

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 2010

HELP US WIN WALMART GRANT

We are one of five non-profits in NH competing for a \$100,000 grant from Walmart. The winner will be the non-profit 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.

BIDDING WARS WE HOPE

Not "to bid or not to bid" but "to bid high or higher" we hope. The 10th Annual Auction will be a gala affair this year. Mark Saturday, November 20th on your calendar for a great evening to benefit all our programs and services.

BACKPACK BONANZA

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 outgrew our space at the soup kitchen for this program and are grateful to Ledge Street School for again letting us use their gym. Donations of new backpacks and supplies can be brought there August 9, 10, or 11 from 9 – 12:30. If you have items to donate and those times are impossible for you, please call or email Carol at 889-7770. carol@nsks.org. Check our website at www.nsk.org for more details.

IT'S TIME TO "BAG HUNGER™"

Can you imagine it is summertime and you can't afford even one day at the beach or a backyard barbeque with family and friends?

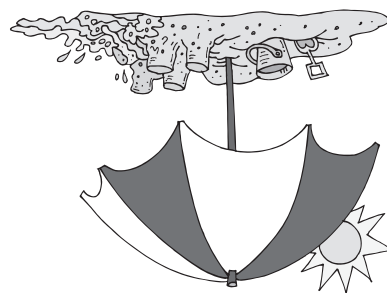
For the families who rely on the NSK&S for basic necessities like food and diapers and toiletries, that is their reality. Sadly, each week we are seeing new families who find themselves needing to come to us for the first time. Here is an easy way you can help..

The 18th Annual Bag Hunger™ campaign is up and running at **Hannaford in Nashua** and continues at **Harvest Market in Hollis**.

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. The **Bag Hunger™** campaign will end July 5.

DID YOU KNOW

- 34% of children in Nashua public schools live below the poverty line?
- 3-5 new families a week come to us for help?
- Summer means no school lunch for many



Happy Summer
2010

NON-PROFIT ORG.
US POSTAGE
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FROM THE EXECUTIVE DIRECTOR

Can you imagine having your electricity shut off and not being able to afford to turn it back on?

Sally *, a mom with two small children, came to us seeking assistance. She had no electricity for four days and all her food had spoiled. She did not qualify for public assistance and other places she had gone did not assist her. Our staff called PSNH on her behalf, we paid a portion of her bill and got her electricity turned back on that day. We also gave her an emergency food basket so her kids could eat.

What if you had no high school diploma and no way to improve your education?

We help people at our shelters and in transitional housing programs get their GED and other training they need to improve their education and help them get a better job.

What if you needed training beyond high school to get a decent job to support yourself and your family?

Recently Christina* came in to show off her certificate as a licensed nursing assistant. (we paid the fees for an LNA program). She had the first perfect score they had seen on the test. Her family will do better as she gets a better job.

Imagine you have cancer and can't work.

Carmen* is improving as she gets treated for cancer. She has received food, toiletries, a microwave oven, referrals for cancer care services, and personal support from staff here at NSK&S during her ongoing illness. She has been the hard worker in the family, so the need increased for all of them when she got sick.

How can you quantify hope and support?

Maureen* just moved from an upper-floor apartment (no yard) with her 4-year old to public housing after a 3-year wait. She is happy because there are other children for her daughter to play with, and a place to play. She has worked hard doing cleaning jobs, while coming to the NSK&S for food and, in the past, diapers for her daughter. We believe we not only provide the items, but someone to share with when things are going better, when hard work and patience pay off.

So many different people with so many different needs come to us when they have no where else to turn. The NSK&S is so many things to different people. We do all of this and more. We are here only because of a caring community and friends like you. Thank you for your commitment to making our community a better place for everyone.

* names have been changed for privacy

SIGNS OF THE ECONOMY

Food stamp applications in NH are up 58%.
People eat at the soup kitchen when their food

stamps have run out at the end of the month.
Our numbers skyrocket then.

VOLUNTEERS OF THE MONTH

A life is not important except in the impact it has on others - Jackie Robinson, American baseball player.

April – Jane Levesque is one of the newest members of our Race Committee team. A veteran of running and often placing in the top three in her age division, Jane brought new ideas, new sponsors and experience to our team. We look forward to our race next year on April 10, 2011. Thank you, Jane, for your exuberance!

May – Paul Shea is a volunteer who thinks “outside the box”. Hosting a “Bring Your Old Shoes” BBQ, he collected gently used shoes for our unemployment advocate to give to clients seeking jobs; for his holiday party, he asked guests to bring hand sanitizer & tissues for our shelters; he mobilized groups of friends to come in on Thanksgiving & Christmas food basket distribution days, helping to make a difference to fellow volunteers and recipients. Paul, thank you for your community efforts and helping us in ways we’ve never thought of!

June - The volunteer team of **Ross Podak** and **Jacqueline Thompson** have provided many daytime hours sorting, bagging, chopping, preparing, shelving, scrubbing and helping however they could in our kitchen. On race day, after helping prepare 1,500 sandwiches, Jacqueline ran our 5K! Recently, they were also instrumental in giving our kitchen a welcoming, café makeover. Thank you, Ross and Jacqueline, for your time and efforts!

All of our volunteers have an impact on others. Hats off to some of these very special folks.

FAMILY SHELTER

Our current guests at our shelter for homeless single women and families with children right now include a mom and her 2 week old baby; a young couple with a 1 year old who are expecting their second child any minute; a 23 year old woman who is a veteran suffering from PTSD; and four single women in their 50's all with various problems and disabilities that prevent them from working. The five single women all share a room which adds to their stress.

Without the NSK&S all of these folks would be living out on the street. Our staff are working hard to help each of them find the supports and the income they need to move into their own apartments. The shortage of affordable housing in our city lengthens all of their stays at our emergency shelter.

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!!