



# Food Pantry News

Volume 2, Issue 3

July 2020

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

## Plainfield Food Security Project for Covid-19



**TO:** All of our Friends of Star Fish Food Pantry

As you may know, our Pantry is closed due to the Covid-19 pandemic. Most of our volunteers are in the high risk group, and our Partner Agencies are closed and not sending us referrals. However, we are still busy!

We are currently partnering with the YMCA, the Rotary Club of the Plainfields and DuCret School of Art on the **Plainfield Food Security Project**, consisting of a food drive that is being collected at DuCret and a food distribution on Saturdays.

The Saturday event is out of the DuCret building for people in cars and at the Salvation Army location in the downtown area for people on foot.

Every Saturday our volunteers gave out over 600 boxes of groceries, fresh fruit and vegetables that will help feed nearly 1800 hungry people

(Continued on page 2)

## Board of Directors

**Marie Pase**, Executive Director

**Michael Townley**, Secretary

**Kathleen Nitzsche**, Treasurer

**Sarah Mazzaresse**, 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



---

## Food Security Project for Covid-19 (cont'd)

in need. At our July 4th Holiday give-away, we also distributed diapers, feminine hygiene products, toothbrushes and toothpaste, flags, candy, toiletries and other personal care items to our families in need. What an accomplishment!

We do have opportunities to assist and ask that you forward these opportunities to your friends and anyone else with an interest in helping others. The opportunities are offered under the umbrella organization of area YMCAs with whom we partner for the **Plainfield Food Security Project**. You may see the YMCA logo prominently displayed on the websites—we're all in this together!

- **Sign up** as a volunteer by providing contact information : <https://forms.gle/ng15ZMgpuUyc92Yv8>
- **Donate a box of food**, similar to what Star Fish provides to our clients : <https://tinyurl.com/2020PfdFoodBox>
- **Weekly sign up** for to help with food packing and/or distribution: <https://tinyurl.com/2020PfdFoodWeeklySignUp>

Star Fish has also worked closely with the Salvation Army to support their food distribution that they offer three days a week. We've supplied them with almost 300 boxes of soup, vegetables, beans, pasta, and shelf-stable milk and recently put them in touch with meat purveyor Lawson Foods for a supply of meat that they will add to their daily packages and use for their soup kitchen.

Our friends at the St. Mary Soup Kitchen, also not in operation during the pandemic, stepped up and donated canned vegetables and frozen chicken to the Salvation Army. St. Mary normally hosts a sit-down feeding program every Sunday for 100 people or more. They will resume at the end of this month with take-away dinners. We at Star Fish are donating 500 compostable "plastic" bags to help with this effort.

We are grateful for everything that has been done to support us during the pandemic and to everyone for your continued support. We have received very generous financial donations as well as donations of food supplies. One of our recent donors is a group of women golfers at the Plainfield Country Club known as the "Nine Holers." They took up their own collection and sent us nearly \$2800—what a gift!!

We are currently in good financial condition. What we would appreciate receiving more than anything are donations of food, similar to what we normally give out to families in need. You can see those items and volunteer to bring a pre-packaged box or boxes by using the link above at the bulleted item "**Donate a box of food.**" Make it a family or neighborhood collection—it's more fun when you make it your own project.

As people begin to return to work, remember that there are many, many others not as fortunate. Hunger is everywhere, and we all can help.

We wish you every blessing for all of the good that you do for people in need, and thank you from the bottom of our hearts for your support.

Star Fish Board of Directors

# Plainfield Food Security Project



# Plainfield Food Security Project



# Plainfield Food Security Project



# We are in this Together !

## A call for donations for those in need

Plainfield YMCA & Star Fish Plainfield Food Pantry are trusted distributors for food security boxes. With the Rotary Club of the Plainfields, we were alerted by Community Food Bank of NJ that they are having challenges sourcing food— something we're learning is a common challenge across the country today.

We are therefore calling upon our community to help our neighbors in need.

We humbly ask, if you are able, to provide a pre-constructed food security box/bag.  
Below is a list of items needed in each box/bag.

Please ensure items are sealed/unopened and non-perishable.

- 1 lb. of Pasta 1 Pasta Sauce 2 Cans Soup 1 Macaroni and Cheese
- 1 Jar Peanut Butter 1 Jar Jelly 1 Can of Fruit or Jar of Applesauce
- 2 Cans Vegetables 1 Can of Tuna 1 Can of Pork and Beans
- 1 box of cereal or 4 Instant Breakfast Cereal envelopes

<https://www.starfishplainfield.org/>

The Covid-19 outbreak and subsequent quarantine of communities has caused many households to lose their livelihood and income.

**Donations drop Monday to Friday 9 am to 4 pm  
at duCret School of the Arts 1030 Central Avenue Plainfield**

## 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](http://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](http://www.starfishplainfield.org) and click on the "Donate" button.