

QUARTERLY IMPACT REPORT

August to October 2026

at Good Neighbors Food Pantry

Good Neighbor Services Inc

A NOTE FROM THE TEAM

Nearly a year of Saturdays

Dear neighbors,

Between August and October, Good Neighbors opened its doors on three Saturday afternoons in North Quincy. Each time, anyone who came was welcome to shop for groceries and essentials.

Across those three pantries, 188 different households shopped with us, many of them more than once, for 356 visits in all. Together we distributed more than 5,100 pounds of food. Forty-nine of those households came to Good Neighbors for the first time.

Our organization has always been community led, and this quarter our volunteers took that even further. They took the shopping lists and ran with them: doing the shopping, hauling the food, unloading it, inventorying every item, setting up, serving, and cleaning up. In October, 45 volunteers showed up, a new record for a single pantry day.

Giving comes in so many forms. Whatever you gave this quarter, whether it was your time, food, money, or a good word to a friend, thank you.

With gratitude,
The Good Neighbors Team

OUR MISSION

To nourish our community through dependable, nutritious food support built on strong partnerships and shared compassion.

PANTRY DAYS THIS QUARTER

AUG 15	**119 households served** 1,559 lbs of food 299 people reached
SEP 19	**113 households served** 1,423 lbs of food 303 people reached
OCT 17	**124 households served** 2,185 lbs of food 364 people reached



The volunteer team that runs Good Neighbors. Founder and Executive Director Max Asker is on the far right.

BY THE NUMBERS

One quarter at the pantry

356

household visits

Every time a household came through the line across our three pantries.

188

different households

Counted once each, no matter how many times they came this quarter.

966

people reached

Everyone in the households we served, at each visit

5,167

pounds of food

Groceries, produce, protein, and staples

4,306

meals' worth of food

At 1.2 lbs per meal

327

volunteer hours

From 107 volunteer shifts

161

hygiene bags

Packed with everyday essentials

60

menstrual product bags

For neighbors who need them

PANTRY	HOUSEHOLDS	PEOPLE	POUNDS	MEALS	VOLUNTEERS	VOL. HOURS
Sat, Aug 15	119	299	1,559	1,299	30	96
Sat, Sep 19	113	303	1,423	1,186	32	96
Sat, Oct 17	124	364	2,185	1,821	45	135
Quarter total	**356**	**966**	**5,167**	**4,306**	**107**	**327**





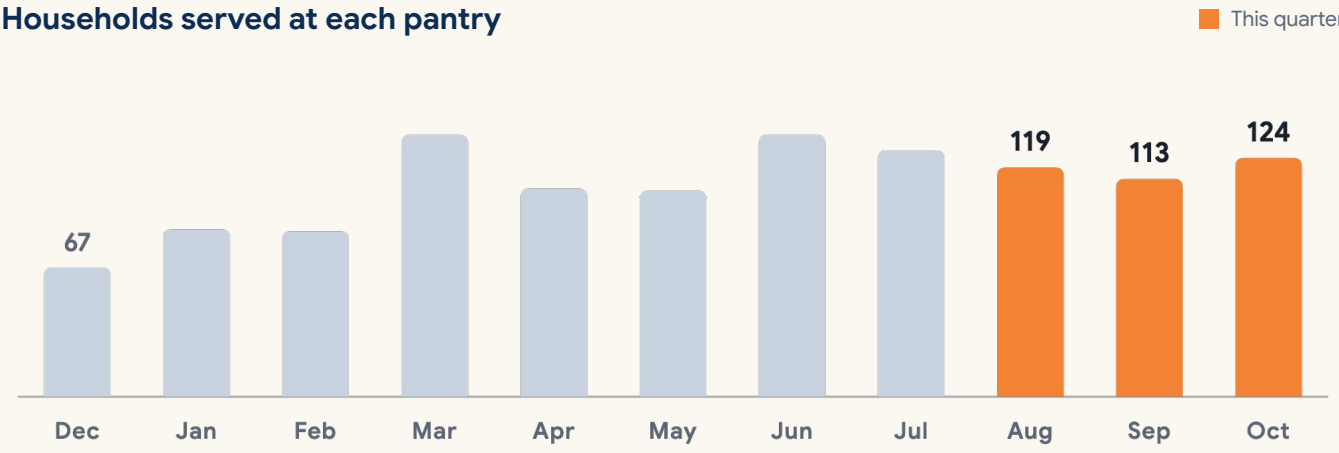


HOW WE'VE GROWN

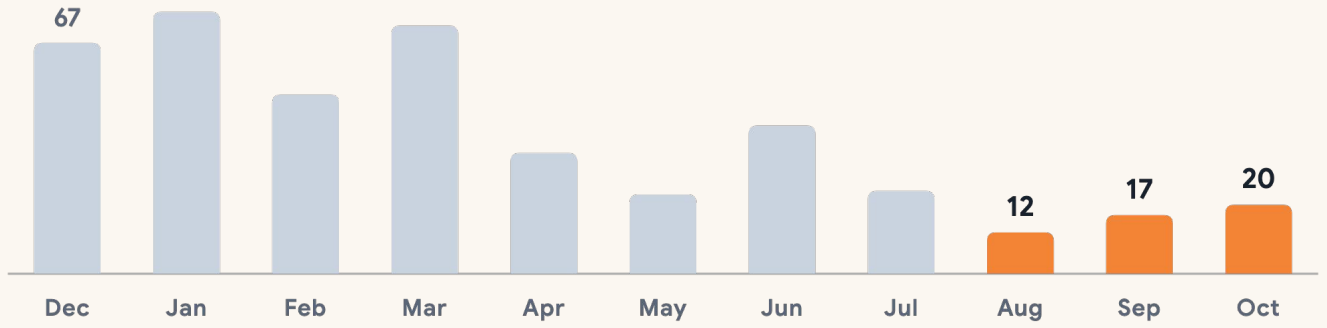
The line keeps growing

Our first pantry, in December 2025, served 67 households. By October we were serving 124, nearly twice as many.

Households served at each pantry



First-time households each month



New households came in waves as word spread in our first months, then leveled off over the summer. This quarter the number of newcomers rose each month: 12 in August, 17 in September, 20 in October.

441

different households since our first pantry

74%

of this quarter's households had come before August

111

households came to two or more of this quarter's pantries



WHO WE SERVE

Neighbors, close to home

93%

live in Quincy

331 of 356 visits

83%

walked to the pantry

Most live within walking distance

71

average client age

Many are seniors on fixed incomes

85

visits from families with children

About 1 in 4 households



MORE THAN FOOD

161 hygiene bags

60 menstrual product bags

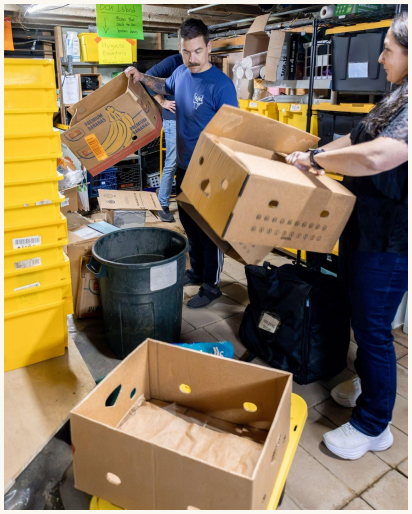
Toilet paper, soap, toothpaste, and other basics are expensive and can't be bought with SNAP. We buy most hygiene supplies ourselves and pack them into bags so every household can take one home with their groceries.

THE PEOPLE BEHIND THE PANTRY

Run entirely by volunteers



Some of our regulars. Many have come back month after month and taken on more each time. All are South Shore residents, and several call Quincy home. We're so grateful for them.







Volunteers went all in

This quarter, volunteers took our shopping lists and handled the rest: doing the shopping, hauling the food, unloading it, and inventorying every item they bought, which is no small feat. Then they broke down the many, many boxes it all came in.

Our biggest crew yet

Forty-five volunteers came to the October pantry, a new record for us. That included a large group from Wollaston Church of the Nazarene in Quincy and high school students from North Quincy.

What started as a fun way to connect with friends at a food pantry has naturally become an amazing way to connect with the larger community as a whole, and I highly encourage those who hear about Good Neighbors to join so that you can contribute to the positive impact this group has to offer! It can be difficult to navigate where to help in the world, especially when news and social media floods our senses. Good Neighbors has shown me that those opportunities are a lot closer to home than we might realize. So see for yourself, and hopefully we'll see you soon!

ANTHONY C. · VOLUNTEER

QUARTER HIGHLIGHTS

What else happened this fall



Left: a neighbor choosing noodles. Right: volunteers restocking the protein table, and our Ops Director taking inventory on pantry day.

A new partnership with Trader Joe's

This quarter, Trader Joe's accepted Good Neighbors as a partner. It brings us more food than we've ever had, and our team is rising to meet the moment, with all the planning and logistics a partnership like this involves. We also built new partnerships with other local grocers for in-kind donations and discounts, which help us be good stewards of every dollar donated to the pantry.

Room for more fresh food

A new refrigerator was donated this quarter after volunteers reconstructed the basement storage space we use. This fall, volunteers started clearing out another section of the basement. More on that in our annual report.

Flowers, see you in spring

Fresh flowers from Friends of Holly Hill Farm went home with neighbors all summer. Fall means we're flowerless for now, and we're already looking forward to spring blooms.

After the cleanup

A lot of pantry days now end with volunteers getting a bite and hanging together at Assembly in Quincy. It has become one of our favorite parts of pantry day.

SINCE OUR FIRST PANTRY IN DECEMBER 2025

1,211	441	19,934	1,137
household visits	different households	pounds of food distributed	volunteer hours

THANK YOU

It takes all of us

Our partners donate food, offer discounts, and help us stretch every dollar. Thank you to every business, farm, and organization that stocked our shelves this quarter, and to every person who gave their time or money.

A special thank you to Father Chris Capaldo and St. Chrysostom's Episcopal Church in Quincy for graciously sharing their space with us.



Own a local business?

Sponsor a pantry month and we'll feature your logo on our website and in reports like this one.

Email **development@heygoodneighbors.org** to learn more!

Want to help without taking on a full sponsorship? **Click here** to chip in toward a pantry month.

GET INVOLVED

Help keep the shelves full

Every pantry runs on donations and volunteers. Here's how to be part of the next one.

Donate

$1 a day, or $30 a month, helps keep food on our shelves. Every gift is tax-deductible.

Donate on Zeffy

Join the newsletter

Pantry stories, photos, and new data every month.

Subscribe on Substack

Volunteer with us

Help shop, pack, serve, or clean up on pantry day. Please sign up ahead of time.

Sign up at heygoodneighbors.org/volunteer

Good Neighbor Services Inc.

A free, open-to-all food pantry in North Quincy, MA

heygoodneighbors.org · @heygoodneighbors

With gratitude to Father Chris Capaldo and St. Chrysostom's Episcopal Church in Quincy for graciously sharing their space with us.

Photos by Lark Parmalee · Good Neighbor Services Inc. is a 501(c)(3) nonprofit