



# 855,674 pounds of food

**F**ROM JULY 2014 TO JUNE 2015 INTERFAITH'S FOOD PANTRY distributed 855,674 pounds of food to our community; feeding hungry children, putting food on the tables of struggling families and assisting many seniors living on a fixed income. So, where does almost one million pounds of food come from?

■ **429,805 pounds of food comes from the Greater Boston Food Bank**, 50 percent of the total distributed by our pantry. The Food Bank is our region's emergency food distributor. The food we receive from the Food Bank includes donations from the federal government, food purchased by the state of Massachusetts and donations from businesses.

■ **35,016 pounds, five percent of our food pantry groceries, comes from community donations:** school food drives, ingatherings from houses of worship, etc. We are so grateful for the generosity that our community shows by making these donations. It is heartwarming to see so many walk into our offices with donated groceries to help neighbors in need.

■ **385,250 pounds of food were donated by supermarkets and restaurants this past year;** 45 percent of the total food distributed by our

pantry. These products are called "salvage" food because if it weren't for Interfaith's intervention they would be headed to the landfill or the compost facility. Our team of staff and volunteers package, transport, sort, bag and distribute this perfectly good food to our pantry clients. We like to view this process as more of a food rescue mission than salvage.

■ **5,603 pounds of fresh fruits and vegetables were purchased from a local produce wholesaler.** One problem with our other food providers is that we have very little control over what is donated. Over the past few years we have made an increased effort to distribute more fruits and vegetables to our clients. This year we expect to significantly increase that amount by purchasing over 20,000 pounds of fresh produce for our clients. However, this commitment to nutritious food is expensive. We con-

stantly encourage donations of fresh produce from the community. That is why we organize the Harvest Helpers program each spring and summer with our partner Keohane Funeral Homes. The program encourages people to grow vegetables in their gardens and then donate them to local food pantries.

■ **Distributing 855,674 pounds of food in one year is an incredible accomplishment;** however, it wouldn't have been possible without all of our donors and volunteers. **Last year 866 people volunteered within Interfaith's various programs.** They gave 23,990 hours of service assisting clients, answering phones, sorting clothes, helping customers, organizing fundraisers and more. They are the heroes in this story; donors who freely give of their time and money make it possible for Interfaith to fulfill its mission.

## BUREAU DRAWER THRIFT SHOP'S 40TH ANNIVERSARY

This year Interfaith has been celebrating our Thrift Shop and Food Pantry's 40th anniversaries. The Bureau Drawer Thrift Shop commemorated the occasion with a record setting year. The volunteers who run the shop increased revenue by 35 percent over last year's total! Every single dollar they raise goes right back into supporting Interfaith's programs. The shop is getting more donations than ever, with an increasingly diverse selection of merchandise. Our customers love the shop's beautiful decor and daily promotions. The Bureau Drawer Thrift Shop is open Monday–Friday from 12:30–3:30 p.m. and until 7 p.m. on Tuesdays. It's time for holiday shopping — gift cards for The Bureau Drawer are now available.



Over the past few months, Interfaith's New Directions Counseling Center has experienced a substantial increase in calls related to childhood stress.

## NEW DIRECTIONS COUNSELING CENTER: COPING WITH STRESS IN CHILDHOOD

Recently the media has been covering a number of stories about the lifelong effects of childhood stress. We didn't need a newspaper to *see* that phenomenon. Since August Interfaith's New Directions Counseling Center has experienced a substantial increase in the number of calls related to children — a 13-year-old girl worried she won't get into college, a 10-year-old boy feeling pressured about body image, 8 and 11 year-old brothers concerned about their parents' health. Children are undoubtedly experiencing a high degree of pressure and stress. When many of these children are asked "who else worries," a common response is "Mom and Dad." Children frequently internalize their parents' anxiety and it can cause problems when they do not learn how to cope. The development of healthy coping skills as a child enables one to manage future change and challenges, thus strengthening mental health and well-being. Anxiety is a normal emotion but it is crucial that one develops the capacity to handle it in a healthy way. Interfaith's New



Directions counselors are hard at work helping all of their clients develop these types of coping skills and all others necessary for a happy and fulfilling life.

## HOMESAFE PROGRAM: FINANCIAL ASSISTANCE AND HOUSING SUBSIDIES FOR RESIDENTS IN NEED

Our HomeSafe program continues to provide financial assistance to local residents in need of help with emergency rent, utility bills and security deposits. We have begun to increase our efforts helping clients apply for state and federal housing subsidies. Most people who reach out to us for help are trying to avoid the crisis of an eviction. Realistically, they need a housing subsidy, but they put off the simple task of applying because it is not a quick fix to their immediate problem, or they simply don't know how to apply for it. Most of the unsubsidized households we work with are paying upwards of 70 percent of their income to rent and have no money left for car expenses, daycare, etc. While rent prices continue to skyrocket, incomes do not. Confronted with this brutal housing reality, it is our duty to assist our clients in applying for subsidies, even if the waitlists are long. The HomeSafe program also helps with eyeglasses, dentures and hearing aid devices for local residents in need. Last year 391 households received budget counseling through Interfaith's HomeSafe program.



HomeSafe helps local residents stay "SAFE in their HOMES" instead of finding themselves on the streets. The cold winter months are especially difficult for HomeSafe clients who struggle to pay rent and utility bills.

**INTERFAITH SOCIAL SERVICES MISSION:** Founded in 1947, Interfaith Social Services is dedicated to improving life for South Shore families and individuals in need. Our unique approach relies on a team of volunteers, donors and community partners to deliver compassionate, client-centered programs focused on hunger, mental health and emergency assistance.

## INTERFAITH SOCIAL SERVICES 41ST ANNUAL WALK AND 5K RACE



This April hundreds of walkers and runners participated in Interfaith Social Services 41st Annual South Shore Walk and 5K Race. Hosted by Quincy's Kennedy Center the Walk/5K took place in the city's scenic Squantum neighborhood. The event raised over \$25,000 to support Interfaith Social Services' various programs.

"It was a beautiful day," said Interfaith's executive director Rick Doane. "I'm not just talking about the amazing weather we experienced. I'm referring to the beautiful site of our community walking the streets to raise awareness for their neighbors in need. Parents pushing strollers, corporate groups walking side by side with church groups; those moments of true community collaboration are emotional."

The Walk and 5K were only the beginning of festivities on April 25th. When participants returned to The Kennedy Center they enjoyed lunch donated by Stars on Hingham Harbor and 7-Eleven, frozen treats from New England Ice Cream and juice from Ocean Spray Cranberries. They enjoyed relaxing neck and shoulder massages provided by the Facilitated Healing Center as well as a wide selection of raffle prizes. Younger walkers and runners enjoyed a bouncy house provided by Busy Bee Jumpers, a kids' craft table, face painting, balloon twisting, and air brush tattoos provided by Tribal Sun Entertainment.

Boston Medical Center HealthNet Plan was this year's Platinum Level Sponsor for the South Shore Walk and Race. Additional sponsors included: Cosgrove, Eisenberg and Kiley, P.C., The Fruit Center Marketplace, Good Fortune Supermarket, Makepeace Digital Imaging, Milton Chiropractic & Rehabilitation, New England Comics, South Shore Bank and Wood Commercial Painting & Wall Covering.

# THE 18TH ANNUAL feed the hungry ANNUAL GALA INTERFAITH SOCIAL SERVICES

FRIDAY DECEMBER 4, 2015 | GRANITE LINKS, QUINCY



Interfaith's Annual Feed the Hungry Gala is an incredible party with a purpose. The funds raised at this event make it possible for Interfaith to provide food, mental health counseling and emergency assistance to over 25,000 South Shore residents every year.

## THANK YOU TO EVERYONE WHO IS SUPPORTING THIS YEAR'S GALA

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SPONSORS AS OF NOVEMBER 5, 2015

# Thanks to Interfaith's generous donors



## HALLOWEEN COSTUMES FOR HUNDREDS OF KIDS ►

On Saturday October 17, 2015 hundreds of kids and their parents sorted through racks full of Halloween costumes to transform themselves into the princess or superhero of their dreams. All of the costumes were donated by the community in an amazing outpouring of support. As volunteers helped families sort through the racks and boxes of costumes it was incredible to see the happiness on these kids' faces. This is the fourth year that Interfaith Social Services has organized a Halloween costume event for the children served by our food pantry. Pictured here are William and Briell selecting their costumes. For more images of happy kids selecting their costumes, as captured by Nations Photography, visit: [InterfaithSocialServices.org/blog](http://InterfaithSocialServices.org/blog)



## STUDENTS START THE SCHOOL YEAR WITH NEW BACKPACKS AND SCHOOL SUPPLIES ►

This year 650 kids started their first day on the right foot thanks to an outpouring of donations from our community. Throughout the month of August, when families collected food from Interfaith's food pantry they also received a backpack stuffed with school supplies for each school age child in their home. Pictured here are happy 1st grader Brayden and 2nd grader Laura with their new backpacks. Thanks to numerous donors we had enough to serve all of the children who requested assistance. It was amazing to see so many caring individuals come through our doors with donations.



## GIFTS UNDER THE TREE ►

Each year over 600 of Interfaith's youngest clients are "adopted for the holidays" by hundreds of individuals, local businesses and churches. Food pantry clients who have children age 12 and under are able to receive a few gifts for their children each December through Interfaith's Help for the Holidays program. Holiday gifts tend to be an afterthought for these children's families as they struggle to provide for their basic necessities. This program is logistically challenging to coordinate, our volunteers and staff put in countless hours organizing it, our donors are amazingly generous... and it is all worth it. We are so grateful to everyone who makes it possible for these children to experience the joy of the holiday season each year. Our donors and volunteers personify the "season of giving" with their generosity.

## CLIENTS CARVING TURKEYS ►

Thousands of South Shore residents had food on their tables this Thanksgiving because of Interfaith's generous donors. It took two days to distribute Thanksgiving meal packages to over 800 households who depend on Interfaith's food pantry for assistance. These people are our neighbors here on the South Shore and they are incredibly grateful for this gift. Try to imagine... if you were struggling to feed yourself a few basic meals each day... having a Thanksgiving feast is truly a special occasion. Thank you to everyone who donated food or money. Thank you for volunteering your time or for simply getting the word out about this and all of Interfaith's initiatives throughout the year. We are a community helping our neighbors in need. Thank you.

