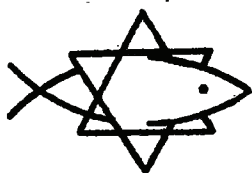


STAR FISH, INC.



PLAINFIELD, NJ

Food Pantry News

Volume 1, Issue 6

December 2019

Star Fish, Inc. is a tax exempt 501(c)(3) non-profit corporation. Donations are tax deductible as permitted by law.



Season's Greetings to all...

From all of us at Star Fish Food Pantry—regular workers, Board members, occasional volunteers, faithful supporters—our very best wishes for your holiday season!

Board of Directors

Marie Pase, Executive Director

Michael Townley, Secretary

Kathleen Nitzsche, Treasurer

Sarah Mazzarese, Statistician

Catherine Renga, Chair Holiday Meals

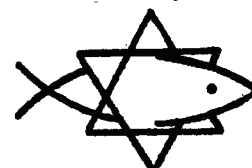
Joseph Stowasky, Chair Food Procurement

Newsletter

We welcome any comments or suggestions.

Send an email to
Secretary@
starfishplainfield.org

STAR FISH, INC.



PLAINFIELD, NJ

Thanksgiving Dinner Project—November 26

Another special day at Star Fish when we packed Thanksgiving Dinners for 160+ individuals and families in Plainfield. Many thanks to those who donated food and those who came out to help get these dinners packed. Always a blessing.



Girl scouts cook and ice dessert cakes

Turkeys purchased from Central Food Bank of NJ were brought to City Hall where our volunteers picked them up



Rotary Club donated 12 dinners and Food for Thought donated 25 dinners!



Volunteers bag up the dinners for pickup

Turkey boxes opened and birds put in our freezers

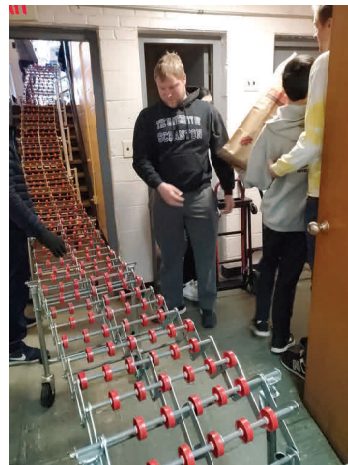


Our statistician Sarah prepared lists and labels for the bags. Here volunteers use one of the lists to verify the correct items for a family



Faith Lutheran Church Annual Food Donation

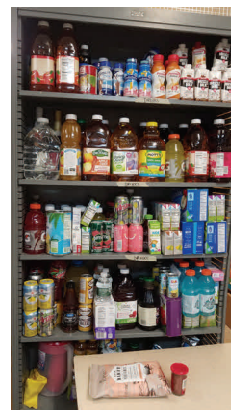
For many years, Faith Lutheran Church in New Providence has brought down hundreds of boxes of donated food on the Saturday after Thanksgiving to help stock our Pantry. We are so grateful to them and to all of the groups and individuals who donate food and \$\$ to help us in our mission.



Church members and volunteers set up their rolling ramp to quickly unload the truck. 600+ boxes of food, paper goods, cleaning supplies, personal care items come off the truck quickly and are stacked and then sorted by other volunteers.



Tables are ready, then loaded with boxes to be sorted by volunteers. These empty shelves that were waiting for this special delivery were full by the end of the day. Donations by other groups helped fill other shelves.



Food for Thought Donation

A very fine group of volunteers from the Scotch Plains area, Food for Thought bring us boxes filled with everything needed for 25 Thanksgiving dinners. They even give us their leftovers!



Union Catholic HS and Immaculate Heart of Mary Church

These two neighboring institutions partner to collect the food items we need for Thanksgiving, including turkeys! Very generous donations filled over 25 tubs of food!



Students collect the food, help load our cars. Then our volunteers bring it in and start to shelve the donations. Great teamwork!

Christmas Dinners Quickly Followed Thanksgiving this Year!

We hardly had time to finish Thanksgiving, re-load our shelves with the great donations of food from our many friends, and get organized for the Christmas Dinner Project. Phew!.



CHRISTMAS 2019					
Family Size :	1-3	Family Size :	4-6	Family Size :	7 +
Toiletry Bag*	1	Toiletry Bag*	1	Toiletry Bag*	1
Christmas Mug*	1	Christmas Mug*	1	Christmas Mug*	1
Condiments*	1	Condiments*	1	Condiments*	1
Veggies	2 Cans	Veggies	3 Cans	Veggies	4 Cans
Cranberry	1 Can	Cranberry	2 Can	Cranberry	3 Cans
Sweet Potatoes	1 Small	Sweet Potatoes	1 Lg or 2 Sm	Sweet Potatoes	2 Lg or 4 sm
Mac & Cheese	2 Box	Mac & Cheese	3 Box	Mac & Cheese	4 Pkg
Mashed Potato	1 Box	Mashed Potato	1 Box	Mashed Potato	2 Box
Stuffing	1 Pkg	Stuffing	1 Pkg	Stuffing	2 Pkgs
Gravy	1 Ctnr	Gravy	2 Ctnr	Gravy	2 Ctnr
Milk	1 Pkg	Milk	1 Pkg	Milk	1 Pkg
Margarine	1 Stick	Margarine	1 Stick	Margarine	1 Stick
Fruit	2 Cans	Fruit	2 Cans	Fruit	3 Cans
Soup	2 Cans	Soup	2 Cans	Soup	2 Cans
Beans	2 Cans	Beans	2 Cans	Beans	2 Cans
Pasta & Sauce*	1 each	Pasta & Sauce*	1 each	Pasta & Sauce*	1 each
Dinner Rolls	1 Pkg	Dinner Rolls	1 Pkg	Dinner Rolls	2 Pkgs

Please gather all of your items onto your table, then get the chickens or turkey

Put the chickens in the bottom of a bag, turkeys in their own bag,

then pack the other items for each family, leaving a flat area for the cakes.

Put the cakes in last after your bags are packed.

*While Supplies Last!

SPECIALTY ITEMS

✓ Please distribute ONE Toiletry Bag per Family.

✓ Please give ONE Christmas Mug per Family (only distribute the mugs to families with Children).



Tables are set up with a Partner Agency's name, a list of food items based on size of family (above, with Frosty assisting), bags pre-labeled with clients' names. All the food items are placed down the center of the room in the same order as the above list, making it easier for the volunteers to find items and fill their bags. Need more? We just go to the Pantry shelves.

Donations Help Us—Schools, Churches, Individuals!

Several teachers at the Woodland School in Warren have promoted our Pantry as a destination for their food drives over the past few years. We sincerely thank them!



College Achieve Charter School Donates Again!

Another school helping us the past few years is College Achieve in Plainfield. We make stops at their South Avenue Campus and the Emerson Avenue Campus and load up with their conations.!



Time to Give Thanks to All!

There are so many people to thank and so many groups and photos that we have from donations and work hours and other support from 2019. We simply cannot do everyone justice and hope that these representative photos show the great group of Friends of Star Fish. We are nearly full, but it goes out almost as quickly as it comes in. Keep us in mind, please! You are all *Stars of Star Fish*!!



Star Fish, Inc.

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Plainfield, NJ 07062-0822

Phone: 908-755-8888

E-mail:

secretary@starfishplainfield.org

Donate at

www.starfishplainfield.org

Visit our website, click on the Contact or Donate link in the menu bar, and then click on the "Donate" button shown below.



We are a group of volunteers from Plainfield and the surrounding area who belong to a tax exempt, 501(c)(3) non-profit corporation in existence since 1971. We operate three days each week throughout the year, preparing and distributing grocery food orders to an average of thirty to thirty-five families in need each week.

Our primary function is to maintain the food pantry. Our volunteers pack and deliver grocery food orders to clients who have been referred to us by local social service agencies. Most of these agencies are listed on our website [Partners page](#).

Using a referral system helps us better manage our resources. These agencies vet the client to help assure that our limited resources are given to those truly in need. We also prepare special food orders for 160 families at Easter, Thanksgiving, and at Christmas.

The generosity of our donors helps us prepare these holiday meals and bags of food each week for those in need of emergency food assistance. You are all "Stars for Star Fish!"

The Food We Provide To Those In Need—Amounts Vary Based on Family Size

- 1 Package of frozen meat
- 1 Loaf of bread
- 1 lb of Pasta
- 1 Pasta Sauce
- 2 Cans Soup
- 2 Macaroni and Cheese
- 1 Small bag of tea bags
- 1 Jar Peanut Butter
- 1 Jar Jelly
- 1 Can of Fruit or Jar of Applesauce
- 2 Cans Vegetables
- 2 Can of Tuna
- 2 Cans of Beans
- 1/2 Dozen Eggs
- 1 box of cereal (or 4 Instant Breakfast Cereal envelopes for single persons)



You can donate any of these items at any time. Contact us and we'll even arrange to pick it up!

Too busy to do extra shopping? Donate instead and we'll buy it. Just go to www.starfishplainfield.org and click on the "Donate" button.