



*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.

**OCTOBER 2025**

WELCOME TO OUR  
***Quarterly Newsletter***  
A Message from Our Executive Director

Autumnal Greetings Donors and Friends of Bread for Life,

Fall is upon us with all its colors and refreshing winds. It also ushers in an amazing season of giving. Bread for Life is always beaming throughout this season, as so many giving hearts come forward to enable us to serve with greatness.

This summer was just amazing. As our collaboration with the Southington Board of Education and South-Central Health Department and our amazing grantors, The Stocker Foundation, CWPM, and Good Guys Auto House we were able to serve 5,000 meals to our students for the nine weeks school was out.

As I reflect on this past summer with the amount of donors and volunteers that give and serve daily, the one word that keeps ringing is "Community". It is not a section of town, one neighborhood or street; it is everyone from every area of this town coming together for the common good and goal. This speaks to the humanity in us all, realizing that everyone needs a little help sometimes and "if not me than who", and the true answer is, it's ALL OF US.

As Breads 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.

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

Whether you donate your time as a volunteer, or make a donation-- financial, food, or toiletry, we want you to know that you cover a multitude of needs. We are very fortunate to have your dedication, and we could not accomplish our mission without you. Your support is making a difference in all that we do here at Bread for Life.

As of March 2025, Bread for Life has had the pleasure of adding meal service to Southington Calendar House senior lunch meals. Due to state cuts to the senior service, many patrons would have had a difficult time paying for their lunches. By partnering with Calendar House, we are indeed fulfilling our mission of helping all of those in our community who experience food insecurity on one level or another. Please know that your dedication to support through your donation has enabled us to reach as many as we can in our community and support our vision that "No One Goes Hungry".

Please remember:  
**YOU ARE A DIFFERENCE MAKER!**

[CLICK HERE  
TO DONATE](#)



## What's New at Bread for Life?

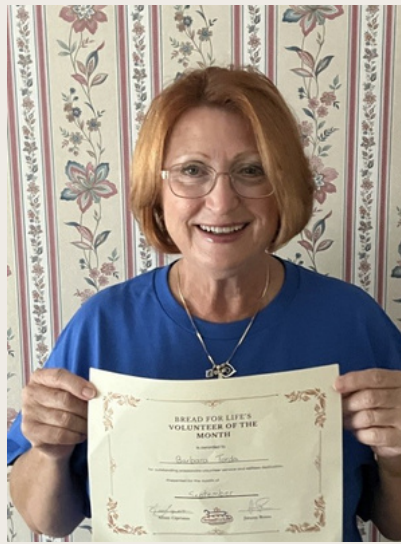
Bread for Life, in collaboration with Southington Board of Education and South Central Health District, had a successful Summer Lunch Program. Held at DePaolo Middle School this year, our program would not have been successful without the many donations through grants, local businesses, schools, and individuals. During the nine weeks of summer, we served 5,000 lunches, incorporated 12 different programs, and had the help of over 50 volunteers. We are so proud to be able to serve the many families in need in our community. We are looking forward to 2026 being an even greater outreach.



PLEASE CONSIDER TAKING A LOOK AT OUR [AMAZON WISHLIST](#) OF NON-PERISHABLE ITEMS THAT WE ARE FREQUENTLY IN NEED OF AND CONSIDER DONATING.

### **SEASON OF GIVING:**

**IF YOU ARE PLANNING TO MAKE A DONATION TO US IN THE UPCOMING SEASON, PLEASE CALL THE OFFICE AHEAD OF TIME. WE WANT TO BE HERE TO THANK YOU FOR YOUR SUPPORT!**



## Volunteers of the Month

**PETE FREGA {AUG}, BARBARA TORDA {SEPT}, JERRY RUSSO {OCT}**

**What has been the best part of your volunteer experience?**

**Pete:** It's the people. Whether it's the clients or the tremendous staff, we try to make it a good day...a fun day.

**Barbara:** Volunteering gives me a sense of purpose and hopefully, I'm making a small difference in the community.

**Jerry:** The best part of volunteering is the people. They truly appreciate the hard work that all the volunteers put in – not only for preparing the delicious food, but also creating through Bread for Life a clean, warm and safe place where everyone can enjoy it.

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

**Pete:** It's a partnership. you have to get as much out of it, as the organization gets from you.

**Barbara:** If someone were to ask me about volunteering, I would say do it, as you would feel good about yourself helping someone else! It's a great way to meet new people, to make life-long friends. They might even inspire someone else to volunteer.

**Jerry:** If someone were thinking about volunteering, I'd tell them Bread for Life is a wonderful place filled with good people and great energy. I like to think of myself as an ambassador, sharing stories about our delicious meals, generous donors, and how about the fresh produce from our beautiful garden. It's clean, well-run, and has a welcoming atmosphere that makes you feel at home. I've spoken to people I know and actually have inspired one friend to consider volunteering after seeing how rewarding the experience has been for me.

## VOLUNTEERS NEEDED

Drivers: 2-3 days per month

Kitchen Volunteers: 1-2 days per month

For more information, please e-mail  
[office@breadforlife.us](mailto:office@breadforlife.us)

### THOUGHT OF THE MONTH:

**"THE GREATNESS OF A COMMUNITY IS MOST ACCURATELY MEASURED BY  
THE COMPASSIONATE ACTION OF ITS MEMBERS."**

**~JOHN HOLMES**

# UPCOMING EVENTS

## **Oct. 15<sup>th</sup>: Soup Night**

Our most popular fundraiser is back! [Click here](#) to purchase tickets while they last. Ticket sales are online only.

## **Nov. 22<sup>nd</sup>: Apple Pie Making~Youth Volunteers**

Stay tuned for registration information. We will be baking pies to sell as a fundraiser, and mini pies to send home to our clients.

## **Nov. 27<sup>th</sup> & 28<sup>th</sup>: CLOSED for Thanksgiving**

## **Dec. 3<sup>rd</sup>: SPD/SFD/First Responders' Breakfast**

We will honor the collaborative work between Bread for Life and Southington's first responders.

## **Dec. 25<sup>th</sup>: CLOSED for Christmas**

*PLEASE LOOK OUT FOR OUR ANNUAL CAMPAIGN  
LETTER AS YOU CONTINUE TO PARTNER WITH US  
THROUGHOUT THE NEW YEAR.*

### ARE YOU CONNECTED?

Click an icon to follow us on social media

