



## March 2022 News

### Join us in the Walk!

The CT Foodshare Walk Against Hunger is coming soon - **Saturday, May 21 at 10:00am**, and we would love to see you there! Check out our Hands On Hartford Friends and Family page (link below). You can sponsor our team, join our team, or form your own team. Your support in the Walk helps ensure that folks can continue to benefit from all of our MANNA Food programs. And it's so much fun to join with the whole community to fight hunger and food insecurity right here in Hartford. For more information contact Jackie Kasinskas at [jkasinskas@handsonhartford.org](mailto:jkasinskas@handsonhartford.org).



Our Walk team page: <https://p2p.onecause.com/ctfoodsharewalk/team/hands-on-hartford-friends-and-family>

### Hands On Hartford Nurtures Future Culinary Stars!



Following on the heels of former Shared Kitchen Member, **Chantal Thomas**, who started her successful vegan pattie business, **Amazing Ackee**, here at our Shared Kitchen and then continued on, in 2018, to compete on the Food Network's "Holiday Baking Championships", we want to congratulate fellow former Shared Kitchen member, and friend of Hands On Hartford, **Kim Wood**, **baker extraordinaire and owner of le Banh Patisserie**, for her appearances on the Food Network's "Spring Baking Championship", currently airing on Monday nights. We're also excited to report that Kim has just secured a

brick-and-mortar spot for her bakery in Simsbury, where she can continue to bake and sell her delicious and creative desserts! Check out her webpage at [www.lebanh.com](http://www.lebanh.com)!

Hands On Hartford's Shared Kitchen is a membership-based kitchen available to use on an hourly basis and is perfect for starting culinary entrepreneurs and those who are not ready to invest in their own kitchen space. If you'd like to learn more about becoming a Shared Kitchen member at Hands On Hartford, feel free to reach out to Shared Kitchen & Café Manager, Molly Reynolds, at [mreynolds@handsonhartford.org](mailto:mreynolds@handsonhartford.org) or **860.706.1537**.

**Save the Date - please mark your calendars today!**

# Hands On Hartford

**Invites you to our Easter Sunday Meal!**

Join us for this completely **FREE** event!  
Everyone is welcome & no reservations required!

**Sunday, April 17th, 2022**

**Doors open: 10:00am for coffee & snacks**

**Meal served: 11:30am-1:30pm**

(dine-in or take it to-go)

**Spend time with your neighbors and friends enjoying:**

ALL BEEF KIELBASA WITH GRILLED PEPPERS AND ONIONS,  
MAC & CHEESE, CORN & CARROTS,  
GREEN SALAD, FRUIT SALAD &  
CARROT CAKE

**Located at:**

**Hands On Hartford's Center for Community**

**55 Bartholomew Ave, Hartford, CT**

(off Park Street, two blocks west of Pope Park)

\*Easter baskets for kids under 12 who attend and small care packages for adults\*

\*Bus passes available in case of bad weather\*

**Call 860.728.3201 with questions**

**Hands on**  
Caring in Action HARTFORD



## Recognizing Women's History Month

In honor of **Women's History Month**, we want to spotlight Linda Wayman, who was a volunteer at our Café at Fifty-Five and is a cookbook author. Linda donated food for our MANNA food pantry after learning how depleted our shelves were just a month ago! According to many Hands On Hartford staff, while Linda volunteered cooking here, she was always "such a joy in the kitchen" and also so beloved for her mouthwatering soups! We're so happy to see Linda back here, lighting up the spirits of those who know her with her generosity. Women's History Month is a perfect time to honor leaders like her (especially when they keep in touch for a great cause)!



## Faith In Action



Our friends at **Allen Chapel African Methodist Episcopal Church** are a long-standing faith partner of HOH. Every other month, members dedicate their time and talent to prepare special pasta dinners for our Community Meals guests. To recognize their amazing work, they received our Faith Group Volunteer Award during our Volunteer Appreciation Week celebration last year. Here they are with a delicious and nutritious meal for a Monday dinner at Community Meals. Thank you, Allen Chapel, for your continued support in serving our community!



Earlier this month, we had a great visit with our friends from **Wapping Community Church**, who brought us a very generous donation, made possible by a member of the church who clearly cares deeply about this community. On behalf of the folks we serve through our food programs, we are so grateful for this support - and always happy to host our friends and share the latest Hands On Hartford news.

## Volunteer Spotlight

Meet **Beth Ferrari** and **Kathy Hine**, two of our dedicated Backpack Nutrition Program volunteers! Beth and Kathy have been volunteering in the backpack program for about two years. When the pandemic hit and many volunteers took a break from volunteering, Beth and Kathy responded to the call-for-help! This dynamic duo has been instrumental in ensuring the bags are being packed to support local Hartford students. They help to organize and sort food donations, pack individual backpacks with nutritious food, and get the boxes packed and ready for transport to the schools. We are so grateful for Beth and Kathy's ongoing support, their organizational expertise, and their commitment to serving our community!



For more information about volunteering at Hands On Hartford, email [volunteering@handsonhartford.org](mailto:volunteering@handsonhartford.org).

## Special Thanks for Gifts and More

### Surprise!

When our friends at **Nassau Financial Group** showed up to volunteer in our Community Meals program, they didn't mention they were also bringing a **GIANT \$10,000** check to sponsor our Fall Fundraiser Hands & Hearts Together! We are so grateful for their ongoing volunteer and financial support!



Donor **Melissa Smith**, pictured here with staff team members Kelly (left) and Nat (center), responded to our recent social media plea for food pantry donations! Melissa was so inspired by Hands On Hartford that she shared our post in her online Facebook group, "Holding the Door Open - Simsbury", whose purpose is "for people within communities who are open, ready and willing to discuss,

share and grow in their understanding of racism, privilege and division in our communities and within America, and how to counter those issues, enact change and not be passive observers." With great teamwork, residents of Simsbury collected 353 lbs of nonperishable food, several packages of paper goods, and \$245 in cash to support our MANNA food pantry! We are so grateful to our new friends in Simsbury for their outstanding support and quick response to our call-to-action!

Want to know about one of the most crafty and eco-friendly gifts we've ever received from a local business whose mission we can truly get behind?! Check out these custom-made, hand-crafted tote bags from **United Sewing and Design**, located right down the street from Hands On Hartford!

The creative genius and thoughtful donor behind this gift is owner **Mary Ruth Shields**, who contacted us wanting to custom-create and donate a product that would be of use to our neighbors living outdoors. We think this design, made from sturdy, waterproof scrap materials with a Velcro closure, are just perfect!



We especially love this company's, and particularly Mary Ruth's, social and environmental missions: to both provide employment opportunities to formerly-incarcerated individuals and to keep scrap fabric out of landfills by repurposing them any way she can! As a bonus, Mary Ruth also plans to sell other scraps that she can't use for this project to a local business who will purchase them from her, after which she will be donating to Hands On Hartford all that she makes from this sale. How awesome! We are so touched by Mary Ruth's commitment to supporting our resilient Hartford neighbors and our precious planet!



Wow! Look at that overflowing shopping cart! There was 225lbs of generosity right there, in the form of nonperishable food, for our community pantry thanks to the leadership of UHC's Community Outreach Specialist, Reginald D. Meadows, and the rest of the awesome UnitedHealthcare CT Sales Team over at the Shelton office! Thanks to UHC for answering our social media call to help us stock our pantry! We also found out they're interested in volunteering here, so we look forward to some collaboration opportunities!

## About Hands On Hartford

Hands On Hartford, in partnership with others, strengthens community in Hartford by responding faithfully to people in need through programs that change lives and renew human possibility.

We are committed to increasing food security and nutrition, improving health and providing housing while we engage volunteers and connect communities.



### How Can I Help?

**Go shopping!** If you're an online Amazon shopper, be sure to start your shopping at [smile.amazon.com](https://smile.amazon.com) and select Hands On Hartford as your charity. That way .5% of eligible purchases will automatically go to Hands On Hartford.

**Make a donation!** You will be part of a network of donors, volunteers and staff who work together to provide food, housing and related services for families who are struggling to make ends meet. To make a financial donation, visit our website at [www.handsonhartford.org](http://www.handsonhartford.org) and click "Make a Donation Now," or mail your check to Hands On Hartford, 55 Bartholomew Avenue, Hartford, CT 06106.

Or contact Kate Shafer at [kshafer@handsonhartford.org](mailto:kshafer@handsonhartford.org) for more in-kind donation ideas.

**Request a matching donation from your employer!** Many employers will match all or part of your donation - a great way to double your impact.

**Leave a legacy.** Ensure your long term impact on this community by including us in your estate plan, making qualified charitable distributions from your IRA, gifts of appreciated stock, or include us as a contingent beneficiary of your life insurance. Contact Executive Director Barbara Shaw to explore planned giving ideas and to join our Legacy Society. [bshaw@handsonhartford.org](mailto:bshaw@handsonhartford.org) or 860-706-1502.

***We are grateful for our community and the love, caring, compassion and support we see every day.***

