

Holiday Helpings: Turkey and trimmings for neighbors in need.



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CFC #61733 • United Way #8219

Holiday Helpings:

Turkey and Trimmings for Neighbors in Need.



HELP US FILL A HOLIDAY TABLE



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What is Holiday Helpings?

Holiday Helpings is a project of Bread for the City that brings turkey dinners with all the trimmings to over 10,000 low-income families each holiday season, families who simply cannot afford to buy a celebratory meal. Just \$28 provides a nutritious holiday meal for a family of four.

Today, a family of four with a full-time, minimum-wage worker has an income that is well below the poverty line, even if the family receives food stamps and the earned income tax credit. This makes it difficult, if not impossible, for them to provide a holiday meal for their families. With your help, these families will be able to sit down together for a special meal at home during the holiday season.

What is Bread for the City?

At Bread for the City, we provide life saving services—monthly food, clothing, medical care, legal, and social services—to more than 10,000 vulnerable residents of Washington, DC. All services are free.



How Can I Help with Holiday Helpings?

Make a Cash Gift:

For \$280 you can provide 10 families living in poverty with a nutritious holiday meal that includes a turkey, stuffing, macaroni, fruits, and vegetables.

Organize a Drive:

Collect food and/or financial contributions in your workplace, place of worship, school or neighborhood. Contact Valentine Breitbarth at 202.386.7611 for more information about organizing a drive.

Suggested Items for the Holiday Food Bag			
family size	1 or 2	3 or 4	5 or 6
turkey (10-12 lbs.)	1	1	1
stuffing (8 oz. box)	1	2	3
canned cranberry sauce	1	1	2
canned fruit	1	2	3
macaroni	1	2	2
canned sweet potatoes	1	1	2
canned green beans	2	2	3
canned corn	1	1	2

Involve Your Family and Friends:

Request that your family and friends make a contribution to Holiday Helpings in your name in lieu of a holiday gift, or make a contribution in honor of someone on your list.

Volunteer Your Time:

Contact Matt Siemer at 202.386.7606 for more information on how to volunteer. Please note that we do not have any volunteer opportunities on Thanksgiving Day, Christmas Eve, or Christmas Day.

Where Can I Bring My Holiday Helpings Food Bags and Canned Food Donations?

We operate two Centers in the District and accept donations for Holiday Helpings at each location between 9am and 5pm, Monday-Friday:

Southeast Center

1640 Good Hope Rd, SE
Washington, DC 20020

Northwest Center

1525 Seventh St, NW
Washington, DC 20001

Why Should I Contribute to Holiday Helpings?

Hunger is a real and devastating problem in our community and is especially painful for families during the holidays, a season traditionally marked by celebratory feasts and festive gatherings. Your support of Holiday Helpings allows families to sit down together for a special holiday celebration.

Who Else Has Helped?

Past supporters of Holiday Helpings include:

Alston & Bird LLP; America's Health Insurance Plans; Baach Robinson & Lewis PLLC; Bates White; Covington & Burling LLP; DC Bar Pro Bono Program; Dickstein Shapiro LLP; Fed Ex Services; Fixation Marketing; Fried Frank; Holy Trinity Church; Howrey LLP; Jones Day; Kilpatrick Stockton LLP; Latham & Watkins LLP; MBIA; National Endowment for Democracy; National Resources Defense Council; Packer List, Inc.; Pentagon Ski Club; Pillsbury Winthrop Shaw Pittman LLP; S&R Technology Holdings; Scribner, Hall & Thompson LLP; Sonnenschein Nath & Rosenthal LLP; The Towers Condominium Association; Washington Area Women's Foundation; White & Case LLP

A Focus on Nutrition

In recent years Bread for the City has taken many strides toward making the food we distribute more nutritious for our clients, many of whom suffer from diabetes and high blood pressure. We have stopped distributing red meat, eliminated trans-fats, started including fresh produce in every bag, and significantly cut the sodium content of our food bags.

This year we are extending these changes to our Holiday Helpings bags as well. We will be distributing fresh vegetables whenever possible and have cut out unhealthy trimmings such as canned gravy.

CONTRIBUTION FORM

YES, I would like to make a contribution!

Enclosed is my donation of:

\$28 (turkey dinner for 1 family)

\$112 (4 families)

\$280 (10 families)

\$2800 (100 families)

Other _____

YES, I would like to organize a food drive!

Please call me (_____) _____

Please make checks payable to
Bread for the City

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

Please charge my gift to:

VISA MasterCard AmEx

ACCT. # _____ SEC. CODE _____

EXP. DATE _____ BILLING ZIP _____

SIGNATURE _____

DATE _____

Please return this form before December 21st.

A small portion of each donation and all donations received after the Holiday Helpings budget has been met will be used for general support during the year, helping us provide food, clothing, medical care, legal, and social services to the District's most vulnerable residents.

For more information contact Valentine Breitbarth at 202.386.7611.