

# 2025 Impact Report



**THE FOOD PANTRY**  
at Harbor Health



## Our Mission In Action

Our mission at Harbor Health is to help individuals achieve their full potential through access to local, affordable services that promote health. As part of that mission, the Food Pantry at Harbor Health has provided nutritious food and personal care items to food-insecure households for over 30 years.

As food insecurity deepened across our community, demand for our services grew, especially among community-based organizations serving clients with limited resources. In 2025, 685 new households enrolled in our program, bringing the total number of households served to more than 2,200. In total, our small team of 6 with the help of volunteers distributed more than 287,000 pounds of food, including 212,961 pounds of fruits and vegetables.



# 287,358 lbs



of food  
distributed to  
community  
members  
in need



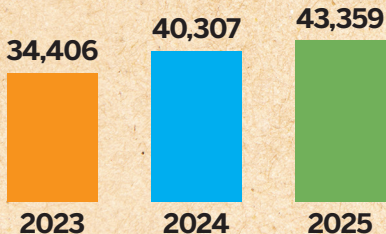
#### FOOD DISTRIBUTION BY LOCATION:

**283,751 lbs** through weekly hours  
at 10 Minot Street, Dorchester

**2,873 lbs** through emergency  
access locations at Harbor's  
community health centers in  
Dorchester, Hyannis, and Plymouth

**734 lbs** through collaborations  
with community organizations

The Food Pantry team and volunteers packed  
**43,359** bags of food, helping put food on  
the table for clients and their families.



## Our Focus on Nutrition

### Food insecurity and poor nutrition are intertwined.

Our program prioritizes offering nutritious and culturally relevant items to make it easier for clients to get healthy food.

### Greater Boston Food Bank's Healthy Pantry Program

The Greater Boston Food Bank's (GBFB) Healthy Pantry Program is an initiative designed to help food pantry partners promote nutritious choices, aiming to reduce food insecurity while improving community health. Our Food Pantry has participated in the Healthy Pantry Program since 2023.

**We are proud to be recognized as a 2025 Healthy Pantry Champion by The Greater Boston Food Bank!**



This recognition reflects our long-standing commitment to providing nutritious food and a welcoming, client-centered experience. We are honored to be among the inaugural group of partners earning this distinction. Healthy Pantry Champion Recognition Standards

- SWAP score > 60% green.
- Strong engagement in nutrition systems, including SNAP education, Healthy Pantry Program participation, paid nutrition staff, nutrition policy, and broad SWAP implementation.

## Greater Boston Food Bank's (GBFB) Healthy Pantry Program

The GBFB's **Supporting Wellness at Pantries (SWAP) color guide** ranks foods based on how much sodium, sugar, and additives they contain.

### FRUITS & VEGETABLES

**212,961**  
**POUNDS**  
CHOOSE OFTEN



### STARCHES

**61,940**  
**POUNDS**  
CHOOSE SOMETIMES



### SUGARY PRODUCTS

**1,645**  
**POUNDS**  
CHOOSE RARELY



**Our SWAP score is currently 99% in green/yellow!**

## Our Program Hub

### 10 Minot Street, Dorchester

We offer weekly pantry hours at our 10 Minot Street location on the first, second, and third Tuesday of every month. Clients receive shelf-stable food, fresh produce, protein, and hygiene supplies, delivered with dignity and cultural respect.

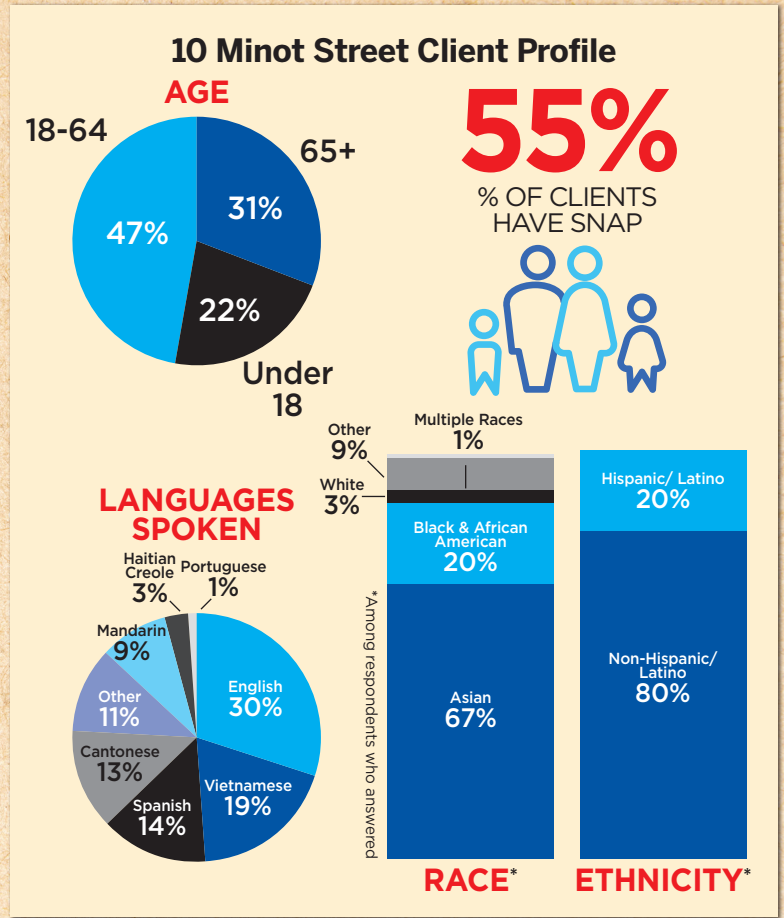
In 2025, we served 2,219 individuals at 10 Minot Street. Among our clients, 97% identify as a racial or ethnic minority, and 70% speak a language other than English as their primary language.



**The Fresh Truck** is a Boston-based nonprofit mobile market that brings fresh, affordable food directly to neighborhoods with limited grocery access. The Fresh Truck accepts SNAP/EBT and HIP and makes a stop at 10 Minot Street during our weekly hours.

### Emergency Food Access Locations

From our program hub, we provide food and supplies for Harbor's community health centers in Dorchester, Plymouth and Hyannis to offer emergency access to patients in need.



## Our 2025 Program Highlights

### LAUNCHED a community partner bulk pick up program

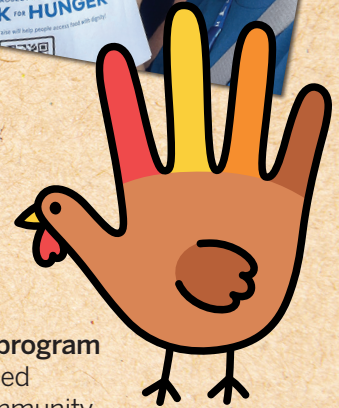
As more community partners requested food assistance for their clients facing mobility and transportation challenges, we adapted our model to meet clients where they are. The fourth Tuesday of every month is now dedicated to providing community partners with ready-made bags of shelf-stable food and produce. Partners pick up bags and distribute directly to clients.

### 2025 Participating Partners

Commonwealth Land Trust, Boston  
Namaste Adult Day Center, Braintree  
Harbor Health Elder Service Plan, Brockton  
Rainbow Adult Day Centers – Freeport, Dorchester  
Rainbow Adult Day Centers – Hilltop, Dorchester

### ENGAGED Harbor Health's staff

in lunchtime Walk For Hunger activities in support of access to healthy, nutritious food.



**THE FOOD PANTRY**  
at Harbor Health

**OPEN TO PUBLIC**  
EVERY 1ST, 2ND, AND 3RD TUESDAY  
8:30 AM – 3:00 PM

**ABIERTO AL PUBLICO**  
TODOS LOS PRIMEROS, SEGUNDOS Y TERCEROS MARTES  
8:30 AM A 3:00 PM

**MỞ CỬA CHO CÔNG CHÚNG**  
MỖI THỨ BA THỨ NHẤT, THỨ NHÌ VÀ THỨ BA  
8:30 SÁNG – 3:00 CHIỀU

### SUSTAINED the holiday food program

The Food Pantry team distributed 311 holiday grocery bags to community members in need in Boston, Plymouth, Hyannis, and South Dennis.

## Our Appreciation For Our Volunteers and Supporters

We are grateful to the many individuals, businesses, organizations, and foundations for your support for the Food Pantry at Harbor Health. In 2025, our supporters made financial contributions, Amazon wishlist purchases, grants, in-kind donations, as well as volunteered their time and organized food drives.

**Large or small, every contribution means more food, dignity, and hope for our neighbors in need. Thank you.**

Leon David is a member of Harbor Health's board of directors. He volunteered his time to pick up produce from the Food Pantry at Harbor Health to deliver to the Haitian community in Mattapan.



### Thank you to our supporters for making a difference!

The Greater Boston Food Bank  
Direct Relief  
Edward "Ed" Freschette  
Elliot Physical Therapy  
Hillsdale Foundation  
Fallon Health  
Maggie Ofrin  
Market Basket  
MassNow  
Mayor Wu, City of Boston  
Neighborhood Produce  
Open Doors Dorchester Yoga Studio  
Star Market | Give Back Where It Counts  
Stop & Shop | Bloomin' For Good  
Trader Joe's  
United Way of Massachusetts Bay  
Volante Farms

We are also grateful to the many community members and staff at Harbor Health for the money, food, supplies, and time you gave to the Food Pantry in 2025!



Contact our team at **(617) 533-2228** for information about our services, donations, and volunteer opportunities or visit [HHSI.US/FoodPantry](https://HHSI.US/FoodPantry)

