Choice Food and Resource Center August, 2024



The Choice Food and Resource Center at Unity Square provided appointments to 279 families in August as follows:
279 families
425 children 17 and under
663 adults including
122 seniors
1,088 individuals in all were able to choose foods they preferred
Families and individuals also received
104 sets of diapers
6 sets of adult incontinence products
252 sets of feminine hygiene products.

On-site volunteers from Christ Church in August included Catherine and Paul Ambos, Doug Bonner, and Mark McMahon. In addition, we had a wonderful crew for our August 18 Packing Party at Christ Church which assured that there would be enough diapers and pad sets through mid-September. Next packing party is September 15. Supplies and instructions will be in the Children's Chapel so that both 8 o'clock and 10:30 congregants can help with the project. Feel free to bring additional diapers (sizes 4 - 7 most in need) if you can't stay to help!

In addition to receiving food, diapers, and wipes, guests at the Choice Food and Resource Center had access to the following services by volunteer groups during August. Other than Coming Home, which has outreach workers at Unity Square one day a week, the agencies come once a month, usually on a Tuesday.

APSEAN – American Preventive Screening and Education Association: Health screenings including blood sugar and blood pressure. Resources to help people with blood pressure and diabetes, among other issues. CNFHC – Central Jersey Family Health Consortium--Connecting NJ: Linking pregnant people, parents, an caregivers with young children to free or low-cost family wellness resources Coming Home: Two community outreach workers have office hours one day a week CFBNJ – Central Food Bank of NJ (SNAP): Caseworker available one day a month to assist people in completing the Supplemental Nutrition Assistance Program (SNAP) application or to troubleshoot problems with SNAP benefits

Catherine Ambos, Coordinator

Laundry Love, September 2024

On September 9, 31 families and 3 individuals joined us at the Handy Street Laundromat for a chance at clean clothes. Together they washed and dried 332 loads. From April to June the number of families using Laundry Love dropped from 18 to 16. Even considering the number of individuals (5 in April, 4 in May, 1 each in June and August), fewer people were using our services. In July, however, the number began to pick up again, rising to 23 families and 7 individuals in July, 26 families and 1 individual in August, and 31 families and 3 individuals in September. We reduced the amount spent starting in July and were able to use the excess from the earlier months to cover our needs. If the number of guests continues to increase, we will either have to go back to our former amount of $800 a month for washer/dryer expense.

School may have started, but New Brunswick is still experiencing some summer temperatures. Meegan Adames was again able to provide translation for so many of our families. Paul Ambos was on "door duty," directing families to Meegan for Laundry Love/Earth Breeze packets and individuals to Catherine Ambos for assistance in starting their laundry. Renovations continue at the Laundromat. Maybe in October we will have our usual space back. Also, continuing thanks for Mary Lou Taylor who keeps us supplied with the Earth Breeze and dryer sheet packs that make preparing for each session so much easier.

This vital ministry depends on your donations of funds for the washers and dryers as well as your time. Having a dedicated volunteer assist people who are only doing laundry for one person has helped us stretch our funds, since very few of these guests need more than about half the value in the card to do their laundry. If you would like to spend a few hours the second Monday evening a month to help our neighbors we would love to have you join us. Knowledge of Spanish is nice; sincere compassion for our guests is necessary. Contact Catherine Ambos either at msambos@gmail.com or 732-718-2039 for further information.

Our next Laundry Love session is Monday, October, 14, at the Handy Street Laundromat. If you want to volunteer, contact Catherine Ambos (msambos@gmail.com or 732-718-2039) or show up around 5:15 p.m. Last cards are given out by 6:45 p.m.

Catherine Ambos, Coordinator