Reflections from our Director

Food shouldn’t be an impossible choice. Yet for millions of people in the United States, it is. For these struggling families and senior citizens, food choices aren’t about what dish to make for supper, but about whether to buy food or spend money on other necessities like housing, medicine or childcare. September is Hunger Action Month, an annual campaign spearheaded by the Feeding America network of 200 food banks across the country, designed to inspire people to take action and raise awareness of hunger in the USA. We can choose to help end hunger by donating, fundraising, volunteering, learning about hunger in our community, or advocating for food assistance.

Everything we do, big or small, has an impact, like ripples from a pebble dropped in a pond. We can impact others for good or bad. And our failure to act can sometimes allow bad situations to worsen.

I recently ran into Theresa, a young woman whose family was helped by Bread of Life when she was a child. She and her family became very involved with Bread of Life in its early years because they wanted to help others as they had
been helped. She told me “I love Bread of Life! I’ll never forget the evening meals and the food pantry and all the people we got to know.”

Bread of Life volunteers create ripples of good for each other and those who come for help. They serve, talk, laugh, cry, pray, hug, celebrate special events. And Bread of Life supporters create ripples of good as they donate, create fundraisers, collect food, toiletries or clothing, and advocate for programs that will help others.

May September be truly a month when we all create ripples of good as we TAKE ACTION AGAINST HUNGER.

Thank you and God bless you,
Gabriella

**Update on congregate meals beginning Sept. 7th**

Due to concerns about COVID infection risk with the Delta variant, we are updating our plan for congregate dining at the Bread of Life evening meals in order to keep guests and volunteers safe, but also provide an inside dining option as days begin to grow cooler.

Beginning September 7th, we will continue to box ALL meals for take-out and offer them bagged from the front lawn, along with a "goody bag" we have been supplying with drink, dessert, fruit, etc. However, guests will have the option to bring their meal inside to eat if they wish. We will have half the normal number of inside dining tables set up, and we will ask people to mask when not eating. We will set up coffee and drinks. The restroom will be available for guest use. BOL staff and any interested volunteers (one or two per night) will monitor the dining hall to attend to guests’ needs. Other volunteers can remain in the kitchen to help clean or make up additional meals as needed.

We don't anticipate that many people will take advantage of inside dining, but it may appeal to those who are homeless or have difficulty walking or carrying bags, and it will be very helpful on days of inclement weather.

Partner groups may continue to provide food, 100-140 meals per night, according to their preference:
* prepare and package your meal offsite and deliver packaged meals to meal site
* prepare your meal offsite and bring meal in bulk to the meal site to be packaged
* prepare and package your meal at the meal site
* donate funds to pay for a meal, $100-150 per night, and BOL will purchase, prepare and package the food
Please let Maria Tiro, Meals Program Coordinator, know your option, and whether any of your volunteers would like to stay and help for any part of packaging, front-lawn distribution, monitoring the dining hall, or cleanup. Email: Maria.Tiro@breadoflifemalden.org

Thank you for your partnership in this ministry that helps ensure all our neighbors, in whatever circumstance, can eat.

Community News

**The Food Drive & Buckalew's General Store**

Thank you to all who donated to the snack drive for Bread of Life's backpack program! 500 pounds collected by Buckalew's General Store and The Food Drive will help sustain students as they start the school year.

**Encore Boston Harbor**

Thumbs up to Encore Boston Harbor for volunteering at Bread of Life’s Everett Mobile Market. Thank you for sharing your day with us!

Great news! When you visit Encore Boston Harbor, you can designate Bread of Life as a recipient of Encore’s Cash Redemption Program. A great way to help Bread of Life! Read more here in the [Everett Independent](#)

**Young Professional Advisory Board**

Let’s welcome Kyle Bradish to Bread of Life’s Young Professional Advisory Board (YPAB)! Kyle is an Executive Chef at Encore Boston Harbor’s Rare Steakhouse. With a commitment to helping others and expertise as a chef, we know Kyle will help many families at Bread of Life. Welcome Kyle, we’re honored to have you serve on our YPAB Board!

**Stop and Shop**

A big thank you to our friends Stop & Shop. For the entire month of September, Bread of Life will receive a $1 donation from each purchase of the $2.50 reusable Community Bag at Stop & Shop, 99 Charles Street, Malden. Thanks for your support and for taking action to raise awareness of Bread of Life!
Melrose Scouts BSA Troop 635
Many thanks to Melrose Scouts BSA Troop 635, Melrose MA for donating food from the Eagle Court of Honor event! The Food Drive delivered these much-needed items to Bread of Life

**Save the Date**

**Bread of Life Walk is back!**
Sunday, October 3rd, 12pm
[Click here to register to walk](#)

See below for Sponsorship Opportunities
Volunteer Opportunities

Volunteers needed Thursdays between 8:30 am and 12 pm at our pantry, **109 Madison Street, Malden**, to help pack groceries for the Everett Mobile Market. Call Charlene at 781-824-0564, or come to **109 Madison Street, Malden**.

Volunteers needed Thursdays from 3-5 pm to distribute groceries at the Lafayette School, **117 Edith Street, Everett**. Call Charlene at 781-824-0564, or come to the Lafayette School.

There are plenty of other volunteer opportunities available at Bread of Life. If you want to get involved and make a difference please [Visit our Website](#) or stop by our pantry at 109 Madison St. Malden, MA.