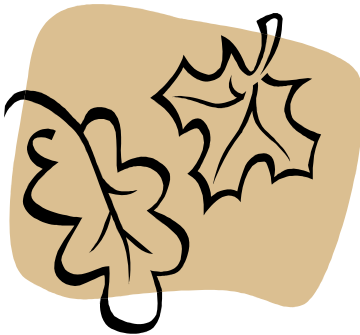




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**Programs at HFP:**  
**Working Person's Food Pantry**  
**Thursdays**  
**5:00PM - 8:00PM**  
**Senior's Food Pantry**  
**Tuesdays**  
**10:30AM -11:30AM**

## WITH REAL APPRECIATION

Sometimes in life we have the chance to meet people whose personalities make them stand out—they become a special part of our lives. We want to lift up two such people for you in this issue of *Hebron Happenings*. They are Cooper Woodworth and John Withers, long-time, faithful volunteers at the HFP.

Both men started with the pantry way back at the beginning, ten or eleven years ago, when it was upstairs in the former Hebron Village United Methodist Church—back when we gave out a bag of whatever food we had to just a few. Both men, and Cooper's brother Newton, had the time, saw the need, and stepped up, making their different personalities come alive each and every week, to the delight of volunteers and clients alike. They continued their service all this time until recently. We want to share just a piece of their stories with you.

"Coop," as he is affectionately called, with his brother, Newton, ran Cooper's in downtown Attleboro, bringing delight to so many, who were picking up magazines, cigars or sitting at the soda fountain, by sharing his dry wit and commentary. Everyone at the pantry has had the pleasure, and sometimes amazement, of being on the listening end of a Cooper opinion or revelation.

For a long time he was the volunteer, with "Newt," who went to the Stop & Shop for bread and pastries several mornings a week, sometimes making more than one trip because of the volume of carbohydrates available to us. Way back when, Cooper was in charge of the USDA items, and assisted Working Person's Food Pantry Coordinator Suzanne LaFlamme with so many tasks, too numerous to mention. In more recent years, Coop and Newt also had assumed the responsibility of being Mr. Corrugated, breaking down and bundling the hundreds of cartons that pass through the pantry weekly, then loading and driving them to Attleboro Recycling – several loads a week.

While Newt continues to be a mainstay in those tasks at the pantry, unfortunately, Coop's health does not allow him to be an ongoing part of the pantry operation. The pantry greatly misses his enormous help, and we all miss his presence, his personality, his person, and the delight he has brought into our lives.

John spent much of his life as a milkman, back when so many of us depended on delivery for our dairy products. The service, honesty, loyalty and friendship he brought to his customers – and we have talked to a few of them--are the very same traits he gladly shared with HFP clients and staff. In the early years, John

would help loading shelves, carrying anything that needed to be moved, and be an all-around force for good.

In recent years, he was a regular volunteer at the Senior Food Pantry, only missing a day if he were ill or Nancy and he had planned to be away--and even then he would miss being there. His steady, pleasant countenance and strong work ethic made John a treasured addition. Even after he couldn't drive, he would ask Nancy to bring him and pick him up, so that he wouldn't miss a Tuesday.

When he could no longer come regularly, he always asked what was going on and how the pantry was doing--HFP never out of his mind or care. We are sad to report that John died earlier this month. He is missed very much and will not be forgotten by all who knew him.

We honor both these fine gentlemen (I can just hear Cooper saying, "Where did he get that gentleman idea?") for who they are, and for what they have done for the HFP and for so many. Thank you is such a weak word, when in this case it means so much! We are thinking of you both and sending our love.

Don Hanson

## A Note from the President

Would you be willing to go a little bit hungry to help others who are hungry a lot? What if, by sacrificing one dinner, you could help dozens of people have dinner tonight? I ask these questions as a way of introducing Hebron Food Pantry's Miss-A-Meal to fight hunger fundraiser, going on now through October 13.

Many years ago, when I was an undergraduate at the University of Connecticut, our dorm and many others across campus would participate in a miss-a-meal program. Each fall, we would choose one night in the semester and forgo our usual dinner for the night. The money that would have been spent by the cafeteria for that night's dinner was donated to charity. We did it each year, and I have always remembered that it seemed an easy way to give back to others less fortunate than ourselves. Of course, being college students, we didn't really miss a meal; we ordered pizza or went out to eat. Some of us even prepared food in our room, using hotplates and toaster ovens. (This was before microwave ovens were common. I said it was many years ago!) I've long since forgotten who the beneficiaries of those missed meals were, but the simplicity and generosity of the idea has always stayed with me. When our Board of Directors started considering ideas and themes for fundraisers, the idea of a dinner was considered, but for an organiza-

tion that fights hunger, it just didn't feel right to sit and eat as a way to raise money. That's when I remembered those long ago missed meals, and it just seemed like the right fit.

What is the cost of a missed meal? According to the USDA, the average cost of dinner prepared at home is about \$5 for an individual or \$15-20 for a family of four. The cost of eating out, obviously, is higher; on average people spend \$20-30 per person at sit-down restaurants. For a donation of only \$5, we can buy twenty times that amount at the Greater Boston Food Bank, or about \$100 of food. For the cost of one night out for one, \$25 will provide \$500 of groceries for our clients who use or Working Persons or Senior Food Pantry. Just imagine how many nights of dinners that are filling and nutritious that amount provides!

Enclosed in this newsletter, you will find a coupon to clip out. I'm asking you to consider "missing a meal," either cooked at home or eaten out, and donating that amount to Hebron Food Pantry, Inc. As an alternative, you may wish to donate the food to make up one family's dinner for a night. On Thursday, October 13, we will be having an open house at our location at 15 Sanford Street, in Attleboro, from 8:00 AM to 5:00 PM. You may stop by with your cash or food donation anytime during the day. We've chosen Thursday be-

cause that is the day we pick up food at the Greater Boston Food Bank, unload our truck, stock shelves and run our Working Persons Food Pantry. If you stop by, you will get a tour of the facility and be able to see and hear what we do and how we do it. You'll also get a free travel mug, as a token of our appreciation for your interest in and support of our organization. If you can't make it in, you may mail your check in and still be a part of our 2011 Miss-A-Meal campaign against hunger. Either way, you'll be joining us in our ongoing mission against food insecurity in the working poor and senior populations of the greater Attleboro area. I hope you join me in "missing a meal" to fight hunger!

Don Burch  
President

### Ways To Give

#### Honor Someone You Love Today

Express your support, gratitude, love or condolences with a gift that also will bring hope to hungry people in the Greater Attleboro Area with the knowledge that others care.

Send a unique birthday, anniversary, or graduation present, or express your sympathy with a memorial donation to the Hebron Food Pantry, Inc. When we receive your tribute gift we immediately will send a personalized acknowledgement letter by first class mail to convey your thoughtful intentions.

Be certain to include the occasion and full name and address of the beneficiary of your gift. In addition, you will receive a tax deductible thank you letter confirming your gift. Any questions, please email Michelle Burch at [dirh-voc@hotmail.com](mailto:dirh-voc@hotmail.com)

### FEINSTEIN FOUNDATION 2011 RESULTS

This year the amount of money raised by the over 1,700 participating anti-hunger agencies was \$183,000,000. This was not a record breaking year, but given the current economic conditions we feel it was quite a feat!

The response from HFP donors was remarkable, for which we give heartfelt thanks to each and every one who contributed during March and April of 2011. We received contributions from more people than ever before. This year we raised just under \$24 thousand, which was almost double our total of last year!

The most powerful thing we can say is that every \$1.00 contributed to HFP buys about \$20.00 of food, at regular retail prices, when we shop at The Greater Boston Food Bank, as we do. What a powerful way to use your money when you want to assist in the fight against hunger in the Greater Attleboro Area.

Thank you so much!

#### United Way Donor Option

You can donate to HFP through the **UW** through payroll deductions.

Please designate Hebron Food Pantry, Inc.  
#6514 UWRI #26202 UWGAT  
#337829 Amambay



#### VISIT OUR WEB SITE

[www.Hebronfoodpantry.org](http://www.Hebronfoodpantry.org)

Please take a minute and visit our Web site.

You will find pictures, links, recent information about Hunger, and so much more.

On Sunday August 28, as a result of Hurricane Irene, Hebron Food Pantry lost power at our location on Sanford Street in Attleboro, like most of the Attleboro area. We were hopeful that the outage would be of short duration, but unfortunately that was not to be the case. Most of our food is kept on shelves or in the storeroom, but we did have a significant amount of food in our freezers and refrigerators. In particular, we had two upright freezers that were filled with meat. Like everyone without power, we kept the freezers and refrigerators closed and hoped for the best, but unfortunately our power was not restored by Tuesday when we were scheduled to open for our Senior Food Pantry. Reluctantly, we had to miss a scheduled pantry for the first time in our twelve years of operation. Since the pantry is located in a basement with no windows, it is pitch black inside without power. There was no safe way to let people in. We posted a sign on the door announcing our senior pantry was closed.

Although the pantry was not open, we were still determined to save whatever we could of our meats. The large commercial freezer and refrigerator were not filled enough to stay cold without power, but as of Tuesday morning all of the meat in our upright freezers was still

frozen solid. One of our volunteers, Sue Prescottano, whose power had been restored Monday started asking around her neighborhood to see if one of her neighbors had a generator we could borrow. Wayne Carlson generously offered to bring his generator downtown so we could run our two freezers Tuesday afternoon, keeping the meat frozen until power came back. So Tuesday afternoon, our Director Michelle Burch and our President Don Burch sat outside the food pantry, keeping an eye on a generator that was saving hundreds of dollars of frozen meat. At the end of the day, Wayne came back and picked up his generator for the night, promising to return the next day if we still didn't have power. Fortunately, the power was back on by Wednesday morning. We did lose our refrigerated foods and some meat in our commercial freezer, but most of our meat was saved thanks to the generosity and help of Wayne. It is just another example of the tremendous support we get from the Attleboro community. A great big thank you from Hebron goes out to Wayne and Sue for stepping up in our time of need!

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## Working-age Hunger Grows

A recent article in our local paper reported that the numbers of working-age poor between the ages of 18-64 has grown to be nearly 3 out of 5 poor people, replacing children as the largest segment of impoverished people. As President of Hebron Food Pantry, Inc., I can confirm the reality of this trend here in our community. Our Working Persons Food Pantry on Thursday nights was established twelve years ago to aid this very segment of the population, that group of people that is working or collecting unemployment and is unable to make ends meet week in and week out.

As the article stated, we have seen a growing number of people coming to us for assistance, people who find they are unable to stretch their income to meet all their obligations. This may be due to cuts in hours, being unable to find the same level of job as they held previously, or because they are trying to support a family on unemployment benefits. They may have had a spouse or other members of the household lose their income, or may have lost a second job that used to make the difference between getting by or not. Many are young people who couldn't afford to go to college, trying to keep an apartment while working minimum wage jobs. Just last week we had twelve new families using the pantry for the first time.

Since the recession of 2008, we have seen a 25% increase in the number of people using our Working Persons Pantry, as well as a similar increase in people over 60 using our Senior Food Pantry. Thanks to the dedicated efforts of our volunteers, as well as the support of our many patrons, Hebron Food Pantry has been able to meet the increased need in our community, now serving over 270 families and individuals each week who are the real people behind the statistics quoted in the article. For more information about how you can help through our fall Miss-A-Meal campaign, please call us at 508-223-4257, or send your donation to us at P.O. Box 92, Attleboro, MA 02703.

Hebron Food Pantry, Inc.  
11 Sanford Street  
P.O. Box 92  
Attleboro, Massachusetts 02703

Hebron Happenings is published by HFP Inc., a non-profit organization whose mission is to assist low income and/or disadvantaged individuals and families in the greater Attleboro area by providing resources to enhance their quality of life.

Hebron Food Pantry, Inc.  
Phone: 508.223.4257



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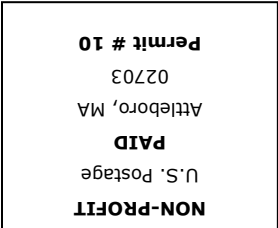
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Michelle Burch - DIRECTOR-FOOD PANTRIES

We're on the Web!  
Hebronfoodpantry.org



Return Service Requested  
Hebron Food Pantry, Inc.  
11 Sanford Street  
P.O. Box 92  
Attleboro, Massachusetts 02703

**MISS A MEAL FORM**

**Yes! I want to miss a meal and help HFP in the fight against hunger!**

\$5—dinner at home    \$10—fast food meal    \$25—sit-down restaurant    \$50—five star restaurant    \$100—night on the town!

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_

\_\_\_\_\_

Total Amt. Enclosed: \_\_\_\_\_

We welcome you to stop in with your donation during our Open House on Thursday October 13<sup>th</sup> between 8:00 AM and 5:00 PM to see the great work you are helping! If you can't make it, please send your check to the address below. Call (508) 223-4257 for more information on how to help. *Contributions are tax deductible to the extent provided by law.*

Please make checks payable to:

**HEBRON FOOD PANTRY, INC.**

P.O. Box 92

Attleboro, MA 02703