

## June Monthly Newsletter

1 message

**Bread of Life** <info@breadoflifemalden.org>  
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To: collavoc@gmail.com

Fri, Jun 9, 2023 at 11:01 AM

## June Monthly Newsletter



# Bread of Life

*Food for the body...Nurture for the soul*

### Reflections from our Director

"For now I ask no more than the justice of eating."  
- from *The Great Tablecloth* by Pablo Neruda

One-third of Massachusetts residents are having trouble putting food on the table.

Are you shocked? Unfortunately, it's not shocking to Bread of Life. The statistic was revealed in a new report from the Greater Boston Food Bank (GBFB), but the numbers come from the monthly reports that member organizations, like Bread of Life, provide to them. Food insecurity hit an all-time high during the pandemic. During 2022, it remained high with approximately 1.8 million adults reporting household food insecurity, or 33% of the state's population.



Many people struggle with chronic food insecurity and report running out of food or not having enough money to get more food every month. In the last 12 months these food-insecure households had to choose between paying for food and paying for utilities (70% of those surveyed), transportation (68%), rent or mortgage (64%), medical care (61%), school or tuition (44%). Residents used a number of strategies to cope with the problem: they bought the cheapest food available (85% of those surveyed), got help from family or friends (61%), sold or pawned personal property (41%), stretched or watered down food or infant formula (30%).

No one should go without food. As the combination of high living costs and insufficient wages continue to squeeze residents, Bread of Life is committed

to pursuing "the justice of eating." We are working with people like you and our community partners who rescue food, donate food and funds, and volunteer, to make sure that those most in need - including children, families, senior citizens, residents on fixed incomes - have access to free nutritious food.

God bless you,  
Gabriella

## Under One Roof Update

As of the first week of June, framing is well underway for the second floor, with framing of the third floor to follow. We anticipate the roofing to start mid-June. Our "Celebration of Construction in Progress"



beam-signing event on Monday, May 22 was a great community event attended by our major financial partners, elected officials and members of the public who helped make this project a reality.

The 54 Eastern Ave project will bring all BOL programs under one roof - food pantries, evening meals, backpacks, teen center collaboration, motel shelter food provision, grocery delivery and food access - along with our offices and a multi-purpose hall for expanded programs. The project also provides 14 affordable studio apartments owned and operated by Metro North Housing Corp to provide permanent housing for very low-income formerly homeless individuals.

We couldn't have done it without the contributions of 1,100+ donors like you!

Thank you,

Gabriella Snyder Stelmack

Executive Director

## Making a Difference

Posted to Bread of Life's Google business profile on 5/14/2023: "Best food bank around!!!" – Alan

Posted at GreatNonprofits.org by nucaballero, 3/29/2023, Rating:5: "I've been volunteering at Bread of Life for a little over a month now. I've learned a lot about discipline, growth, and meeting new people as well. I did things such as breaking apart boxes, recycling, preparing food bags for students and elders in need, and organizing the food pantry. Starting something new can be difficult at first, but it was very easy to adjust to a new routine and work alongside other volunteers. Bread of Life is an inspiring and encouraging organization that I strongly recommend to get involved in."

Posted at GreatNonprofits.org by JensenBaru, 2/10/2023, Rating:5:

"It is difficult to think of the community without Bread of Life. I'm a high school student and volunteer at the pantry. It is great to see the pantry serving so many people in need."

## Sponsorship Opportunity

### We launched a Bread of Life e-news sponsorship opportunity in 2023!

For \$200 sponsorship per month, we will feature your business with a short paragraph about your partnership and support of Bread of Life, along with your logo and a link to your website. We will feature a new business each month. Please contact Patty Kelly at [Patty.Kelly@breadoflifemalden.org](mailto:Patty.Kelly@breadoflifemalden.org) and become a Bread of Life e-news sponsor!

## Community News

### BOL Beam Signing Ceremony

Exciting news! Construction of our new facility is well underway at Bread of Life. Read about our beam signing ceremony in the [Advocate Newspapers](#)



### SAVE. THE. DATE!

Bread of Life's Walk/ Fundraiser  
Sunday, October 1st, at Pine Banks  
Details to follow!

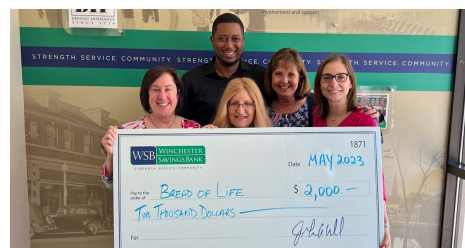


SAVE THE DATE!  
BREAD OF LIFE  
5K WALK  
SUNDAY,  
OCTOBER 1ST  
12PM START  
PINE BANKS PARK  
Breadoflifemalden.org



### Winchester Savings Bank

We are so very grateful for the ongoing support of Winchester Savings Bank. Always there to help! Thank you!



### Save the date for Benefit Concert

We're so excited! Save the date for Benefit Concert, Friday, October 27th at The Sanborn House Historical and Cultural Center!

Thank you Winchester Savings Bank Harris & Murphy, LLP Mahtani RE  
Leading Edge Real Estate.



## Volunteer Opportunities

**Arabic, Cantonese, Creole, Mandarin, Portuguese, Spanish speakers welcome!**

**Malden Food Pantry, 109 Madison St., Malden**

Mondays/Tuesdays/Fridays 12-5pm; Wednesdays 10am-6:30pm; Thursdays 10am-5pm

Come for whole time or just a few hours. No need to contact us beforehand. Just drop in when you can.

Ways you can help: load/unload vehicles, sort food, stock shelves/refrigerators/freezers, organize/clean, pick up/deliver, pack groceries, distribute food, work with the public, translate, help with data/admin tasks.

**Grocery Delivery Program Drivers, 109 Madison St., Malden**

Wednesdays/Thursdays - any time from 10am-5pm

Help deliver boxed groceries to homebound individuals in your vehicle. Serving Chelsea, Everett, Malden, Medford, Melrose, Lynn, North Reading, Revere, Stoneham, Wakefield, Winchester, Winthrop, Woburn

**Everett Mobile Market**



Come for whole time or just a few hours. No need to contact us beforehand.  
Just drop in when you can.

Preparation: Thursdays 10am-12pm, 109 Madison St., Malden Help move food,  
pack groceries and load food onto truck for food distribution.

Distribution: Thursdays 3:30-5pm, Lafayette School Parking [Lot, 117 Edith St., Everett](#) Help unload and distribute groceries from truck; check people in; break  
down and clean up.

### **Everett Backpack Nutrition Program, 109 Madison St., Malden**

Preparation: Fridays - any time from 12-4 pm

Help pack backpacks with breakfast, lunch, supper and snack items for  
students in need.

Distribution: Mondays - 11am-1pm Help make deliveries to schools.

Food Access Project, 109 Madison St., Malden

Help implement activities and translate information to improve food access for  
non-English speaking communities.

And Also... There are many ways to make a difference – be creative! Organize a  
food drive, Bake cookies, Make goody bags, Write/Draw greeting cards, and  
more...

**Contact: Eileen Mullen, Volunteer Coordinator: [Eileen.Mullen@BreadofLifeMalden.org](mailto:Eileen.Mullen@BreadofLifeMalden.org), 781-397-0404 (main office)**

*Food for the Body...Nurture for the Soul*

Follow us



Donate Today

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