



# Food Pantry News

Volume 5, Issue 1 – January 2023



1971-2021

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

## Thank You for Your 2022 Donations!

STAR FISH FOOD PANTRY

Every day you make a difference for  
Plainfield's vulnerable families



We are grateful for all of our friends who  
help us help others!

Please consider a 2023 donation.

Visit our website donation page at

[www.starfishplainfield.org/contact-us-or-donate](http://www.starfishplainfield.org/contact-us-or-donate)

We concluded 2022 with grateful hearts and warm wishes for all who donated food or provided financial support to Star Fish Food Pantry.

It is extremely gratifying to know that our friends support us in so many ways, some of which are noted inside this issue.

Note: We will publish our list of food donors in our next issue.

### 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

### Love Flowers?

You're in luck! February is Stop and Shop Bloomin' for Good Month for Star Fish.

Get a nice bouquet for your special someone for Valentine's Day or for yourself any day! See back page for more info.

## Thanks to our 2022 Sponsors

### **Bag it Up Sponsor - 1 to 99**

Amazon Smile, Inc.  
Annette Kwiecinski  
Beatrice Zatorski  
Betsy Curtin  
Bloomin' for Good  
Darlene Bullock  
David Blanchard  
Elizabeth J Aldrich  
Elizabeth Stowasky  
Francine K. Benitz  
Gayle C. Sullivan  
Jane Drake  
Jean Blanchard  
Joan E Tobia  
Leon Alirangues  
Lou and Diana Yannaco  
Margueritte Jones  
Mavis Johnson  
Noreen and Ed Sitar  
Robert and Cheryl Fox  
Robert Hartman  
Robert Shiff  
Ron Pagaoa  
Sterling National Bank Charitable Fndn.  
Unknown Donor  
Vivek and Nidhi Radia  
Willemina Don

### **Eggs for All Sponsor - 100 to 249**

Alice and John Gregory  
Alison Korner  
Barbara Lynam  
Barbara R Diem  
Benevity Community Impact Fund  
Beverly J. Christian

Bill and Pat Kelleher  
Brenda Anderson  
Brian Townley  
Carlos Cardozo  
Carolyn Logan  
Catrin Davies  
Cheryl Bock  
Circle of Friends  
David W. Palmer  
David E. Shihar  
Delores Martin  
Devanie Budhan  
Diane M Pivarnik  
Doug Reyes  
Elizabeth Stowasky  
Gail Smith Alexander  
Gary Harchar  
Gary Hartman  
James McCann  
Janette Cardozo  
Janice C. Vyzas  
Joanne St. Amand  
Katherine and Stuart Balch  
Laura Kayser  
Jane and Larry Feldman  
Cornelia McCloud  
Marc Linder  
Mary Ann Durso  
Maureen Cernadas  
Merck Foundation  
Meredith Stowasky  
Network For Good  
Olive Bryan  
Peter Connelly & Pauline Ting  
Robert & Karen Calta  
Robert Joseph

## Thanks to our 2022 Sponsors (cont'd)

Sarah Mazzaresse  
Shannon Jefferys  
Sherry M Kenny  
Steven Kunzman  
Susanna Calvin Bennett  
Suzanne Stowasky  
Suzanne Gomlick  
The Selective Insurance Group Foundation  
The Souper Bowl of Caring Inc.  
Treasure Cove Watersports  
Victoria Bixel

### **Chicken in Every Pot Sponsor - 250 to 499**

Carol Ruskin  
Church World Services, Inc.  
Helen Nitzsche  
Hugh Woodruff  
Jacqueulin Scully- Clark & Edward Scully  
Joseph D Bixel  
Kathleen and Paul Nitzsche  
Leslie Taylor  
Michael Fedida  
Pui Evans  
Robert Ullman  
Scotch Plains Baptist Church

### **Grocery Cart Sponsor - 500 to 999**

Ameta Ricks  
Andrew Shaw  
Bernard "Skip" Shihar  
Bruce and Ruth Ryno  
Carol Stiles  
Edmunds Family Foundation  
Eugene Harrison  
Gerry Heydt and Arne Aakre

Jim Schiffer  
Michael Whalen  
Patricia M. Bixel  
Robert McCabe  
Utility Workers of America AFL-CIO  
William "Tony" Contreras

### **Shelves of Food Sponsor - 1,000 to 4,999**

Arnold A. Schwartz Foundation  
Donald and Constance Palmer  
Estate of Betty Willey  
Harry and Caroline Pozycki  
Jennifer Gregory  
Lawrence T Quirk  
Mary Burgwinkle  
National Assoc Letter Carriers  
Robert and Maryellen Chanda  
The Frippery Thrift Shop  
Wesley Methodist Church  
Wilson Memorial Church Outreach  
Committee

### **Fill an Aisle Sponsor - 5,000 to 9,999**

Laura Niles Foundation  
Nancy Blades

### **Pantry Full of Food Sponsor - \$10,000 and up**

City of Plainfield  
The Plainfield Foundation

#### **Be a STAR for Star Fish!**

Donate at our website make your donation  
a monthly donation!

[www.starfishplainfield.org](http://www.starfishplainfield.org)

## What's the Story with the Price of EGGS!!!

You've no doubt seen a number of articles and editorial cartoons recently clamoring over the price of eggs. We feel this price increase, too, since fresh eggs are a vital protein source that we provide to our clients. Due to shortages and prices, we're giving out 1/2 dozen eggs to families now instead of a full dozen. Fortunately, some of our Friends are donating eggs or \$\$ to help us buy them. You can donate for eggs at [www.tinyurl.com/StarFishPldInc](http://www.tinyurl.com/StarFishPldInc)

Between our Partner Agencies and Plainfield Food Security Project clients, we distributed more than 1600 dozen eggs in 2022. We started the year at \$1.29 per dozen for jumbo and have paid as much as \$4 per dozen for large, an increase in cost and a decrease in size.

The avian bird flu has spread throughout the US, requiring farmers to destroy their entire flocks of chickens when just one becomes infected. The disease is highly contagious and resulted in destruction of 40 million egg-laying hens in 2022!

Once these flocks are destroyed, it takes between 5 and 6 months for chicks to grow to egg-laying stage; some breeds take longer. Most commercial layers are kept for 2-3 years as their egg production decreases after this time. To keep a small flock producing, owners should plan to retire old hens and add young hens (pullets) every 2-3 years.

Ovulation (release of the yolk from the ovary) occurs every 24–26 hours regardless of fertilization. A hen ovulates a new yolk after the previous egg was laid. It takes 26 hours for an egg to fully form (white and shell added), so a hen will lay an egg later and later each day. Eventually the hen will lay too late in a day for ovulation to be signaled. She will then skip a day or more before laying another egg.

Your donations help us purchase eggs. We now have nine regular donors of \$120 or more a year, our Egg-O-Mat donors. Each is acknowledged on our Egg-O-Mat page on the website. You can join them—just go to [www.tinyurl.com/StarFishPldInc](http://www.tinyurl.com/StarFishPldInc) and select Egg-O-Mat from the list of donor choices.

But what is an Egg-O-Mat? Long before the modern era of shopping ease, farmer Camillo Epstein and his wife brought convenience to local egg buyers roughly 70 years ago. The EggOmat, an egg vending machine enclosed in a wooden shed, was born on Mountain Boulevard, across from the field that's now home to municipal ballfields. It eliminated the need for the Epsteins to continually staff a farm stand. At night, on weekends, and other times that food stores were closed, customers could still buy the key ingredient for their next omelet.

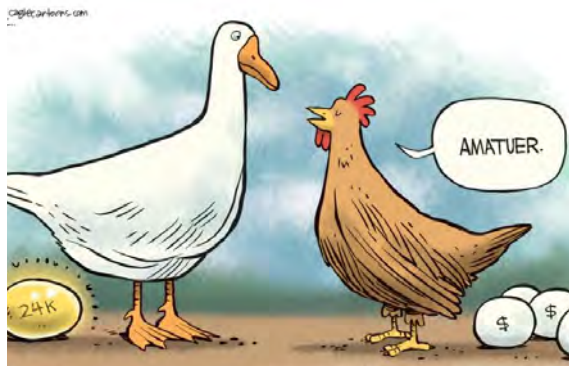




## These Cracked us Up!



Credit: John Cole, [www.cartoonists.com](http://www.cartoonists.com) / CFTNewswire.ca, [CaptivCartoons.com](http://www.CaptivCartoons.com) / ALL RIGHTS RESERVED



The GOOSE THAT LAID the GOLDEN EGG

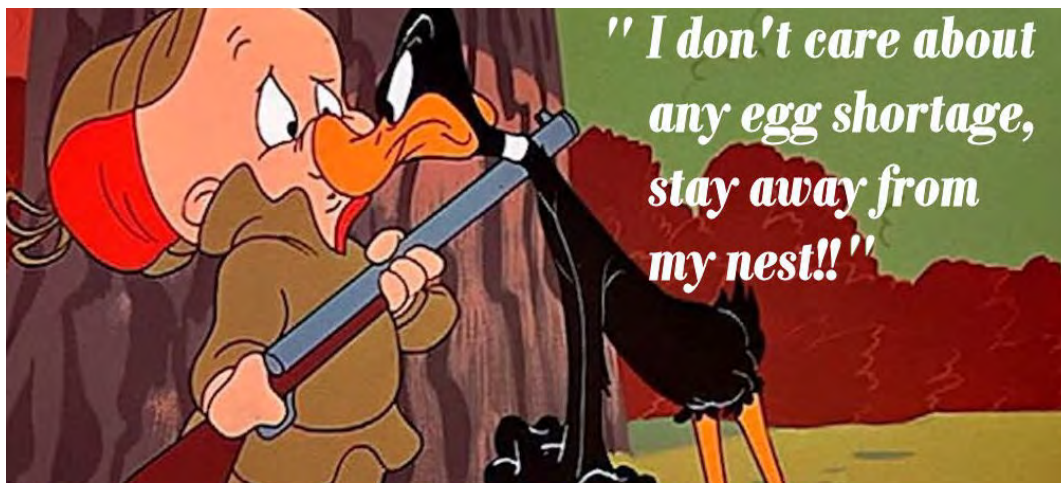
The CHICKEN THAT LAID JUST REGULAR OL' EGGS

Help us with a donation for eggs – [www.tinyurl.com/StarFishPfdInc](http://www.tinyurl.com/StarFishPfdInc)

### EGGS IN ONE BASKET



Credit: Dave Whitmond, [Cartoonists.com](http://www.Cartoonists.com) / CFTNewswire.ca, [CaptivCartoons.com](http://www.CaptivCartoons.com) / ALL RIGHTS RESERVED



## 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.



**SUPPORT THE STAR FISH FOOD PANTRY FUNDRAISER**

**who doesn't love? flowers?**

Buy this \$10.99 Bloomin' 4 Good bouquet for your love and spread the love locally —to us for the month of February!

[www.starfishplainfield.org](http://www.starfishplainfield.org)

Star Fish Food Pantry will receive \$1.00 from each bouquet sold at the Watchung store in February.  
1151 Route 22 West, Watchung

**STOP&SHOP**  
Bloomin' 4 Good Program  
[STOPANDSHOP.DIVELocal.COM](http://STOPANDSHOP.DIVELocal.COM)

## 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.