

Feeding the Hungry And YOU Can HELP!

As we all know, many people have been shattered by the present state of our economy. Many families in our own area are finding their next meal in a soup kitchen or by shopping at the local food bank. Temple Sinai has initiated two new programs to help alleviate the hunger crisis in Stamford and the surrounding area by working with Covenant House and the Stamford Food Bank.

Our first initiative is Covenant House. We have committed to help cook and serve meals at the Covenant House the third Wednesday of every month. We need volunteers to help in two of the following ways:

Volunteer your time to prepare and/or serve dinner. You can arrive at 2:00pm to help the staff prepare the meal, stay and serve dinner or arrive at 4:15pm to just help serve dinner. We will need 4 - 6 volunteers for each Wednesday. We will do this for each month of the year. The following dates are available until the end of the year: May 19, June 16, July 21, August 18, September 15, October 20, November 17, December 15.

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Donate monetarily to support the purchase of food for the dinners. It costs \$250 an evening to provide dinner. You do not have to contribute the entire amount. It can be any amount you feel comfortable with donating.

Our committee prepared and served a corned beef dinner on St. Patrick's Day. It was a wonderful experience, very fulfilling and eye opening. As many of you know, the economy has been hit hard. Places like Covenant House are serving dinners to 150 - 200 people an evening while, unfortunately, feeling the effects of dwindling financial support. Please consider volunteering or donating financially.

Our second initiative is to collect food donations for the Stamford Food Bank. Our initial drive has been through our religious school. We are asking that children in religious school bring in designated food each week for the food bank. Each teacher will record the food donations and at the end of the year the class with the most donations will receive a pizza party! We would like this to become part of the religious school's yearly activities. We also would like to expand the program to have families help with transportation of food to the food bank and also help out directly at the food bank.

We feel that these two initiatives are palpable ways we can directly give back to our community. It is a fulfilling way for our Temple community to help fight hunger!

Please consider contacting one of us to volunteer for one of the above dates or send your donations made out to Temple Sinai noting "Covenant House" on the check and mail it to Temple Sinai, 458 Lakeside Drive, Stamford, CT 06903.

Thank you,

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