



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.

Spring 2021

GENEROSITY OF OUR DONORS

Our community has been very generous over the past several months with both monetary and in-kind gifts. Here are some examples of what we have been able to do because of your donations:

♥ We have hired 2 outreach workers who concentrate on finding the homeless in our community. Wally and Denise team up to bring much needed supplies to those living outside, things like blankets, coats, new socks, handmade hats & scarves, gloves, sleeping bags, tents, pillows, personal care items, etc. Many of these items have been provided by YOU through generous monetary and in-kind donations.

♥ Many of our clients, like Elizabeth, Rosa, William, Edward, and Maria, were able to receive hats and gloves or mittens during the winter months because of your donations. Some of the items were store bought and others were hand-knit or crocheted. We are grateful to the senior citizen groups and individuals that lovingly knit and crochet these items all summer and fall so we have a variety of items to give out to keep people warm in the colder months.

♥ We have been able to distribute hundreds of blankets to those whose homes were cold and to the homeless living outside. We heard many thank you's from folks, including George, Christina, Daniel, Heidi, and Jose when we had blankets to give them to stay warm.

♥ We have dozens of brand new socks ready to give out to those who need them. We make sure they are available during mealtime and pantry hours as well as available at our shelters for those stay-

ing with us. Socks, such a basic necessity, are vital to wear during colder months to prevent frostbite. Hundreds of pairs have been given out over the past several months to men, women, and children, like Shawn, Gregory, Alexander, Lisa and Joleen.

♥ Our Birthday Room received 3 full grocery carriages of birthday supplies from a family who honors their son's memory every year by collecting birthday supplies from family and friends. Before his passing, Caleb insisted that every child deserves a birthday party, and we agree! Thank you for making it possible for MR, JB, BA, KT, GM and many other children to celebrate their birthdays with a party at home!

♥ Thank you to the many businesses, local retailers, school groups, civic groups, families and individuals who continue to drop off non-perishable items to help us keep our Food Pantry shelves stocked. We are thankful to have food available for families who come in once a month for food boxes. A typical February would document just over 1,000 non-perishable food boxes being given out to families. In February 2021, we helped 315 families who came for non-perishable food. The food box numbers continue to increase and we are grateful we have food on our shelves to provide for those in need.

GARDEN ITEMS

We are looking for garden supplies and volunteers to help us with our outdoor raised bed gardens. Please note, we have organic gardens so all materials, seeds and seedlings MUST be ORGANIC. We are happy to accept used garden supplies in good, useable condition.



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

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NASHUA
SOUP KITCHEN
& SHELTER, INC.



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- Cinder Blocks (used to plant flowers along the outside of our garden beds)
- ORGANIC composted cow manure
- ORGANIC soil
- Financial donations to purchase specific items for the garden
- Volunteers (please contact erika@nksk.org for available shifts)

BIRTHDAY PROGRAM ITEMS

We created a Birthday Room to provide new toys, books and gift cards for children, ages 1 to 17, who are having a birthday. They could be staying in our shelters or living under circumstances where their families have no resources to celebrate their special day. This program is available year round. Some favorite new gifts needed to restock our shelves are baby dolls, basketballs, craft sets and gift cards for tweens and teens for bowling, indoor rock climbing, & skating at Conway arena.

We also pass along party supplies such as:

Birthday plates and matching napkins, party hats, plastic forks and party decorations. Do you have birthday supplies left over from your own child's party? Please drop them off! We can use them!

RUN/WALK FOR FOOD & SHELTER

COVID-19 has changed the way we think about many things including the simple and enjoyable act of running or walking in large groups.

Even though 2021 is a new year full of great potential, COVID-19 is still very much a part of it. We are relieved that a vaccine is being distributed and administered, but it will still be too soon to have our Run/Walk for Food & Shelter fundraiser in April. We have made the difficult decision to cancel our Run/Walk in 2021.

But we aren't just cancelling our event; we are cancelling our second largest Nashua Soup Kitchen & Shelter fundraiser. We are asking for your help. Your donation of what would have been your registration fee or sponsorship fee will help us to continue providing the programs and services to vulnerable individuals and families in the Greater Nashua area.

Text the code "RUNWALK2021" to 44-321 or go to <https://secure.givelively.org/donate/nashua-soup-kitchen-and-shelter-inc/covid-relief-for-cancelled-2021-run-walk-for-food-shelter>

COVID VACCINATIONS

The Nashua Department of Public Health recently completed its third successful vaccination clinic at the Nashua Soup Kitchen. The goal is to vaccinate as many homeless, vulnerable people in our area that do not have access to vaccines or the ability to schedule an appointment. Each clinic has gotten a little bigger and we will continue to schedule them until they are no longer needed.

SAVE THE DATE

Please join us for "Spring Street Forward" as we kick off our capital campaign for our new Emergency Shelter at 35 Spring Street.
Wednesday, June 16 5:00PM

SPRING AND SUMMER CLIENT NEEDS

With the change in seasons, some of our client needs are changing, too. Here is a list of our most requested items:

- Underwear for Men & Women- NEW
- T-Shirts, Sweatshirts, Sweatpants for Men & Women – NEW
- Sneakers- NEW
- Manual Can Openers

- Small Saucepans for campfire cooking
- Sunscreen
- Plastic forks/spoons
- Bug Spray
- Deodorant

EXECUTIVE DIRECTOR BLOG

Dear Friends,

A poem, "Kindness" by Naomi Shihab Nye, concludes with the lines

... only kindness that raises its head
from the crowd of the world to say
It is I you have been looking for,
and then goes with you everywhere
like a shadow or a friend.

At the Nashua Soup Kitchen & Shelter, we try to be that head raising from the crowd of the world to say to those most vulnerable and at risk in our community "it is you that we have been looking for" and to then go with them like a shadow or a friend. As noble our purpose and well meaning our intentions, our efforts would be greatly diminished if it was not for the support of you, our friends and supporters. We count on you throughout the year, but I was particularly touched that about 20 supporters shared that they were using all or part of their stimulus check to make a gift to NSKS, recognizing that there were others who were in greater need.

The past 12 months have been especially difficult for all of us. I have been looking at memories from 12 months ago and remarking on the number of times we had to completely change our entire operation, the number of times we had to drop everything to respond to changing conditions, and the way our volunteers and staff responded with grace and humility when a person came in more than overwhelmed by current circumstances. What amazes me is how Greater Nashua continues to be there, like a foundation of granite supporting so many of our houses. It has been a difficult time for everyone but when people can say that they have been tried and tested but there are others who need support even more, it strengthens my faith in humanity and gives all of that an additional lift to make it through one more day.

In peace,
Michael

WISH LIST

Most-Needed Food Pantry & Personal Care Items:

- Cereal: any type, brand or size, hot or cold
- Soups: any brand, flavor (broth or hearty), canned, boxed
- Toilet Paper: any size packages; families are given one roll
- Pasta: any type or brand
- Rice
- Shampoo
- Body Wash or Bars of Soap
- Toothpaste and Toothbrushes
- Deodorant
- Financial contributions

"Like" us on Facebook:

Nashua Soup Kitchen and Shelter, Inc.

& visit our webpage for the latest news, needs and shout outs! <https://nksk.org/>

Your support is important.
It makes all of this possible.
Those who depend on us thank you!!