



foodforthought

THE NEWSLETTER OF GOD'S LOVE WE DELIVER

Nutrition: Our Signature Difference

Since the beginning, God's Love We Deliver has been focused on the power of food as medicine. Very early on, our founders recognized that a special diet, high in fat, calories and carbohydrates, was critical for people living with HIV/AIDS. Controlling quality was also paramount in serving people with compromised immune systems, leading to our decision to never accept donated food, and to our meticulous kitchen upkeep. Providing high quality, individually-tailored nutritious meals to individuals who are too sick to shop or cook for themselves has always been our signature difference.

In 2001, we expanded our mission, using our knowledge of food and nutrition to help our friends and neighbors living with all serious illnesses. Today, beyond meeting our client's appetites, our meals are customized to address each person's specific health requirements. Every meal is designed to work with our client's medical regimens as additional "nutrition therapy."

Using nutritious food to supplement medical treatment is not a radical concept. In fact, numerous health care advocacy and government groups have studied and confirmed the effectiveness of medical nutrition therapy over the past decade. The American Dietetic Association (ADA) confirmed our beliefs and stated, "Medical nutrition therapy is an essential component of any system designed to provide quality, cost-effective care..."

To continue meeting the different and ever-changing nutritional needs of our clients and to provide the high-quality nutrition therapy for which we are well known, our Registered Dietitians and Executive Chef constantly

It has been proven that a well-balanced diet, in addition to medical treatment, improves both quality of life and the ability to recover from illness.

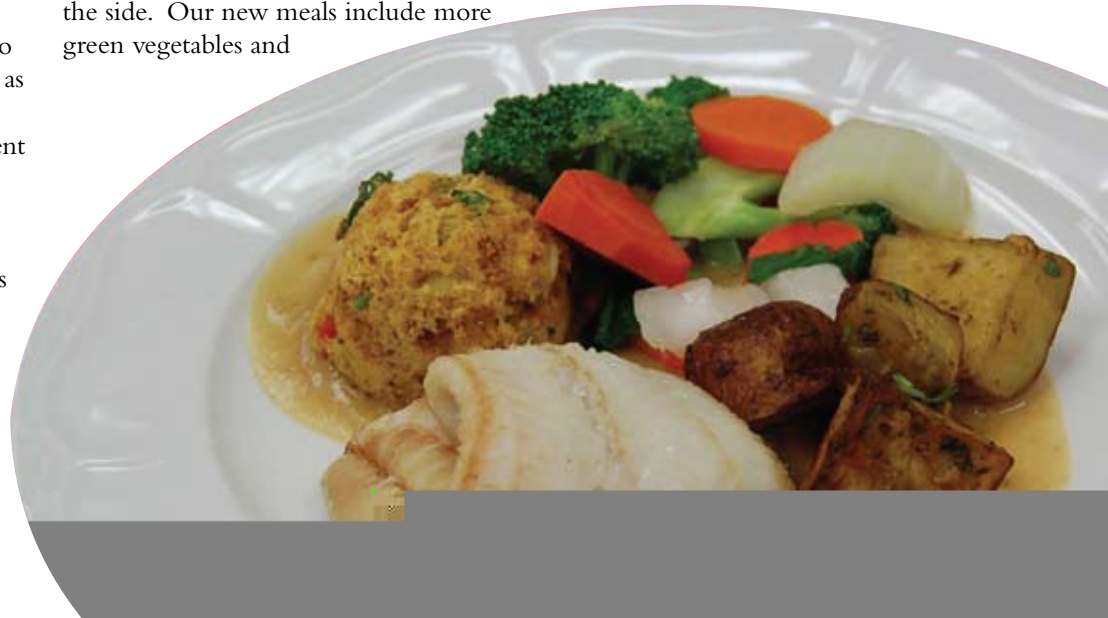
analyze and periodically revise our menu to ensure that our meals best serve our clients. They also want to be sure our food tastes great to encourage people to eat when they may not feel like having a meal.

Recent meal changes at God's Love will help us continue this important legacy, and include delicious new options like stuffed pollock with corn bread vegetable stuffing with bok choy, broccoli, and carrots and roasted red potatoes on the side. Our new meals include more green vegetables and

whole-grains to increase the amount of vitamins, protein, and fiber in each meal, while also lowering sodium and calories. In addition, we are reducing the amount of sugar, fat, and calories in the desserts without sacrificing flavor. Chuck "The

Baker" has continued to make delicious desserts, while lowering calories by using tricks of the trade like adding fresh fruit into the mix for a sweet effect instead of sugar. Our meals remain low-sodium with no preservatives and adhere to the highest standards of nutrition and quality.

It is so simple and yet brilliant: Food as medicine. And it is our signature difference. For more information about our Nutrition Services, visit our web site at www.godslovewedeliver.org ♥



A MESSAGE FROM Karen Pearl



and to use them effectively in advancing our mission. In just one year,

Every March, the nation celebrates National Nutrition Month, a campaign that highlights the importance of making informed food choices and developing sound eating and physical activity habits. Even though we've turned the calendar to April, the truth remains that every single day at God's Love We Deliver, we celebrate the power of nutrition and the wonders that a healthful – not to mention delicious – diet can bring to the health and well-being of those living with life-altering illnesses.

Everything we do is through the lens of nutrition. It is our signature difference. The focus on nutrition is what sets God's Love We Deliver apart from all other food programs in the tri-state area. Meals are individually-tailored by a registered dietitian to meet the health needs of every single client. Once designed, our meals cooked and delivered with love through the efforts of our exceptionally talented kitchen staff and incredibly dedicated corps of volunteers, over 1,400 strong.

We are blessed to have such deep commitment from people in all the communities we serve. With a volunteer to staff ratio of 18 to 1, our volunteers make it possible for us to stretch our resources

as the economy faltered and it became harder for people to provide for themselves and their families, our client numbers have soared by 20%. In 2008, we delivered over 810,000 meals, the highest number ever in our 23-year history.

We did this in the face of higher prices for food and fuel, and with fewer resources than planned. Through it all, we never compromised on quality; we worked harder and became even more efficient.

In these difficult times, God's Love is fortunate to have a loyal and broad base of supporters who have not wavered in their devotion to our urgent cause. We extend our deepest gratitude to all who have contributed to our work. Your precious donations have made the difference in ensuring that we can continue to provide nutritious meals to those who are sick and cannot shop or cook for themselves. They have allowed us to keep our focus on food as medicine, providing a truly unique and life-sustaining service to our friends and neighbors in need. You have helped us keep our promise that we will never turn away anyone who qualifies for our program. For this, we can't thank you enough. ♥

-Karen

ADVOCACY UPDATE

In the past few months, our staff, volunteers and clients have met with many elected officials, sometimes, to introduce them to our services, and other times, to speak about public policy with long-time friends. We enjoy great support among our representatives who understand the urgency of providing food and nutrition services to people who are seriously ill. We were fortunate to have Speaker Christine Quinn kick off our World AIDS Day commemoration. Congressman Anthony Weiner and Comptroller Thompson worked in our kitchen. Council members Maria del Carmen Arroyo, Rosie Mendez, and Joel Rivera delivered meals to clients. And, in early February, staff members were on Capitol Hill meeting with staff from the offices of Senators Schumer and Gillibrand, and Representatives Engel, Lowey, Maloney, Meeks, Nadler, Serrano and Towns. It certainly has been a productive and busy time. ♥



Christine Quinn and the God's Love Staff



Karen Pearl and Rosie Mendez



Bill Thompson, Karen Pearl, and Sylvia Vogelman



Maria del Carmen Arroyo and a client



Sal Ruggiero and Anthony Weiner



A client and Joel Rivera

VOLUNTEER PROFILE:

My Uncle Ray Kurdziel

By Douglas Hall Kurdziel



The 25-minute subway ride to the God's Love We Deliver kitchen before the sun rises is quiet, uncrowded, and you can always find a seat. You would think that a college kid in town for a few summers would not be too talkative that early in the morning. However, those rides gave me a wonderful opportunity to grow closer to my uncle, Ray, who got me involved with God's Love.

While I started going to God's Love as a way of saying thanks to my uncle for use of his apartment, his involvement started in a much more serious, meaningful way. On those subway rides I learned about Lee, Ray's first boyfriend, for whom Ray took care for several years before his death. Honoring that relationship, Ray said, was what inspired him to volunteer at God's Love. As I grew closer to my uncle, after a few weeks of Friday morning pack out, what

started as a favor turned into something very meaningful to me as well. Even though I was only in New York for the summers between college semesters, I always looked forward to returning to that special community.

What has made my experience at God's Love so important is the knowledge that I'm helping people who have no one else to whom they can turn. I discovered that it was not just an obligation to Ray to get up early on Friday mornings – it was something I really wanted to do. With Michael Jackson pumping on the stereo, meals flying down the assembly line, and some of the most entertaining, interesting, caring people I have ever met, pack out is not just incredibly important – it is fun! It doesn't take long to realize the power that a common sense

of purpose and the desire to serve can have. Taking some time out of your life to focus wholly on serving others is important and fulfilling.

When Ray walks into the God's Love kitchen and sees Lee's name on a tile on the

wall, he still feels a connection. I am lucky to be able say that Ray has formed another connection within the God's Love community – the one that I feel when I walk into the kitchen and see the smiling faces of the friends I have made on the line and the hot meals going out to the people who need it most. ♥

Make a Gift for the Future...

During both the best and the most difficult times, bequests through wills and trusts, and gifts of retirement plan or other assets, are vital to the ongoing success of our mission.

We are very pleased to announce that our new *Legacy Society* will provide thanks and recognition to the growing numbers of generous individuals who include God's Love We Deliver in their estate plans.

All members will receive recognition in our annual

"I've contributed to God's Love We Deliver from its beginning. Its mission was (and is) so urgent. I wanted to help get meals to those who needed them most and were least able to provide them. It's just such a basic thing and, unfortunately, the need keeps getting greater and greater. I've included God's Love We Deliver in my will because it's a group that's very close to my heart."

— John R. Hawkins,
God's Love Donor and Legacy Society member

report and other publications and invitations to *Legacy Society* receptions and special donor events.

If God's Love We Deliver is already in your estate plans, please notify us so that we can welcome you as a member of the *Legacy Society*.

To join, for more information, or to speak with us about how you can include God's Love We Deliver in your estate plans, please contact Erika Ineson, Associate Director of Development, at 212-294-8137, or eineson@glwd.org ♥

Become a Legacy Society Member Today



CLIENT PROFILE

Isabel Case Borgatta

During her childhood, in Illinois, Isabel always knew that she wanted to be involved in the arts. By the time she was 12, she began sculpting and won a national contest for carving soap. Even at this young age, her carving of a washerwoman with her sleeves rolled up was enough to win her a prize of \$250 during the

around the world, including the Metropolitan Museum of Art and the Brooklyn Museum of Art. Soon, she married and started a family. By the time she was thirty, Isabel had 3 children and taught Sculpture at the City College and later at the College of New Rochelle.

In 2004, after retiring and spending many years devoted to her sculptures and children, Isabel was diagnosed with breast cancer and had the first of what would become many surgeries. After a second surgery, Isabel knew she needed help and became a client at God's Love We Deliver.

Over the past five years, Isabel has undergone seven surgeries. These surgeries and complications from heart disease and other illnesses have made taking care of herself incredibly difficult. Despite these setbacks, Isabel still actively pursues her passion for art and sculpture. Isabel



Great Depression. From this simple beginning, her desire to continue as a sculptor grew quickly.

When she was 18, Isabel decided to attend art school. Isabel attended Yale University and earned a Bachelor of Fine Arts degree in Sculpture. After graduation, she moved to New York City, where she found work at a pottery studio and developed as an artist.

Over a short period of time, Isabel became well known in the art world and began to exhibit her work in galleries and museums

credits God's Love We Deliver and the special balanced diet of low sodium meals and vegetables for giving her the energy she needs to pursue her life's work.

Regardless of everything that she has been through, Isabel remains incredibly positive. She told us, "Being on the program at God's Love makes the difference between living a life of frustration and living a life of fulfillment. You help enable me to be an artist and live. It's been an absolute blessing. Thank you." ♥



The 15th Annual RACE TO DELIVER



God's Love We Deliver's 15th Annual Race to Deliver took place on November 16th and brought nearly 6,000 competitors out to New York's Central Park to run, walk, and raise much needed funds to help us continue our mission to provide nutritious, delicious meals for people living with HIV/AIDS, cancer and other life-altering illnesses.

Our own Love Team led the way in fundraising, bringing in over \$45,000. The Love Team, along with 90 other teams and corporate sponsors, helped raise nearly \$500,000.

Board members Star Jones, Michael Sennott, and Sylvia Vogelmann assisted at both the start and the finish of the event. With help from Greg Rothman of EmPower Fitness for the warm-ups, and George Brescia's singing of the National Anthem, a truly spectacular event was enjoyed by all!

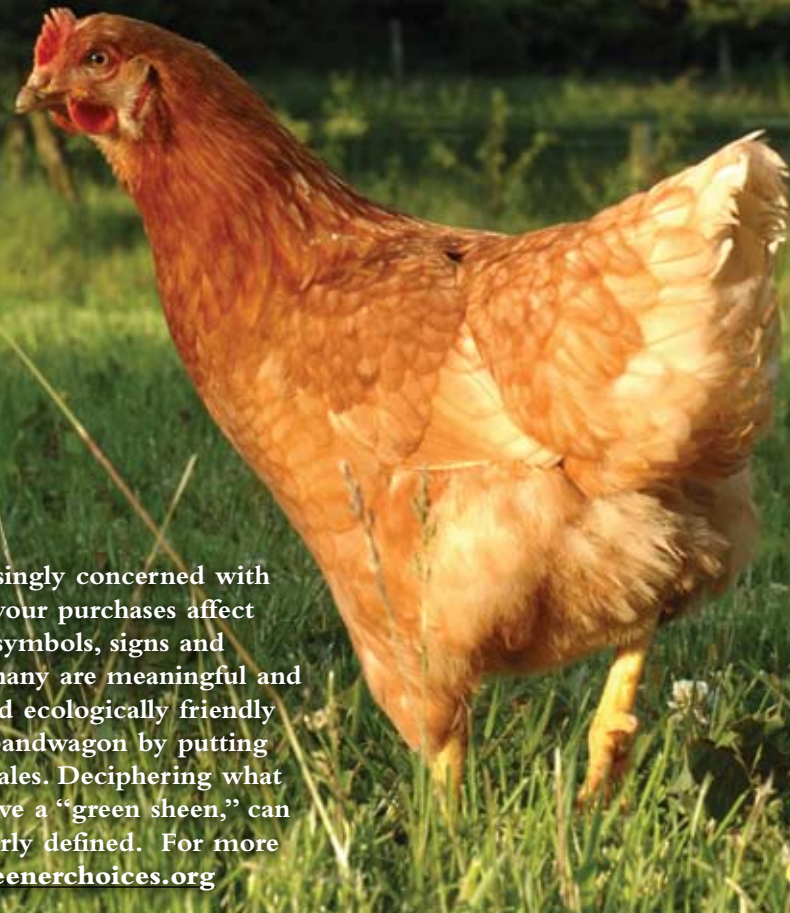
In addition to congratulating our winners Teklu Deneke and Meseret Kotu, we would like to thank our corporate sponsors, our race teams, the runners, the walkers, and the volunteers who helped make the race a huge success.

Remember, this year's Race to Deliver is November 22nd—please plan to join us—it's not just another walk in the park! ♥

5 Napkin Burger
5 Ninth
Alloro
Bar Boulud
Barbounia
Becco
Bottino
Cabrito
Cafe D'Alsace
Craftsteak
Danal
Del Posto
Deluxe
East of Eighth
Eighty One
Fatty Crab
Felidia

French Roast
Good
Jack Bistro
Le Monde
L'Express
Maison
Marseille
Nice Matin
Nizza
Nobu
Pigalle
T-Bar Steak & Lounge
Telepan
Tribeca Grill
The Waterstone Grill

MAKING SENSE OF ECO-LABELS



Like many people today, you may be increasingly concerned with how your food dollars are spent and how your purchases affect the environment. At the same time, more symbols, signs and claims appear on foods than ever before. While many are meaningful and represent a true commitment to sustainability and ecologically friendly practices, some companies have jumped on the bandwagon by putting unclear claims on products in order to increase sales. Deciphering what products are truly “green,” and those that just have a “green sheen,” can be tricky. Here are a few, beginning with the clearly defined. For more information, visit Consumer Reports at www.greenerchoices.org

CLEAR TERMS: “ORGANIC”

US Department of Agriculture has set standards for food producers that must be met in order to use the “organic” label and are verified by an accredited certifier. To use this label, most synthetic pesticides and fertilizers, all antibiotics, genetic engineering, irradiation and sewage sludge are prohibited. Additionally, organic animals must eat 100% organic feed that does not contain any antibiotics or growth hormones and have access to the outdoors (except chickens). There are three tiers of organic labeling:

- 100% Organic** – can only contain organically produced ingredients;
- Organic** – 95% of the ingredients must be organically grown and the remaining 5% from approved non-organic ingredients;
- Made with Organic Ingredients** – Must be made with at least 70% organic ingredients, three of which must be listed on the back of the package. The remaining 30% must come from approved non-organic ingredients.

“FAIR TRADE CERTIFIED”

Found on coffee and other agricultural products, the intent of this certification is to ensure that small farmers receive a fair price for their products, and to encourage sustainable practices without the use of child labor and some harmful pesticides. There are clear guidelines for this label and it is certified by TransFair USA.

“BIRD FRIENDLY”

The bird friendly label ensures that shade management practices, that provide a good habitat for birds have been employed in its cultivation. It is only given to organic products and is issued by the Smithsonian Migratory Bird Center.

UNCLEAR TERMS: “NATURALLY RAISED”

This term is vague, misleading and limited in scope. As defined by USDA standards, the naturally raised claim prohibits the use of growth promotants (including growth hormones, and animal byproducts in feed, and prohibits most antibiotics in livestock.

While these are all important practices, and despite its name, this claim does not address many aspects of how an animal is raised, like how they are pastured or what their main diet contains. For example, meat that is labeled naturally raised could come from an animal that was raised in confinement and fed feed with pesticides.

“FREE RANGE / ROAMING”

The USDA regulation regarding this term applies only to chickens as food, not to eggs, and there are no regulations for other animals. Although the term implies an idyllic farmyard setting, the minimum standard for access to the outdoors is actually quite low, only five minutes a day.

“ANTIBIOTIC FREE”

The USDA bans use of this term. However, the use of “no antibiotics administered” and “raised without antibiotics” are considered acceptable on animal products. Although the USDA is accountable for proper use of these claims, currently there is no verification system in place. ♥

Hot Off the Press:

Nutrition Tip Guide for Breast Cancer Survivors in Spanish

God’s Love We Deliver has partnered with the Avon Foundation to publish a new Spanish edition of our book “Every Bite Counts: Nutrition Tips for Breast Cancer Survivors.” The English edition of this popular guide has already been downloaded nearly 5,000 times and over 10,000 printed copies have been distributed throughout the country.

The new Spanish edition of this nutrition guide for breast cancer survivors makes it possible for more individuals to read important information about the crucial role of nutrition during the recovery process after treatment. Survivors can read useful and important tips about organic foods, weight management, healthy shopping lists, and more.

To print a copy and read all of our Nutrition Services publications, visit http://www.godslovewedeliver.org/nutrition_home.html ♥



FROM GOD’S LOVE NUTRITION SERVICES

Quinoa Tabouli

SERVES 6-8

Ingredients:

- 1 cup quinoa, rinsed* and drained
- 2 cups water
- 1 15.5 oz can kidney beans, rinsed
- 1 cup diced cucumber
- 2 scallions, sliced
- ½-1 cup cherry tomatoes, halved
- 1 cup fresh mint, minced
- ½ cup fresh parsley, minced
- 1 clove garlic, minced
- 4-5 tablespoons fresh lemon juice (or more to taste)

- 3-4 tablespoons extra virgin olive oil
- Sea salt and pepper to taste

Instructions:

- Bring quinoa and water to a boil in pot, turn down heat to simmer, cover until water is absorbed, about 20 minutes. Let sit covered for 5 minutes before serving.
- Combine beans, cucumber, cherry tomatoes, scallions, mint, parsley and garlic in mixing bowl.
- Add quinoa to other ingredients, toss with olive oil, lemon juice, salt and pepper to taste.

*Rinse quinoa in fine mesh strainer.

Save the DATE

♥ National Volunteer Week

April 20 – 25, 2009

For more information on volunteering at God’s Love We Deliver, please call 212-294-8104

Kick-Off Event at God’s Love We Deliver

Monday April, 20, 2009

More details to follow

♥ Authors in Kind Literary Luncheon

Thursday, April 23, 2009, 11:30 am
The Plaza Hotel

Meet the authors as they sign and discuss their latest books.

HOST

Linda Fairstein

Author of *Lethal Legacy* and God’s Love Board member

Wally Lamb

The Hour I First Believed

William D. Cohan

House of Cards: A Tale of Hubris and Wretched Excess on Wall Street

Giulia Melucci

I Loved, I Lost, I Made Spaghetti

For more information, please contact Susan Oher at aik@glwd.org or 212.294.8162

♥ Midsummer Night Drinks

Saturday, June 13, 2009

Enjoy a summer evening in the Hamptons with God’s Love We Deliver.

For more information, please contact Susan Oher at soher@glwd.org or 212.294.8162

Sixth Annual Authors in Kind Literary Luncheon



due out in April.

At 11:30 am, all four authors will be available to sign copies of their books. All attendees will

receive a complimentary copy of one book, and all books will also be available for sale.

We hope you will join us for this fun and enlightening afternoon. For more information, or to reserve a table or individual ticket in advance, please call Susan Oher at 212-294-8162 or email her at aik@glwd.org. ♥

God's Love We Deliver will be hosting the Sixth Annual Authors in Kind literary luncheon on Thursday, April 23rd at The Plaza Hotel. Best-selling author and God's Love Board member **Linda Fairstein** will serve as our master of ceremonies and talk about her current thriller, *Lethal Legacy*. This year's

program will feature three very special authors: **Wally Lamb** will discuss his third and most recent work, *The Hour I First Believed*; **William D. Cohan** will talk about his best-selling *House of Cards: A Tale of Hubris and Wretched Excess on Wall Street*; and **Guilia Melucci** will tell us about her new book, *I Loved, I Lost, I made Spaghetti*,

In the spotlight...

★ macy's and bloomingdale's
RECOGNIZING 20 YEARS OF SUPPORT

We are so proud to recognize the wonderful support we have received from Macy's and Bloomingdale's throughout our history. For over 20 years now, these great stores and their employees have embraced the critical and urgent nature of the mission of God's Love We Deliver – helping us bring meals, nutrition, and a little bit of company to those who are too sick to shop or cook for themselves.

The tremendous funding provided by the Macy's Foundation and the Bloomingdale's Fund of the Macy's Foundation – totaling well over \$500,000 – has allowed us to prepare and deliver in excess of 100,000 meals. Their support has provided tangible benefits for so many New

Yorkers in need.

In addition to funding, Macy's East and Bloomingdale's have also provided volunteers throughout the years who have done many days of service in our kitchen and on our delivery routes.

Anne Keating, Senior VP of Public Relations, Special Events and Corporate Philanthropy, told us, "Bloomingdale's and Macy's are proud to support an institution as important to the lives of so many people in the greater New York area. We thank God's Love for the extraordinary care that they provide for so many in our community." And we thank Macy's and Bloomingdale's for their continued support! ♥

our mission

The mission of God's Love We Deliver is to improve the health and well-being of men, women and children living with HIV/AIDS, cancer and other life-altering illnesses by alleviating hunger and malnutrition. We prepare and deliver nutritious, high-quality meals to people who are unable to provide or prepare meals for themselves. We also offer illness-specific nutrition education and counseling to our clients and families, care providers and other service organizations. All of our services are provided free of charge without regard to income.



GOD'S LOVE WE DELIVER is a BBB Accredited Charity and a proud member of the BBB Charity Seal Program. God's Love meets or exceeds all 20 BBB Standards for Charity Accountability.



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