



# BREAD AND BOARD

The NSKS Newsletter

www.NSKS.org

The Nashua Soup Kitchen & Shelter is a private, non-profit organization that provides 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 2023**



## IT'S TIME TO LACE UP YOUR SNEAKERS

for our 28th ANNUAL RUN & WALK for FOOD & SHELTER!

Kid's Sprint 12:30PM

10K Run, 5K Run, and Corporate Team Race

1:00PM

3K Walkers 1:10PM

Join us Sunday, March 26th outside the Muldoon Fitness Center on the Rivier University campus  
420 South Main Street, Nashua, NH  
Thank you to our generous sponsors!

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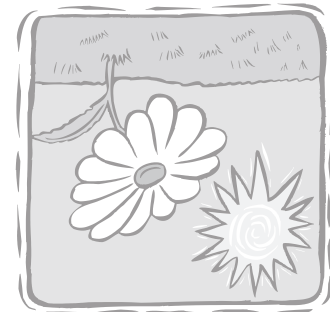
Day of event registration opens on Sunday, March 26<sup>th</sup> from 11AM – 12:30PM outside the Muldoon Fitness Center at Rivier. Event happens whatever the weather! See you there!

### SPRING STREET SHELTER OPENS!



Thursday, January 12<sup>th</sup> was the first night that we had clients at

# Happy Spring 2023



NASHUA  
SOUP KITCHEN  
& SHELTER, INC.



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

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our new Spring Street Shelter.

Seven women and thirteen men stayed in our regular shelter while an additional 17 stayed in the Warming Center. While we are still working on moving in families, opening the long-term studio apartments, and beginning the work of the literacy center, our first night was a huge step forward and was only possible by the help and support of many people.



### **GOODBYE, WALLY!**

This is Wally Raymond, one of NSKS's outreach workers, who retired from the Soup Kitchen earlier this month. The picture is from The Day Café Facebook page, where Deb is presenting Wally with a cupcake from Crosby's. Wally — and Denise — our other outreach worker, spent a lot of time at the Day Cafe, talking to clients and getting to know them and what they needed.

Wally had a long history at the Nashua Soup Kitchen & Shelter. He worked in the Ash and Kinsley Street shelters before doing outreach, and he was great with clients because he was great with people. If you talked to Wally for very long, you would realize that he had a wealth of job experience and brought something positive from each one. At his retirement party, he regaled Soup Kitchen staff with stories from his different jobs, including stints at Digital Equipment Corporation and The Telegraph. He also owned a sign company, and an ice cream truck.

A big guy with an even bigger heart, he was known at the Soup Kitchen for his straight talk and easy demeanor. He will be missed not only by the clients, but by his colleagues, who wish him all good things going forward.

### **DID YOU KNOW?**

Of the over 4,600 people identified as homeless in New Hampshire in 2021, a total of 1,254 were people in families, including children. These households include at least one adult and one child under the age of 18.

*thank  
you*

### **Thank You To Our Generous Donors**

The past few months have seen several generous donations from longtime corporate allies to NSKS. Oracle has once again made a grant to support our soup kitchen, which serves 65,000 meals a year, and our food pantry, which distributes thousands of pounds of produce and groceries. We are also grateful to Bank of New Hampshire for their very generous grant to support Nashua Meals for Kids, which delivers heat-and-eat meals to children in need in Nashua schools. Their continued support, and gifts from many other individuals and organizations in our community, help to ensure that Nashua children do not go hungry when not in school. Also this winter, a grant from the Bishop's Charitable Assistance Fund will support the operation of our food services, including our soup kitchen and on-site and mobile food pantries. We are very grateful for Oracle, Bank of New Hampshire, and BCAF's ongoing collaboration!

### **SPRING 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
- Footwear -- NEW
- Tents (new or gently used)
- Sleeping Bags
- Manual Can Openers
- Small Saucepans for campfire cooking
- Bug Spray
- Sunscreen
- Deodorant

### **GARDEN ITEMS**

We are looking for garden volunteers and supplies 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, operational condition.

- ORGANIC composted cow manure
- ORGANIC soil
- Financial donations to purchase specific items for the garden
- Volunteers (please contact shane@nsks.org for available shifts)

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