

*It  
only  
takes  
a  
spark...*



2022 Impact Report



# ...to get a fire going.

A single flame can dispel the blackest darkness.

Wood set alight in a fireplace chases away the chill in the air.

Friends are drawn around a campfire to cook and share a meal.

Light. Warmth. Food. Camaraderie.

These are words that also characterize Bread for Life. We have a passion, a zeal, and a fire to see lives changed in our community. And the needs are more significant now than they have ever been.

Just as a single spark can ignite a flame, so too can the smallest act of kindness grow into something that can change the course of a life. Every contribution you make multiplies in many ways, reaching others with warmth, light, sustenance, and hope.

We know you will be encouraged by the stories in this report about the lives you are impacting.

We thank you for helping to light  
the way for us and for our  
community.

“One small candle may light a thousand.”  
—William Bradford





“A spark is a little thing, yet it may kindle the world.”  
—Martin Farquhar Tupper



## No Light Too Small

Mother Teresa was once asked by an American reporter, “What’s the poorest country you’ve ever been to?”

“I have been to many countries and seen much poverty and suffering,” she replied. “Everywhere I go, people tell me of their hardships and struggles and ask for help, and I give what I can. But of all the countries I have been to, the poorest one I have been to is America.”

Unprepared for such an answer, he asked, “Why?” reminding her that America is one of the wealthiest countries in the world. “Because,” she replied, “America suffers from the most terrible poverty of loneliness.”

Unfortunately, we see this reality in the lives of many of the people we serve, especially our homebound clients. Yet, thanks to the caring hearts of many young people in our community, our clients are reminded that they do not go unnoticed. Handmade notes, unique cards, and small holiday gifts bring a ray of sunshine

amid their isolation. “It was so wonderful to receive the card that was made for me,” wrote one grateful recipient of a handmade Christmas card. “It made me feel so special.”

Bread for Life provides a place for church groups, schools, clubs, and sports teams to help out. There are also two monthly programs for young volunteers—*Family Feeding Friends* and *Kids Who Care*. Visit [southingtonbreadforlife.org/give-time/](http://southingtonbreadforlife.org/give-time/) for more information.

*Family Feeding Friends participants make individual apple pies for our homebound clients to enjoy with their Thanksgiving meal*



## Food, Friendship, and Fun

After a two year hiatus, we are excited to say that Soup Night is back! Our annual community Soup Night, attended by a sold-out crowd this past October at Southington High School, was an enjoyable community event. Soup Night raises funds to help cover BFL’s operational expenses. A huge “thank you” goes out to our volunteers and all who supported us.

Of course, the event would not be possible without the generosity of local restaurants that contributed the savory soups enjoyed by our patrons.



- Anthony Jack’s
- Aqua Turf Club
- Back Nine
- Calvanese Foundation
- Close Harbour Seafood

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- New Mill

- Outback
- Paul Gregory’s
- Pepper Pot
- Polish Plate
- Rogers Orchards
- Saint’s
- Smokin’ with Chris
- The Manhattan

*Youth volunteers served soup at Soup Night*





## The Sweet Success

In her 1885 novel *Mrs. Dymond*, Lady Ritchie penned, "If you give a man a fish, he is hungry again in an hour. If you teach him to catch a fish, you do him a good turn." We know all too well that giving a hungry person a sandwich doesn't alleviate the deeper problems that brought them to their present situation. At Bread for Life, we believe that a person can regain lost dignity by acquiring work skills and, at the same time, contribute to a larger purpose.

Our idea was to provide an opportunity for our clients to receive basic vocational training with the ultimate goal of operating several micro-enterprises staffed by these clients. With funding secured from the Foundation of Greater New Britain, we started our first social enterprise, the Southington Honey Company, in 2021.

With start-up funds secured, we purchased bees and hives and learned all we could about beekeeping. Several of our clients expressed interest in becoming ambassadors for SHC. They attended weekly training sessions about proper grooming, customer service, merchandise display, and other facets of a small business. They also produced

*Bees from the  
Bread for Life hives  
produce local honey*

## Rising to the Occasion

The success of the Southington Honey Company inspired us to start a second social enterprise. With funding once again from the Community Foundation of Greater New Britain, we are excited to announce that we are launching another enterprise—the Southington Bread Company.

Two of our clients are baking bread and cookies in our commercial kitchen. We plan to set up a pop-up shop in the spring, leading to a formal debut in the fall of 2023. Keep an eye on social media for more details. Come by to purchase delicious bread and cookies and support the efforts of our Southington Bread Company ambassadors.





# of a Changed Life

saleable goods such as coasters, note cards, and beeswax candles.

Our dream was fulfilled when, in June 2022, our clients staffed the SHC table at the Farmers Market every week from June to September. SHC was a huge success! Our local honey sold out each week, and our client-made products were also in high demand.

This achievement lit a spark in our clients. They looked forward to Friday afternoons at the Farmers Market where they communicated with customers, worked together as a team, and discovered unknown talents. They learned to persevere, mastering tasks they once thought were too challenging.

“  
Don't  
judge each  
day by the  
harvest you reap,  
but by the seeds  
you plant. —  
Robert Louis  
Stevenson  
”

At the start of the training, one of our clients insisted that he was inept at handling

money and could not see himself creating sales receipts.

Yet, after training, he took the initiative to watch videos about billing and learned the tasks necessary to complete a sale. That determination has affected other areas of his life—he is more self-confident, outgoing, and quick to lend a hand. A life changed.

Come to the town green to visit the Southington Farmers Market on Friday afternoons to support our enterprise by buying local honey or SHC products and meet our remarkable sales team.



*Bread for Life clients  
produce saleable goods to  
sell alongside honey at the  
farmers market*

## Healthy Steps Forward

At Bread for Life, we take seriously the many facets of our clients' health and well-being. But unfortunately, the reality for many living in poverty is that their lifestyles are often plagued with obesity, smoking, substance abuse, and chronic stress. And adding poor access to healthcare to that mix only escalates the risk of declining health and disability.

Wanting to affect healthy changes in our clients' lives, we created a Bread for Life Walkers Club, meeting every week from May through November. Volunteers met with eager clients weekly, starting with a quarter-mile outing in May. By October, they had completed a two-mile trek, with participation in the Apple Harvest Road Race as their goal. We were delighted as they proudly sported their Apple Harvest Race shirts and completed the two-mile community walk.

We plan to restart the Walkers Club in the spring. After that, who knows where 2023 will take us?





# Feeding Minds

Nelson Mandela famously stated, "Education is the most powerful weapon which you can use to change the world." In addition to feeding our neighbors, we believe we should educate our community about the reality of hunger and poverty. BFL recently developed an Education and Outreach Committee to build a community of youth, adults, civic organizations, and businesses who desire to take the next step toward serving the poor in and around Southington.

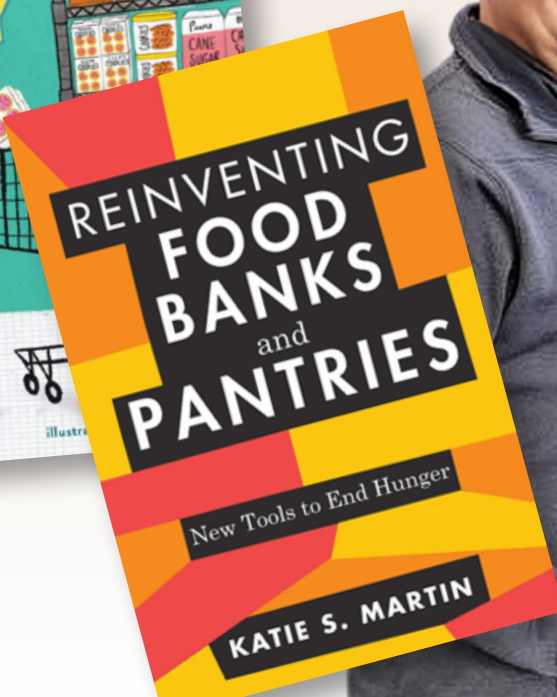
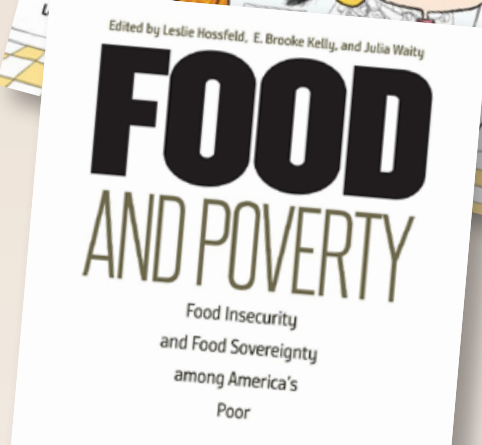
Many of us desire to help but are unsure where or how to start. We hope to spark dialogue around these issues with like-minded people who can affect change in their unique spheres. Bread for Life representatives can speak to your faith community, civic group, class, and other interested groups, customizing our presentation around your needs.

We have also developed educational programs and lesson plans for pre-K, Kindergarten, and elementary school children. These downloadable lessons are available at [southingtonbreadforlife.org/educator-toolkits/](http://southingtonbreadforlife.org/educator-toolkits/).

For more information or to schedule a speaker, please email us at [education@southingtonbreadforlife.org](mailto:education@southingtonbreadforlife.org).

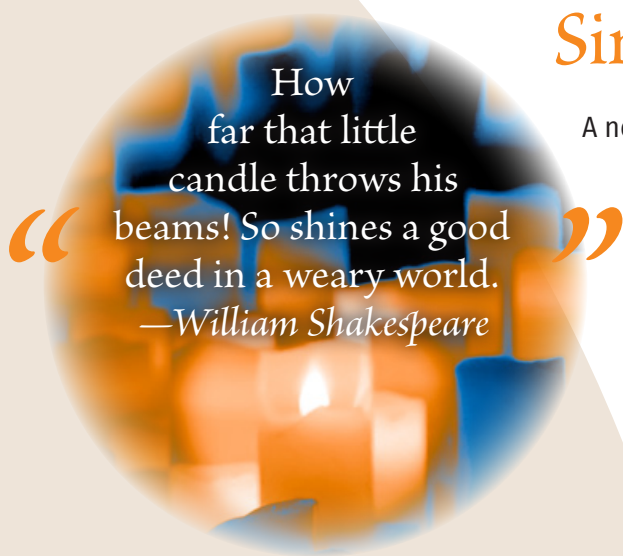
For personal insight, we can recommend several books to help you to understand the deeper issues behind poverty and food insecurity. Thanks to generous funding from the Community Foundation of Greater New Britain, these titles for adults and children are available for loan from the

Southington Public Library and Bread for Life. Visit [southingtonbreadforlife.org/hunger-advocacy/](http://southingtonbreadforlife.org/hunger-advocacy/) for publications currently offered.





# Giving Made Simple



How far that little candle throws his beams! So shines a good deed in a weary world.  
—William Shakespeare

A new program in town provides paid meals at local restaurants for hungry folks who cannot afford a meal. It's called *Plate It Forward Southington*, the brainchild of BFL volunteer Gary Brummet, and first funded by the Friday Morning Breakfast Club.



The concept is straightforward. You simply pay for another meal when dining out at a participating restaurant. The receipt for that meal is taped to a board at that eatery, and a person in need of a meal can claim the ticket and receive that meal.

Eating in a restaurant is a luxury out of reach for those we serve. "It was so nice to go to Paul Gregory's and get a really delicious meal," said one of our clients. "My ticket was for an omelet and hash browns. They were really good, and it was so big that I had to ask for a container for what I couldn't finish."

We are proud to partner with *Fancy Bagels* on Queen Street and *Paul Gregory's* on Center Street, the first restaurants participating in this program. And we look forward to welcoming more generous establishments.

Displaying titles available at Southington Public Library, (l to r): Dave Obedzinski, President and CEO of Community Foundation of Greater New Britain; Paula Knight, Bread for Life Education and Outreach Committee member; Liz Chubet, Library Adult Programming Coordinator; Donna Ayer, Bread for Life Executive Director, Kayla Milligan, CFGNB Director of Philanthropy, and her son Theo.





# Bringing Relief to Families

We are all uncomfortably aware of the increased food prices over the last three years. Sadly, research from Connecticut non-profit DataHaven reveals that food insecurity profoundly impacts adults with children as Pandemic Relief Programs fade. This past year, approximately 7% of Connecticut children lacked sufficient nutrition. Unfortunately, that includes children here in our community.

Those numbers became very real to us with the dramatic increase in the number of meals we served in 2022 through our Children's Summer Lunch Program. The number of locations we operated expanded to seven sites, with an unprecedented number of 4,845 lunches. That is an increase of 41% over the previous year.

While the children we serve receive free breakfast and lunch during the school year, they, and their parents, rely on Bread for Life to provide these much-needed meals during the summer months.

"I have had to make really tough choices between groceries, paying my rent, or putting gas in my car," shared a single mom of three children. "The price of everything is going up, but my paycheck is not enough to keep up. I am so thankful for the lunches you gave my kids all summer. It was a huge relief to know that they would have a nutritious lunch every day while school was out."

Thanks to your generosity, "no school" doesn't mean "no lunch" for Southington kids.



## From the Heart of a Child

As our clients readied themselves to enjoy their Thanksgiving dinner this past year, we handed them "turkey cards" and asked them to write down what they were thankful for. We then hung them up in the dining room as a reminder for all of us to be thankful all year.

One of our clients, Todd\*, comes to BFL with his mom in the summer and on school vacation days. Only five years old, his simple four-word statement reminded us of the importance of our work. He wrote that he was thankful for "food in his belly."

Thank you for helping us fill Todd's belly. Your generous goodwill enables us to serve in more ways than you can imagine.

*\*Name changed.*



# Generous BFL Donors—1/1/22 to 12/31/22

*We thank every donor for assisting Bread for Life in meeting our mission to feed the hungry of Southington.*

*Every effort has been made to assure the accuracy of the following list. However, if any names have been omitted or appear incorrectly, please contact our office.*

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Ron Natrass	Donn & Linda Reilly	Charlene Simeone	Raymond & Kathleen Torchio	<b><i>In Honor of Gina Dubois &amp; the Quinlan Family</i></b>
James & Johanna Needham	Joyce Renehan	Christina Simms	Sebastian & Cheryl Trovato	Keith Franson
Ann Nelson	Tina Marie Riccio	Peter & Christine Sitar	Filomena Tucciarone	<b><i>In Honor of Joe Erardi</i></b>
Jeffrey & Patricia Nelson	Diane Richter	Michael Skarka	Edward & Sheilah Tycz	Catherine Goraliski
Ronald & Ellen Ness	George & Karen Rieger	John & Christine Sliney	Mary Udice	<b><i>In Honor of Marianne Fish</i></b>
Charla Nich	Susan Riley	Edward & Barbara Smith	Unity Rebekah Lodge #54	Bethany Ingriselli
Dawn Nielsen	Marge Rinkavage	James & Barbara Smith	US Bank Equipment Finance Div of US Bank	<b><i>In Honor of Our Grandchildren: Madisynn, Peighton, Apollo, Valeria, Darragh &amp; Meara</i></b>
Stacey Norton	Kristen Ritchie	Judy Smotas	Paul & Maureen Vagnini	Patty Nagle
James & Catherine O'Hara, Jr	Marianna Rivers	Charlotte Sorbello	Valvoline Instant Oil Change	<b><i>In Honor of Robert &amp; Edna Groover</i></b>
Gustave & Diane Olander	Anne Robichaud	Sorelle d'Italia In America	Srivalli Vasamsetti	The Groover Family
OneHope	Thaddeus & Barbara Rogala	Friends Southington Elks BPOE 1669 Inc	Daniel & Roberta Vendetti	<b><i>In Honor of Lisa Johnson &amp; Bruce Zeh</i></b>
Lisa Ossola	Juan Rosa	SHS Lady Knights Basketball	Joseph Venditto	Amity Bateman
Richard Oulundsen	Suzanne Rosenberg	SHS Softball League	James & Loretta Violette	<b><i>In Honor of Dave &amp; Dominique Kall</i></b>
Henry & Janie Palasek	Rosenberg Axt Fund	Southington The Athletic Shop	Rachel Wache	Douglas McGough
Karolin Palko	William Ross	Spirit of Dance Awards	Therese Wade	
Christopher Palmieri	Thomas Rossini	William & Irene Spring	Michael Ward	
Katherine Palmieri	Pauline Roth	Nancy Spring	Albert Wetterhahn	
James & Linda Paradis	Alan & Sharon Rousseau	Jill St John	Jane White	
Robert Paradis	Dorothea Roy	David Stafford	Lynne Whitney	
Billie Parkos	S&S Community Bag Program	Marybeth Stanton	Stanley & Kathy Wilk	
Denise Pellegrini	Arleen Sabin	Bill Steindl	Jeanne Wischenbart	
Pauline Pelletier	Joseph Sack	Robert & Penelope Steindl	Lois Wolff	
Claire Pennington	Susan Sadecki		Raymond Zack	
Friends Perfect Temp, Inc	Janet Sahin			
Barbara Perkowski	Frank & Nancy Salamon			
Lucinda Perry	Lee Salter			
Lucille Perry	Joan Sattler			
Nicholas Perugini	Paul & Maria Santos			



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***In Honor of Delaney Lasker***

Fred & Laurel  
Tomassetti

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***In Honor of Paul Maule***

Dennis & Barbara  
Cambria

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***In Honor of Bill & Donna McEvoy***

Heather Warner

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***In Honor of the McLean Family***

Doris Larese

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***In Honor of Mary Morelli***

John Adamski  
Chip Bessy  
Barbara Niski  
Pete & Mary Serafino

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Michael Nagle  
Sean Nagle

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***In Honor of Bob & Larena Nickerson***

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***In Honor of David & Joanne Tellerico***

The Tellerico Children

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Betty Ann Bailey

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Janet Chernikoff  
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Aaron DiCaprio  
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Frank & Maureen  
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Patricia Ladner  
Taryn Langer  
Peggy Jean Lavery  
Patrick & Anne  
Mahoney  
James & Catherine  
O'Hara, Jr  
Brian Otis  
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of Floors)  
Steven & Debora  
Rozewski

Carol Rzeszutek  
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***In Memory of Carol Bak***

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Suzanne Kucharski  
Marcel & Jocelyne  
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Valentino & Shari  
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Baldwin  
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***In Memory of Caroline Crispino***

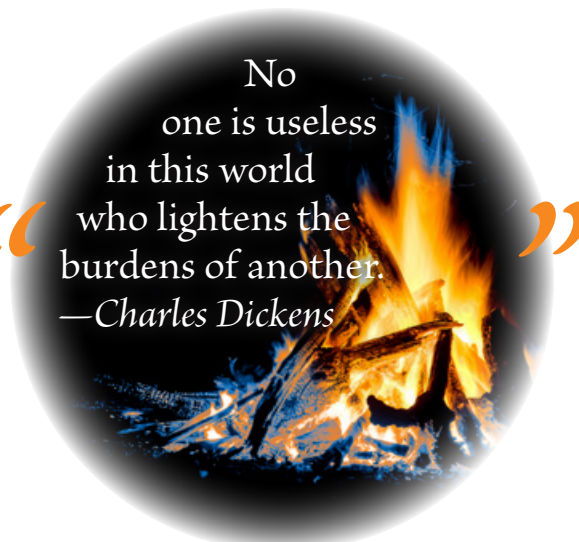
Joe & Lyn Crispino

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***In Memory of Betty J DePalma***

Joan Murphy

No  
one is useless  
in this world  
who lightens the  
burdens of another.  
—Charles Dickens



Joseph &  
Margaret Palfini  
Read Winers Book  
Club  
Reggie Lenoir & Sheila  
Wofsy  
Susan Riley  
Susan Ryan  
Y Group

Peter & Barbara  
Antosh  
Walter & Maryellen  
Callahan  
Brian Callahan  
Paul & Cheryl Callahan  
Michael & Therese  
Callahan  
Colleen Catherwood-  
Kubinski

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***In Memory Dorine M DePaola***

Thomas & Jacqueline  
Williametz

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Kennth & Kathleen  
Baldwin  
Dave & Debra Bond  
Marilyn Ciccio  
Susan Cotugno  
Thomas & Carolyn  
Dwyer  
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Roger & Deborah  
Jeanfaivre  
Andre' & Susanne  
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Alana & Melanie  
Macchi  
Theodore & Kathleen  
Macchi  
Carl Marieni  
Joan Murphy  
Michael & Kathryn  
Petruzzello  
Philip & Susan  
Piqueira  
Cynthia Ruggeri  
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Schaeffer-Helmecki-  
Tellerico  
David & Joanne  
Tellerico  
Marco & Krista  
Tellerico  
David & Sara Tellerico  
Charlene Tice

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***In Memory of Thomas Doyle***

George & Jeri Matczyky

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***In Memory of Herb Dubois, Paul Edmond, James O'Donnell***

Keith Franson

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***In Memory of Viola Dubois***

Jolanta Frano

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***In Memory of Stephen K Elliott, Jr***

American Legion  
Kiltonic Post 72  
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Breedlove  
Joseph DePaolo &  
Family  
Mary Kane  
E Jean Nichols  
WCF (Patricia Obie)

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Deanna Sato

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***In Memory of Midge Farina***

Clifford & Lois White

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***In Memory of Joan Faust***

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Stephen & Joanne  
Friedman  
Ronald & Judith  
Newman, Sr

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***In Memory of Maureen Foss***

Conrad & Judy Gozzo

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***In Memory of the Fransen, Hernandez, Putala & Perez Families***

Dennis & Sandy Putala

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***In Memory of Georgie***

John & Alice  
LaMontagne

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***In Memory of Domenic Giannelli, Robert Martino & Dave Wiltse***

Edward & Kathryn  
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***In Memory of Jane Gingras***

Document Imaging  
Unit at Middlesex  
Hospital  
Pamela Egan  
Harold & Linda  
Friedman  
Waldemar & Judith  
Kostrzewa  
Leslie Lee



Lawrence &  
Janis Malone  
Alberta Martucci  
John & Anne Pitegoff  
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Jennifer Russel  
John & Carol  
Skorupski  
Robert Walsh  
Robert & Heather  
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***In Memory of Norm Giroux & Evelyn & Roland LaPerriere***

Janice Giroux

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***In Memory of Patricia Grego***

Bruce & Pamela Barth  
Joey Lee Miranda  
Craig & Andrea Raabe  
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***In Memory of Vincent Iacobucci***

Joseph & Gina  
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***In Memory of James Jendrejczak***

James Jendrejczak

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Frank & Diane  
D'Addabbo  
Rocco, Lynn & Brittany  
Labbadia

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June Lamarre  
Eleanor Pye

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Ackerman

Don & Susan Amnott  
Nelson Berube  
Julie Casey  
Marilyn Cataldo  
John & Myrna DeMarco  
Pauline Gagnon  
Anthony & Annette  
Lombardi  
Ann Lorenzo  
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Nancy Michaud  
Danielle Morek  
Dorothea Roy  
Barbara Shea  
Leola St Amour  
Marybeth Stanton  
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Family  
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Paula Lopatosky

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Fontaine  
Patrick & Roberta  
Giammatteo  
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Robert J Pedrolini	Loretta Zemke Stafstrom	Chelsea Olexovitch	Constance Mayette	James & Joanne Palmieri
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Sanford & Hawley, Inc	William & Theresa Gambardella	Rachel Wache	Barbara Olender	Stanley Craig
Santini Villa Apartments, LLC	<b><i>In Memory of Mary McMahan</i></b>	Mary White	Zaya & Angelica Oshana	Allen & Sandra David
Jay Silverman	Francis & Antoinette Escott	<b><i>In Memory of Sherri Phillips</i></b>	Ronald & Barbara Parent	Sam DeFelice
Richard & Barbara Spargo	<b><i>In Memory of Mercury26G</i></b>	Tabitha Stein	Norman Rodriques	Electro-Tech, Inc
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Patricia Talley	<b><i>In Memory of Cindy Miller</i></b>	Francis & Antoinette Escott	Terry & Janice Tata	Jeanne O'Dowd
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Cynthia Lynch	<b><i>In Memory of Lauryn Ossola</i></b>	Doug & Claudia LeBarron	Mark Roberti	<b><i>In Memory of All Veterans</i></b>
<b><i>In Memory of James F Manware</i></b>	Jerry & Lisa Ossola	<b><i>In Memory of Rev Ralph Lord Roy</i></b>	Sheldon Sussman	Joseph Sepko
Patricia DePaolo	<b><i>In Memory of Our Parents</i></b>	Joyce Roy	Suzanne Travers	<b><i>In Memory of the Violette Family</i></b>
Vito & Anita Pesce	Henry & Janie Palasek	<b><i>In Memory of Patricia Santovasi</i></b>	<b><i>In Memory of Dennis J Stanek</i></b>	Patrick Violette
<b><i>In Memory of Nancy Mastrianni</i></b>	<b><i>In Memory of Lewis S Palmieri</i></b>	Ken & Kathleen Baldwin	Aaron Scott	<b><i>In Memory of Nancy Volpe</i></b>
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James & Theresa DeBisschop	Kevin & Ann Marie Conaty	<b><i>In Memory of Alberie Saucier</i></b>	Lisa Daley	<b><i>In Memory of Mark Wagenbrenner</i></b>
Marilyn Foley	Ashley Duncan	Brian & Elizabeth Brennan	Richard & Patricia Hill	Robert & Nadine Britton, III
Edward & Sheila Haddad	Larry & Ceil Finley	Bruce & Karen Saucier	Kathleen Hopko	The Del Grego Family Trust
James & Joanne Palmieri	Gina Ganther	Maynard & Julie Saucier	Amber Jordan	<b><i>In Memory of Cecile Zanton</i></b>
Mark & Sue Pepe	Daniel Hackett	<b><i>In Memory of James Senich</i></b>	Bonnie Kizilski	Edward & Barbara Aszklar
Vincent & Jeanne Prigitano	Donald Hodgkins Jr	Robert & Patricia Cables	Lawrence Lanza	<b><i>In Memory of All the Hungry Who Came Before</i></b>
Thomas & Mary Shanahan	Kim Kennedy	Marlene Carbone	Brian & Christine Liebler	Paul Aresco
Special Education Dept at Plainville H S	John & Karen Leary III	Gary & Mary Celella	Brenda Santone	
	Paul & Joanne Listro		Sun Activity Club	
	Irene Mach		Bruce & Maryann Vagts	
	Lisa Melillo		<b><i>In Memory of Charlie Tice</i></b>	
			Jennifer Ackerman	
			Joseph & Pamela Aldi	



PO Box 925  
Southington, CT 06489  
860.276.8389

In 2022...

6,992

Lunches served on site

18,720

Meals delivered to the  
homebound

3,380

Group meals delivered to  
seniors living in subsidized  
housing

3,120

Meals delivered to clients in  
local motels

969

Bags of groceries to in-house  
& homebound clients, drop-  
ins, & mobile pantry program

4,845

Lunches served in our  
Children's Summer Lunch  
Program

“ If you can't feed a hundred people, then feed just one. ”  
—Mother Teresa

### Board of Directors

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*Treasurer*

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*Bookkeeper/Donor  
Manager*

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*Warehouse Manager*

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*Director of Operations  
& Volunteer Services*

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*Wednesday Dinner  
Supervisor*

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*Executive Chef*

Craig Rabideau  
*Custodial*

Jimmy Russo  
*Daytime Facility*

Donna Tuttle  
*Dining Room Manager*

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