



So no one goes hungry.

Bread for Life is a community supported human service organization that feeds, provides fellowship, affirms dignity, and builds connections for those experiencing food insecurity within the Southington Community.

DECEMBER 2025

WELCOME TO OUR
Quarterly Newsletter
A Message from Our Executive Director

Holiday Greetings Donors and Friends of Bread for Life,

As the year draws to a close and the holiday season illuminates our community, we at Bread for Life want to take a pause and reflect not only on the meals served but the connections that have been built, the dignity that has been affirmed, and the hope that has been restored for so many folks right here in Southington.

This past year has been a powerful testament to what we can and have achieved as a community that stays together and serves together. The government shutdown, which impacted so many lives this past season, was an example of the large hearts within our community and beyond; those hearts that reached out to us, giving us all we needed to help anyone and everyone who came to our door.

As Bread for Life continues to serve through the lens **“hunger is more than food”**, we thank you for supporting us in all the ways you have and will do.

Happy Holidays, Merry Christmas, Happy Hanukkah, Happy Kwanzaa, and most of all, have a Blessed New Year !!



Missy Cipriano
Executive Director

Bread for Life Core Values:

Hope, Service, Generosity, Integrity, Affirmation in Human Dignity, Compassion and Respect for all

Your Donation's Impact

As we wrap up 2025, I wanted to share a glimpse of the many lives we have touched this year. While our full 2025 Impact Report will be released in March 2026, we wanted to highlight the meaningful difference your generosity has already made.

In 2025, Bread for Life served more than 13,000 meals in our kitchen, delivered over 26,000 meals to homebound neighbors, provided 2,500 meals to Calendar House, and distributed thousands of weekend grocery bags to individuals and families in need.

Your continued partnership is an investment in the hopeful future of Bread for Life. Whether you give the gift of time, make a financial contribution, or help spread awareness of our mission, you remain a vital source of nourishment, dignity, and connection in our community.

From all of us at Bread for Life, we wish you and your loved ones a holiday season filled with joy, peace, and hope.

Please remember:
YOU ARE A DIFFERENCE MAKER!

[CLICK HERE
TO DONATE](#)



Bread for Life Staff

2025

(not pictured: Dee & Tom)



Wreath-making with our Client Services Committee

What's New at Bread for Life?

Since our last newsletter, things have been progressing smoothly. Our annual Soup Night fundraiser was a wonderful success, welcoming more than 400 attendees and supported by 70 dedicated volunteers. It was truly an amazing evening. If you haven't already, be sure to mark your calendars for Soup Night 2026, with information coming in early September.

During the government shutdown in early November, our community responded with incredible generosity. Because of your compassion and giving hearts, our shelves have remained well stocked since that time. In partnership with Southington Public Schools, and with the support of Good Guys Auto House and Six Point Financial, we built 100 backpacks filled with nutritious food for students in need during the Thanksgiving break. As the needs in our community continue to grow, we are grateful to have such an exceptional staff and a committed group of volunteers leading the way.

None of this would be possible on our own. Every act of kindness, every donation, and every hour of volunteering weaves together a beautiful tapestry of community support. We are forever grateful to each of you for standing with us and helping us serve those in need throughout our community.



Bread for Life has put together wish lists from [Amazon](#) and [WalMart](#) of items that we are frequently in need of. Please check out the updated lists to consider donating.

SEASON OF GIVING:

BREAD FOR LIFE IS HERE YEAR-ROUND TO MEET THE NEEDS OF THOSE WE SERVE IN THE SOUTHINGTON COMMUNITY. AS THE WINTER MONTHS ROLL IN, OUR NEEDS WILL EVOLVE. WE UPDATE OUR "MOST NEEDED" ITEMS MONTHLY ON OUR WEBSITE. OUR CURRENT NEEDS INCLUDE HAND WARMERS AND \$5.00 GIFT CARDS TO DUNKIN OR DOLLAR TREE.



Volunteers of the Month

DAN BERGSTROM {NOVEMBER} AND MARK PROFFITT {DECEMBER}

What has been the best part of your volunteer experience?

Dan: I chose to volunteer at Bread for Life to make a local impact. I've been very blessed in my life and wanted to support others navigating challenging times. Whether it's providing food assistance or simply offering a moment of human connection, I believe these small acts can make a big difference in our fast-paced world.

Mark: The best part of volunteering at BFL is getting to know some of the wonderful volunteers that support BFL and the amazing staff that has emerged over the past year or so – such great people united in a shared passion for the mission of our agency. I have also so enjoyed getting to know so many of the individuals served through the dining room and by our deliveries and knowing how supported they feel by BFL!

What is your favorite memory of volunteering at Bread for Life?

Dan: I love the team gatherings and events we hold throughout the year. They're a chance to connect with others who share the same passion for helping our community.

Mark: I think my favorite memories of being at BFL have been bringing some good friends along for the drive during my delivery commitments and now they are volunteers at BFL. When driving with a partner; it's very hard not to talk about the impact that BFL has on so many people. It's quite astounding!

What would you say to someone who is thinking about volunteering?

Dan: If you're thinking about volunteering, that's already a sign you have something valuable to offer. The desire to help, to connect, to contribute—it's the spark that makes communities stronger and lives richer. You'll discover new sides of yourself. Volunteering often reveals hidden strengths, passions, and perspectives. You'll feel the impact. Even small efforts—an hour here, a task there—can ripple outward in powerful ways. And you'll get back more than you give—not in material things, but in meaning, gratitude, and a deeper sense of purpose.

Mark: I truly enjoy talking with friends and others in the community about my volunteer commitment at BFL and when the time is right for them; encourage them to seek out volunteering at BFL. It's a great place!

VOLUNTEERS NEEDED

Drivers: 2-3 days per month

For more information, please e-mail
office@breadforlife.us

THOUGHT OF THE MONTH:

“ONE KIND WORD CAN WARM THREE WINTER MONTHS.”
~JAPANESE PROVERB

SERVICE HIGHLIGHT



Bread for Life would like to take this time to recognize Hartford HealthCare Mobile Care Unit. This team of nurse and medical professionals has been serving the needs of those who gather at our Hunger Relief Kitchen by offering screenings, information, vaccines, referrals, and most of all, relationships. They have provided a safe place to come and receive much-needed medical care. Thank you for all you do!

UPCOMING EVENTS

Dec. 24th: CLOSING at 2pm

Dec. 25th: CLOSED for Christmas

Dec. 31st: CLOSING at 3pm

Jan. 1st: CLOSED for New Year's Day

March 20th: Music BINGO Fundraiser

Watch for info on this fun event!

**PLEASE LOOK OUT FOR OUR ANNUAL IMPACT REPORT
IN MARCH 2026.**

ARE YOU CONNECTED?

Click an icon to follow us on social media

