



The Berkshire Food Project seeks to alleviate hunger, food insecurity, and social isolation by serving healthy, no cost meals and connecting people to other resources, all in a dignified and respectful manner.

### Kitchen Renovation Under Way

We are quite excited to have much of our planned kitchen renovation complete.

This first phase involved the biggest change - and the kitchen had to be shut down for over a week for this work to be done. Fortunately, a grant from National Grid allowed us to have lunch catered each day, ensuring that nobody would go hungry while we improved the kitchen. In order to replace the exhaust system over our range, we needed to move the range. This meant we had to move the sinks too! Any time work is done, any issues with code compliance must be remedied - we had some things that had been "grandfathered" in. We still have the same range and sinks, though we do have a new hand washing sink, and we have a brand new exhaust system over the range.

We will continue to work on some other, smaller projects this spring. Stop in any time and see what has been accomplished.



The new lineup on the east wall of the kitchen, including the new exhaust hood over the range.



The new exhaust system from the outside.

**We will have more on the renovation next month!**

### Weekend Volunteer Opportunities

#### Make Meatballs February 9



We are going to have at least one opportunity each month for volunteers who are not able to come in on weekday mornings. On February 9, from 9 AM to noon we will be making, cooking and freezing meatballs! Come join us!

### Weekday Volunteer Opportunities

- We pick up donations every weekday and can always use volunteers who would like to pick up at the same place once a week.
- We cook and clean and serve food and do dishes every weekday from 9 AM to 2 PM - volunteers welcome for any shift or task.
- There are phone calls that can be made from home.

### Volunteering at the BFP

All volunteers are given opportunities to find their calling at the Berkshire Food Project. We will work with you to match your interests and abilities.

Everyone at the BFP is treated with dignity and respect - our volunteers included.

If you would like to volunteer, please call us (413-664-7378) or e-mail us ([info@berkshirefoodproject.org](mailto:info@berkshirefoodproject.org)).

We have a simple application that can be found on our website and hard copies are available in our kitchen.

We look forward to having you join us!

## SUPER STAR VOLUNTEERS RECOGNIZED

We recently recognized our outstanding volunteers from 2018. **Bob Simons** logged in **over 700 hours** last year and was our most active volunteer. **Jeff Page** and **Marianne Bailey** each put in **over 400 hours** and **Gary Cellana** and **Patrick Hernandez** both put in **over 300 hours**. Additionally, a crew from **BFAIR** logged in **over 300 hours** last year too. With **over 200 hours**, **Elaine Durant** and **Erika Uchman** were also busy volunteering for us. We also had sixteen volunteers log in more than 100 hours in 2018 and another dozen log in between 50 and 99 hours. Not every volunteer can make a long term commitment, and we appreciate every volunteer, no matter how many hours they log - but volunteers who are here every week, often several days a week, really deserve a special **THANK YOU!**

### Winter Weather Closures

In an effort to encourage our diners, volunteers and staff to be safe, if the North Adams Schools cancel school due to winter weather, the Berkshire Food Project is closed as well. Thanks to weather forecasting technology, we usually can anticipate such closures ahead of time and we make every effort to send people home with food in advance of such weather, to help them get through the "snow day".

### Our Menu

We try to remember to post our daily menu on Facebook (<https://www.facebook.com/berkshirefoodproject/>) but you can also call the kitchen at 664-7378 to find out what we are serving. We have one entree each day, but if you have special a dietary request - vegetarian, for example, please ask... we often have an option, it just may take a few minutes to prepare. Recent meals have included: barbecue chicken with vegetables and salads, cheesy pasta with meatballs and tossed salad, stir fried pork and vegetables. We also have coffee and snack from 11:30 until noon each day - snack options vary depending on availability but usually include pastries and fruit.