



# Sunshine Soup Kitchen News

Providing a free meal to anyone in need.

May, June, and July 2010



## *Sometimes I am a little slow*

on the uptake. I just plug along doing what I do, supporting staff and volunteers, listening to the stories of Soup Kitchen guests, preparing reports, and so on. But sometime toward the end of the year, I came to my senses and realized just how busy we had gotten. It seemed that every day we were filling tables with hungry people, sometimes adding an extra table to accommodate the increasing number of people. Volunteers would call to serve, and we would find that there were no openings for them for weeks, sometimes months. A food donation would come in and before we could sort, log and put it away another one would come in. There was never a sense of catching up. The only bright spot was that Christine had been back since July and was more than doing her share of the work and keeping all of us sane.

In 2009, we served an average of 39 people per day, the highest daily average in our history. During the month of March of 2010, the average was up to 41 people. These numbers are easy to see and analyze; the increase of donors and volunteers is more difficult to track. Because we limit the number of volunteers in the kitchen and dining room, the number of volunteer hours logged tends to be pretty stable. But at the end of 2009, we were either turning eager volunteers away or scheduling them out three or more months. We often could not accommodate volunteers needing to serve hours within a limited time frame.

One of the things that we do that I consider of great importance is acknowledge donations. This is most often done with a personal letter and takes up the bulk of Sue's time at the front desk. During and just after the peak of the holiday giving, she pumps out 30 or more letters per week. Besides acknowledging gifts of cash and in kind, donations are logged with their value, estimated in the case of in kind gifts. When the community is as generous as this one is, we end up with stacks of cases of

food. Good problem, lots of work to log, organize, and acknowledge. Our data base of donors increased almost 25% from 2008 to the end of 2009. This is all good stuff, but the indication of it all is that WE ARE BIGGER. We are serving more meals. There are more people in the community interested in helping us do this. We strive to make volunteer experiences as good as they can be and let donors know how important they are.

So what does this mean? We have increased staff hours. Christine is now working four days per week. Andrew was hired to cover the kitchen while Jenn furthers her education. A volunteer is scheduled to work in the office most every day to help with donations and to be on-call for kitchen duty. Additional space on the third floor is being rented from the First Baptist Church for office space which will open up more room for storage on the first floor as well as allow us to give more space for the clothing closet.

The ministry of the Sunshine Soup Kitchen is vital to a population of unemployed people in our community, and the current economy shows little sign of improving in the

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## Fresh and local!

At **Natalie's Coffee**, Dave does everything himself, except grow the beans. Each day he roasts what he needs for the day's sales, grinds it, and then brews it for the freshest cup of coffee available. Of course heat-sealed bags, ground or whole bean, are available for sale as well.

So what does high quality coffee have to do with the Sunshine Soup Kitchen? Natalie's Coffee will **donate \$1.00** for every bag of coffee sold using our online promo code of **Sonshine** during checkout. Dave also developed a special "Sunshine Soup Kitchen blend." This means you can go on-line at [www.NataliesCoffee.com](http://www.NataliesCoffee.com) and order any regularly priced coffee, tea, or chai, including our new "Sunshine Blend" and Natalie's will send a buck our way. When you order on-line, you also have the option of eliminating shipping costs by checking the box that you will pick up your coffee at the store. It will be roasted fresh and ready in two days for you to pick up. You can also stop in and buy your coffee at the store at 127 Rockingham Road (between Clam Haven and Dollar Bills in the Hillside Plaza). Just mention Sonshine when your coffee is being rung up and again a buck comes our way. Great coffee, local business, and benefitting an important community charity. Doesn't get much better than that!

Over 125 flavors, blends and varieties of coffee, tea and chai available. Go to [www.NataliesCoffee.com](http://www.NataliesCoffee.com) and check them out.



**Summer will be here before we know it. Watch for information about our annual tour of Tiffany Gardens and flower sale at Derry Fest in the August newsletter.**

*(continued on page 2)*

### **Reflections continued from page 1**

immediate future. So here we are doing what we have been doing for over 20 years and doing more of it. Here's the bottom line. Before I realized we were growing and needed more help, God provided Christine. Calls from volunteers and food donations that seemed to be in excess of our need four months ago was God providing food and labor to handle the busy springtime. Please know and be blessed that God chose YOU to be our provision and answer to prayers that were not even voiced yet. My thanks go to all of you who support this ministry. May God bless you in all you do.

*A generous man will prosper; he  
who refreshes others  
will himself be refreshed.*

*Proverbs 11:25*

**Please support the National Association of Letter Carriers Food Drive  
Saturday, May 8.  
All donations go to support Derry food pantries and soup kitchens.**

## Prayer Concerns

Please join us as we pray for:

- C to stabilize condition
- J, fighting cancer
- Recovery for those struggling with addiction
- Bible study on Tuesdays
- L and S for driving licenses

*Be joyful always; pray continually;  
give thanks in all circumstances,  
for this is God's will for you in Christ Jesus.*

*1 Thessalonians 5:16-18 (NIV)*

## Shaw's discontinues Community Rewards

April 30 saw the last day of the Shaw's Community Rewards program. Our thanks go to all who registered to benefit the Sunshine Soup Kitchen. For the time that the Soup Kitchen participated, over **\$1,800** was earned. We are sorry to see this program come to an end, but we greatly appreciate the other ways that Shaw's supports the community. Every week we pick up out-of-date **bakery products** to serve with meals or send home with guests.

### Numbers to Note

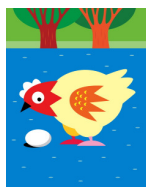
#### 2009 YTD (March 31)

Guests served 2,263  
Meals served 2,691  
Average of meals per day 40  
Volunteer hours logged 1,474

#### 2010 YTD (March 31)

Guests served 2,449  
Meals served 3,492  
Average meals per day 55  
Volunteer hours logged 1,879

## Volunteer Opportunity



We have been offered fresh **eggs** from a generous donor in **Kingston**. This opens up a new volunteer opportunity to pick them up once a week and drop them off at the office during our business hours. If you are interested please call Christine at **437-2833**.

## Important reminders for all volunteers

Although the warm weather is quickly approaching, please remember **open toe shoes and bare midriffs are not allowed.**

In this kitchen and other commercial kitchens, age matters. **Volunteers** must be at least **12** years of age to serve in the dining room. **Dishwashers** must be at least **16**, and **cooks** must be at least **18**. Younger children can participate in other ways, like helping a parent deliver meals to homebound clients.

To those who deliver meals, **please do not leave a meal if no one is home.** A call to the office is appreciated so we can follow up in the issue.

To stay informed and up on all of the requirements of volunteering with us visit our website to view all of our Volunteer Handbooks. [www.sonshinesoupkitchen.org](http://www.sonshinesoupkitchen.org)

### Current Needs

At this time the following list of items (in order of greatest need) are in short supply. This list is also posted on our web site and updated monthly. Go to **[sonshinesoupkitchen.org](http://sonshinesoupkitchen.org)** to check it out. Thanks!

- 10" foam 3-compartment takeout trays (available at BJ's, etc.)
- Canned fruit of any kind
- Local supermarket gift cards
- 2 digital instant read food thermometers
- Floor mop
- Napkins
- Tin foil
- Instant mashed potatoes
- Sturdy 9" paper or foam dinner plates
- Dishwasher detergent
- Dishwashing liquid
- Instant sugar-free Jell-o and pudding
- Sugar-free drink mix (like Crystal Light)



## *The Sonshine Soup Kitchen...*

...is to be an interfaith community project to reach out to individuals and families struggling to live independently. We do this primarily by serving a free meal in a spiritually uplifting atmosphere to any person who enters our facilities and by seeking to exhibit the love and grace of Jesus Christ in our service.

### **SSK Board of Directors**

Cynthia Cleary, Chairperson  
Jane DeRosa, Vice Chairperson  
Richard Cardner, Secretary  
Cynthia Dwyer, Executive Director  
and Treasurer  
Atty. Edmund Boutin  
Linda German  
Leona Lampro  
Michael J. Gagnon  
Roland Connor

## *Sonshine Soup Kitchen*

4 Crystal Avenue # 4  
Derry, NH 03038-2428

Phone: 603-437-2833

Email: [director@sonshinesoupkitchen.org](mailto:director@sonshinesoupkitchen.org)

[coordinator@sonshinesoupkitchen.org](mailto:coordinator@sonshinesoupkitchen.org)

Internet: [www.sonshinesoupkitchen.org](http://www.sonshinesoupkitchen.org)

Office Hours: Monday-Friday, 1-6 p.m.  
Meal served at 4:30 p.m., Monday ~ Friday



Sonshine Soup Kitchen  
4 Crystal Avenue  
Derry NH 03038-2428

NON-PROFIT ORGANIZATION  
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If you do not care to receive this quarterly publication, kindly notify our office.

## **We Appreciate Our Volunteers!**

**Each person who volunteered in April  
received a shopping bag similar to  
this one imprinted with the verse below:**

*“Carry each other’s burdens,  
and in this way  
you will fulfill the law of  
Christ.”*

Galatians 6:2

