Bread of Life distributed about 1 million meals in 2019, helping stop hunger right here at home. BOL helps put food on the table so neighbors don’t have to choose between eating and paying for the other essentials of living.

Food Pantries (serving 10 communities)
- **666,924 meal-equivalents** as groceries
- 2,171 households
- 6,087 men, women and children
- 30,630 total number of visits
- Located at 54 Eastern Avenue, Malden, and Everett City Hall
- Open in Malden on Wednesday (4-6 pm) and Friday (2-4 pm) and in Everett every 3rd and 4th Thursday of the month
- Receive groceries once per month
- Serves neighbors from Malden (60%), Everett (32%), Medford (5%), Melrose (2%), and the remainder are from Stoneham, Saugus, Wakefield, Reading, North Reading and Winchester.
- Ethnicities served include: 36% Asian, 26% Black, 16% Caucasian, 13% Other, 9% Latino

Kathy is a senior citizen living at 89 Pearl Street in Malden. She likes to stay active and enjoys helping distribute the groceries BOL delivers every month to residents in her building. She says a lot of her neighbors also help to unload the truck and organize the grocery items. Kathy says that cereal, rice, pasta and milk are always snapped up by residents, but they especially appreciate the fresh vegetables and fruit. Over 40% of the food BOL picks up from the Greater Boston Food Bank is fresh produce.

Senior Nutrition Outreach
- **238,800 meal-equivalents** as groceries
- 665 vulnerable, low-income seniors living in subsidized housing complexes in Malden, Everett, Melrose and Medford
- Monthly free grocery order delivery of fresh fruit & produce, canned & dry goods
- Operated in partnership with Mystic Valley Elder Services (MVES)

Homeless Families Motel Meals Outreach
- **13,091 meals** as prepared meals and groceries
- 45 prepared meals per week
- 45 bags of groceries per week
- 15 families on average at 3 motels
- Community partners include Anthony’s of Malden, Bobby C’s of Melrose, Cheverus School of Malden and Community Cooks of Somerville
- Children’s clothing, diapers, baby wipes, formula and baby food
- Advocacy & referrals to connect families with housing, education, employment, health, nutrition and school services.
- Assisting some of the last homeless families in the Commonwealth still to be sheltered in motels

One of our volunteers was shopping at Wegman's in Medford and was asked at check-out if she'd like to donate to the Greater Boston Food Bank. "No," she replied "that's a wonderful organization but I donate and volunteer locally." The cashier said that one reason she liked to work at Wegman's was because it collected for the food bank. "I was actually homeless for a while." She said, "I lost my job and then my house. Here I am. I'm a responsible person. If it could happen to me, it could happen to anybody. I know that some people look down on you when you're homeless. But all it takes is a couple bad events to have that happen to you. I ended up staying in a motel." That caught the BOL volunteer by surprise. "What motel? Where?" It turns out it was one of the motels BOL used to deliver food to. "So you know Bread of Life!" she said. "Oh...what wonderful people," the cashier said, "My life was turned around by Bread of Life."

Teen Outreach Program
- 4,243 meal-equivalents as prepared meals and groceries delivered once per week
- Snacks such as fresh fruit, cheese & crackers, and power bars
- 80 at-risk teens per week at the Malden Teen Enrichment Center (MTEC)

Food Access Project
- Goals:
  - improve access of immigrant and non-native English-speaking populations to BOL services and volunteer opportunities
  - improve BOL provision of nutritious & culturally-appropriate foods
  - empower populations being served
- Food Access Committee of volunteers who are speakers of Mandarin, Cantonese, Vietnamese, Korean, French, Haitian Creole, Arabic, Spanish and Portuguese
- Translation and interpreting services
- Recruited, trained, placed volunteers in pantry/office who speak languages in addition to English
- Distribution of nutrition and food safety information
- Food demos hosted in cooperation with SNAP Education through UMass Amherst
- Face-to-face interviews with pantry members to learn about food needs, barriers to food access
- Solicited food, book and school supply donations
- Weekly English and Mandarin classes taught by volunteers

Meals Program
- 26,294 meals as evening meals, sandwiches & snacks
- 58 people per evening on average (range: 30-80)
- 84 meals per evening on average with second helpings and take-out meals
- 4 nights per week, Tuesday through Friday, 5:30-6:30 pm
- Located at First Baptist Church, 493 Main St., Malden
- 450 volunteers from our 45 Partner Organizations and the broader community
• Provide opportunity to link people to additional resources such as the new Malden Warming Center, other shelter and housing opportunities, healthcare, fuel assistance and SNAP benefits
• Thanksgiving Day and Christmas Day Dinners at Malden High School, providing up to 1,100 meals at each, including up to 770 meals delivered to the elderly

BOL empowers 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:

• **Community Service volunteer opportunities for hundreds of students** during the course of a year from Mystic Valley Regional Charter School, the Malden K-8 schools, Malden High School, Malden Catholic High School, Arlington Catholic and others.
• **Weekly afterschool enrichment program for the Malden Public Schools 6-8 Afterschool Program.** Students in grades 6, 7, and 8 from the Beebe, Forestdale, Linden, and Salemwood Schools come in on a rotating basis for an hour and help prep for evening meal.
• **Work site every Thursday afternoon for Malden High School Transition Program students.** Supervised by their instructor and our staff, they practice job skills volunteering in our food pantry and office.
• **Weekly Day Services volunteer site in our food pantry for six or so disabled adults who participate in the TILL Day Services program out of Chelsea, MA.**

BOL works with community agencies to connect people with other vital services, such as job training, educational opportunities, low-cost housing, healthcare and clothing. We host the monthly Tri-City Hunger Network meeting of emergency food pantries & programs, partnering with the GBFB and Project Bread/The Walk for Hunger. We also host the meetings of the Malden Community Food Assessment Advisory Group bringing together about two dozen agencies to create a Malden Community Food Assessment Plan to further food access for low-income residents. We have sponsored free flu shots at our pantry in coordination with Walgreens Pharmacy and oral healthcare education and referrals in coordination with graduates of MCPHS University of Boston.

"Ed" and his wife "Deena" have been married 55 years. Ed worked hard to support their family. Life wasn't easy for them as they raised five children. Unfortunately, one of their children got into problems with drugs. Ed and Deena had to get custody of their grandchildren and start parenting again. Now the grandchildren are grown and the couple had the joy of seeing one graduate from college. But meanwhile, Deena became severely disabled. The couple was able to obtain an apartment in a subsidized senior housing development, but they depend on BOL's food pantry when times get tough. They're always grateful for the help, and reassured that BOL is there as a safety net for just such times.

**Highlights of 2019:**

**January:**
For their MLK Jr Day of Service on Jan. 21st, Melrose Highlands Congregational Church volunteers prepared a dinner of shepherd’s pie, salad and cookies for our evening meal and outreach to homeless families in motels.

**February:**
We welcomed as our new Everett Food Pantry Coordinator, Brandon King, an Everett resident who had been volunteering at BOL and took over when Lou Barsotti stepped down from the position.
Patty Kelly joined our staff as our new Director of Development. A familiar face around Malden, she’s active in the Malden HS Alumni Assoc., former president and an advisory board member of the Malden chamber of Commerce, and for 11 years the Dir. of Community Engagement for Housing Families.

March:
BOL participated in several fundraising events including the Melrose Rotary Family Feud, a Craftback Night at the Dockside hosted by Gracious Concepts, and a Comedy Show at Pearl Street Station, Malden.

Malden Chamber of Commerce Workforce Development Event at River's Edge on March 26th – we were given the opportunity to present BOL’s Capital Campaign. The event featured updates from City of Malden Mayor Gary Christenson, Sen. Jason Lewis and State Representative Paul Brodeur.

Radio Postreros Tiempos 93.5 FM host Paul Mendez, whose studio is next to BOL on Eastern Avenue, interviewed BOL staff and volunteers for his podcast on March 27th.

April:
Easter Sunday Dinner April 21st provided a special meal and companionship for people who are homeless or who would have been alone. Hoff’s Bakery in Malden donated desserts, First Baptist Church Malden hosted the event, and many people volunteered to assist BOL Meals Program Coordinator Maria Tiro.

Beer + Bites on April 6th sponsored by Melrose Highlands Congregational Church raised $5,000 for BOL’s capital campaign.

Comedy Show at Pearl Street Station Restaurant on April 14th benefitted BOL's Capital Campaign thanks to comedians Lenny Clarke, Jason Merrill and Johnny Pizzi, and organizer Paul Solano.

Malden Access TV talk show 02148 host Mike Cherone interviewed Patty and Gabriella on the 17th to share BOL’s story and future plans for our new facility.

Exelon Generation employees volunteered at our Everett Pantry during April and donated $5,000.

May:
BOL was selected as one of the 2019 Cummings Foundation Sustaining Grant Winners and awarded $400,000 over the course of the next ten years! We had previously received a $100K for 100 grant. The Foundation volunteers who nominated us wrote "Bread of Life is a powerhouse. It's incredibly efficient, punching well above its weight. The organization is a magical combination of a veteran executive director, a fully committed board, hundreds of dedicated volunteers, and resilient and grateful clients. You could not shake their optimism. Bread of Life feeds bodies and souls. Selfless, underpaid, truly good people are at the helm - you have to really love these people."

The 51st Walk for Hunger on May 5th shared donations raised by teams 50/50. BOL’s team, captained by volunteer Sara Brandon, raised an extra $2,000 over the grant of $5,000 awarded by Project Bread.

Minority Counterpoint show on iHeartRadio host Gwen Blackburn interviewed Patty and Gabriella to share BOL’s story. It aired on WBZ NewsRadio, JAM’N 945 and Kiss 108.

Annual Volunteer Recognition Banquet May 13th was a night to celebrate the commitment and dedication of our hundreds of volunteers. The event was sponsored by A & A Window Products of Malden, Melrose Bank Foundation and Tufts Health Plan.

Malden Lions Club Spring Dinner Fundraiser for BOL May 16th featured a 10-course meal at Sun Kong Restaurant. The Lions work to raise awareness of the impact of hunger and malnutrition on local families.

Winthrop Community Access Television Life’s Issue Show May 23rd featured interview with BOL staff. Host Judie Vankooiman’s nonprofit, Those Who Can For Those In Need, helps nonprofits share updates.
June:
Malden Chamber of Commerce Super Bowl at Town Line Luxury Lanes featured BOL team sponsored by Stoneham Bank. Our team: board members Chris Chitouras, Kathleen McKenna, Cindy Robillard, volunteer Gail Rufo and staff member Patty Kelly.

Tufts Health Plan’s 11th annual Volunteer Day on June 18th mobilized more than 1,000 employees across New England, including a team at BOL’s food pantry thanks to board member Andrea Munoz.

July:
Encore Boston Harbor donated $111,503 on July 24th to BOL from the house winnings from their soft opening, which was a great boost to our capital campaign.

BOL’s annual Golf Tournament at Mount Hood Golf Club on July 29th was a great day of raising awareness and funds to feed hungry families. Our golfers enjoyed a beautiful day on the course and everyone enjoyed the 19th Hole BBQ social which included raffles and prizes.

August:
The Yankee Pest Jamboree fundraiser for our Under One Roof Capital Campaign on August 20th hosted by Galvin & Barbara Murphy was a fantastic event! Thanks to the generosity of the wonderful sponsors, a whopping $45,000 was raised. Platinum Sponsors: Tony’s Auto Body, Paul T. Murphy Insurance, Malden Trans, Christopher Fallon, Esq., L & L Services, Yankee Pest Control.

Chamber Chat, the Melrose Chamber of Commerce Show at MMTV hosted by Executive Director Lauren Grymek, featured BOL’s Gabriella and Patty on August 15th.

Students at Mystic Valley Regional Charter School asked businesses to donate reusable bags for BOL and other pantries in preparation for Malden's Plastic Bag Law that went into full effect January 2020.

September:
BOL tabled at the Saugus Founder’s Day September 7th and the Melrose Victorian Fair on September 8th.

Just Desserts! on September 18th raised funds for BOL’s Under One Roof Capital Campaign with an evening of desserts, coffee, tea, music, raffles, photo booth and silent auction.

Free flu shots were offered to BOL pantry members and staff on September 20th thanks to Walgreens.

BOL’s Food Access Project tabled at the North Shore Hispanic Association Celebration at Malden High School on September 20th to share BOL’s info during the festive time of music, food and dance.

St. Josephs in Malden hosted a presentation on BOL’s capital campaign September 8th at coffee hour following the worship service.

October:
East Cambridge Savings Bank held its grand opening and ribbon cutting on Pleasant Street, Malden on October 11th, donating $5,000 to BOL’s Capital Campaign to demonstrate their commitment to the Malden community.

Medford Rotary Club invited BOL on October 17th to speak about our programs, services to Medford residents, and capital campaign.

The David A. DeMaria Foundation made a very special donation on October 17th to our Capital Campaign during a visit from Al and Debbie DeMaria, David’s parents.

Boston Saengerfest Men's Chorus and England's City of Bath Male Choir concert October 30th at First United Methodist Church in Melrose showcased great singing and raised funds for BOL programs, in lieu of our annual Walk for Bread, not held in 2019.
**November:**

Tramontozzi Law Offices in Melrose hosted its final charitable dinner of 2019 on November 6th at the Dockside in Wakefield to benefit BOL through 25% of diners’ checks. This event was co-sponsored by Tarpey Insurance Group and The Way Fitness. We also were interviewed for a Tramontozzi Law Offices Podcast.

Melrose Rotary Club Family Feud event on November 8th saw a team from BOL sponsored by Edward Jones Financial Advisor Chris Cinella.

Palo Alto volunteers did an incredible on November 12th cleaning at our meal site at the First Baptist Church and at our Malden food pantry.

East Boston Savings Bank’s spectacular 33rd Annual Employee Holiday Charity Auction on November 13th raised $10,000 for BOL though hundreds of donated auction items as well as raffles.

Annual Don't Be Alone on Thanksgiving Free Community Dinner Nov. 28 at Malden High School provided 1,100 meals! 767 were delivered to senior citizens and homeless families and about 300 plated meals were served, plus take-outs at the end. Gene Pinkham coordinated the deliveries. Dozens of volunteers delivered meals, prepped and packaged food, helped serve and clean up. Marty Murphy, caterer, provided all the mashed potatoes, gravy and stuffing. Event sponsors: Anthony's of Malden, Forestdale Community Church, Malden, Hoff's Bakery, Malden, Knights of Columbus IC Council #13966, Malden High School, Malden Mayor Gary Christenson, Tim Rufo & Friends, and Salemwood School Staff, Malden.

The Jeremiah Twomey Memorial Pool Tournament to benefit BOL’s Capital Campaign November 30th at the Lafayette Club in Salem, MA raised over $4,000 thanks to a challenge gift by BOL’s President, Sean Twomey, and generosity of the players.

Malden’s Annual Parade of Holiday Traditions Nov. 30th saw Cindy Robillard, Liz Lombardozzi, Gail Rufo and Mary Beth Leon proudly carrying the BOL banner.

Everett Backpack Program was initiated by our Everett pantry staff and volunteers to provide backpacks for Everett students in need, identified by school staff. Each backpack is filled with granola bars, juice boxes, crackers, applesauce, soup cups, cans of pasta and other items to ensure students have access to healthy snacks. To date, 100 backpacks have been distributed.

Donation of 35 thermoses from IBEW Local 2222 to be filled with hot soup, stews, and hot chocolate and given to our homeless patrons to help stay warm.

**December:**

Local Stop and Shop supermarkets designated BOL to receive a $1 donation for every $2.50 reusable Community Bag sold in December.

Encore Boston Harbor hosted a Feed the Funnel event to benefit BOL and an Everett church pantry on Giving Tuesday, Dec 3rd. Encore employees assembled over 38,000 packaged meals for our families.

Everett Foundation of Aged Persons presented a $5,000 donation to BOL. Annual Christmas Day Dinner at Malden High School provided 1,000 meals! 654 were delivered to senior citizens and 350 given at the sit-down meal, with seconds and take-outs. It was an incredibly smooth efficient operation thanks to organizers Dr. Ed and Dr. Jon Weiner, Project Ezra volunteers from Temple Tiferet Shalom of the North Shore and delivery coordinator Bryna Misiura. The Weinners also raised over $5,000 for BOL.
Bread of Life Partner Organizations 2020

Providing meals and major program support

**Everett**
- American Muslim Center
- Bank of New York Mellon
- City of Everett, Mayor’s Office of Human Services, Office of Community Development
- Encore Boston Harbor

**Malden**
- Cambridge Health Alliance Malden Family Medicine Center
- City of Malden, Malden Redevelopment Authority
- Congregation Agudas Achim Ezrath Israel
- First Baptist Church
- First Church in Malden, UCC
- First Lutheran Church
- First Parish in Malden, Universalist
- Forestdale Community Church
- Good Shepherd United Methodist Church
- Knights of Columbus – Immac. Concep. #13966
- Malden Catholic High School
- Malden Public Schools 6-8 Afterschool Program
- Malden Teen Enrichment Center
- Mass Senior Action Council Metro North Chapter
- Mystic Valley Elder Services
- Outreach Community & Reform Center
- Sacred Hearts Parish
- St. Vincent de Paul Society of St. Joseph’s Parish

**Medford**
- City of Medford Office of Comm. Development
- McNeilly Family & Friends
- Sanctuary UCC
- Shiloh Baptist Church

**Melrose**
- First Baptist Church
- First Congregational Church
- First United Methodist Church
- Green Street Baptist Church
- Melrose Highlands Congregational Church
- Melrose Rotary Club
- Melrose Unitarian Universalist Church

**Peabody – Temple Tiferet Shalom**

**Reading – Church of the Good Shepherd**

**Wakefield – Emmanuel Episcopal Church**

**Motel Outreach Partners:**
- Anthony’s Caterers, Malden; Bobby C’s Restaurant, Melrose; Cheverus School, Malden; Community Cooks, Somerville

Bread of Life Board of Directors 2020

President: Séan Twomey
(At-Large)

Vice President: Mary Beth Leon
(Partner Org: Cheverus School, Malden)

Treasurer: Cynthia Robillard
(Partner Org: Good Shepherd U. Methodist, Malden)

Secretary: Chris Chitouras
(At-Large)

**Directors:**
- Edwin Andrews
  (Partner: Temple Tiferet Shalom, Peabody)
- Michael Cherone
  (Partner Org: St. Joseph’s, Malden)
- Louis Gentile, Jr
  (At-Large: Winchester Savings Bank)
- Mark Golub
  (At-Large)
- Kathleen McKenna
  (Partner Org: Sacred Hearts Parish, Malden)
- Jamila Mouflih
  (Partner Org: American Muslim Center, Everett)
- Andrea Munoz
  (At-Large: Tufts Health Plan)
- Dennis Roche
  (Partner Org: First United Methodist, Melrose)

Bread of Life Staff 2020

Clifford Barchard, Food Pick-Up Driver
- Teri Barchard, Pantry Volunteer Coordinator
- Pumla Bunghane, Doorperson
- Malika Erroboa, Food Pantry Cleaner
- Patty Kelly, Development Director
- Brandon King, Everett Food Pantry Coordinator
- Anson Kwong, Food Access Coordinator
- Marcia Manong, Office Assistant
- John Robillard, Meals Program Assistant
- Doug Rogers, Everett Food Pantry/GBFB Truck Loader
- McKay Russo, Food Pantry Coordinator
- Gabriella Snyder Stelmack, Executive Director
- Maria Tiro, Meals Program & Food Delivery Coordinator
Strategic Partners - Program Support:

Adelaide Breed Bayrd Foundation • BNY Mellon • Campbell & Hall Charitable Foundation • City of Everett • City of Malden • City of Medford • Cummings Foundation • EagleBank • Eastern Bank • Everett Foundation for the Aged Exelon Generation • Joy in Childhood Foundation • Melrose Bank Foundation Mystic Valley Elder Services • Project Bread • Tufts Health Plan • Walmart Foundation

Strategic Partners – “Under One Roof” Capital Campaign:

Beth Israel Senior Citizens Housing, Inc. • The Donovan Family Foundation The Clipper Ship Foundation • Encore Boston Harbor • Sidney & Deanna Wolk The Arthur S. Reinherz Charitable Foundation • Amelia Peabody Charitable Foundation • The Ludcke Foundation • Brookline Bank • People’s United Community Bank • Yankee Pest Control • Tony’s Auto Body • Paul T. Murphy Insurance • Malden Trans • Christopher Fallon, Esq. • L & L Services • East Cambridge Savings Bank

Bread of Life Sources of Funds 2018 (unaudited)

- Federal, State & Local Grants & Contracts
- Foundations & Private Grants
- Contributions from Partner Organizations, Individuals, Businesses, Houses of Worship and Memorials
- Fundraising Events
- Misc. Income

Total income (cash): $475,663
Total expense (cash): $461,556
Net income: $14,107
Donated space, goods & services (inkind estimate): $300,000
Total income cash plus inkind: $775,663
Admin and fundraising % based on 2017 IRS Form 990 = 21.5%

Facebook followers = 1,706 (1,094 last year), Twitter followers = 483 (333 last year) and this year we launched Instagram, 279 followers.

Bread of Life
“Food for the body ... Nurture for the soul”

54 Eastern Ave, Malden, MA 02148 • www.breadoflifemalden.org