



2020 ANNUAL REPORT

OUR CIRCLE OF HOPE



A Community

Help for today. Hope for tomorrow. A path to self-sufficiency.

The COVID-19 pandemic of 2020 was a pivotal point in Lunch Break's 37 year history. So many of our community members were impacted — both health-wise and financially — because of economic uncertainties resulting from the pandemic. More middle-income families and individuals had to decide between food or housing expenses. Some children admitted to starving. And those living at or below the poverty line were financially drained.

But Lunch Break never missed a meal or a chance to help those affected by the pandemic to rebuild their lives.

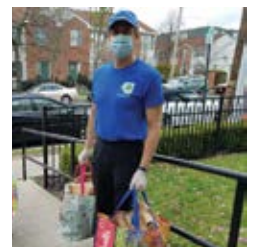
"In 37 years, we've survived just about everything from natural disasters like Hurricane Sandy, economic downturns and now, the COVID-19 pandemic," said Executive Director Gwendolyn Love. "This not only shows the passion and commitment of our Board, staff, volunteers and donors for their neighbors, but a giving spirit that is truly from the heart. I am humbled by the love and support we receive every day."

In 2020, Lunch Break saw an unprecedented demand for groceries — 111 percent more food pickups over 2019. The same holds true for grab-and-go meals — Continental breakfast and lunch served six days a week — with a 22 percent rise over 2019. The need for food was constant and Lunch Break honored its promise to "never miss a meal," thanks largely, in part, to the support of generous community members, partners and dedicated front-line staff and volunteers.

Beginning in March 2020, we quickly adapted to modified food and grocery services, offering grab-and-go

meals and contactless grocery pickups with help from front-line staff and volunteers. The Children's Cooking Class and Womyn's Worth Program also continued meeting remotely through Zoom conferencing. The Life Skills Center conducted virtual coaching sessions and employment and financial tutorials for up to 100 participants a month in 2020, 45 of whom gained employment. Through a community partnership, Lunch Break established a COVID-19 Emergency Relief Fund, which allocated more than \$800,000 for direct payments to vendors for utility and cable bills, as well as car and housing payments.

"In the midst of a global pandemic in which Lunch Break was forced to unexpectedly and immediately restrict access to its dining facilities, we quickly shifted to providing meals-to-go and home meal delivery," said Board President Phil Antoon. "This seamless transition resulted in Lunch Break keeping its vow to never miss providing a single meal to those in need. Lunch Break readily handled a significant increase in those seeking food, developed a COVID-19 Emergency Fund to pay basic necessities for those who encountered severe economic difficulties, while simultaneously increasing the number of participants in our Life Skills Program."



"There's people who will help you, and support you, and they (The Life Skills team) have done nothing but support me since day one. This is a stepping stone for me ... as nursing school is looking bigger and better."

— Tamara, after passing the Math section of her GED with assistance from Life Skills coach Kathy

Help for today. **LUNCHBREAK** Hope for tomorrow.

Giving Local



CLIENT CHOICE PANTRY
21,737 TOTAL FOOD PICKUPS

**111% MORE
THAN 2019**

Helps Locals



8,374 MEALS

ARE DISTRIBUTED TO RESIDENTS
OF THE PAN AMERICAN MOTEL
IN EATONTOWN

There's Hope

**MORE THAN
\$800,000**

DISTRIBUTED THROUGH
COVID-19 EMERGENCY FUNDING
FOR THE PAYMENT OF OUTSTANDING
UTILITY AND CABLE BILLS, CAR PAYMENTS,
AND FOR RENT ASSISTANCE

In Touch



CONNECTIONS

There's Family



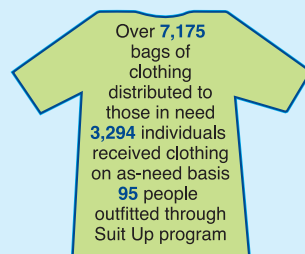
LOOK WHO'S COOKING OFFERED

**141 CHILDREN TUITION-FREE
VIRTUAL COOKING CLASSES**

COVID-19 PROGRAM MODIFICATIONS



Over **88,000**
grab-and-go meals
An increase
of 22% over 2019



Over **7,175**
bags of
clothing
distributed to
those in need
3,294 individuals
received clothing
on as-needed basis
95 people
outfitted through
Suit Up program

12,677 meals
delivered to
the homebound
by volunteers



Front-Line
Volunteers
27,755 Total
Service Hours

859 holiday gift
cards distributed
725 backpacks
distributed to youth



**Countless hours of
love and support**

given to guests through the
Women's Mentoring Initiative



Helping guests lead
healthier lifestyles
through Health and
Wellness initiatives
and connections to
Social Service providers

There's Fellowship



**GRAB-AND-GO
BREAKFAST**

**IS SERVED 5 TO 6 DAYS A WEEK
FROM 8:30 AM TO 10:30 AM**

There's Life Skills



LIFE SKILLS PROGRAM
PARTNERS WITH CLIENTS TO

**GAIN SKILLS TO ACHIEVE ECONOMIC SELF-SUFFICIENCY.
UP TO 100 PEOPLE PER MONTH ATTENDED COACHING
SESSIONS, WITH 45 PARTICIPANTS GAINING EMPLOYMENT.**

Our Clients Share Their Stories

"What we experienced was a group of fellow Americans fulfilling a mission of caring for others. Thanks for the kindness so thoughtfully given to us, God's gift to be sure."

"Thank God for Lunch Break. They gave me something to eat and helped me get a job. What more could I ask of them. Thank you Mrs. Love and Lunch Break of Red Bank."

"I was overwhelmed by the warmth with which I was received. I found an environment, respect and understanding, and a unity and kindness which spreads from the staff and volunteers to the patrons themselves. I want to thank you all for all that you have done and all that you do, I am a different man, a better man, and this is in no small part because of the wonderful support I found at Lunch Break."



*"Blessings and greetings! Thank you so very much
for the gifts my family has received. God Bless."
The Pennington Family*

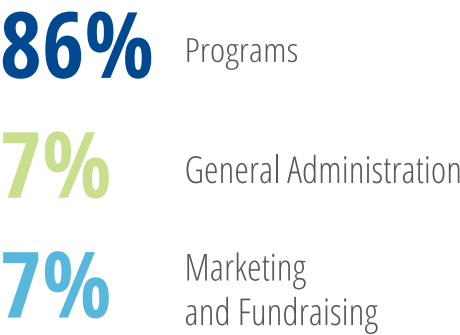


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(732) 747-8577 • www.lunchbreak.org
#whywebreak • #lunchbreaknj • #helpfortodayhopefortomorrow

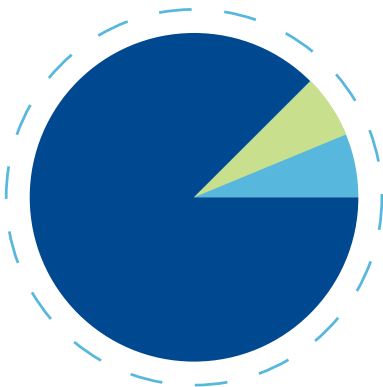
GIVE LOCAL. STAYS LOCAL. HELPS LOCALS.

Financial Highlights

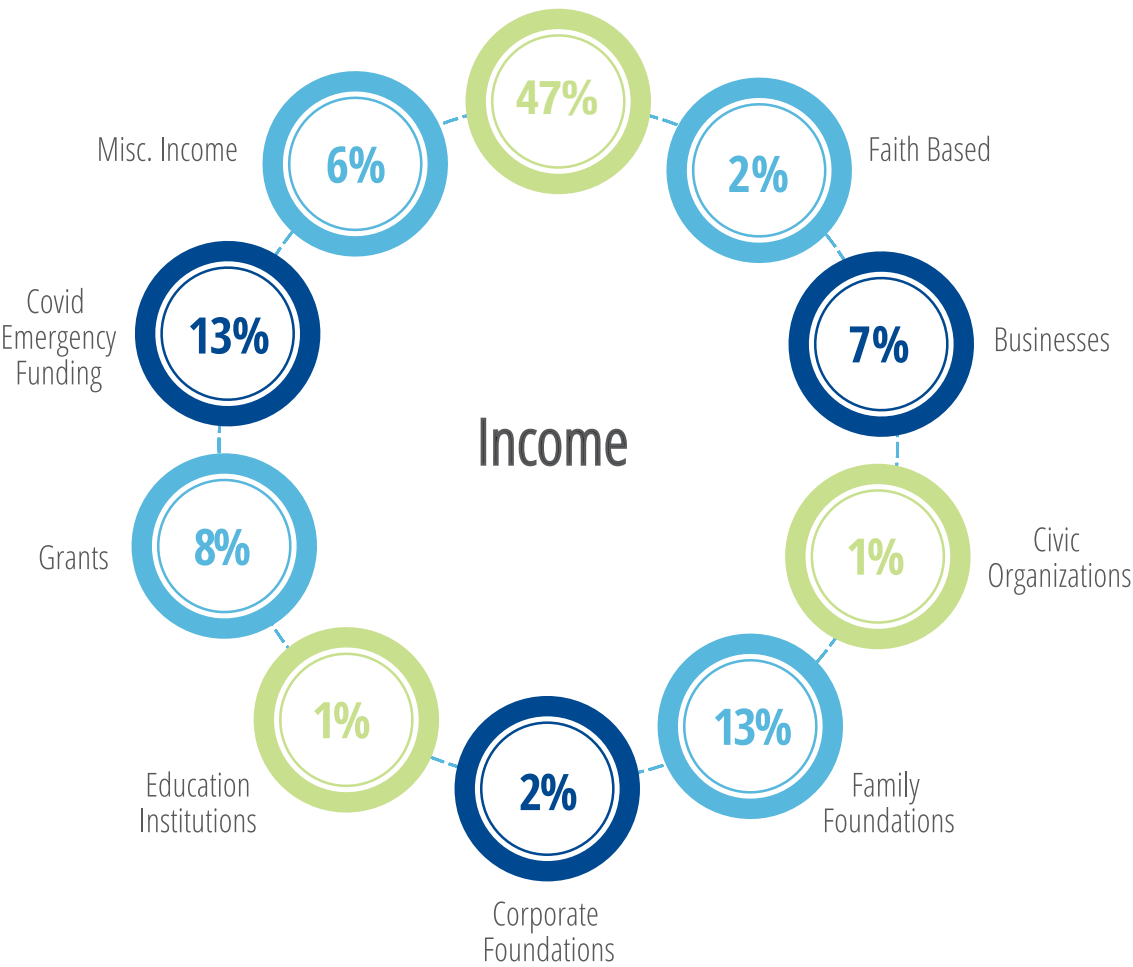
January – December 2020



Expenses



Income



Rises Up

Hunger Heroes on the Ground

Lunch Break would never have been able to serve the community during this unprecedented time without support from:

Dedicated front-line volunteers, who staffed our kitchen and pantry, often putting aside their own needs to help those who were starving and struggling to survive on little or no income;

Our generous donors and community partners, who sponsored meals, gave hundreds of pounds of food and collected holiday gift cards and Easter baskets for our children, as well as generous online contributions;

Our hard-working Board, who helped to form an emergency plan of modified food service and programs, a COVID-19 Emergency Fund for those struggling to pay bills, all the while leading Team Lunch Break through the pandemic and beyond;

And our managers and staff, who strategized meal service, adapted programs, organized clothing and holiday drives and served each client with compassion and dignity. A special thank-you to Culinary Director Tyrone and former Director of Operations Chuck Watson for their leadership and dedication during this trying time in our 37 year history.



"I always wanted to try working in a hospital, and the Life Skills Center made it possible ... which is huge because it's so hard to get into such a high demand job field. I'm still thriving, I'm pushing myself through it, trying to stay on top. And the Life Skills Center was just very kind."

— Wanda, who found housing and employment with help from the Life Skills Center and partnership organizations



"When I hit hardship, I turned to Lunch Break. When you are struggling, they help you ... I'm grateful every day that I get in my car and go to work."

— April, who faced foreclosure in December 2019

Our Mission

As a caring community, Lunch Break freely provides food, clothing, life skills and fellowship to those in need in Monmouth County and beyond.

Vision

We strive to break the cycle of poverty for those we serve and guide our community members in need to self-sufficiency and healthier, more productive lifestyles.

Values

We serve everyone with compassion and dignity.

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"Lunch Break" watercolor by Amy DeRosa