

Team Up Against Hunger

We encourage you as individuals, businesses, student groups, churches and synagogues, sports teams, community-based agencies and others to join GPFW in our efforts. Here are a few examples of how you can help:

Donate Food. You can hold a food drive on our behalf. We will provide you with materials and simple tips to make your drive a successful and rewarding experience. Or feel free to drop off food to the warehouse any Monday 9am-11am or Wednesday 9am-12pm at 14 Apollo 11 Road in the Plymouth Industrial Park - or anytime you happen upon one of our 12 drop-off sites.

Donate Time. In addition to conducting your own food drive, we are always looking for volunteers to assist with our own quarterly food drives, setting up donation sites at local supermarkets. We also are heavily dependent on the wonderful weekly commitment of warehouse volunteers to receive, sort and distribute food.

Donate Money. Your dollars enable us to purchase food from local markets and farms, as well as to keep the warehouse lights on! You can donate online at www.sscac.org or by check made out to SSCAC and mailed to South Shore Community Action Council. Make sure to reference GPFW in the memo line.

South Shore Community Action Council
265 South Meadow Road, Plymouth, MA 02360.

Questions? Please call 508-747-7575 or email food@sscac.org
Thank you for your support!

South Shore Community Action Council

Since 1965, the South Shore Community Action Council, a private not-for-profit organization, has provided a range of critical services to low income individuals and families on the South Shore of Massachusetts.

Our Programs and Services Include

- Fuel Assistance
- Weatherization
- Transportation Assistance
- Early Education & Care
(including Head Start)
- Asset Development
- Consumer Assistance
- Emergency Services
- Training & Self Sufficiency
- Greater Plymouth Food Warehouse

For more information on our programs or services please call us at 508-747-7575 or visit us online at www.sscac.org.



**SOUTH SHORE
COMMUNITY ACTION COUNCIL**
Helping People Help Themselves

265 SOUTH MEADOW ROAD
PLYMOUTH, MA 02360
508-747-7575
WWW.SSCAC.ORG



GREATER PLYMOUTH FOOD WAREHOUSE

SOUTH SHORE COMMUNITY ACTION COUNCIL

Helping People Help Themselves



More and more people throughout the South Shore are making trade-offs between paying for food and paying for other necessities like heat for their homes.

Given this startling trend of growing food insecurity and hunger, it is clear there is a dire need for more quality, nutritious food for this region's low-income individuals and families.

In the fall of 2002, SSCAC formed the Greater Plymouth Food Warehouse with the goal of getting more nutritious food to more hungry people in the most cost-effective way through coordinated food pick-up, transport, storage and distribution. The Greater Plymouth Food Warehouse:

Distributes food – free-of-charge - to South Shore emergency food assistance programs, which then provide it to people residing in a 25-town area.

Stores food safely for our member food assistance programs, including dry product on rows of sorted shelves, as well as frozen foods, fresh produce, dairy and other perishable foods in our commercial refrigerators and freezers. We also provide separate storage facilities for 7 member pantries who order food from the Greater Boston Food Bank.

Transports bagged food safely from our warehouse to local Councils on Aging and Head Starts; and fresh produce directly from local farms to these and many other agencies. We also help transport food from the Greater Boston Food Bank right to the doors of 4 of our larger member pantries.

Where Does the Food Come From?

Since GPFW conducted our first distribution in late 2003, hundreds of groups and thousands of individuals have stepped up to help their neighbors in need. We receive:

- **Regular Donations** from schools, libraries, restaurants, newspapers, businesses, grocery stores, clubs, neighborhoods, and office complexes.
- **Large Annual Donations** from the Post Office Workers Can Drive and the New England Food Foundation.
- **Steady Stream** of food from local organizations that serve as food drop-off sites.

We also use donated funds to purchase certain high-demand foods when our food stock is low.

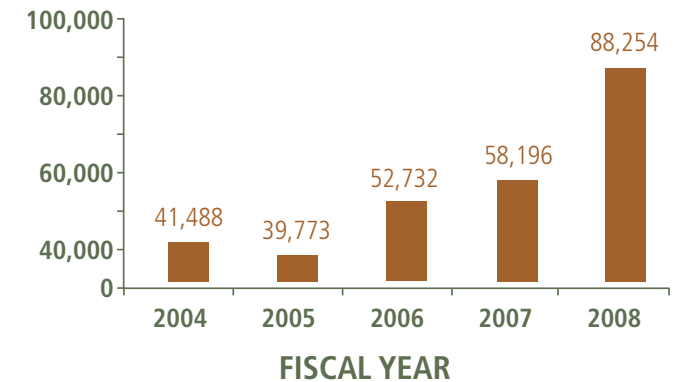
Where Does the Food Go?

We distribute food throughout SSCAC's South Shore service area to:

- Food pantries
- Soup kitchens
- Shelters
- Councils on Aging
- Families participating in Head Start programs
- Low-income housing developments
- Boys & Girls Clubs
- Adult day programs

GPFW Growth to Address Hunger Trends

POUNDS OF LOCALLY DONATED FOOD



The Healthy Harvest Initiative

In 2008, we launched the Healthy Harvest Initiative, designed to ensure more of the food we distribute is highly nutritious, while at the same time supporting local agriculture.

From May to November, SSCAC picks up produce from local farms and either delivers it to be stored safely in our central warehouse, or "direct delivers" it to over 2 dozen local Councils on Aging, low-income housing developments, Head Starts, and Boys & Girls Clubs. In this way, we keep the produce as fresh and safe as possible. The GPFW network members then distribute it to their clients.

Examples of the types of fresh produce we receive include apples, cranberries, butternut squash, tomatoes, eggplant, corn, potatoes, acorn squash, pears, beets, peppers and lettuce.

As we grow the Healthy Harvest Initiative, we are looking to create a system that enables local farmers to continue to work their land and contribute to the local economy. At the same time, we hope to help relieve the daily struggles caused by food insecurity and high nutritional risk for thousands of people.