

BREAD AND BOARD

The NSK & S Newsletter



The Nashua Soup Kitchen and Shelter, Inc. is a private, non-profit organization providing meals, emergency shelter, transitional & permanent housing, food baskets and advocacy to poor and homeless men, women and families with children. The soup kitchen, at 42 Chestnut Street, serves dinner seven days a week and breakfast five days a week. Visit our website at www.NSKS.org.

We believe no one should be hungry or homeless in our community.

SUMMER 2011

HELP US WIN WALMART GRANT

We have another opportunity this year to compete for a \$100,000 grant from Walmart. The winner will be the non-profit in New Hampshire with the most votes from Walmart employees. If you work at Walmart, know someone who does, or if you shop there, encourage employees to vote for the NSK&S in the Employee Choice Award.

STARTING SCHOOL SMILING

Since summer has arrived, we are working on our annual **“Back to School Backpack Program”**. We collect new backpacks and school supplies for families trying to live on minimum wage, staying at the shelter, or coming to the soup kitchen for food. I think this is one of our most fun efforts to help. The looks on the kids’ faces as they pick out their backpack is fantastic.

We will need volunteers August 10 through August 17. Sign-up for volunteers will be on our website starting July 18. Donations can be dropped off Monday Aug 8 through Wed Aug 10. If you have items to donate and those dates won’t work, please call or email Carol at 889-7770 or carol@nsks.org. Check www.nsk.org for our **NEW BACKPACK PROGRAM LOCATON**, what we need and more details.

“BAG HUNGER™” BEGAN IN MAY

BAG HUNGER™ kicked off Memorial Day weekend at Nashua Hannaford and continued on at Harvest Market in Hollis. The campaign continues through the 4th of July weekend.

As you shop for your family, we ask you to think of the families who struggle to put food on the table. It’s easy – just look at the checkout or ask

your cashier for a **Bag Hunger™** coupon. You can select a coupon for \$2, \$5, or \$10. 100% of all donations collected will go to the Nashua Soup Kitchen & Shelter. When you are shopping with your kids, it also provides a good opportunity to help them understand how your family helps others in need. Talking about it with the clerk can also help educate the person next to you in line about folks who are hungry in our community.

Did you know that the cost of a bag of potato chips could feed breakfast to a family of 4?

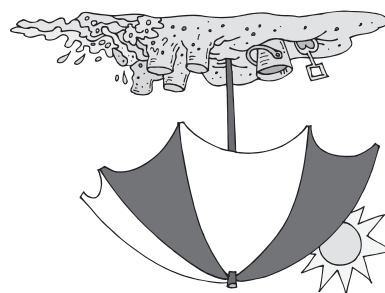
We'd like to acknowledge that Bag Hunger™ at Harvest Market in Hollis has continued all year long! Thank you! Look for it at checkout!

SAVE THE DATE

Saturday, November 19th is our 11th Annual Auction. Mark it on your calendar for a fun evening to benefit our programs and services. Christy and Al Gaskill are co-chairing this year’s auction committee and promise it will be super!

HOW YOU HELP

- * We give out an average of 1,631 diapers each month
- * We have 2,650 visits a month for fresh produce...over 100 people come in daily
- * In March and April this year we served 1,000 more meals each month than March and April last year
- * We sheltered six families with a total of 9 children in April



**Happy Summer
2011**

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FROM THE EXECUTIVE DIRECTOR

Each day at the NSKS brings people to us who have nowhere else to turn. Tom *, a 54 year old single parent with a special needs toddler, came to our family shelter. He had a good job but lost it when his daycare fell through. He lost his truck and his tools. When he showed up he was wearing shoes held together with superglue.

One night 4 kids came into dinner at the soup kitchen, ranging from about 10-12 years old. They got their food and sat down at a table. When the adult at the table left, Melissa, our kitchen manager, went over to the kids and asked if they were by themselves. They said, "Yes, is it ok for us to eat? We don't have enough food at home." They said they had a bowl of cereal for dinner and the box ran out. All four boys were polite and well-mannered. They were ecstatic to learn they could have seconds and gobbled down their food. Melissa told them they could have dessert and one of the boys asked, "Do you tell us which one we can have or can we pick our own?" They jumped up excitedly when Melissa told them they could select what they wanted. They all cleaned up their trays and table before they left.

Christina * came into the office crying that she and her husband had to move from their bed bug infested apartment. She was disabled, her husband worked and walks several miles to work each day. They had found a new place and had enough money for their security deposit but not their first month's rent. We are working to help them as this goes to press.

Fresh fruit and vegetables are very expensive these days. We give them out daily and usually have over 100 people standing in line outside waiting for this healthy food.

All of the ways that we are able to help those in need happen because we have such great support from you. Thank you for making sure that we are here with our doors open to help those who walk in.

– Lisa Christie

GENIUS GIVING GAMUTS

There are a lot of creative ways to support the NSK&S.

- * Organize a food drive at your workplace. Pick one item and ask colleagues to bring it in.. tuna, cereal, peanut butter, or mac & cheese are popular.
- * Set up a toilet paper drive. Once local company did this and it turned into a national competition at their other stores. * Use those buy one get one free coupons and donate the free one to the soup kitchen. * Bag Hunger^c at Nashua Hannaford or Hollis Market and all the funds support the NSKS.
- * Having a birthday party, graduation or other special event? Ask friends and family to donate to NSKS instead of bringing you a gift. * Or ask them to purchase something on our wish list and bring it to your party.

- * Two little kids came into the office with change

from their piggy banks. Their mom was with them and explained that they wanted to donate to a "place that helps kids" so they could help too.

Thank you to everyone who finds their own special way to support the NSKS and help out those in need in our community.

VOLUNTEERS OF THE MONTH

April – Joanne Merrill is the athletic director at Rivier College. Joanne joined our race committee and worked with us for months prior to the race to set things up at our new race home at Rivier College. Her participation helped us achieve such a successful Run for Food & Shelter this year. Thank you Joanne!

May – Hudson Women's Club – we salute this great group of women who buy food and cook dinner monthly at our Ash Street shelter. They have been doing this for years and it is a wonderful treat for our shelter guests

June - Angela Henry, David Prince, and others they bring who call themselves the "**Friday Night A Team**" – have been coming to the soup kitchen and serving dinner for years. They are known for how wonderful they are with the clients and the great job they do on dinner.

We salute these special volunteers along with everyone who volunteers to make the NSKS such a wonderful place in the community. We could not exist without you. Thank you!

RUN for FOOD & SHELTER

Our 19th Annual Run/Walk for Food & Shelter – sponsored by Subaru of Nashua was a huge success. We raised over \$60,000 to support the programs and services of the NSKS. A special thank you to the Nashua Police Patrolman's Association for sponsoring our Kids Sprint. We also applaud all of our corporate race sponsors:

Champion Sponsors: BAE Systems, J. R. Poirier Tool & Machine Co. Starting Line Sponsor: beckonings, Platinum Sponsor: Kalil and Kress General Family Dentistry, Law Warehouses, Inc. The Telegraph, GOLD Sponsors: Apple Therapy Nashua, Bank of New England, College Bound Movers, Lovering Volvo, Microdesk, Inc., New Hampshire Orthopaedic Center, Phoenix Graphics, Print Factory, Puritan Press/Major Mail Ruo & Haschig Realty, Inc., Rivier College, Smith-Weiss Shepard, PC, St. Joseph Hospital, Unity Construction, Welts, White & Fontaine, PC, Bronze Sponsors: CTS Electronics Mfg Solutions, Levesque Family Dentistry, Tamposi-Nash Real Estate Group, Inc., and Vern Maine & Associates. Thank you also to The Nashua Bank for sending so many participants and to the Gate City Striders for all your help.

Please remember the NSK&S this summer. We continue to see new families seeking help every week. We need your help! Please return the enclosed envelope with a gift. Those who depend on us thank you!!