



COMMUNITY DINING ROOM

Spring 2019

“More than just a meal”

A Message from the Executive Director

Spring has Sprung!

CDR brings great news to the Shoreline Community – we are GOING GREEN! The Community Dining Room has been blessed with services from 2 Owls Sustainability Partners to help us become more eco-friendly!

How will we do it? We will be saying goodbye to plastic, composting more, continuing to recycle, and looking at new packaging products for take-out and homebound programs. We are so excited to be a part of the GREEN community!

Also, on the forefront for the Community Dining Room is continuing to provide nutritional food for all our participants in every program we offer. We want to be able to teach our community how they can continue to do that in their own home so we will be providing upcoming nutritional classes to help them learn.

The Community Dining Room continues to be ‘More than Just a Meal’ in providing many referrals to those in need. What are some of those topics?

- Shelters / Housing
- Health Insurance assistance
- SNAP assistance
- Domestic violence

And so much more. Our participants face many issues that can affect their quality of life and CDR strives to help them find a productive place in society that provides them with health, happiness, and security.

We are thankful we can continue to meet the increasing needs of our neighbors who are struggling with the help of our donors.

This could not be done without you.

Thank YOU!

We are going Online!

If you would like to receive the CDR Newsletter going forward via email only, please let us know by sending an email to: info@communitydiningroom.org or this on your donation envelope. Our Newsletter can also be found on our website www.communitydiningroom.org



**Judith Barron, CDR
Executive Director**

**The mission of
the CDR is to
end
hunger and
isolation with
food,
fellowship,
referrals and
education.**

Daily Meal Schedule

Lunch served daily - (365 days a year) Sunday–Friday 12 noon to 1:00 pm, Saturday Brunch 11:00 am–12 noon.

Tuesday evening - Kids Meal Night 5:30–6:30 pm with FUN Activities.

Wednesday and Friday Evening Take-out meals: must pre-register and call in for your meals, contact 203-488-9750 (Ext. 2) for information.

Home-Delivery - Monday, Wednesday, Friday in Branford, Tuesday in North Branford. Call 203-488-9750 (Ext. 3) for more information.

In the CDR Kitchen with Mary :



As the 21st century rolls on focusing on the environment and technology improvements, at the Dining Room we will continue to focus on healthy eating - how and what we eat in hopes of reducing diseases related to poor diet. Especially in the summer months CDR has access to an abundance of fresh fruits and veggies- donated from the Community Gardens and our local home growers. Utilizing this colorful fresh healthy produce in our meals, we can limit the use of processed foods that have added salt and sugar.

In CT we have 1/2 million people who are food insecure with little access to nutritious foods. This population has a higher incidence of diabetes and heart disease- which can be better managed and controlled with a healthier diet. The Dining Room strives to provide a heart healthy diet using whole grains, more beans, less processed meats and of course fresh fruits and veggies when possible. We continue to request low-sugar, low-sodium and unprocessed food donations whenever possible. Please consider helping us support this eat healthier initiative when donating if possible. Any questions regarding eating healthy or what we serve in our dining room, please contact me. I would love to hear from you.

Courtney's Corner :



CDR remains to be a busy place. Since the fall we have signed up close to 90 new volunteers that have begun helping with our various meal programs and with fundraisings. I can't begin to thank you enough for all of the help and support that each and everyone in this community gives us, whether it be through donations or time. It takes a village to run a program like the CDR and what a mighty village we have on this shoreline. If you have any interest in being a part of our village of volunteers, there are always ways to help. Currently we are in need of volunteers, specifically home delivery drivers & drivers to pick up food donations. Summer is almost upon us, and Summer Meals on the Green will be starting as well as the back-pack program. Please look out for those opportunities to help.

It's Not A Goodbye, It's A See You Later.....

I would like to personally thank every person that I have come in contact with since I started at the CDR over 3 years ago. I have met hundreds of selfless individuals & families that have taught me so much about the human spirit and the ability to give, no matter how little or how much they have. But now, I have made the difficult decision to leave CDR. I will be handing my position to Tabitha Brown after May 2nd. Please be sure to reach out to her, as she will have many people that she will need to get to know. I will surely miss everyone I have met. And even though I will no longer be in the office at CDR, I will be staying on to volunteer through occasional kitchen shifts and helping with fundraising. I truly believe in the mission of the CDR and look forward to continue a connection. I hope to see you all during my volunteer time!

Talking with Tabby:



Beginning in early May, I have undertaken the position of CDR Volunteer and Program Coordinator and will be continuing all of the good work that Courtney has done for the last three years. As some of you might know, I was an intern at CDR 2 years ago—and now I am looking to apply what I learned into this position.

In this position, my intent is to get CDR's name and services known in our catchment areas- East Haven to Old Saybrook. I will be reaching out to businesses, groups and local services within each community to build awareness of CDR and develop enhanced supportive relationships. Hopefully this will increase our volunteer base, and opportunities for donations and fundraising. It is equally important to maintain and strengthen the current relationships that we already have. I plan to focus on providing additional information on basic health services to individuals coming to CDR. I look forward to these challenges, and serving the needs of the communities. Looking forward to working with all of you in this new venture. My door is always opened to meet you all. Please stop in.

Happenings in our Home Bound Delivery Program



Barbara

Earlier this year, the Branford Home Delivery program was renamed the Betsy Klarman Home Delivery program in honor and in memory of Betsy Klarman who founded the program in 2000. Due to Betsy’s desire to feed people unable to come to the dining room for a meal, and her hard work and dedication for many years that the Home Delivery program was started and continues to provide this valuable service to our Branford residents in need. Later, a home delivery program was put in place for North Branford. We are thankful to Betsy for her vision and proud to carry the program on in her name.

Last year 22,985 home delivered meals were made prepared, packed and delivered Mondays, Wednesdays and Fridays— providing a total of 7 meals each week to each recipient. In 2018, we began to provide diabetic – friendly meals to our recipients identified as diabetic. Currently approximately 22% of our participants are diabetic. Additionally we began to label the protein in the meals (chicken, beef, pork, etc.) in our meals. But like everything else it seems, more change will soon be on the way. Due to the rising costs of packaging trays and to support our important GREEN initiative, we will be trialing re-usable containers for our home delivered meals along with elimination of plastic bags used in our delivery process. Change is never easy, but this is an important initiative. Our plan is being put together, and we are targeting the pilot to start within the next month.

If you know of anyone that could benefit from our home delivered meals, please call me on 203-488-9750 (extension 3). I would love to be able to help them with meals.

Do you know how many meals we served in 2018?



- Daily meals in dining room—**18,229**
- Tuesday evening family meals—**2,096**
- Friday night take-out meals—**781**
- North Branford Home Delivery meals—**2,723**
- Daily meals to go—**2,808**
- Wednesday night take-out meals—**3,027**
- Branford Home Delivery meals—**22,985**
- Total meals—**52,649**



The **Helping Hands of CDR** is looking for enthusiastic and energetic partners to join the team! **The Helping Hands of CDR** is a collaborative arm of the community working with CDR to help with fundraising, general maintenance, publicity, etc.

If you are interested, then consider this your personal invitation to join us! Meetings are held the 3rd Monday of every month at 6:00pm at the CDR, located at the Volunteer Service Center, 30 Harrison Ave., Branford. For questions or more information, email us at info@communitydiningroom.org

A Big Thank You to Our 2019 Sponsors!

The Community Dining Room could not address hunger on the Shoreline without the following Grants received from our generous sponsors this year through June 1st 2019. Thank you sincerely for your support.

| | | |
|-------------------------------|---|---------------------|
| Act II Thrift Shop | CarMax | Phillip Mickelson |
| Bruce & Terri Alpert | Community Foundation of Greater NH | Swedish Aid Society |
| Amity Charitable Trust | First Congregational Church of Branford | Town Fair Tire |
| Branford Community Foundation | Guilford Community Foundation | Walmart Branford |
| Branford Lions Club | Guilford Savings Bank | |

CDR Wish List

We are currently in need of the following items. Please consider a donation today.

Food Items:

| | | |
|--|------------------------------|--------------------------------|
| Bottled Juice (apple, grape, orange) | Ground coffee | Corn muffin mix |
| Drink mixes (iced tea, lemonade, etc.) | Canned vegetables (low salt) | Chicken, beef, vegetable stock |
| Peanut butter (low sugar/salt) | Vegetable or olive oil | Jars of tomato sauce |
| Whole grain /wheat pasta | Cooking spray (ex. PAM) | Breakfast syrup |

Other Items:

| | | |
|-------------------------------|-----------------------------------|---------------------------------|
| Tall white kitchen trash bags | 6” white dessert plates | Gift cards for perishable items |
| White napkins | Plastic knives | |
| 1 gallon Ziploc bags | 42 gallon heavy duty garbage bags | |

All items can be dropped at CDR Monday through Friday between the hours of 9 AM to 2 PM. Please label items for CDR.

How to find us:

- **Our Website** www.communitydiningroom.org
- Follow us on **Facebook** www.facebook.com/CommunityDiningRoom06405
- **Contact us via email or phone:**
 - Judith Barron (Executive Director)
203-488-9750 (extension 4) or jbarron@communitydiningroom.org
 - Tabby Brown (Volunteer/Program Coordinator)
203-488-9750 (extension 2) or volunteercoordinator@communitydiningroom.org
 - Barbara Barrett (Home Delivery Coordinator and Administrative Support)
203-488-9750 (extension 3) or info@communitydiningroom.org
 - Mary Johnston (Kitchen Coordinator)
CDRKitchenCoordinator@gmail.com
- **Visit us at the Volunteer Services Center, 30 Harrison Avenue in Branford, CT**

| CDR Board of Directors | |
|------------------------|-----------------------------|
| Tony Pinto (Co-Chair) | Carolyn Rambus (Co-chair) |
| Daniel Armin | Joseph Calamita (Treasurer) |
| Skip Ferry | Rita Foster |
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| John Opie | Diane Pappacoda |

Do you know you can donate online?

Just click on the **Donate** button on the CDR website
www.communitydiningroom.org

A big thank you to TYCO for assisting us with the printing of this newsletter!

