



Food Pantry News

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

A Tribute of Gratitude

To Star Fish Plainfield,

I read your article in TAPInto Plainfield (online news that featured our 50th anniversary). I wanted to say congratulations and keep up the good work! It is honorable what you do. I am so happy and strengthened to read about everything you do.

I recall in 1990 or 1991 I was a student in Hebrew School or Sunday School at Temple Sholom in Plainfield. A mother who was a president or officer of Star Fish spoke to us about Star Fish.

She said to us that her son looks in the refrigerator and has several choices, but might not want to eat anything that is available. She used that story to make the point that some people, who are in need, would love to eat any food. Those of us with the money to buy a selection of food have a luxury.

Could the son she spoke about be the Michael who currently serves in the organization? I thought I remember her saying that her son's name was Michael.

In any case, her talk that day helped plant the seeds in me for a lifelong concern about hunger and poverty. You never know what impact you can have when you speak to young people. As I have grown, I have seen the connection of hunger and poverty, with health and well-being in general. I am glad you as an organization are on the journey you are on.

Thank you, and all the best.

Michael Loberfeld

Ed. Note—We believe that Michael heard a presentation by Eileen Cunniff, one of our founders, and that she was referring to her son Matthew.



Young helpers

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Newsletter

We welcome any comments or suggestions.

Send an email to
Secretary@
starfishplainfield.org





**BUY
A
BAG OF
FOOD!
DONATE**

**DONATE AT
WWW.STARFISH
PLAINFIELD.ORG**

We prepare 40 to 50 bags of food every week for the Plainfield Food Security Project. You can help us with this needed food with a donation to our new “Buy a Bag” program. Simply go to our Donation page at www.starfishplainfield.org and make your donation in multiples of \$40. The more you donate, the more bags you will sponsor. And consider making it monthly?

Meet the Whalens

Two of our faithful volunteers are Lois and Jim Whalen of South Plainfield. For many years, both have been active and dedicated supporters of Star Fish. Lois is a regular weekly worker, bagging food



for our clients and for the Plainfield Food Security Project. Jim is a driver, helps pickup food from donation points and from the Community Food Bank of New Jersey, and is a volunteer at the PFSP site every week in all weather, giving out bags of food and dozens of eggs to walk-up clients. Jim and Lois are two great partners in helping us with our mission of feeding Plainfield's hungry. Thank you!!

Sleepy Hollow in Plainfield is not Sleepy

There is section of Plainfield known as Sleepy Hollow. Hardly sleepy, this district is an area of charming, quaint, beautifully landscaped neighborhoods with historic homes. To my knowledge there are 5 neighborhoods in Sleepy Hollow with their particular boundaries.

Although becoming familiar with each other, conducting regular meetings and having an executive board, the Neighborhoods also function to help those in need in Plainfield.

For several years the Sleepy Hollow neighborhoods have been "feeding" Star Fish Food Pantry with nonperishable foods and generous monetary donations helping Star Fish sustain the mission of "providing emergency food for the people of Plainfield."

The Crescent Ave District encompasses the Crescent Ave. Presbyterian Church. A constant in donating food, CAPC delivers weekly a car trunk filled with food obtained from their parishioners. In turn, Star Fish donates to the Church, for their Tuesday lunch program the containers of food too large for the families we serve. Its symbiotic! Andre McIntyre and Leslie R make an awesome team.

Sleepy Hollow Neighbors, another neighborhood association, donated this past Christmas \$2,000 in

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Sleepy Hollow (cont'd)

gift cards to Shop Rite supermarket. Lois Dick coordinated the drive. Star Fish gifted 162 individuals and families gift cards a total of \$11,000. Their contribution of cards and money made a financial difference in supporting that event.

The Netherwood Heights Neighbors of Sleepy Hollow contributed to the Pantry an overwhelming amount of food before Thanksgiving. Laura Kayser was the motivating factor in gathering the nutritious items.

Hinting that our need at the time was hot and cold cereal, a Cereal Bowl collection was initiated, collected at Coffee Box cafe on South Ave., and totaled 600 boxes of cereal. Jeff Spellman, owner of Coffee Box, noted that the cereals donated by women were basically those with low sugar amounts including Oatmeal; men dropped off those they favored perhaps during their childhood? For example, Capt'n Crunch, Lucky Charms, Froot Loops, Cocoa Krispies, Sugar Pops. Interesting observation.

The entire neighborhood of Sleepy Hollow Plainfield is full of caring concerned people. Whether you are in the "defined" Sleepy Hollow or its surrounding streets, all of you are truly appreciated for the support you give to Star Fish Food Pantry. That support includes financial giving that helps us maintain our supply of groceries to feed the hungry. We sincerely appreciate all of you and all that you do for your Plainfield neighbors.

Food for the Hungry



The food we buy (mostly from Aldi) that helps the hungry. Bread for the freezer, eggs from Green Olive Market, canned beans, boxes of mac and cheese plus much more. Your donations help make this possible. Buy a Bag today!

Food supplies ...



This year, we celebrate 50 years of helping our Plainfield neighbors.

We're proud of our service, and pleased to have been recognized with resolutions from the Mayor Mapp and the City of Plainfield (I) and from Rebecca Williams and the Union County Commissioners.

We are 50!



Star Fish, Inc.

P.O. Box 2822

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 as 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
- 4 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
- 4 Cans Vegetables
- 2 Can of Tuna
- 4 Cans of Beans
- 1/2 Dozen Eggs
- 2 box of cereal (or 4 Instant Breakfast Cereal envelopes for single persons)
- 1 dry or shelf-stable milk
- 1 Paper goods, 1 cleaning product, and 1 personal care item



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.