

Happy New Year! 2018 was yet again a record-breaking year for God's Love and we could not have done it without the help of each and every one of you. Last year we were supported by 13,000 volunteers who donated a total of 127,256 hours. With your help we prepared and delivered over 1.8 million meals to more than 7,000 clients and their families.

On Thanksgiving Day, we delivered a record-breaking 6,500 meals. This year's meal delivery included more than 2,300 guest meals, so that each client could invite a friend or family member to spend the holiday. We did this with the incredible assistance of more than 1,300 generous volunteers who chopped, packaged, ladled, and delivered.

In December we prepared 7,000 special Winter Feast meals. This year's menu included braised beef with cherries, roasted corn chowder and a sprinkle cookie. We also provided chicken and vegetarian options for clients with restrictions. To make the delivery extra special we included a God's Love kitchen towel and, working with many schools and groups, some of the most festive hand decorated cards yet.

November and December are the busiest months to volunteer at God's Love. Without your help we would not be able to deliver these extra meals and gifts to our clients. Our clients often tell us how special they feel during this time of year. Our Client Services team receives many calls, cards and emails of appreciation from our clients.

Here are some messages we received this holiday season.

- "Thank you for the Thanksgiving dinner. It was incredible and wonderful. I'm so grateful for the second meal that allowed me to share the day with someone else."
- "I thank God every day that you provide meals to my mother. Without you all I'm unsure what I would do."
- "The Thanksgiving meal was superb and the dessert was "wild"! Everything was so delicious and made me feel well and special."
- "Thank you so much for our food, we really appreciated it. Made our day just wonderful."
- "Thank you for sending me meals, you don't know how much these meals have helped me."
- "Thank you to everyone at God's Love for sending me a Christmas Gift. I wish you all a happy and healthy New Year"

It is because of you we can do what we do. Thank you again for your dedication and commitment to God's Love.

A Message from Karen Pearl, President & CEO

A new year is upon us, and I am so looking forward to all we will accomplish together in 2019. This year, we will prepare, package, and deliver a record number of meals to our clients and their children and senior caregivers. We will manage thousands of calls from clients and provide the highest quality service. Again in 2019, we will bring holiday cheer to our clients with our Thanksgiving and Winter Feast meals, hand-crafted cards, and special touches. And, of course, we will continue our tradition of delivering a birthday cake to all clients and their children and caregivers on their birthdays. All of this will be made possible by our volunteers. You are

integral to everything we do at God's Love We Deliver, and I would like you to know how much I appreciate your efforts and how thankful our clients are for all the love you send their way.

With the start of the new year, we welcome a new Chairperson of our Board of Directors, Terrence Meck. Like all of our Board members, Terrence volunteers his time and energy to help lead our great organization. Terrence's commitment to God's Love is quite personal. His late husband Rand was diagnosed with pancreatic cancer and passed away in 2008. Terrence saw firsthand the importance of Rand being nourished with healthful food throughout his illness. Terrence and Rand had their friends and family by their side throughout their journey. But Terrence knows that so many people are not as fortunate, and without the help of God's Love We Deliver, thousands of New Yorkers would face life-altering illness alone. As a Board member since 2011 and kitchen volunteer, Terrence has witnessed our more than 13,000 volunteers in action on countless occasions. Please join me in welcoming Terrence as our new Board Chair.

This year will bring some exciting changes to God's Love both locally and nationally. As you read this newsletter and its future editions, you'll learn about them, from leading the national Food is Medicine movement to expanding partnerships with hospitals and healthcare providers to new menu items. You are all part of a vibrant community, helping to reach those who are hard to find as they are home and too sick to shop or cook for themselves. Thank you for all your many gifts of time, hard work and love. Happy New Year.

Volunteer Ambassador Program

We are excited to launch a new Volunteer Ambassador Program this winter! Volunteer Ambassadors will represent God's Love at tabling events, schools and corporations. Ambassadors will also support the staff in the kitchen or on the 5th floor when we are hosting large volunteer groups.

We will provide more information in early February. Interested volunteers will need to attend communication and messaging training as well as fill out an application. We are looking for engaging and passionate volunteers who are comfortable speaking about God's Love and answering questions. The Volunteer Ambassador program is the next great volunteer opportunity at God's Love, please stay tuned for more information.

Volunteer Needs: Office Assistance, Client Services Department

We are looking for office assistance in our Client Services Department. Volunteers must be comfortable using a computer and taking phone calls. If you are interested, you can fill out an application [here](#). Application will be reviewed, and if your skills match our needs, a member of the Client Services team will follow up with more info.

Also, if you have experience working with Adobe we urgently need your support, please contact Yolanda at ydeceus@glwd.org.

Exciting Partnership With Northwell Health's Food As Health Program

We are very excited to be partnering with Northwell Health System on their hospital-based initiative designed to address food insecurity and other hunger-related factors. The initiative, called the Food as Health program, includes partners such as Island Harvest Food Bank, Long Island Cares, Baldor Specialty Foods and the Illinois-based foodservice distributor, US Foods.

According to Northwell Health, almost 1.3 million people living in the New York City metropolitan area are described as being food insecure and as we know from years of providing services ourselves, increases the risk of chronic diseases and longer stays in the hospitals.

God's Love We Deliver will be providing medically tailored meals to individuals who have serious illnesses, are food insecure and have been released from the hospital. The partnership involves patients who will be enrolled on our program and receive comprehensive nutritional assessments and counseling from our team of registered dietitian nutritionists.

The program will begin based out of Northwell's Long Island Jewish Valley Stream Hospital and is expected to expand across all Northwell's hospitals. Services will be provided to those patients who are being released from the hospital and will include an in-hospital nutritional assessment of need and a referral to either Island Harvest Food Bank, Long Island Cares, or God's Love We Deliver depending on the severity of the illness of the patient.

This is an exciting opportunity for us given that we have been serving individuals receiving treatment at Northwell Health's hospitals and clinics for more than twenty years. We look forward to collaborating with both the hospital system and other service providers to address the needs of those living with serious, life-altering illnesses throughout the city.

The Food Is Medicine Coalition

Walking through the halls at God's Love, or volunteering in the kitchen, or reading our agency newsletter, you've probably heard someone mention the wonderful work of the Food Is Medicine Coalition, or FIMC. So what is FIMC? The Food Is Medicine Coalition is an association of organizations like God's Love across the country. These organizations provide a complete, evidence-based, medical food and nutrition intervention to critically and chronically ill people in our communities, advance public policy that supports access to food and nutrition services for people with severe and/or chronic illnesses, promote research on the efficacy of food and nutrition services on health outcomes and cost of care, and share best practices in the provision of medically tailored meals and of nutrition education and counseling.

Throughout the year, God's Love leads the Coalition and partners with experts in the field to offer technical assistance webinars and conference calls to further these goals. In September, FIMC agencies gather at a 3-day symposium in Washington D.C., which includes further staff development and a Hill Day. Feel free to learn more about the Coalition by visiting www.fimcoalition.org and follow us on Twitter: @FIMCoalition.

Check Out The New Website

In November, we launched our new website. The new site will serve as a valuable resource for clients, supporters, volunteers, and the whole community.

Please visit godslowewedeliver.org to see everything that's new, including how to donate, volunteer or become a client, our menu items, nutrition tips, and so much more.

Here are just a few of the exciting new features of the site:

- It's mobile-friendly. Our new site will be able to format to any screen, whether you're on your desktop, mobile phone, or tablet.

- It can be read in several different languages. Via a Google translate bar in our footer, you will be able to translate our site to Bengali, Spanish, French, Chinese, Haitian Creole, and Russian.
- Just like our meal program, our website is easy to use and tailored just for you. Whether you're signing up to become a client, referring a healthcare member, signing up to volunteer, or donating, our website will help you get there, with just a few easy clicks.

From Our Kitchen To Yours

Coconut Chicken Stew

Servings: 6

2 Pounds Boneless, Skinless Chicken Thigh, medium dice	2 Cups Chicken Stock
½ Cup Coconut Milk	3 Large Scallions, sliced
4 Cloves Garlic, peeled and minced	½ Cup Peas, defrosted
1 Good nub Ginger, peeled and minced	1 teaspoon Curry Powder
1 Large Carrot, medium dice	1 teaspoon Turmeric
1 Large Red Bell Pepper, medium dice	1 teaspoon Coriander
1 Large Green Bell Pepper, medium dice	½ Cup (or as needed) Olive Oil
1 Large Red Onion, medium dice	1 Tablespoon (or as needed) Kosher Salt

- Measure and prep all ingredients so everything is ready to rock n roll.
- Heat 2 tablespoons of olive oil in a large saucepan over medium high heat.
- Season chicken with salt and pepper and add to pan.
- Brown chicken on all sides, remove from pan and set aside.
- Add 2 tablespoons more of olive oil to pan and add the carrot, bell peppers, red onion, and a good pinch salt.
- Sauté for 5 minutes, stirring frequently.
- Add garlic, ginger, curry powder, turmeric, and coriander to pan.
- Sauté for 3 minutes, stirring frequently.
- Reduce heat to medium and add chicken stock and coconut milk.
- Bring to a simmer and add browned chicken to pan.
- Cover and let simmer for 15 - 20 minutes until the chicken is cooked through and the vegetables have softened.
- Remove lid and let sauce simmer until thickened.
- Before serving add peas and let the heat from the stew warm them through.
- Garnish with sliced scallion.

Upcoming Agency Closures

As a reminder God's Love will be closed on the following dates this winter and spring.

Monday, January 21st, 2019 – Martin Luther King Day
Monday, February 18th, 2019 – Presidents Day
Sunday, April 21 – Easter
Sunday, May 26th & Monday, May 27th, 2019 – Memorial Day