
March Monthly Newsletter

Bread of Life <info-breadoflifemalden.org@thebreadoflifeonline.ccsend.com>
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March Monthly Newsletter



Bread of Life

Food for the body...Nurture for the soul

Reflections from our Director

What an exciting time! Bread of Life's new facility at 54 Eastern Avenue in Malden is within a few months of completion. We've been preparing for months to move into our new building, thinking not just about the physical logistics, but about all the changes that will or could come about in our programs. With each passing week, visions of what is possible emerge. Take just one program: our Malden-based food pantry. When we were designing the new facility some years back, we visited the Open Door pantry in Gloucester as a model of what a "client choice" pantry could look like. Since December, we have visited three other client choice pantries in Newton, Peabody and Arlington, and taken home great ideas to implement. Client choice means that community members can browse and select the foods they want and need, foods that are culturally or nutritionally appropriate and best for them and their families. In contrast, food orders that are pre-selected for the patrons may result in unwanted foods being wasted and the grocery order falling short of meeting the family's needs. Bread of Life has had to pre-bag most foods and offer only limited choice for years due to space constraints. COVID greatly exacerbated the situation, as our programs had to switch to pre-bagged orders that were picked up "to go." Our new space finally makes client choice possible! And with that, other ideas come tumbling out. What about cooking demonstrations based on recipes suggested by patrons from different cultural backgrounds so that folks from any culture



can learn and sample the result? Or demonstrations of how to cook a particular vegetable or fruit available at the pantry or featured in a specific cuisine? Or cooking classes to teach basic techniques and styles of cooking? Recipe swaps? Nutrition education? It is said that "the kitchen is the heart of the home." It's a place not only for preparing and cooking food, but for meeting, sharing meals, conversation, and time with family and friends. Bread of Life is in the happy place of being able to provide the food for our lower-income neighbors that enables them to continue to experience the love, laughter and deliciousness of "the heart of the home."

Thank you for partnering with us,
Gabiella Snyder Stelmack
Executive Director

Under One Roof Update

Over the next few weeks, we are continuing with installation of exterior siding, interior insulation and drywall, and elevator. The anticipated completion date for construction is Spring 2024. 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. The lottery held for the 300+ applicants for these units was carried out on Feb. 28. MNHC will be notifying those individuals selected. Thank you for your support for this project to provide food security and permanent housing! We could not have done it without you!



Gabiella Snyder Stelmack, Executive Director, Bread of Life

Making a Difference

We had a note last month from Debbie McGonigle who coordinated a group of youth and adult volunteers from St. Mary's Church in Winchester to help with our Grocery Delivery Program: "Eileen [BOL Volunteer Coordinator] THANK YOU and Tyrone [Delivery Coordinator] for making this afternoon so rewarding for our group! It was so good to meet you both and learn about the amazing work Bread of Life does in Malden and your surrounding communities. It was so impressive to learn about the volume of meals you

provide and the different ways you do that. We were all happy to play a small part in making such a difference in so many people's lives. We are already excited to come back..."



Community News

Our Young Professional Advisory Board (YPAB) members are doing phenomenal work for Bread of Life!

Obiora Ofokansi and colleagues at Turner Construction Company collected over 552 cups of soup noodles for our programs; backpack program, food pantry, evening meal service, mobile market and motel program. We are so very grateful, thank you!



Winchester Savings Bank

Thank you to Bread of Life Young Professional Advisory Board Member, Kenny Saint Juste and Winchester Savings Bank colleagues and customers for hosting a food drive for Bread of Life! We appreciate your support!



Everett Backpack Nutrition Program

The City Year interns from Lafayette School in Everett did an outstanding job of packing backpacks for our Everett Backpack Nutrition Program. They filled 2 weeks' worth of backpacks with all sorts of "kid" food in under 4 hours! The backpacks get distributed each week to 3 schools to provide extra help for students in need.



Volunteer Opportunities

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

DROP IN TO VOLUNTEER (no need to contact us beforehand):

Food Pantry, 109 Madison St., Malden

We're OPEN:

Monday/Tuesday/Thursday/Friday 12-5pm;

Wednesday 12-6:30pm

Help load/unload vehicles, sort food, stock shelves/refrigerators/freezers, organize/clean, pack groceries, distribute food, work with the public, interpret, help with data/admin tasks.

Grocery Delivery Program Drivers, Start from 109 Madison St., Malden

Tuesday - Any time from 1-5pm; Wednesday/Thursday - Any time from 10am-5pm

Deliver groceries to homebound individuals in one community in your own car. Serving Chelsea, Everett, Malden, Medford, Melrose, Lynn, North Reading, Revere, Stoneham, Wakefield, Winchester, Winthrop, Woburn.

Everett Mobile Market - Location: Lafayette School Parking Lot, 117 Edith St., Everett

Thursday – Any time from 3:30-5pm - *Great for families!* Help provide food for the local neighborhood by helping with all aspects of Food Distribution.

Everett Backpack Nutrition Program

Monday – Any time from 12-5pm; Evening and Weekend hours possible upon request - Help pack backpacks with breakfast, lunch, dinner and snack items for students in need in Everett schools.

Home Cooks and Bakers - Prepare food at home and deliver to 109 Madison St., Malden, Monday - Friday 12-3pm. Examples: mac and cheese, lasagna, casseroles; sides and prepared and prepared salads; cookies, brownies, cakes, pies.

SCHEDULE AHEAD TO VOLUNTEER (781-397-0404 or Eileen.Mullen@BreadofLifeMalden.org):



General Drivers

Help pick food up from various locations and deliver to our Food Pantry. Help bring food from our Food Pantry to program locations. Schedules vary Monday-Friday.

Shelter Meals Program

Wednesday, 9-11am

Help sort and pack food for homeless families/individuals temporarily housed in motels; load van; stock shelves/refrigerators/freezers.

Food Access Project

Help improve access to nutritious and appropriate food and to our volunteer opportunities for non-English speakers; interpret, and translate/proofread written materials to empower immigrant families.

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

Food for the Body...Nurture for the Soul

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