



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.

**Our current lunch distribution schedule is:
Monday, Wednesday and Friday from 11:30 AM to 1:00 PM.
Each day we distribute two meals. ALL are welcome - no questions asked.**

In August we had 34 new people visit and we provided over 7,600 meals!

Cookies for the BFP!

Recently Abbe Ali-Nixon, Lillian Howe and Esme Aalberts were inspired by a neighbor to hold a fundraiser for the BFP. Inspired by Abbe's neighbor Parvin, the three young women baked and sold cookies with the proceeds going to the Berkshire Food Project. They promoted the project, selected recipes, purchased ingredients, did all of the baking and packaging of the cookies and managed the ordering and deliveries!



Thank You

Our community supports us in so many ways!

We are so lucky that people support the BFP in a variety of creative and caring ways. Here are two examples of how our neighbors found ways to help us feed our community in August.

HarveStamford Community Share

In 2019 the town of Stamford put on a hugely successful first annual HarveStamford Community Supper to celebrate the harvest and bring neighbors together. Due to Covid-19 concerns this year, the supper was not possible, so the event was re-imagined as HarveStamford Community Share in which town residents were asked to donate produce from their gardens. More than 30 households in Stamford participated in the HarveStamford Community Share by contributing produce from their gardens to the Berkshire Food Project.



Above: Pat Sullivan, Caroline Burch, Sara Bonthuis deliver the 2020 HarveStamford harvest to the Berkshire Food Project.

Farm to BFP



This year we have SIX shares from local farms! Through the generosity of Sharing the Bounty at Berkshire Grown and also the Madden family we have two shares each in Caretaker Farm, Full Well Farm and Red Shirt Farm. This means that every week, all season long, we receive produce from these farms. Additionally we receive a cheese share from Cricket Creek Farm and regular deliveries of lettuce from the aquaponics program at the Berkshire House of Corrections. And for a limited time this summer we were able to access milk and eggs from High Lawn Farm for a reduced price thanks to Berkshire Grown. Local gardeners also contribute produce including tomatoes and apples. The Berkshires is so bountiful during the growing season and many of the meals served at the BFP during the season feature that bounty. From chef's salads to pasta primavera to stir fry to roasted vegetables to ... this harvest is shared in our meals and enjoyed by everyone!

Volunteering During A Pandemic

Prior to March of this year, our volunteers averaged about 1,000 hours of service each month. Volunteering at the BFP often involved a camaraderie based on the daily crew's relationships - there was a Monday vibe, a Tuesday vibe, et cetera. Each day the volunteers' laughter filled the kitchen and many days they were elbow to elbow at the work table, chopping vegetables or meat for a recipe. Sometimes more than a dozen volunteers were scheduled and others might just drop in to help too. We never turned anyone away and worked hard to make everyone welcome and engaged in meaningful tasks. Then the pandemic began and we cancelled all volunteer shifts for months. When we gradually called back our volunteers in June, we had a limited number of openings. We've added new faces along with some of our veteran volunteers now - but we continue to limit the number of volunteers in order to safely keep volunteers and staff distanced. We aim for one volunteer or staff person per 36 square feet of preparation space - which makes it possible to have everyone socially distance at least six feet. You will still hear laughter and find our volunteers and staff joking and enjoying each other's company from a little bit further apart than they wish. And we hope our volunteers are still experiencing the camaraderie. The only thing we look forward to as much as in house dining is our volunteer crews returning in full! It will be a long winter we expect, but we are already thinking about the seasons that will follow, the return to full dining rooms and full kitchens and breaking bread together! Hang in there - we know those days will return and we can't wait to have you at the table with us when they do.

We provide prepared meals to take home and heat up every Monday, Wednesday and Friday from 11:30 AM to 1:00 PM. This schedule remains in effect for the foreseeable future. There is NO criteria and no questions asked. We encourage families to send a single person to pick up to reduce the number of people standing in line. Masks and social distancing required in line and in the building.

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