



Food Pantry News

Volume 5, Issue 5 – December 2023 – BONUS ISSUE



1971-2021

Our mission: To provide emergency food assistance to families of Plainfield who find themselves in need..

HOLIDAY GREETINGS!

Christmas, Hanukkah, Kwanzaa, Diwali—all winter festivals of light.

You, our dear friends, donors, and volunteers are the guiding lights of Star Fish Food Pantry.

This past year brought a greater demand for food for our neighbors. With our unwavering commitment, we distributed nourishment to thousands of food insecure families and individuals in Plainfield. You make this possible.

Whichever holiday you celebrate, may it be bright with the joy of family and friends. Thank you for your continued support.

Patty Bixel, Kathleen Cunniff, Sara Mazzaresse, Catherine Renga, Michael Townley, and Jerry Zukowski, your Star Fish Board of Directors.

PS: if you'd like to consider Star Fish for your end of the year giving, please go to www.tinyurl.com/starfishdonation to make your donation, or mail to Star Fish Inc, PO Box 2822, Plainfield NJ 07062-0822.

Board of Directors

Pat Bixel, Executive Director

Michael Townley, Secretary

Kathleen Nitzsche, Treasurer

Sarah Mazzaresse, Statistician

Catherine Renga, Chair Holiday Meals

Jerry Zukowski, Chair Food Procurement

Marie Pase, Board Advisor

Newsletter

We welcome any comments or suggestions. Email us!

If you don't want to receive emails from us, opting out is easy—just send an email to Secretary@starfishplainfield.org



Bits and Pieces

GIRL SCOUTS HELP US OUT

Many thanks to Girl Scout Troop 65528 from Dunellen for their donation of food and the time they spent helping sort it and put it away.

The Troop was at the pantry for one hour for their weekly meeting. The girls and their parents had a tour of the pantry and then the Scouts sorted their food as if they were Star Fish volunteers. We played a quick game - "what can you feed a family for \$5?" Everyone left smiling.

Thank you Scouts—great job!



STUDENTS STEP UP

Students at Grant Elementary School in South Plainfield held a food drive for us in November and collected lots of food.

Debbie Woodburn and Kristin Bennett (left) delivered it to our door.

Thanks to the students and all for your kindness and generosity!



NEW AND PREVIOUS SUPPORTERS

Thanks to Christina Cangialosi and the folks at 1000 North Ave Apts in Plainfield for their food drive (left), and the students at the College Achieve Charter School in Plainfield. A very nice combination of young and old(er) supporters to help keep our Pantry stocked.



Bits and Pieces

SOMERSET COUNTY FOOD BANK

Through one of our Star Fish Friends, we received a very generous donation of applesauce to help us with one of the staples of our weekly food orders.



Our director, Patty Bixel, took a ride to the Somerset County Food Bank at the invitation of Lynne Draper, a SCFB volunteer (left in photo on right). Patty had a tour of their warehouse facility and came away quite impressed with their organization and types of food they have available.

Patty also came away with a carload of canned applesauce, always a nice treat to add to weekly food orders. Helping load up the car is Jessica Nichols, Operations Manager at SCFB.

Thanks, Lynne and Jessica, for this donation!



KEYSTONE PLASTICS ARE NEW FRIENDS OF STAR FISH

Thanks to Linda Catalano, Millie Guzman and the owners and workers at Keystone Plastics in South Plainfield for their recent food drive. They contacted us and said they'd chosen our pantry for their drive because they saw on our website how much we do for the people of Plainfield who are hungry and find themselves in need of assistance.

Not only did they give us food, but they also donated eighty brand new blankets, some pictured at left.



We learned from another of our friends, Carmen Salavarrieta of Angels for Action that the displaced families in Plainfield often ask for blankets. We gave them out at the Plainfield Food Security Project.

Thanks, Keystone, and welcome to the family of Star Fish Friends!



PLAINFIELD FOOD SECURITY PROJECT

Here is the food that we give the families at the PFSP on the second and fourth Thursdays each month. While not extensive, we give basics to help them and a flyer (bilingual) with the locations, days and times of other sources of free food.

Cereal or oatmeal

Canned diced tomato/sauce

Beans

Tuna fish

Shelf stable milk

Peanut butter

Canned Fruit

Rice

Macaroni and cheese

Dozen eggs

Jelly

Canned Vegetable

Chili or soup

Pasta

Plus other items as avail.

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.



Special Note

We are most grateful to all of you for your support of our mission. Every donation of food, every dollar, every volunteer hour is meaningful and so very necessary to our success.

We have a number of donors who are faithful givers, some monthly, some quarterly, some annually. Some of these donors focus on eggs—they are our special Egg-O-Mats! Others give for our general needs. All of them sustain us.

You can be part of this core group of regular donors. Go to our website, click on the DONATE button on the "Contact Us or Donate" page, and make your donation a monthly act of kindness. Or go to <https://tinyurl.com/StarFishDonation>

Thank you in advance.

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 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.