



# BREAD AND BOARD

The NSKS Newsletter

www.NSKS.org

The Nashua Soup Kitchen & Shelter, Inc. is a private, non-profit organization providing meals, emergency shelter, food pantry and advocacy to homeless and low-income men, women and families with children.

The soup kitchen, at 2 Quincy Street, serves dinner seven days a week and breakfast five days a week.

*No one should be hungry or homeless in our community.*

Summer 2020

► We are currently picking up orders 3 times a week from New Hampshire Food Bank. We usually only go once a week. Our produce orders are 150% more than before COVID-19.

► We have added 8 mobile pantries to try and bring fresh produce to those who can't come to us. We are grateful to the Nashua YMCA for picking up the produce at our Soup Kitchen and bringing it to the designated sites. And we thank the United Way of Greater Nashua for coordinating volunteers at each site to distribute items during this pandemic to those in need.

### Mobile Fresh Produce Pantry

#### 2pm-3pm Fresh Produce distributed at:

Monday: Bronstein Apartments and St. Louis Church Hall

Tuesday: Major Drive (Nashua) and Dunkin Donuts at 74 Lowell Rd (Hudson)

Wednesday: Rodgers Mobile Home Park and River Pines

Thursday: Sullivan Terrace North, Sullivan Terrace South

### CONTACT FREE DONATION DROP OFF

During these trying times, please leave donations on our loading dock and ring the buzzer to let us know you are there with items to donate.

#### Most-Needed Items:

- Cereal: any type, brand or size, hot or cold
- Soups: any brand, flavor (broth or hearty), canned, boxed
- Peanut Butter, Nut Butter
- Canned Fruit
- Rice
- Shampoo
- Toilet Paper: any size packages; families are given one roll

- Body Wash or Bars of Soap
- Toothpaste and Tooth Brushes
- Diapers, size 5 especially needed
- Deodorant

### VOLUNTEERS

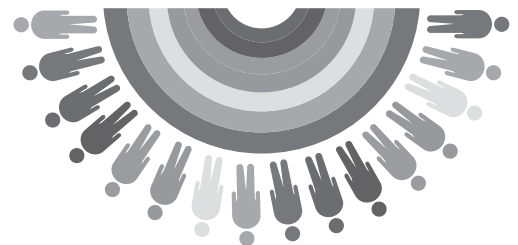
We miss our volunteers tremendously! But our top priority is keeping everyone safe. We are working on strategies to maintain CDC guidelines as we are gradually allowed to ease into our "new normal". We look forward to welcoming you back! Please check our webpage for updates: <https://nsks.org/covid-19-updates/>

### FROM OUR EXECUTIVE DIRECTOR

We are so grateful for the support of people from the Greater Nashua area who want to end hunger and homelessness in our community. This is just a partial list of who we would like to recognize and thank for their generous contributions that have helped us continue to feed and shelter folks, as well as expand some of our most needed services during this pandemic: Southern NH Health; Thomas W. Haas Fund; United Way of Greater Nashua; New Hampshire Charitable Foundation; CVS; Hannaford; Eastern Bank Charitable Foundation; Bank of America Charitable Foundation, Inc.; MADARAPU Giving Fund; William & Reeves; Lipman Bovy Family Fund; Pittinger Giving Fund; Eversource; Folger Family Charitable Fund; Whole Foods Market Community Giving Program; New Hampshire Housing Finance Authority; Nordson Corporation Foundation; Moskun Family Fund; New England Marathi Manadal; and dozens of generous individual donors!

In peace, Michael

WE'LL GET THROUGH THIS  
**TOGETHER**



NASHUA  
SOUP KITCHEN  
& SHELTER, INC.



Find us on Facebook: Nashua Soup Kitchen and Shelter, Inc.

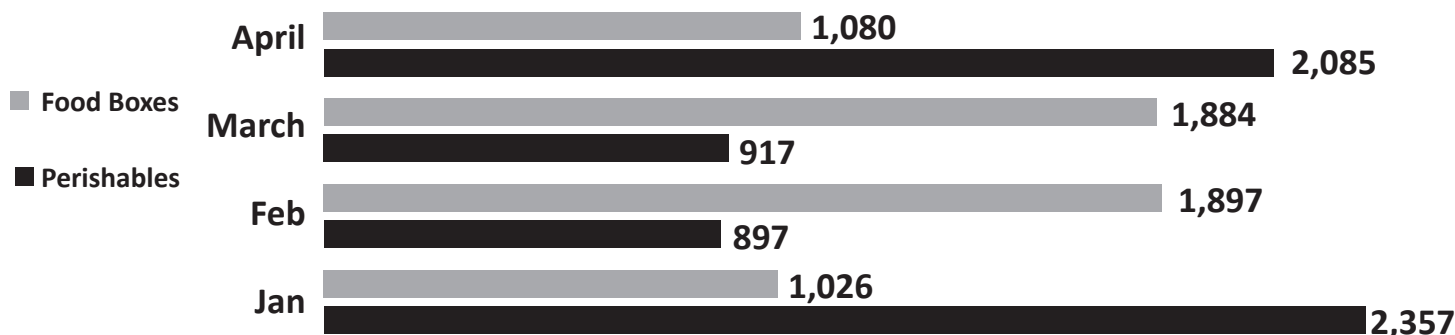
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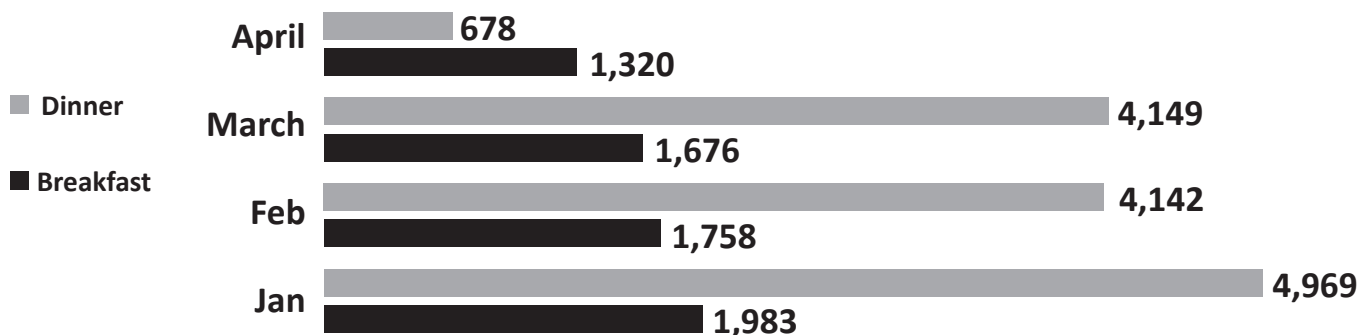
### Distribution in our Food Pantry

Perishable visits are allowed twice per week and include fruits, vegetables, breads and meats, if available. Food Boxes are non-perishable items like cereal, canned goods, rice, pasta, dry beans, mac & cheese and peanut butter that families or individuals can come in once a month for.



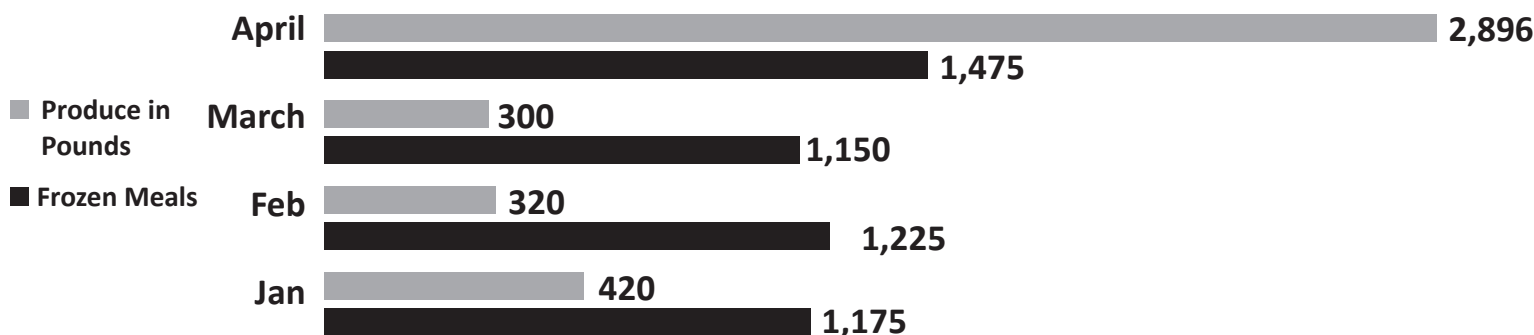
### Number of Meals Served Per Month

We serve breakfast Monday – Friday and dinner every day of the year. When COVID-19 changed the way we could serve our meals, we continued to prepare nutritious meals and have them available as Take Out Only.



### Nashua Meal for Kids Program

With schools closed, we are still feeding children. We have partnered with the Boys & Girls Club, who pick up our prepared frozen dinner meals for students & fresh produce we've picked up from the NH Food Bank, and deliver them every Friday to the schools dispersing meals.



### Personal Care Items

Families and individuals have the opportunity to pick up personal care items once per month through our Food Pantry hours. With COVID-19, no one is currently allowed in our building but we provide pre-bagged items at the door. This bag or toiletries could include toothpaste, toothbrushes, shampoo, body wash or soap, deodorant, razor, shave cream and a single roll of toilet paper. We also offer diapers to families 3 times a week, limited to 6 diapers per day, per child.

