalition of Essex County (FHEC) came together for the second time on May 9th. The meeting began with an interactive panel discussion highlighting four different approaches to gathering and sharing food resources, moderated by Jennifer Nelson of [The Community Food Bank of NJ](#). Panelists included Kevin Donahue of [NJ211](#), Nikki Villafane of [The Jersey Bee](#), and Kasumi Quinlan of [Lemontree](#).

Following the panel were presentations from [Essex County Division of Family Assistance and Benefits](#), Hunger Free NJ, and the [Coalition for Healthy Food in Newark Schools](#), as well as quarterly action reports from working groups and supporting committees.

The coalition's next meeting will be held at the main branch of the Newark Public Library on September 12. For more information about the Coalition, please visit [the official FHEC website](#).



Visit the New FHEC Website!

Thanks to longtime MEND supporter, [4Elbows](#), for donating their design services for the creation of the Coalition's website!

Summer EBT Benefit for New Jersey Children Under 18

12th Annual Sustainable Living Empowerment Conference

GET \$120 FOR GROCERIES WITH HELP FROM NJ SUMMER EBT.

This summer, NJ will send \$120 in Summer EBT benefits per eligible child to help lower income families buy food at participating retailers.

Your child must be eligible for free school lunch to get Summer EBT.

Don't miss out on this valuable benefit.

If you haven't already, submit a school meal application and contact your child's school to make sure your mailing address is correct.

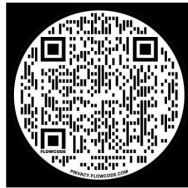
For more info, go to NJ.gov/SummerEBT.



This summer, NJ will provide \$120 in Summer EBT benefits per eligible child per family, in order to help families buy more food at participating retailers.

Children must be eligible for free school lunch to receive Summer EBT benefits. Receiving benefits will not affect children or families' immigration status.

For more information, scan the QR code below or visit www.nj.gov/summerebt.



12th Annual
**SUSTAINABLE
LIVING
Empowerment
Conference**

**Branching Communities
Together through Sustainability**

Thursday, June 20
2024

9am - 1pm
(with breakfast and lunch)

The Conference will focus on:

- HEALTHY FOOD ACCESS
- CREATION OF PATHWAYS TO GREEN JOBS
- COMMUNITY GREEN DEVELOPMENT

This conference aims to put a spotlight on grassroots' led efforts of creating better health and wellness for our communities and environment, including the promotion of healthy food access, community green development, and the creation of pathways to green jobs.

WELCOME AND OPENING REMARKS

JEFFREY A. ROBINSON, Ph.D.
Provost & Interim Chancellor
RUTGERS UNIVERSITY-NEWARK

NICOLE HEWITT-CABRAL
Chief Sustainability Officer
CITY OF NEWARK

FREE EVENT
Registration Required!
tinyurl.com/12th-sustainability-conference

SPEAKERS

NICOLE MILLER
MNM Consulting

ROBIN PEACOCK
MEND

KIM GADDY
SWEA

CHESHA HODGE
The Balanced Diet

ABENI RAMSEY
City Girl Farm

SD
SOUTH WARD ENVIRONMENTAL ALLIANCE

MEND
MEETING ESSENTIAL NEEDS WITH DIGNITY, INC.

MEND is honored to take part in the **12th Annual Sustainable Living Empowerment Conference**. The conference will focus on healthy food access and community-led development of "green" jobs. The event is free but registration is required.

Follow MEND on your favorite social media platforms to stay updated between newsletters:



Our Contact Information

Meeting Essential Needs with Dignity, Inc. (MEND)

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Maplewood, NJ 07040

862-250-5216

<http://www.mendnj.org>

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MEND is a 501(c)(c) non-profit organization
(Tax ID No. 27-1105051).

Platinum
Transparency
2024

Candid.

Charity Navigator



★ FOUR-STAR ★