



2015 Annual Program Report

Food for the Body...Nurture for the Soul

Providing free food to neighbors in need

Bread of Life distributed about 1,030,000 meals in 2015, helping eliminate hunger locally. We are “taking care of our own” through Bread of Life. These local families are struggling to make ends meet: dealing with low-wage or part-time jobs, experiencing unemployment, having a single wage-earner in the home, or living on Transitional Assistance income for families, a Social Security check, or disability income. BOL helps them put food on the table so they can pay their rent or mortgage, utility bills, medical bills, and other essentials. Bread of Life helps eliminate hunger and pave the way for a better life.



Local senior citizens and families share a meal at a BOL dinner at St. Paul's Parish in Malden.

Food Pantries in Malden and Everett: helping struggling families – about 634,000 meals distributed in 2015 (as groceries). Our Malden-based food pantry served approximately 1,800 separate families last year, made up of 5,000 men, women & children. Our Malden Food Pantry is located at 54 Eastern Avenue, Malden, and is open every Wednesday (4-6 pm) and Friday (2-4 pm). We serve low-income people who are working or unemployed, retired, disabled or homeless. Malden families comprise about 63% of those served; Everett 27%; Medford 5%; Melrose 3%; and the remainder are from Stoneham, Saugus, Wakefield, Reading, North Reading and Winchester. Our Everett Food Pantry, run in cooperation with the Mayor's Office and Office of Community Development, is located on the ground floor of Everett City Hall, 484 Broadway, and is open every 3rd and 4th Thursday of the month (3-5 pm) for residents of Everett only. The majority of the 50 some volunteers at our food pantries originally came to the pantry seeking help, and were trained into volunteer positions of responsibility and leadership.



Teri Barchard, Food Pantry volunteer, unpacks food we purchase at the Greater Boston Food Bank.

Senior Nutrition Outreach: serving vulnerable, low-income seniors living in subsidized housing – about 278,000 meals distributed in 2015 (as groceries). This critical collaborative project is run in partnership with Mystic Valley Elder Services (MVES). We deliver groceries every month to 776 senior citizen clients of MVES who are not able to access food pantries due to health issues such as arthritis, heart disease, stroke and diabetes. These senior citizens reside in 14 subsidized housing developments in Malden, Everett, Melrose, Medford and Wakefield. At each site, senior citizen volunteers are recruited to help with the food distribution.

Homeless Families Motel Meals Outreach: helping homeless families in desperate situations – about 66,000 meals distributed in 2015 (as cooked meals and as groceries). We deliver about 250 meals and 90 bags of groceries once a week to 100 families at three motels. These families have no cooking facilities, no place for the children to play, and transportation is by bus along a busy highway. In addition to food, we provide children's clothing, diapers, baby wipes,



6th Graders from St. Mary's School in Melrose help to prepare and package meals for delivery to families sheltered in motels, through BOL's Motel Meals Outreach program.

formula and baby food. We also periodically deliver books through our Read For Life program. The First Baptist Church of Malden has donated use of their kitchen every Tuesday afternoon for this program for the past seven years. In addition to the meals prepared by our volunteers, several organizations donate prepared food for this effort, including Anthony's of Malden, Bobby C's of Melrose, Cheverus School of Malden, Community Cooks of Somerville, Food For Free of Cambridge, Hanley kitchen, Leon Donnelly kitchen, St. Mary's School of Melrose, and the Melrose Knights of Columbus #128.

Evening Meal Program: more than a meal, it's a way for neighbor to help neighbor – about 52,000 meals distributed in 2015 (as evening meals, lunches, snacks). BOL provides free evening meals Tuesday through Friday within a community of sharing and caring, utilizing about 450 volunteers – from grade-school students to senior citizens – from our 37 Partner Organizations and the broader community. In January of 2015 we moved our Thursday evening meal location to 54 Eastern Avenue in Malden, accomodating a request from St. Paul's Parish to have Thursday nights available for their own needs. We continue to rent the dining hall and kitchen at St. Paul's for our Tuesday and Wednesday evening meals. Our Friday evening meal site is donated by the First Baptist Church of Malden. We pay our own custodians to clean at both church sites. The evening meals bring together a broad spectrum of races, ethnicities and nationalities, and serves local working families, seniors, people with disabilities and homeless individuals. They provide an ideal time for BOL to link people to additional resources, including healthcare and emergency fuel assistance. On any given night, 40 - 75 people come in for an evening meal and we provide 75-140 meals. We make weekly deliveries of meals, pastries, fruit & beverages to as many as 100 youths at Malden Teen Enrichment Center (MTEC), and monthly deliveries of the same to five other area programs. BOL provides special celebration dinners for Thanksgiving, Christmas and Easter. We distributed 400 turkeys and supermarket gift cards at Thanksgiving.



Dinner guests getting a nutritious hot meal at our St. Paul's Parish meal site.

Bread of Life is there for neighbors like Lena*. She's a widow in her 60's who is raising her granddaughter, Cara*, an adorable 4-year-old with a cherubic face. Cara is the love of her life, but Lena never counted on having another mouth to feed during her retirement years. The Bread of Life food pantry helps her make ends meet with a free monthly grocery order of nutritious foods like milk, bread, cereal, fresh fruits and vegetables, meats, cheese, pasta, canned goods and more.
(* not their actual names)



BOL empowers poor individuals and families by offering them volunteer opportunities with our meals or pantry so they can give back to the community while developing skills useful for future employment and goals. By recruiting, training and utilizing hundreds of volunteers of all ages, races & ethnicities, we have also strengthened the community to care for its own who are struggling.

BOL works with community agencies to connect people with other vital services, such as job training, educational opportunities, low-cost housing, healthcare and clothing.



Volunteers packaging take-out meals for the Thursday evening dinner.

The Year in Review

January and February of 2015 had 3 storms in 2 weeks. Food pantry and evening meal attendance in the first quarter of the year were low due to the bad weather. The day after the first storm, a blizzard on January 26th, Director Tom Feagley, went to St. Paul's, dug out a narrow path to the back door, and began preparing a small meal. At around 6:15, two homeless men, a father in his 50s and his son in his early 30s, came in, excited to find out that they would be able to have a cooked meal, and kept thanking Tom.

February 27th Share the Love Book Drive for Homeless Kids run by the Affirming Life Committee of St. Joseph's in Wakefield, collected and distributed books to 90 families in the motels. This supplemented our **Read for Life** book program, run by volunteer Barbara Stobbs, that provides new & used books every week for kids who come to our food pantry.



Rose Dittmer, Kathy McKenna, Mary Ober and Cathy Byrne with books collected by Affirming Life Committee.

March 2015 Blanket drive initiated by four Melrose churches collected 120 blankets for BOL to distribute to the homeless and others in need. We also distribute socks, underwear, gloves, hats, scarves and coats.

April 5th BOL's Easter Sunday Dinner at St. Paul's in Malden served 147 meals, and gave out 66 to-go meals for a total of 213 meals. Tom Feagley was the chef, and desserts came from Hoff's Bakery. Easter baskets from Oak Grove Improvement Association and Malden Catholic National Honor Society, along with toiletry bags from the Affirming Life Committee of St. Joseph's in Wakefield, were distributed to 250 homeless children in motels.

May 11th Volunteer Recognition Banquet at Anthony's in Malden was attended by about 250 volunteers. Sponsored by A & A Window Products in Malden, it celebrated all BOL volunteers and the Volunteers of the Year, and awarded three scholarships to local students who volunteer at BOL.



June 2015, the BOL Everett Food Pantry moved from the old Everett High School to the ground floor of Everett City Hall, 484 Broadway. This followed a year of moves and disruptions, including the pantry having to close on April 16th, and having to serve outside in the driveway on April 23rd, both times due to construction at the old site. This displacement resulted in earnest talks with the City of Everett and their decision to allow us to relocate the pantry to the first floor of City Hall. This location is completely handicap-accessible and easy to reach by public transportation or on foot from Everett Square. The pantry is open to Everett residents only, every 3rd & 4th Thursday from 3 – 5pm.

June 4th the Cummings Foundation/OneWorld Boston awarded BOL \$100,000 as one of its \$100K for 100 grantees. BOL was awarded \$25,000 per year for four years for our new Food Access Project. In August 2015, **Bank of New York Mellon awarded BOL \$25,000** for the same project and is currently considering a request for a second grant of \$25,000. This funding has allowed us to fund two part-time staff members with the goal of improving access to our food programs and providing culturally-appropriate foods and nutrition education for diverse immigrant populations and nutritionally underserved families and individuals.



BOL Board member Kathleen McKenna, and Executive Director, Thomas Feagley, at the Cummings Foundation award ceremony.

July 17th our Malden food pantry served the highest number of households in one pantry distribution: 149. The highest number for our Everett pantry was 177 on Oct. 15th.

July 27th Annual BOL Golf Classic & 19th Hole Dinner Social at Mount Hood raised nearly \$13,000 thanks to our Golf Committee, golfers and sponsors.



Oct 2nd The Greater Boston Food Bank honored BOL as Community Partner of the Year at their Partner Appreciation Day. The award is given annually to a GBFB member agency that has consistently exceeded expectations in food distribution, food safety, nutrition, community advocacy, leadership & partnership. According to the GBFB, "BOL serves as a role model in communities North of Boston...hosts the tri-cities hunger network meetings and encourages the sharing of best practices and resources, and is always ready to lend support to smaller feeding programs when there is a need."



GBFB CEO Catherine D'Amato presents award to BOL Director Thomas Feagley.

Oct 4th Walk for Bread & 5K Run raised \$20,000 for BOL programs thanks to walkers, runners, pledges and sponsors.



Oct 28th The Rotary Club of Malden honored BOL Director, Thomas Feagley, with the Samuel "Sam" Cherone Memorial Community Service Award at their 5th Annual "Service Above Self" Awards Banquet for his self-less, compassionate work for many years with homeless and low-income residents.

BOL Director, Thomas Feagley, receives recognition from Malden Mayor Gary Christenson at Rotary award ceremony.



Nov. 12th The Lenny Zakim Fund selected BOL as one of 20 organizations to be recognized at their 20th Anniversary Celebration which featured a private performance by Sting. One grantee organization was selected for each of the 20 years of LZF's existence.



Nov. 26th BOL's annual *Don't Be Alone on Thanksgiving Dinner* at Malden High School mobilized about a hundred volunteers to cook 850 meals for a sitdown feast for people who are alone, homeless or poor, with meals delivered to homeless families and home-bound senior citizens. The deliveries are done by the Knights of Columbus Immaculate Conception Council 13966, coordinated by Gene Pinkham. The event is sponsored by BOL, Anthony's Caterers, Ferryway School, Forestdale Community Church, Hoff's Bakery, Malden Lions Club, Marty's Caterers of Stoneham, Mayor Gary Christenson, New England Coffee and the staff of Salemwood School.

Dec. 25th BOL's annual *Christmas Day Dinner* at St. Paul's Parish in Malden served up 850 meals of roast beef, turkey & fixings for local working families, seniors, people with disabilities and homeless individuals. 460 meals, including take-out meals, were served at the sitdown feast, and 400 meals were delivered to senior citizens and homeless families. Deliveries were coordinated by the husband & wife team of Paul Mongeau & Joan Meader. Project Ezra volunteers from Temple Tifereth Shalom in Peabody and Congregation Agudas Achim Ezrath Israel in Malden make this event possible every year to give their Christian brothers & sisters a needed day of rest to celebrate the holy day. Coordinated by Dr. Ed Weiner and his son Dr. Jon Weiner, the crew also raised contributions of over \$3,400 for the event. Each dinner guest also received a small bag of toiletries and a gift bag containing a pair of socks with a hat, scarf or gloves. Children received gloves & hats, toys & books.