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November Monthly Newsletter

1 message

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

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November Monthly Newsletter



Bread of Life

Food for the body...Nurture for the soul

Reflections from our Director

*Let us sit down soon to eat with all those who
haven't eaten;
let us spread great tablecloths, put salt in the lakes
of the world,
set up planetary bakeries, tables with
strawberries in snow,
and a plate like the moon itself from which we can
all eat.*

For now I ask no more than the justice of eating.

*-Excerpt from The Great Tablecloth by Pablo
Neruda, Nobel Prize winning Chilean poet*



"Food insecurity" is defined by the USDA as the lack of consistent access to enough food for every person in a household to live an active, healthy life. The number of Americans who did not have enough to eat over a seven-day period rose from over 18 million in August 2021 to over 26 million in August 2023, according to data from the U.S. Census Bureau Household Pulse Survey. That represents a roughly 45 percent increase over the past two years. Food insecurity rates in Massachusetts have been inching closer to the high we saw at the onset of the pandemic, according to Project Bread, with about 18.8% of all households reporting food insecurity in September 2023.

November and December are Bread of Life's busiest months of the year. So much to plan and do: over 1,000 meals to make and deliver on Thanksgiving

Day and again on Christmas Day...more food to pick up and process...expanded hours and longer lines at our food pantries and mobile market. But I wouldn't miss this season for anything. I see over 200 people, young and old, volunteering to prep, serve and deliver meals for families and elders on Thanksgiving and Christmas. I see people sitting down to share a meal with someone who would otherwise be alone and lonely on the holiday. I see school children collecting canned goods to donate to our pantry, knowing that children like themselves would be going hungry otherwise. I see all kinds of businesses and agencies holding workplace food and winter clothing drives. I'm touched and proud to be surrounded by so many generous caring people who know this truth: *If you are really thankful, what do you do? You share.* -W. Clement Stone.

Bread of Life's mission is "food for the body...nurture for the soul." And it turns out that the nurture is just as much for the one who gives as for the one who receives. Thank you for partnering with us in this give & take of nurture & thankfulness.

May you & yours enjoy a blessed Thanksgiving celebration.
God bless you,
Gabriella Snyder Stelmack
Executive Director



O give thanks to the LORD,
for He is good;
His love endures
forever.
- Psalm 118:1

Under One Roof Update

Construction continues over the next few weeks with installation of exterior and interior insulation, putting up dry wall, electrical equipment and initial paving of the site. The anticipated completion date for construction is February 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. Thank you to over 1,100 donors like you who are making this project a reality!



Thank you,
Gabriella Snyder Stelmack, Executive Director



Making a Difference

We received a card last year from a couple in Wakefield: *"To Bread of Life: Thank you for the Thanksgiving Dinners and pie! (Delicious!). We both have been in the hospital and had no food for Thanksgiving Dinner! The gentleman who delivered our meal brought us hope. God bless everyone! Love, Joan & Tom"*

Community News

Thanksgiving Day dinner

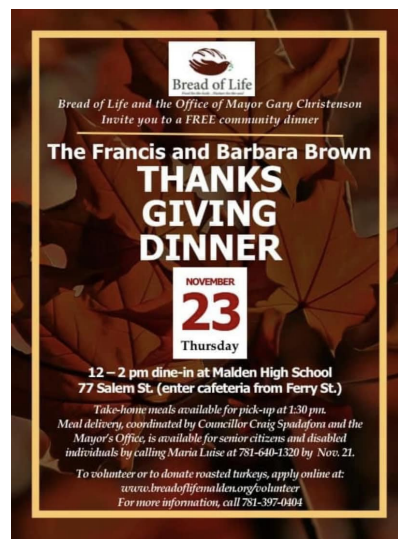
Bread of Life and the Office of Mayor Gary Christenson invite all to a FREE COMMUNITY DINNER

12–2 pm Thanksgiving Day - November 23, 2023

Dine-in at Malden High, [77 Salem St.](#) (enter cafeteria from Ferry St. near CVS)

Take-home meals available for pick-up at 1:30 pm
Meal delivery, coordinated by Craig Spadafora Councillor-at-Large, Malden will be available for senior citizens and disabled individuals. Senior citizens who ARE NOT Mystic Valley Elder Services clients can request delivery by calling Maria Luise at 781-640-1320 by Nov. 21. Senior citizens who ARE clients of MVES need to call their MVES case manager if interested in receiving a meal delivery.

To volunteer or to pick up a frozen turkey to cook, sign up here: <https://www.breadoflifemalden.org/new-page-1>



A fun race to benefit Bread of Life!

Wobble through Malden before you gobble with friends and family this Thanksgiving! This year's Wobble Before You Gobble 5K and Kids Dash on November 19 benefits Bread of Life, serving food to disadvantaged families. All Wobble participants even receive a PIE as part of your registration so grab your friends and family and join the fun!

[Details here!](#)


WOBBLE BEFORE YOU GOBBLE



5K Fun Run & Kids' Dash

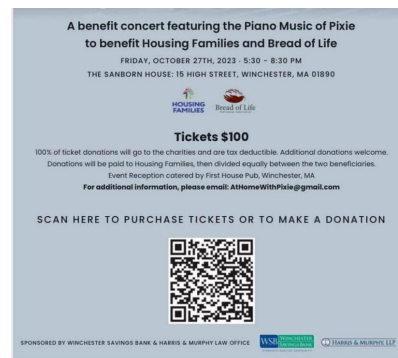
The Benefit Concert for Bread of Life and Housing Families was a great success!

Thank you to generous donors for raising over \$13,000 for Bread of Life and Housing Families programs!

Special thank you to Pixie Mahtani for hosting a wonderful evening of piano music and thank you to our event sponsors Winchester Savings Bank and Harris and Murphy Law Office.

Still time to donate!

https://funraise.org/give/Housing-Families,-Inc./acf19de1-6145-44a4-a3fe-da5bof3a142d/?mc_cid=897bf1b7bb&mc_eid=UNIQID



5th Annual Jerry Twomey Memorial Pool Tournament

Each year, Lafayette Associates host a pool tournament in memory of Jerry Twomey, father of Bread of Life's Board President, Sean Twomey. This is a fun event and fundraiser to benefit Bread of Life programs.

This year, the 5th Annual tournament is Saturday, November 18th.

Thank you to our friends at Lafayette Associates!

Saturday November 18th at 1PM will be the 5th Annual Jerry Twomey Memorial Pool Tournament.

Sign-ups for the tournament will begin at 11am that Saturday.

All proceeds raised will be donated to the **Bread of Life**.

Bread of Life is a nonprofit, nondenominational, faith-based food security organization based in Malden, MA that provides over 1.5 million pounds of free food a year for economically struggling and disadvantaged families, individuals, youth and senior citizens in the North metro Boston area.

We will be holding a prize raffle and 50/50 raffle starting Thursday November 16th at 8PM. Tickets will be available Thursday through Saturday during the pool tournament.

All raffles and prizes will be drawn at approximately 5PM the day of the tournament.

If anyone would like to donate a raffle prize, please reach out to myself, Brad Avery (978-808-2533), or Carol Sacco (978-423-9951). They can be left at the club, or I can arrange to have it picked up. Current prizes include a scratch ticket tree, booze basket and spa gift card with more to come.

Thank you,

Brad Avery

From November 1- November 30, our friend Janice Mancini is hosting a Pampered Chef fundraiser to benefit Bread of Life.

[Details here!](#)



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

Food Access Program

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

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Donate Today

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