

## Postal Worker's Food Drive

May 2016

Volume 24, Issue 2

### MISSION

Loaves & Fishes exists as a mission of love and faith by providing food and temporary support services to residents of Ayer, Devens, Groton, Harvard, Littleton and Shirley and advocates for changes by its clients that will promote independence and self-reliance.

### BOARD OF TRUSTEES

Mary Markham, *President*  
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### STAFF

Patricia Stern, *Executive Director*  
Paul Niemira, *Food Coordinator*  
Theresa Wilson, *Client Advocate*  
Karen DeGagne, *Volunteer & Office Coordinator*

### OPEN PANTRY HOURS

#### Wednesday and Friday

9:45AM-12:30PM  
(Doors open at 9:30AM)

#### First and third Saturdays of the month

9:00AM-11:00AM  
(Doors open at 8:45AM)

#### Second Tuesday of the month

6:00PM-8:00PM  
(Doors open at 5:45PM)

Closed when Ayer Shirley Regional School District is closed or delayed due to inclement weather. Evenings and weekends call (978) 772-4627 for a recorded message.

### FOOD DONATION TIMES

During all Open Pantry Hours  
Monday and Wednesday evenings from 7:00PM-8:00PM

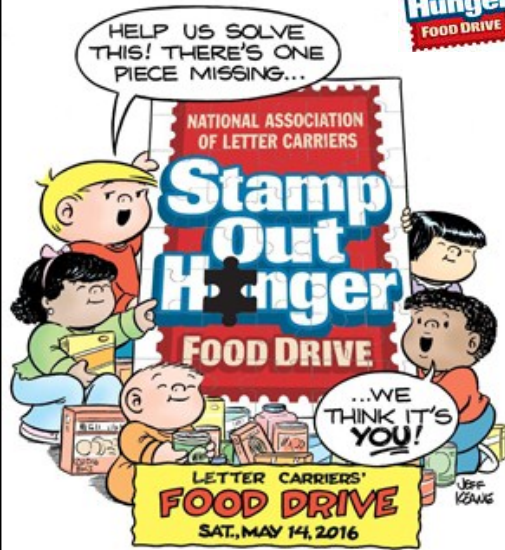
### CLOTHING DONATION TIMES

During all Open Pantry Hours and  
Monday 10:00AM-12:00PM  
Monday and Wednesday evenings from 7:00PM-8:00PM

### LOCATION

234 Barnum Road, Devens, MA  
Mailing address:  
PO Box 1, Ayer, MA 01432  
Telephone: 978.772.4627  
Fax: 978.772.7395

**Saturday, May 14th!**



America's largest one-day food drive is **Saturday, May 14.**

Help your letter carriers **#StampOutHunger!** Leave a bag of non-perishable food on your doorstep for your postman or deliver it to your local post office.

Volunteer your time to help us sort the food we receive! This is also a great volunteer opportunity for students to accrue community service hours in order to fulfill graduation requirements!

Visit our website at [www.loavesfishespantry.org](http://www.loavesfishespantry.org) for more information about helping out on Saturday, May 14th!

## Groton Neighborhood Food Project



**The Food Project is a revolutionary way to collect food: It's a *donor drive*, not a *food drive*.** Instead of asking for one-time contributions of food, volunteers enlist their neighbors to become long-term Food Donors. Neighbors donate a bag of food every two months. It's incredibly easy—The Neighborhood Coordinators supply the bag...and they pick up the food and deliver it to Loaves & Fishes! Thousands of pounds of food are collected and delivered every two months!

For more information or to become involved with the Groton effort, visit [grotonfoodproject.com](http://grotonfoodproject.com). We are also planning to expand this project into Ayer and Littleton. If you are interested in helping, please call us at (978) 772-4627 x310.



**3rd Annual Golf Tournament, Monday, June 13th at Shaker Hills!**

## Community Support



Dr. Steve Jarboe of Community Chiropractic delivered 564 pounds of food and \$650 in financial donations raised during their annual fundraiser for Loaves & Fishes. The "Foodraiser" was held at the Groton Dunstable Performing Arts Center on March 20th (featuring Brent McCoy and Alakazam!). In addition to Pam & Steve Jarboe, sponsors included EXIT Assurance Realty, Gibbet Hill Grill, Groton Wellness, Groton Therapeutic Massage, North Middlesex Savings Bank, Perkins & Ancil Attorneys at Law and Worker's Credit Union. Thank you! (Pictured: Paul Niemira, Loaves & Fishes Food Coordinator with Dr. Jarboe)



Several branches of Rollstone Bank conducted a drive to benefit four local charities in the area. Loaves & Fishes was the grateful recipient of a \$1,400 donation to help us lift and feed our neighbors!



Students from the Darnell School volunteer to package pet food from Central MA Kibble Kitchen for our clients with pets! Thank you!

## Extraordinary Young People Getting Involved!

Brownie Troop 75467 from Littleton visited to learn about Loaves & Fishes and food insecurity. They collected almost 120 pounds of food to donate and helped stock our shelves!



Ayer's Page Hilltop Elementary School visited Loaves & Fishes with principal Fred Deppe to learn about the Pantry and about hunger in our community. A poignant conversation was overheard by Mr. Deppe and staff during a tour of the facility. A young student commented "All this food is making me hungry!" Another student replied "Yeah, but you get to go home to a meal tonight." Food = Hope!



"Alone we can do so little; together we can do so much."  
-Helen Keller

We are always in need of plastic bags! If you have extras, drop them by the Pantry!



**THANK YOU FOR YOUR SUPPORT**

"We can do no great things. We can only do small things with great love."  
- Mother Theresa

### 31st Annual Good Friday Walk

Photo Credits: Adrian Flatgard



On March 25th, 116 walkers from 23 towns braved the cold, rainy day to walk in the 31st Annual Good Friday Walk. Collectively walking 650 miles, participants raised nearly \$15,000 for Loaves & Fishes and Sharing, Inc. Indeed.



### Upcoming Events



World class health care where you live.

### 5th Annual Hunger Run

**Gibbet Hill**  
CATTLE RUN & BBQ  
TO FIGHT HUNGER

**8.4 MILE RELAY TEAMS of THREE**

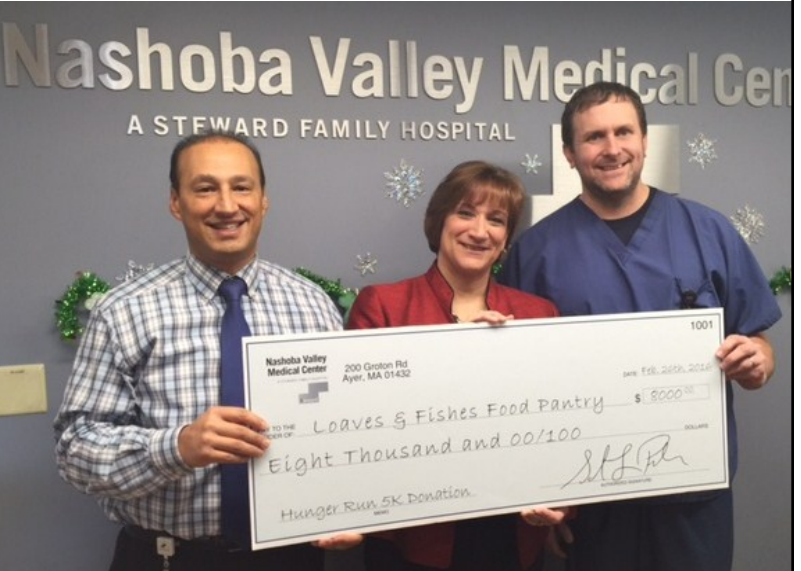
GROTON, MASS  
**THURSDAY, JUNE 23, 2016**

100% OF ENTRY FEE DONATED TO LOCAL FOOD PANTRIES

**Cattle Run & BBQ!**

This unique relay race will challenge runners of all abilities while raising money for food pantries across Massachusetts, including Loaves & Fishes!

Nashoba Valley Medical Center recently donated \$8,000 to Loaves & Fishes Food Pantry, Inc. The generous donation was a result of proceeds from the hospital's annual 5K Hunger Run road race!



**LOAVES & FISHES**  
3rd Annual Fundraiser  
**GOLF TOURNAMENT**

For sponsorship information and golfer registration, visit our website at [www.loavesfishespantry.org](http://www.loavesfishespantry.org)



To volunteer, contact Jim Hanlon at (978) 772-4627 or email [jvhanlon@yahoo.com](mailto:jvhanlon@yahoo.com)

**Monday, June 13, 2016**  
Rain or Shine  
at Shaker Hills Country Club  
**11:30am registration**  
**1:00pm shotgun start**

# National Volunteer Week April 10-16, 2016

*Thank you*



**Sorrento's**  
Brick Oven Pizzeria

Thank you to Sorrento's in Harvard for donating pizza to help us celebrate our volunteers during National Volunteer Appreciation Week!



As part of our ongoing Volunteer Connections training series, Trooper William Cullen of the Massachusetts State Police, and Deputy Fire Chief, Timothy Kelly, both from Devens, presented important basic safety and emergency preparedness information to Loaves & Fishes Staff and Volunteers. Many thanks to all participants!



## Loaves & Fishes Recipient of Training Grant!

Loaves & Fishes recently received a training grant for our Staff and Volunteers. This will help us provide important training and support to all Volunteers through an existing Volunteer Connections Series. We recently partnered with Dragonfly Wellness in Devens to provide important wellness coaching, and teambuilding sessions have been planned throughout the coming months.



## Client Corner

## Are you a current or former client? Can you help us?



*If you are a current or former client, please help us by taking a moment to answer a few short questions in an ANONYMOUS survey. When you've completed the survey, simply clip it out and mail it to us in the enclosed envelope (please check the box on the envelope indicating the newsletter survey is enclosed). Thank you for your help!*

1. HOW OFTEN DO YOU VISIT LOAVES & FISHES?

2 times a month  1 time a month  Only when I need to  Haven't been in (circle one): 3 months 6 months 1 year

2. IF YOU HAVE NOT BEEN TO THE PANTRY IN A WHILE, PLEASE LET US KNOW WHAT HAS CHANGED:

I'm working  I have no transportation  Lower cost of living (gas prices, home heating prices lower)

3. OTHER, PLEASE EXPLAIN:

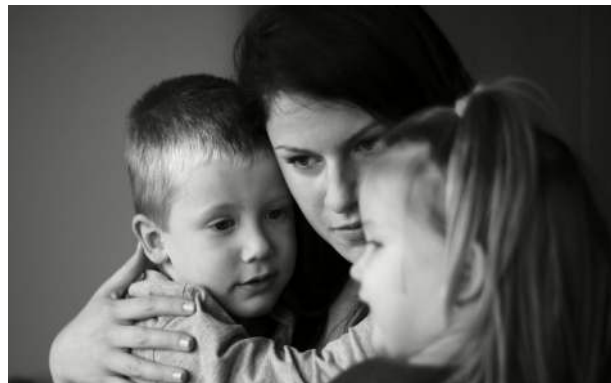
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### Policy Change



Beginning in 2016, returning clients must shop in **three different months** (for instance: one visit each month in July, August, September) to qualify for **Shop for Your Kids** and **Shop For Your Parents** events. These visits must take place **before November 1st**.



"My neighbor suggested I visit your food pantry. It was a very hard step to take, but I am grateful that I took that step. You have fed and clothed my family and treated us with respect and dignity, free of judgment. Your kindness has touched many more lives than you can imagine."  
—"Jennifer", a client

### Volunteer

#### Thinking of Volunteering?

Come visit us for an informational session on the first **Wednesday evening of the month at 6:30PM** or the third **Thursday morning of the month at 9:30AM**.

Visit our website at [www.loavesfishespantry.org](http://www.loavesfishespantry.org)

or call (978) 772-4627 x300

Corner

#### Tell your story.

Have you and your family been helped by Loaves & Fishes? Would you like to tell your story to help encourage others to visit the Pantry? Are you interested in participating in a video production to promote Loaves & Fishes in your community? Email [clientadvocate@loavesfishespantry.org](mailto:clientadvocate@loavesfishespantry.org) or call (978) 772-4627 x312

"To everyone at Loaves & Fishes: There are not enough thanks we could give you all for the ongoing generosity and kindness... I know you all could be spending your spare time doing other things, but you've chosen to spend that time here helping others!"

*Thank you*  
~note from a client

Loaves & Fishes Food Pantry, Inc.  
 PO Box 1  
 Ayer, MA 01432

Nonprofit Org.  
 U.S. POSTAGE PAID  
 Ayer, MA 01432  
 Permit No. 4

**Do you need help?**

864 families received support last year.  
 Call us or come see us. We can help!



**Most Needed Items**



- Cereal
- Cream of Mushroom Soup
- Cream of Chicken Soup
- Tomato Sauce
- Tomato Paste
- Canned Tomatoes
- Canned Pasta
- Canned Baked Beans/Pork-N-Beans
- Canned Chili
- Hearty Beef or Chicken Soups
- Rice-A-Roni/Flavored Rice Pilaf
- Hamburger Helpers
- Crackers
- Condiments (Ketchup, Mayo, Mustard, Salad Dressing)
- Ensure
- Shampoo/Conditioner
- Deodorant
- Soap (Bars)
- Feminine Care Products
- Diapers (Size 4 and larger)
- Depends (size large and x-large)
- Toothpaste & Tooth Brush

**Collection Box Locations**

<b>AYER</b>	Clover Farm General Store
Ayer Post Office	<b>HARVARD</b>
Nashoba Valley Medical Center	Harvard Post Office
North Middlesex Savings Bank	<b>LITTLETON</b>
The Cottage Restaurant	Citizen's Bank
The Markham Group	Donelan's Supermarket
<b>DEVENS</b>	North Middlesex Savings Bank
North Middlesex Savings Bank	Northern Bank & Trust
The Natural Café (new!)	Littleton Police Department
<b>GROTON</b>	Littleton Post Office
Donelan's Supermarket	Knox Realty
Groton Post Office	Market Basket, The Point, Rte 119
Groton Public Library	<b>SHIRLEY</b>
Middlesex Bank	Shirley Post Office
North Middlesex Savings Bank	Hazen Library
Town Hall	North Middlesex Savings Bank
Groton Senior Center	Phoenix Park, Building D

Donation boxes can also be found in many places of worship in all six towns served by Loaves & Fishes

**Contact Us:**

Telephone: (978) 772-4627

Visit our website at:

[www.loavesfishespantry.org](http://www.loavesfishespantry.org)



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