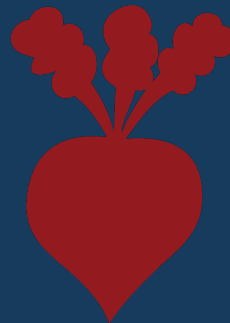
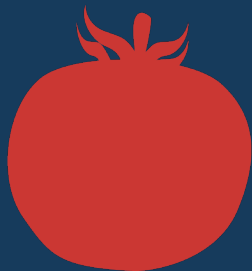


Farm-to-Freezer

An Institutional Guide to Saving Summer's Bounty



By 2013 Ralph W. Voorhees Public Service Fellows

Abdul Abad
Kevin Dahaghi
Katherine Fudacz

Erin Maguire
Sarathi Tuli
Arielle Wortzel

Instructor: Kathe Newman

Farm-to-Freezer

**Excess produce
during growing
season**



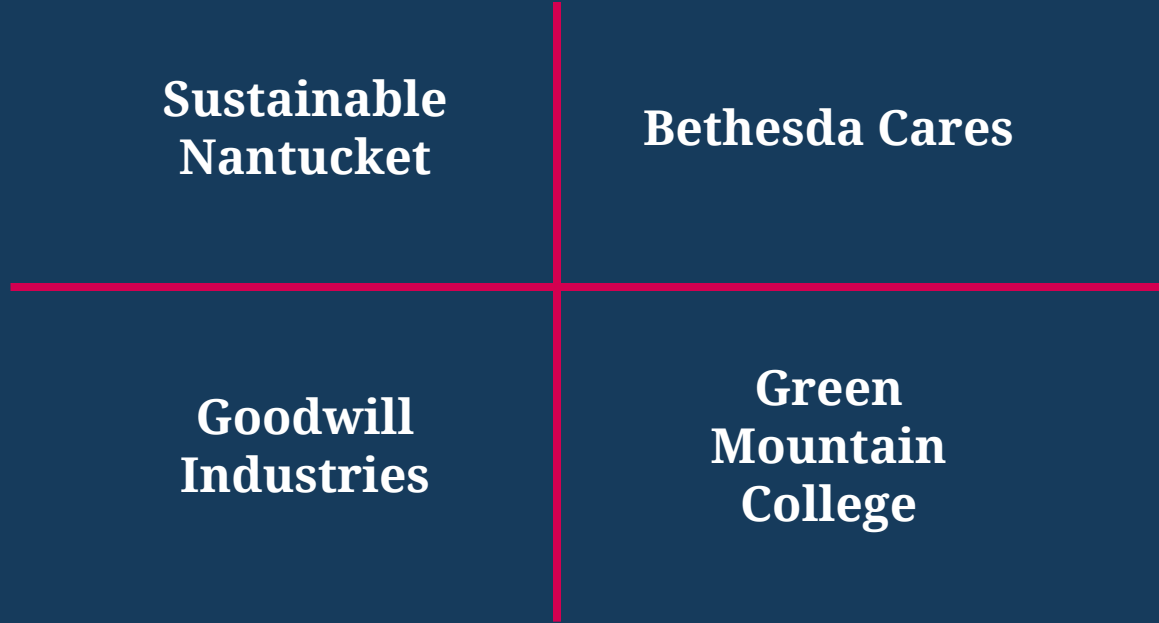
**Produce is
processed, stored,
and frozen**



**Creates healthier,
cheaper food
during the winter**



Farm-to-Freezer Approaches

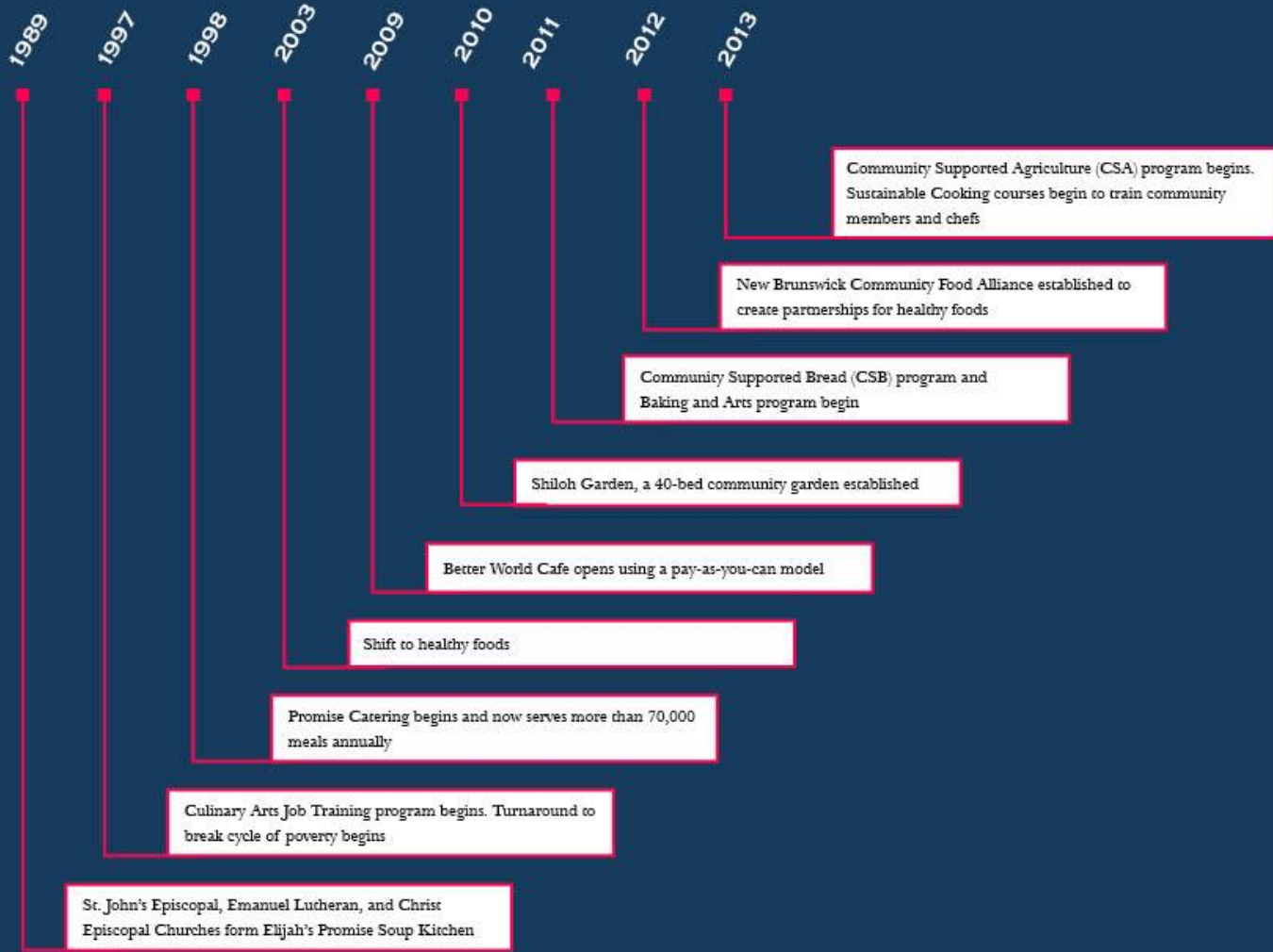


Elijah's Promise

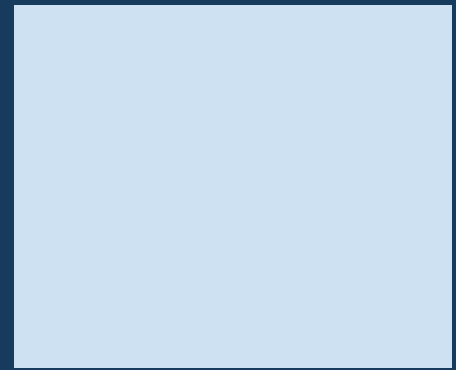
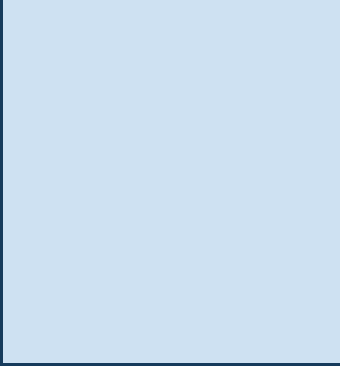
“Harnessing the power of food to break the cycle of poverty, alleviate hunger and change lives.”



Elijah's Promise Timeline



How EP is Versatile with Food



Benefits of Freezing Fresh Food

Elijah's Promise Saves Money by Freezing Fresh Food



Elijah's Promise Savings

Eggplant

Avg Cost: \$0.80 - \$3.00
Total Donation: 360 lbs.
Avg Savings: \$288 - \$1,080

Squash

Avg Cost: \$0.85 - \$1.15
Total Donation: 60 lbs.
Avg Savings: \$51 - \$69

Tomatoes

Avg Cost: \$32
Total Donation: 5,000 lbs.
Avg Savings: \$3,808



Other Benefits of Freezing Fresh Produce



Health and Quality

- Control additives (salt, oil, and preservatives)
- Safeguard nutritional value after harvest
- Conserve food color, texture and flavor
- Preserve food seasonality and locality



Environmental Sustainability

- Travel fewer food miles
- Recycle food waste



Enhances Flexibility

- Prepare meals and ingredients ahead of time
 - Complete meals are helpful when short staffed, after weekends and in emergencies
 - Processed ingredients like tomato puree can be used in many dishes



Community

- Yields greater return for farmers
- Enhances food security for all
- Enhances job training opportunities
- Provides volunteer opportunities



Costs of Freezing Fresh Food

Labor - Volunteers

“There is something for everybody, and everybody can be involved in the work of ending hunger.”

Elijah's Promise Volunteer Manual



Volunteers

**Builds
interpersonal and
professional skills**

**Teaches food
preparation and
cooking
techniques**

**Provides service
hours to students
and organizations**

Elijah's Promise

**Reduces costs of
labor**

**Strengthens
relations with
community
partners**

**Affords
opportunities for
chefs to learn new
skills**

New Brunswick

**Connects member
of different
constituencies**

**Serves as location
for community
interaction**

**Raises awareness
of food insecurity
and hunger**

Facilities and Equipment



Conclusion

- Elijah's Promise saves money by preserving fresh food
- The benefits are far greater than \$\$\$
- Many costs are reimagined as benefits



Acknowledgments

Gabby Aron, *Community Support Agriculture (CSA) Coordinator*

Chef Chrissy Banks, *Baking & Pastry Program Manager & Admissions Counselor*

Anthony Capece, *Urban Agriculture & Food Systems Coordinator*

Chef Carol Eggleston, *Promise Catering Chef Manager*

Lisanne Finston, *Executive Director*

John Milano, *Purchasing Agent/Steward*

Tony Nunno, *Volunteer & Donations Coordinator*

Chef Pearl Thompson, *Director of the Promise Culinary School*

Chef Rachel Weston, *Special Projects Coordinator*

For Lisanne

Lisanne's commitment to education and public service inspires many others to fulfill their dreams. She believes that her generation's ceiling should be the next generation's floor and she encourages and challenges everyone around her to dream bigger. Lisanne Finston will be truly missed. We wish you all the best on your next endeavor!

Farm-To-Freezer

An Institutional Guide to Saving Summer's Bounty

By the Fall 2013 Ralph W. Voorhees Public Service Fellows



Ralph W. Voorhees Center for Civic Engagement
Edward J. Bloustein School of Planning and Public Policy
33 Livingston Avenue, New Brunswick, NJ 08901