

August Monthly Newsletter

1 message

Bread of Life <info+breadoflifemalden.org@ccsend.com>

Fri, Aug 11, 2023 at 11:00 AM

Reply-To: info@breadoflifemalden.org

To: gabriella.stelmack@breadoflifemalden.org

August Monthly Newsletter**Bread of Life***Food for the body...Nurture for the soul***Reflections from our Director**

I read something recently about the irony of the phrase "just vanilla." Poor old vanilla has become "plain" in light of so many new, exotic flavor combinations. Yet vanilla is a flavor that comes from the seeds of a tropical orchid whose flowers last only one day, and is the second most expensive spice in the world! This got me thinking about all the things I eat that I take for granted. We have so much available to us in our local supermarkets, farmer's markets and specialty shops - if we have the money.



For decades, the federal government has provided SNAP (Supplemental Nutrition Assistance Program) and WIC (Women, Infants and children) to make funds available directly to lower-income households to purchase groceries. But SNAP benefits decreased across the board in July due to the end of COVID-SNAP benefits. At the same time, food costs are 24% higher in Eastern Massachusetts (including the Boston metropolitan area) than in the rest of the nation. This makes it one of the most expensive places in the country to eat. The average food costs in the Boston area are estimated, depending on the exact community, at between \$380 to \$640 per person per month. Add to that the high cost of housing in the Boston area, and the result is lower-income households experiencing continual financial strain.

This is why, working with YOU through your gifts and volunteering, Bread of Life is making a huge impact for good. Together, we are implementing food justice by providing access to healthy food for communities that are lower-income, people of color and immigrants. Even as we prepare to move into our

new building at 54 Eastern Avenue Malden in early 2024, we are still expanding to serve more people. In April, we began distributing 3,000 pounds of food every week through the new Family Care Pantry, in coordination with The Family Church in Everett. This year to date, we have served 21,472 households compared to 19,761 in 2022.

Thank you for your compassion and for your hunger for food justice. We couldn't do this work without you.

God bless you,
Gabriella

Under One Roof Update

Construction is continuing on our new facility at 54 Eastern Avenue in Malden with completing blueskin installation, window installation, brick facing and first floor interior framing.

The 54 Eastern Ave project will bring all BOL programs under one roof - food pantries, evening meals, backpacks, teen

center collaboration, motel shelter food provision, grocery delivery and food access - along with our offices and a multi-purpose hall for expanded programs. The project also provides 14 affordable studio apartments owned and operated by Metro North Housing Corp (MNHC)* to provide permanent housing for very low-income formerly homeless individuals.

We couldn't have done it without the contributions of 1,100+ donors like you!

Thank you,
Gabriella



Making a Difference

"Serena" came to our evening meals looking for help, but also just for someone to hear her. As a person who currently has no place to live and is searching for housing, everything is difficult. She has no mailing address to receive notifications about her housing applications. She has nowhere to shower and doesn't have the funds for a gym membership that could provide this. She has to carry all her bags with her because she doesn't have the funds for a storage facility. Clearly an intelligent woman, who once worked in human services, she is frustrated by so many barriers and her unmet basic needs. But she's even more discouraged by the lack of humanity on the part of people with whom she

has interacted. She wonders why regulations and schedules must always trump getting results for the person in need. She was very happy with the supper and extra foods she enjoyed at Bread of Life's evening meal, but what she most appreciated was that people sat down to share a meal with her, listened to her, and saw her as a fellow human being.

Community News

Bread of Life Walk, October 1st

Bread of Life's Walk/ Fundraiser
Sunday, October 1st, at Pine Banks.
Walker registration now available!
Click here

[Donation Form \(donorperfect.net\)](https://donorperfect.net)



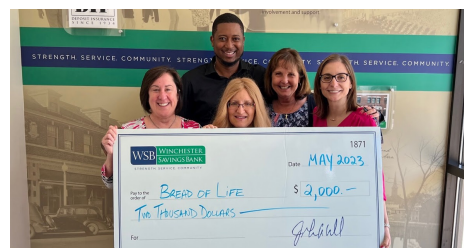
SAVE THE DATE!
BREAD OF LIFE
5K WALK
SUNDAY,
OCTOBER 1ST
12PM START
PINE BANKS PARK

[Breadoflifemalden.org](https://breadoflifemalden.org)



Winchester Savings Bank

We are so very grateful for the ongoing support of Winchester Savings Bank. Always there to help! Thank you!



Save the date for Benefit Concert

We're so excited! Save the date for Benefit Concert, Friday, October 27th at The Sanborn House Historical and Cultural Center!
Thank you Winchester Savings Bank Harris & Murphy, LLP Mahtani RE
Leading Edge Real Estate.



Volunteer Opportunities

Arabic, Cantonese, Creole, Mandarin, Portuguese, Spanish speakers welcome!

Malden Food Pantry, 109 Madison St., Malden

Mondays/Tuesdays/Fridays 12-5pm; Wednesdays 10am-6:30pm; Thursdays 10am-5pm

Come for whole time or just a few hours. No need to contact us beforehand. Just drop in when you can.

Ways you can help: load/unload vehicles, sort food, stock shelves/refrigerators/freezers, organize/clean, pick up/deliver, pack groceries, distribute food, work with the public, translate, help with data/admin tasks.

Grocery Delivery Program Drivers, 109 Madison St., Malden

Wednesdays/Thursdays - any time from 10am-5pm

Help deliver boxed groceries to homebound individuals in your vehicle. Serving Chelsea, Everett, Malden, Medford, Melrose, Lynn, North Reading, Revere, Stoneham, Wakefield, Winchester, Winthrop, Woburn

Everett Mobile Market



Come for whole time or just a few hours. No need to contact us beforehand.
Just drop in when you can.

Preparation: Thursdays 10am-12pm, 109 Madison St., Malden Help move food,
pack groceries and load food onto truck for food distribution.

Distribution: Thursdays 3:30-5pm, Lafayette School Parking [Lot, 117 Edith St., Everett](#) Help unload and distribute groceries from truck; check people in; break
down and clean up.

Everett Backpack Nutrition Program, 109 Madison St., Malden

Preparation: Fridays - any time from 12-4 pm

Help pack backpacks with breakfast, lunch, supper and snack items for
students in need.

Distribution: Mondays - 11am-1pm Help make deliveries to schools.

Food Access Project, 109 Madison St., Malden

Help implement activities and translate information to improve food access for
non-English speaking communities.

And Also... There are many ways to make a difference – be creative! Organize a
food drive, Bake cookies, Make goody bags, Write/Draw greeting cards, and
more...

Contact: Eileen Mullen, Volunteer Coordinator: Eileen.Mullen@BreadofLifeMalden.org, 781-397-0404 (main office)

Food for the Body...Nurture for the Soul

Follow us



Donate Today

Bread of Life | [214 Commercial St., Suite 209, Malden MA](#) | www.breadoflifemalden.org

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