



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.

Volunteer Saturdays Continue

We experimented with a Saturday volunteer shift in February and it went so well we are going to do it again in March.

On February 9, MCLA students joined some regular volunteers and staff to make 600 meatballs!

Next month there will once again be an opportunity for those who can't volunteer during our normal weekday hours to come in on a Saturday. On **Saturday, March 9 from 9 AM to noon** we will be working on a couple of projects and taking time to learn too. From 9 AM - 10 AM we will have food preparation activities, NARCAN training at 10 AM and then afterward there will be further activities in the kitchen - food preparation and cleaning. Please join us!

If you want to attend the training but can't volunteer, that's okay - come a little before 10.



SAVE THE DATE!

On Monday, April 29, 2019 we will hold a public meeting at the Green at 85 Main. Join us for coffee and pastries from 7:45 AM to 8:30 AM and hear our highlights from last year and our plans for this year. We'll also be recognizing our Volunteer of the Year from 2018 and a long time Board Member who retired in 2018. Registration will be open in March and a link will be in the newsletter next month.



We posted the photo above on Facebook, announcing fresh squeezed lemonade was on the menu that day. A supporter saw that our volunteers were hand squeezing the lemons and bought us an electric juicer!

Thank you Vanda Monzo!

Like us on Facebook!



<https://www.facebook.com/berkshirefoodproject/>

Kitchen Renovation Continues Too...

Continued kitchen renovation this month has included installation of energy efficient LED lights which are much brighter than our old lights. We also flipped the work table around - the drawers are on the other side now, and the can opener is closer to the spray sink! Our ceiling mounted pot rack has been delivered and is the next item to be installed. We will continue to post updates in the newsletter.



ALL are Welcome at BFP

Many of the people who eat lunch with us don't have enough money to buy enough food. Some don't have access to a space where they can cook. Some live alone and really need the human connections. Food insecurity can look many different ways. But then there are people who aren't experiencing food insecurity in our dining room too. Some of them work places where resources or services are available to help people living with food insecurity - they come to raise awareness about those resources and build trust with people who might want to access them. Others fill their volunteer time by dining with others, providing companionship during lunch. And others come simply to break bread with their neighbors who have different experiences and barriers in their lives. They come to better understand how they can best support change in our community that will help everybody be successful and food secure. We don't ask questions about why anybody is here. All are welcome! Join us any weekday between 11:30 - 1.

Our Entrances

If you are coming to lunch, you enter through the breezeway at the western end of our building - on either Main Street or Summer Street, between Ashland Street and Church Street. Enter through the glass doors, which are open from 11:30 AM to 1 PM on weekdays. If you are coming to volunteer or drop off a food donation, use the kitchen door, which is further down Summer Street. Directly across from Landmark Appraisals at 98 Summer Street you will see a small paved area - follow the black railing next to the gas meters into the kitchen.

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 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.