



Welcome to Families Feeding Friends Program

Bread For Life's Families Feeding Friends initiative is a new program, intending to help serve those in the community who are in need while bringing local families closer together. The program will be open to 12-15 families to participate in organized activities throughout year. These activities will be held on Sunday afternoon from 2:00-3:00 pm.

Families Feeding Friends program is excited to offer these opportunities to encourage community involvement while increasing quality time spent together as a family.

For your convenience we have the following activities planned and ready to go. To reserve your family's spot, please send an email to: info@southingtonbreadforlife.org. For further questions please call 860-276-8389. Please note that registrations will be accepted on first come first serve basis until each session is filled.

April Showers Brings May Flowers: We will be making a fun, creative umbrella craft with artificial flowers. This will make a perfect spring gift for our clients to use in both decorative and practical ways.

Date: April 23, 2017 **Items each family needs to bring:** 2 hook handle umbrellas that can be purchased at Hollar.com or any store. Please bring any artificial flowers you have at home.

Grow With Us: At this event we will decorate large canisters and plant either tomatoes seeds or basil seeds to be delivered to our clients. As Bread For Life grows, we hope to engage our clients in growing something of their very own.

Date: May 21, 2017 **Items each family needs to bring:** A small bag of potting soil and a packet of basil or tomatoes seeds.

Jar of Sunshine: Jar of Sunshine is a simple activity to start off the summer. We will be filling 4oz mason jars with your favorite quote or "word of the day". We believe that this jar will bring our clients a great little boost each time they pull one out.

Date: June 11, 2017: **Items each family needs to bring:** Colored markers and two 4 oz Mason jars. As a family, please think of some positive phrases, kind words, quotes, or words of the day to share.

Garden Work Week: The **week of July 10-15** we will need a number of volunteers to share in this responsibility. The Common Good Garden will be supplying our kitchen with fresh vegetables to be used at Bread for Life. We will register two families per day for this week so secure your date early please.