

## Help for today. LUNCHBREAK Hope for tomorrow.

Giving Local



CLIENT CHOICE PANTRY
19,412 TOTAL FOOD PICKUPS

12,413 MEALS DELIVERED TO THE HOMEBOUND

### Helps Locals



#### 10,480 MEALS

ARE DISTRIBUTED TO RESIDENTS OF THE PAN AMERICAN MOTEL IN EATONTOWN

There's Hope

#### MORE THAN \$950,000

DISTRIBUTED THROUGH

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

In Touch

#### **CONNECTIONS**



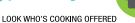












67 CHILDREN TUITION-FREE VIRTUAL COOKING CLASSES

2021



Over **89,000** grab-and-go meals served



130 enrolled high school students Average of 72 students per workshop 110 volunteer mentors



Helping guests lead healthier lifestyles through Health and Wellness initiatives and connections to Social Service providers bags of clothing distributed to those in need 2,892 individuals received clothing on as-need basis 62 people outfitted through Suit Up program

Over 700

1,295 holiday gift cards distributed 1,362 backpacks distributed to youth





Front-Line Volunteers 24,652 Total Service Hours



Countless hours of love and support given to participants through the Women's Mentoring Initiative and Alliance For Success Program





GRAB-AND-GO BREAKFAST

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

There's fife Skills



LIFE SKILLS PROGRAM PARTNERS WITH CLIENTS TO

GAIN SKILLS TO ACHIEVE ECONOMIC SELF-SUFFICIENCY.

UP TO 122 PEOPLE PER MONTH ATTENDED COACHING
SESSIONS, WITH 30 PARTICIPANTS GAINING EMPLOYMENT



With no place to live while working to support herself, her son, and her younger sister, Marcdaline was in desperate need of help and guidance. She was referred to the Life Skills Program and paired with a coach who was able to identify her future goals and address emergency housing needs.

Marcdaline was offered a new Chromebook, in preparation for a Brookdale Community College placement exam, and assistance with housing and health insurance applications. She is currently a full-time student at Brookdale Community College and uses her Chromebook for online classes. Marcdaline aspires to become a doctor, and has focused her studies in medicine. With support from her Life Skills coach, Marcdaline has secured housing, a car, and is working toward a college degree. She credits her coach for new-found confidence and independence.



If you've seen the Netflix series "Maid," you'd be familiar with Life Skills participant Christina's story. This mother of three children, who once ran a thriving cleaning business in Ohio, sought help

from Family Promise and The Life Skills program after her circumstances took a 180 degree turn. With assistance from Family Promise, Christina, then homeless and living in a broken-down Volkswagen, found temporary shelter and was offered family services to help regain her footing. Now, after guidance from Life Skills coach Susan and with reliable transportation donated by Executive Manager Joe Wajda and the team at World Subaru, Christina has a fresh start and an LLC for a new cleaning business.

## **Financial Highlights**

January - December 2021

86% Pro

Programs

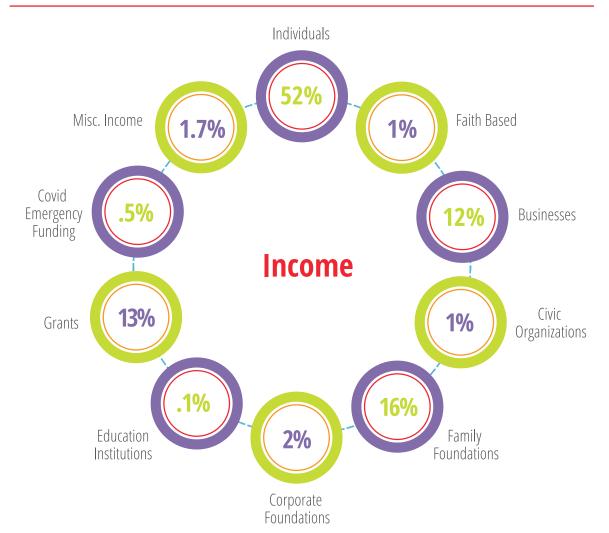
7%

General Administration

**7%** 

Marketing and Fundraising





# Rebuilding and

## **Rising Up to Meet Unrelenting Challenges**

When there's help for today, there's always the hope for tomorrow.

As year two of the COVID-19 pandemic disrupted the safety and lives of so many in our community, especially those facing immediate hardship, Lunch Break once again rose to the challenge of unprecedented demand. Whether because of unemployment, under employment, homelessness or trying to survive on fixed incomes, these community members struggling with food and financial insecurities continued to reach out to us for food and social services in record numbers – with more than 89,000 grab-and-go meals served, 19,000 pantry pickups and 22,000 meal deliveries to the homebound and Pan American Motel combined. And those numbers keep escalating.

Here's why Lunch Break remains a vital community resource: Millions of children and families living in

America face hunger and **food insecurity** every day, according to national non-profit Feeding America.

But there's always hope. Because of your continued support for our mission, we have provided more neighbors with a lifeline to security and ways to improve their self-worth. We've offered them opportunities for skills training and employment coaching through our Life Skills Program, wellness counseling through our nutrition and social service programs, and college and vocational guidance for high school juniors and seniors as part of the Alliance For Success Program, ultimately equipping our community members with the tools for achieving financial self-sufficiency and building generational equity.

We thank you – our generous donors, dedicated volunteers, members of the Board of Trustees and Advisory Council and staff – for your support for our community.

#### **Renew the Promise of Hope**

During our last expansion in 2015, we anticipated the need for future growth and purchased the vacant property next door for that purpose. As we reach the limits of our present space and now face the additional challenge of the continuing pandemic crisis, that time is now. As a result, Lunch



We are eternally grateful to our donors who have made this expansion a reality. Their dedication to our community and to ensuring that anyone who comes to our doors will receive compassionate, meaningful



and impactful care is unparalleled. It is because of these philanthropic leaders that we are able to begin this wonderful new journey in service to the community. We also thank all of the volunteers who have given of their professional expertise and time to help us plan and execute the expansion. Together, we are able to Renew the Promise of Hope for thousands of families and individuals in Monmouth County and beyond.



Further information, please scan the QR code.

# **Restoring Lives**

## **Program Highlights 2021**

Lunch Break strives 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 by offering food and financial assistance as well as innovative programs for complete mind, body and soul rejuvenation.

**Client Choice Pantry:** The Client Choice pantry is a critical resource for thousands of food- and financially-insecure individuals in Monmouth County. Our contact-less, drive-up pantry distribution service ensures clients safely receive staple food items, fresh produce, dairy products, and personal care and baby products.

**Soup Kitchen and Meal Services:** No one is turned away from the soup kitchen. Breakfast and lunch grab-and-go and in-house meals are served free of charge, six days a week. Grab-and-go and in-house Community Dinners are served once a week, on Fridays.

**Covid 19 Relief Fund:** assists individuals affected by the pandemic. Financial support is provided for: utilities, car insurance, car payment, phone, and cable. **Since the program began in 2020, we have provided nearly \$1 million in assistance.** 

**Clothing Program:** consists of Clara's Closet, Outreach Program and Suit Up. It's essential to have the proper attire for every occasion and we assist families and individuals from infants to adults who are in need of clothing for school, weddings, proms or job interviews.

**Family Promise of Monmouth County:** Lunch Break began the integration of Family Promise of Monmouth into its network of programs in 2021. Family Promise works with community agencies, faith-based services, churches and synagogues to provide supportive services, financial assistance, temporary housing, and food for financially-insecure families.

**Life Skills Program:** The Life Skills Center is the Help for Tomorrow in our mission, leading those we serve to self-sufficiency. The Center provides assistance for resume writing, English as a Second Language, financial literacy, and computer and job skills training, among other services.

**Alliance For Success:** Through a partnership with The Source at Red Bank Regional High School, the Life Skills Program launched the Alliance for Success Program (AFS) in 2021. The program offers training and mentorship to rising juniors and seniors, with a curriculum designed to enhance their skills for possible post-graduate employment or higher education. **130** students were enrolled, with an average of **72** per workshop. **110** volunteer mentors provided hours of one-on-one guidance and helped to facilitate discussions and workshops.

**Nutrition Program:** Lunch Break has become increasingly concerned about the rise in rates of obesity, diabetes, cardiovascular disease, and other diet-related conditions and diseases in the community we serve. In 2021, Lunch Break adopted a nutrition policy and will focus efforts on procuring products with greater nutritional value, as well as meal options and groceries that promote healthy living as a way to decrease diet-related diseases.















#### **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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#whywebreak • #lunchbreaknj #helpfortodayhopefortomorrow









