



Inspired by Gospel values, the SOCIETY OF ST. VINCENT de PAUL, a Catholic lay organization, leads women and men to join together to grow spiritually by offering person-to-person services to the needy and suffering, in the tradition of its founder, Blessed Frederic Ozanam, and patron, St. Vincent de Paul.

As a reflection of the whole family of God, members, who are known as Vincentians, are drawn from every ethnic and cultural background, age group and economic level. Vincentians are united in an international society of charity by their spirit of poverty, humility and sharing, which is nourished by prayer and reflection, mutually supportive gatherings and adherence to a basic mission to help those in need.

**THE ST. VINCENT de PAUL CONFERENCE AT ST. THOMAS MORE PARISH IS ABLE TO HELP MANY PEOPLE IN NEED AS A DIRECT RESULT OF THE GENEROUS SUPPORT GIVEN TO US BY THIS PARISH COMMUNITY. WE WANT TO ACKNOWLEDGE YOUR GENEROSITY AND LET YOU KNOW HOW THAT GENEROSITY HAS IN TURN HELPED OTHERS.**

**Parishioners have supported our efforts at St. Thomas More in 3 critical ways:**

1. By donating money in the envelopes provided at the doors or by specific donation (for example, in lieu of funeral flowers; donation in lieu of gifts for anniversary or birthday): In 2009 we received more than \$8,200.
2. By donating nonperishable foods to be used in the food pantry: In 2009 we received and gave out over 4 tons of food with an estimated value in excess of \$7,800.
3. By giving us redeemable cans in the bin in the parking lot: On average we collect about \$120 per month.

**The services we provide:**

1. **Food Pantry:** On average, 5 families come to the Food Pantry each week to receive food while the number of families can run from 3 to 15 on any given Wednesday evening. The size of the families range from one elderly person to a family of 7. In 2009 we fulfilled over 600 requests for food. *See the description on the reverse side of this handout for more details as to the operations of the Food Pantry.*
2. **Person-to-Person Visits and Individual Assistance:** Over the year we also conduct home visits and telephone calls in response to requests for other help. We carefully and prayerfully assess people's needs and our ability to respond to those needs. With the funds generously donated to us in cash or by way of redeemable cans, we are able to provide clothing (by vouchers to be used in the St. Vincent de Paul Society store in Canton), furniture (as provided by the Boston conference of St. Vincent de Paul) and help with rent, fuel, utilities or other emergency expenses. Also, we refer people to various agencies that we work with who are better able to address certain specific needs. In addition we contribute to disaster relief that is supported by the Boston and national St. Vincent de Paul Society. In 2009 we provided various assistance (other than or in addition to food) to more than 30 families (\$9,100±) and provided support to disaster relief/national St. Vincent de Paul (\$400±). **If you or anyone you know is in need of food or other assistance, please do not hesitate to contact the rectory between 9 and 5 Monday through Friday to make an appointment to come to the Food Pantry or to meet in private with a member of the St. Vincent de Paul Society.**

You can also assist the St. Vincent de Paul Society by donating clothing in the bins in the parish parking lot. Please note that the clothes **MUST** be donated in a bag and not loose in the bin.

**We thank you for your support and ask God to bless and watch over you.**

**Without your generous support**

**we would never be able to serve those in need as we do every day.**

**As the birds in the field, we trust that God will provide and we know that you are His instruments in providing to us the resources to help others.**

## **St. Vincent de Paul Food Pantry:**

**In General:** The St. Vincent de Paul Food Pantry takes place every Wednesday night from 7 to 8 p.m. Recipients call the rectory at 781-843-1980 during business hours (9 a.m. - 5 p.m. Monday through Friday) to make an appointment to receive food. At their first visit they are required to fill out a family application which is updated periodically. While we suggest that people can receive food twice a month, we do not deny anyone who may need food more often. In order to respect people's privacy, only Vincentians give out the food in the front vestibule of the church. The food is sorted, bagged and stored in the old choir loft.

**Volunteers Sort and Bag Food:** Many parishioners are scheduled volunteers who once or twice a month help to sort the donated food or bag it for distribution using the following guidelines and directions:

### **Food Sorting and Bagging Guidelines**

1. When sorting food: **important to check "expiration/best used by" dates**; make sure no broken seals. (While food past "best used by" dates remains edible, for liability reasons we CANNOT give it out).
2. When sorting food: sort new food to back of shelf (or top of cabinet if no room on shelf)
3. When bagging: DO NOT put food directly into boxes; put food in bags and then into boxes (for B, C); label bags
4. When bagging: move existing bags to front of line and put new bags in back
5. When bagging: try to match food (tomato sauce with pasta; tuna fish with mayo or macaroni and cheese; peanut butter with jelly); vary foods (different soups and vegetables as available)

### **Categories for Sorters and Baggers:**

**vegetables:** canned or bags (includes baked beans)

**soups:** canned or box

**starches:** pasta, rice, potatoes, macaroni & cheese; rice-a-roni, stuffing

**meals:** tuna, beef stew, hamburger helper, chili, canned spaghetti, hash, canned meat

**sauces/gravies:** spaghetti sauce, stewed tomatoes, gravies, mayonnaise, cranberry sauce

**cereal/breakfast:** boxed cereal, oatmeal, pancake mix

**fun:** peanut butter/jelly, crackers, cookies, jello, cake mixes, drinks, coffee, tea

**miscellaneous:** condiments, flour, cooking oil, salad dressings

**Directions:** Bagging guidelines are established by family size. The baggers prepare packages for up to 22 families per week in various sizes and including items from all food groups. The following are 2 examples of those packages.

#### **FAMILY A** (1 adult and 2 children; or 2 adults and 1 child; or 2 adults)

4 vegetables

2 soups and 1 fruit (if available)

2 starches (one pasta and one other such as rice/potato/stuffing/macaroni & cheese)

2 meals (always 1 tuna if available)

2 sauces/gravies (1 if resources are low)

1 breakfast (cereal, oatmeal, pancake mix)

2 "fun" – always a cake or bread or cookies as one if available (peanut butter & jelly count as one fun)

1 miscellaneous

#### **FAMILY C** (1 adult and 4 or more children; or 2 adults and 3 or more children; or 4 or more adults)

8 vegetables

4 soups and 2 fruits (if available)

4 starches (two pastas and two others such as rice/potato/stuffing/macaroni & cheese)

4 meals (always 2 tunas if available)

3 sauces/gravies (2 if resources are low)

2 breakfast (cereal, oatmeal, pancake mix)

4 "fun"– always a cake or bread or cookies as one if available (peanut butter & jelly count as 1 fun)

2 miscellaneous