

NOTES OF CARING

Did you know that Bread for Life provides hot lunch and cold bag dinner weekdays to those who qualify in our community? These meals are delivered to their home and served at our facility. Often, this delivery may be the only contact these residents have with our Southington community.

Young people are encouraged to design and create notes of caring for these individuals. These notes provide a heartwarming way for the resident to know that someone is thinking of them, and they are not alone. The notes can be written on 3x5 index cards.

Examples include:

- “Thinking of you”
- “Wishing you a happy day”
- “Praying for you”
- “Smile, it looks good on you”
- “You are loved”



Seasonally, cards can be created for the holiday meal drop offs. Please drop the cards at Bread for Life by:

Thanksgiving cards due by Monday November 22, 2021

Christmas cards due by Monday December 21, 2021

New Years cards due by Monday December 28, 2021

Notes of caring are accepted throughout the year as spiritual nourishment with our meals.