



No

matter



how

you

look



at

it...



...when we
work together...



...we always
find a way.

As Bread for Life celebrates the milestone of 40 years of service in the Southington community, we reflect with immense gratitude on the profound impact the soup kitchen has had on our town. Since its humble beginnings, it has been a beacon of hope and compassion, providing nourishment, support, and empowerment to those in need. Through four decades of unwavering dedication, the kitchen has served countless meals, warmed countless hearts, and transformed countless lives.

As we look to the future, we are inspired by the countless lives we have touched and the countless more we have yet to impact. With renewed determination and a steadfast commitment to our mission, we embark on the next chapter of our journey, guided by the belief that every meal served, every hand extended, and every heart touched brings us one step closer to a more compassionate and equitable world. Together, we will continue to serve with love, dignity, and respect, ensuring that the legacy of the soup kitchen endures for generations to come.

Serving the Whole Person

At Bread for Life, meeting people's physical needs doesn't end at the dinner table. Thanks to our friends at Hartford Healthcare, their mobile health clinics offer vital medical care to our clients. Skilled professionals administer check-ups, screenings, referrals, and vaccinations. And it doesn't stop within the four walls of BFL. We also have a Walking Club to encourage physical fitness. Starting each spring, we increase our weekly mileage until the fall when we participate in the Apple Harvest 2 Mile Walk.

We also recognize how important it is to provide services to improve our clients' mental health as well. As a result of a partnership with Southington Behavioral Health, a trained counselor can be available to provide a safe space for clients to address their emotional challenges and receive support, guidance, and referrals to help them navigate through these struggles.

But wait—there's more! Arts and entertainment programs are available to nourish the spirit as well. Music and arts workshops, dinner theatre performances, trivia contests,

and group games turn the BFL dining room into a vibrant cultural hub for clients. The laughter and creativity are evidence they are discovering new passions, unlocking hidden talents, and finding joy amidst hardship.

By promoting physical health, emotional well-being, and creative expression, Bread for Life feeds the body, nurtures the soul, and empowers its clients to lead fulfilling and dignified lives.



Needs have continuously increased in Southington, and a greater demand has been placed on our ability to meet our commitments efficiently. The Community Foundation of Greater New Britain has generously funded a comprehensive computer system upgrade, allowing us to meet these needs.

This summer, we will contact you for email addresses and phone numbers to update our new system. BFL will be able to facilitate smoother communication, improved data management, and more effectively allocate resources. We desire to see that every dollar and hour that our donors invest is translated into the best and most effective resources for those we serve.



Community
Foundation
of Greater New Britain

Generous BFL Donors—1/1/23 to 12/31/23

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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“Alone we can do so little; together we can do so much.” —Helen Keller

Here at Bread for Life, we desire to live up to our name—that by offering a meal, we are offering more than simply sustenance for the body. Every dining room meal, every summer lunch, and every home delivery is an act of compassion, an example of selfless service to remind others that they are not alone. We ultimately forge connections that nurture a sense of belonging and dignity, enriching lives and building a stronger, more connected community.

The stories of strength, perseverance, and gratitude from those who have found solace inside and outside our four walls inspire us to continue our mission. We are grateful for your generosity to Bread for Life and hope you are uplifted reading some of these testimonies.

“ I want to thank you for the snacks you provided at our school. They are greatly appreciated. I was able to share one with a student who had a long bus ride to school and had no time for breakfast today. He was so happy to have something to eat and I was relieved knowing that the student had something to hold him over until lunch. ”
—school counselor

“ Thank you for delivering meals to me. I'm trying new foods that I never had before, but they all work well together. The food is delicious. Everyone is nice who delivers it. I never thought I would be in this position to need help, but I am and I thank you for the good food. ”
—homebound client

“ Southington Honey Company gave me a big responsibility and I haven't heard any complaints about my work, which makes me feel good about myself. ”
—SHC ambassador

“ Many thanks to the special volunteers who deliver the meals to me. I was so worried that they wouldn't be able to get to my home yesterday with the snow and ice. I'm grateful they came! Thank you also for all the meals I have been receiving, especially the fresh fruit and salads. Little did I know, after volunteering at Bread for Life years ago, that I would be benefitting from this wonderful program. ”
—homebound client

“ What I love about Bread for Life is that it feels like family here. The people are so kind and the food is great. ”
—dining room guest

“ I am not sure how I would have managed to send lunch with my child to the Park and Rec Playground Program this summer with our tight budget. My son receives free breakfast and lunch at school and the summer really puts a strain on me where food is concerned. Thank you for giving my son lunches this summer. He had fun while I worked which is very important to me. His safety is my first concern. ”
—mom of summer lunch recipient

“ Thank you for our meals. The most important thing is your support and caring throughout the year. The food sure helps too! It is so much better than the cookies I was eating (all I could afford!) before I came to Bread for Life. I feel blessed that you are here and in my life. You are able to make us feel wanted, accepted, and cared for. And that is the greatest gift you can give. Thanks a million! ”
—dining room guest

22%
of students in Southington public schools are receiving free/reduced meals.

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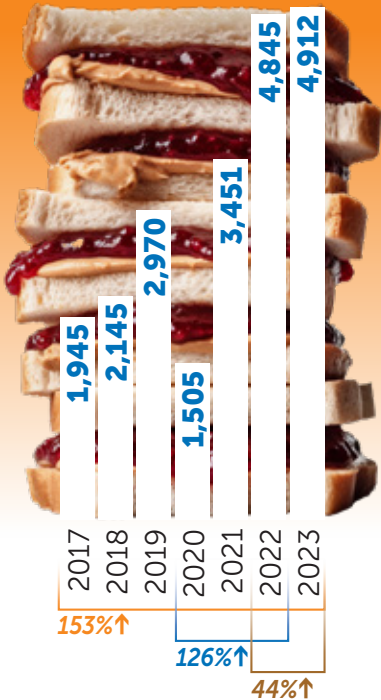
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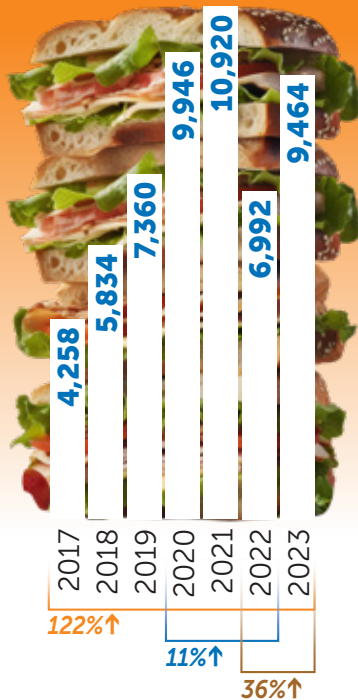
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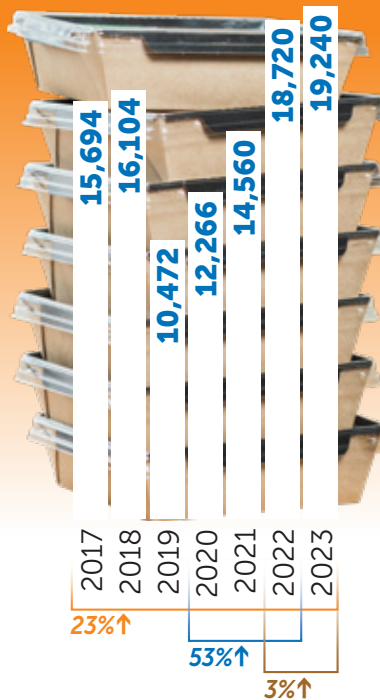
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