



**Caring
for Friends™**

**FALL 2021
NEWSLETTER**

Sharing food and friendship since 1974

A Note from Our Executive Chairman

Our founder Rita, started this organization 47 years ago with one act of caring, one meal made by one person for one person and delivered by one person. Rita made one meal, put it in one tray and delivered it to her new friend, Minnie. Minnie lived in isolation and poverty. She had nothing and no one. However, that day she had a delicious meal made by her friend.

Rita often said, “no one should be hungry or alone in a world of caring people.” Rita, my Mom, was right—the world is full of caring people like you: the CFF Volunteers who cook meals at home or in our Kitchen, the Volunteers who work in the warehouse or snack bag room, the Volunteers who deliver meals to our Homebound, and all of those that donate either time or money to keep the organization moving forward.

Since January 1st of this year, our Kitchen Volunteers have created more than 150,000 Senior Meals, our Seniors Homebound Team has already distributed more than 200,000 of our traditional Aluminum pocket dinner trays for use by our more than 200 partner churches and pantries throughout the 5 county area, and our Warehouse and Delivery Volunteers have helped process more than 11 million pounds of food. **We are responding to a greater need with greater acts of caring!**

All that activity required more trucks, more freezers, and more equipment and once again our Volunteers, friends and Donors stepped up. We were able to buy 4 used quality trucks and 10 very used refrigerator/freezer trailers and the fuel necessary to run them. One donor even rented Caring for Friends a 12,000 sq. foot warehouse for 5 years in Delaware County so we can better serve the southern half of our 5 counties than we can from all the way up in the northeast.

Your continued support and donations are crucial to our ability to continue to help those less fortunate during these troubled times. **THANK YOU for what you have done and continue to do to help us to fulfill our mission that “no one should be hungry or alone in a world of caring people.”**

V. Schiavone

Vince

We have found solutions... but we need your HELP!



More Food!

From cans of food, to pasta to peanut butter as well as anything that has a shelf life of more than 1 year.



More Volunteers!

From Kitchen help, to Snack Bag makers, to Volunteer Drivers to deliver meals. Go to www.caringforfriends.org to register. We need you!



More \$\$\$!

Our greater response costs money—for people, for equipment, for maintenance and for products.



In-House News

Thank You, Volunteers!

We sincerely thank all of our Volunteers for their hard work and dedication. Caring for Friends continued ability to grow and respond to our communities' needs is dependent on our Volunteers and for that we can never say thanks enough! If you are interested in volunteering we have opportunities every week.

YOU CAN:



Seniors are the "HIDDEN HUNGRY" in Pennsylvania

HERE ARE THE HARD COLD FACTS!*

Total PA Senior Population: 3,223,640

Number of PA Seniors that are:

Threatened by Hunger	609,268
At Risk of Hunger	183,747
Facing Hunger	74,144

60% of Seniors choose between Paying for Food or Utilities

49% of Seniors choose between Groceries and Housing

*Source: "Hunger in Older Adults" funded by AARP Foundation and Caesars Foundation

The NEED is there and with your continued help and support we have made and will continue to make a difference every single day for food deprived seniors throughout the 5 county market we serve!



Come and cook in our kitchen.



Make Caring Snack Bags for distribution.



Help assemble packages for our Pantry Partners.



Volunteer from home by making "Caring Notes."

If you would like to get involved, please check out our website www.caringforfriends.org or contact our Director of Volunteers, Brittany Reagan, at bregan@caringforfriends.org. We would be grateful to have your support!

In-House Volunteers from April to August 2021

Month	# of Volunteers*	Hours Spent
April 2021	502	1,506
May 2021	420	1,260
June 2021	485	1,455
July 2021	468	1,404
August 2021	471	1,413
TOTAL	2,346	7,038

We just couldn't do this without Volunteers and People like YOU!

Here is a quick look at the number of Volunteers by month!

Special People - Special Events - Special Recognition



15 Drexel Graduate Nutrition Students Spent 8 Weeks as Interns for Caring for Friends

Starting on June 28th, Caring For Friends, in Partnership with Drexel University's College of

Nursing and Health Professions, gave 15 Nutrition Graduate Students the opportunity to see, touch and feel what it was like to work in a Senior Meals Program. Three days a week from 7:30 AM until 3PM they gained experiential learning hours as they rotated through doing inventory, planning and preparing meal production and preparing snack-bags. Not only did they volunteer, but they also were assigned "tasks" that needed to be completed to assure both CFF and Drexel that they were contributing to improving the in-house systems that were currently being used.



Below are some samples of their work product:

- They created new menus, food labels and processes for our kitchen.
- They did a complete inventory of our ever changing inventory in the entire warehouse.
- They designed and implemented a totally new inventory management and storage process for the thousands of snack bags made each month.
- After rotating thru the different departments every Wednesday afternoon we met as a group to review their thoughts and ideas for improvement, discuss any issues and make sure we were on track to complete their assignments.

We thank each of the students, their professors and Drexel University for giving us the opportunity to share and learn from these extremely bright students!



PLEASE DONATE WHATEVER YOU CAN ONLINE AT WWW.CARINGFORFRIENDS.ORG OR BY MAIL WITH THE ENCLOSED DONATION CARD.

A Special Church with Special People that Deserve Special Recognition

Since 1995, or 26 years ago, we started our partnership with Pastor Chantel and Pastor Joses from the Word in Action International Ministries here in Philadelphia. Under their leadership and guidance, the Church has become well known for its outreach programs, community events and services.

Each and every week, 52 weeks a year, Caring for Friends partners with this wonderful group to provide food to hundreds of individuals and families in their community.



Pastor Joses & Pastor Chantel

We THANK YOU for your dedication, we THANK YOU for your spirit and we THANK YOU for all you do and mean to Caring for Friends!

P.S. A Special Happy 80th Birthday to Pastor Joses!

Here are Some of the 378 Caring for Friends Food Pantry Partners that You Help Us Support Day In, Day Out... We Thank Them and We Thank All of You!

8th Police District
 A Chance to Live
 A Home is A Right Inc. (AHARI)
 A Rose from Concrete
 A Way Out
 Abounding Life Ministries
 ACANA - African Cultural Alliance of North America
 ACBC - African Caribbean Business Council
 Agape Soul Ministries
 Aging Grace Services (Ketty)
 Ahmadiyya Muslim Community
 AIDS Care Group
 Aim Beyond the Walls
 Amana Foundation
 Ambassador Seed of Love Church
 Anchored Community Center
 Archdiocese of Philadelphia
 Bala Cynwood Elementary School
 Bensalem AME Church
 Bethany A.M.E. Church
 Bethany Indonesian Church of God
 Blessed Virgin Mary Food Cupboard
 Catholic Social Services
 Delaware County Black Caucus
 Embassy of United Chaplins/Bethel
 Embassy of United Chaplins/La Gloria de Dios Inc.
 Emmanuel Resurrection Episcopal Church
 Everybody Eats
 Faith and Hope Outreach (FHO)
 Faith Community Church
 Faith Fellowship Baptist Church

Faith Tabernacle Church
 Faith Temple Church of God in Christ Church
 Family Church of God
 Firm Hope Baptist Church/ New Life In Christ
 First African Church of God
 First Baptist Church of Crestmont
 First Haitian Church of God Prophecy
 First Stop Recovery (RH)
 Fraternal Order of Police (FOP)/ Jim Harrity
 Holy Cross Roman Catholic Church
 Not About Us Ministries
 NPDC
 Nueva Generacion en Cristo
 ODAT
 Office Homeless Services
 Omega Fire Ministries
 Our Lady of Hope
 Park Row Place
 Perceive Ministries/Location A (PM)
 Philadelphia Agents of God
 Philadelphia Christian Center
 Philadelphia Interfaith Hospitality Network
 Philadelphia Masjid
 Prayer Warrior Ministry
 Ronald McDonald House
 St. Francis Inn
 St. Josephs Prep
 St. Jeromes
 St. Raymonds
 St. Vincent DePaul
 Veterans Multi Service

Testimonials

“The services given to those who are isolated and in need through Caring for Friends **not only provide the tangible (home-cooked meals, breakfast bags, groceries), but also the intangible and less easily measured (hope, joy, dignity).** I could talk for hours, telling the beautiful transformative stories of lives changed by Caring for Friends.” - Ginny S., Volunteer

“Being homebound or alone, they are given the gift of love through this program. **Without it, these people would not be able to eat properly something we often take for granted. Plus, they would not get someone checking in on them and spending time with them. It is a blessing to have Caring for Friends Program during this time of uncertainty and all year through. Please, let’s continue to work together. Our area needs you.**”

-Laura H., Coordinator
 St. Joseph’s Parish, Delaware County

PLEASE CUT HERE AND MAIL USING THE SUPPLIED ENVELOPE

YES! I want to help provide food and friendship to seniors, kids and adults in the Philadelphia region.

DONATE ONLINE:
[CARINGFORFRIENDS.ORG/DONATE](https://caringforfriends.org/donate)

I would like to make a donation of:

\$25 \$50 \$75 \$100 \$250 \$500 Other: \$ _____

Enclosed please find my donation:

Check (payable to Caring for Friends) Visa Mastercard Discover AmEx

I would like my gift to recur: One-time Monthly Quarterly Semiannually Annually

My donation is in Honor or Memory of: _____

**Thank
 You!**



Name _____ Date _____

Address _____

City _____ State _____ Zipcode _____

Email _____ Phone Number _____

Name on Card _____

Card Number _____ CVV/CCV _____ Expiration (month / year) _____

Signature _____

Caring for Friends™, a nonprofit 501(c)(3) organization, is registered with the Commonwealth of Pennsylvania Department of State Bureau of Charitable Organizations. A copy of our official registration and financial information is available from the Pennsylvania Department of State by calling toll-free within Pennsylvania 1-800-732-0999. Registration does not imply endorsement.