



# By the Wayside

• Spring 2009

Dear Wayside Family:

**H**ELLO TO ALL! I believe, appearances to the contrary, that Spring is out there and will arrive. We just need to hang on!

It was a very busy Fall and Winter for us here at Wayside as we had an excellent annual appeal, made it through the Thanksgiving to Christmas season, and are started on another year.

For 2008 in the Soup Kitchen, we served 133,405 meals. That was about 500 more meals at the soup kitchen than in 2007. That was no small feat and took a lot of hard work and dedication. I applaud all of who have volunteered your time, and energy to make the soup kitchen function. For 2009, we are looking to see where we can expand services to help feed those in need. We will also be holding workshops for cooks and coordinators to share best practices and make sure everyone has the same information.

Regarding the Food Rescue Program, through the efforts of Tim Morse and his staff of volunteers and staff, Wayside sourced, "rescued" and distributed almost one million pounds of food in 2008. The warehouse is located at 135 Walton Street if you are interested in stopping by and seeing Food Rescue at work. They can always use another hand!

As an organization, Wayside is healthy and well-positioned to survive the downturn in the economy. The response to our annual appeal was overwhelming and is a testimony to the greater Portland community and all the people that opened their checkbooks and gave so we can continue to give.

In closing, please accept my most sincere thanks for all the work you have done and will continue to do. Wayside would not exist without the dedicated efforts of the countless number of people who volunteer their time and also give so generously. Wayside is a product of those efforts and a testament to your caring!

For me, I want to tell you all that I am moving on. I have taken a position with the United States Peace Corps and will be leaving the first of April. Susan Violet, the current Soup Kitchen Program Director, will be taking over as the new Executive Director. I know you all join me in wishing her well.

All the best in the future!

Jeff



*Shoppers help to feed others in need Shaw's food drive.*

## UPCOMING EVENTS

### Feinstein Appeal

All donations that Wayside receives between March 1st and April 30th, earmarked as being in response to the Feinstein Appeal, will qualify for some matching funds from the Feinstein Challenge! Donations can include cash, checks, food items, and pledges. They must be received between March 1st and April 30th. For more information on the appeal, please go to [www.feinsteinfoundation.org](http://www.feinsteinfoundation.org)

### Breaking Bread for Wayside

Please be on the lookout for news about this special event! Wayside will be asking interested persons to host an event at which everyone invited would "Break Bread for Wayside". The event would be defined by the host or hostess; it could be an elegant dinner, a reception, a potluck, a chili cook-off, or another type. The goal is to raise funds and awareness of Wayside's mission and needs. If you would like more information about how you can be involved, please contact Susan Hirsch at [shirsch@maine.rr.com](mailto:shirsch@maine.rr.com) or Patsy Wiggins at [PWiggins@eatonpeabody.com](mailto:PWiggins@eatonpeabody.com)



*Shield's Meats, Wayside Donor*

## Wayside Food Rescue ~ News and Notes

**I**N 2008, **WAYSIDE FOOD RESCUE** had a tumultuous yet rewarding year. The year included a move of the warehouse from Sanford to Portland, the addition of new food donors and recipient agencies, a successful fund-raising campaign to replace our aging box truck, and above all, the sourcing and rescuing and distribution of almost one million pounds of food!

We want to take a moment and acknowledge our food donors without whom the efforts of Wayside Food Rescue would be impossible. The complete list is available on our website and on our annual report. To acknowl-

edge them all would be impossible, here are just a few, but they are all worthy of thanks and gratitude.

- ◆ Shield's Meat in Kennebunk, ME, Dean and Greg of Shield's Meats showed their intent to help the less fortunate in 2008 by donating thousands of pounds of badly needed protein in the form of franks, beef, and other items.
- ◆ Curran's Vegetables in Saco, ME, Curran's has been a mainstay for Wayside. Donating fresh vegetables and lettuce on a continual basis, Curran's has given Wayside the ability to offer a meal that has the greens that people need.
- ◆ Hannaford's Supermarkets is a great source for Wayside and other non-profit hunger relief agencies. On a daily basis, they make available food that is sorely needed by Wayside and the food pantries we serve.
- ◆ Barber Foods in Portland, ME. Under the direction of Steve Barber, Barber Foods has been a great supporter of Wayside and has donated thousands of pounds of chicken and other items.

For 2009, Wayside Food Rescue is looking to continue to be an agency that is on the front lines of fighting hunger in Cumberland County. Distributing food to over 40 recipient agencies on a monthly basis, the Food Rescue Program will need help. If you want to run a food drive or donate food, please contact Time More, the Wayside Food Rescue Program Director, at (207) 712-4929 or [tmorse@waysidesoupkitchen.org](mailto:tmorse@waysidesoupkitchen.org)

## A Holiday First for Portland's Wayside Soup Kitchen

**M**EMBERS OF THE **JEWISH** and Muslim Faiths came together to help serve the Holiday Dinner at Wayside Soup Kitchen in Portland the evening of December 25th. Volunteers of Congregation Bet Ha'Am, Temple Beth El and members of the Darfuri Muslim Community cooked and served the holiday dinner at the Oxford Street facility for some 250 individuals struggling to meet the most basic of needs.

Roberta Zuckerman, on behalf of Congregation Bet Ha'Am Roberta Zuckerman, offers "Trying to make the world a better place is an important aspect of Judaism. Working at the Wayside Soup Kitchen is one small way that we try to put our religion to work. Joining together with other religious groups around the common goal of helping people has helped to build valued friendships and highlight the importance of helping one another."



*Christmas eve volunteers putting on the gloves to prepare the meal safely.*

## AmeriCorps Volunteer



*Kathryn Davidson*

*(For the first time, Wayside has an AmeriCorps volunteer. She has been with us since September, so many of you already know her. Please allow me to introduce, Kathryn Davidson, our 2008/2009 AmeriCorps volunteer)*

**WHEN I ARRIVED AT WAYSIDE**, I was nervous and excited about what the next 11 months of my life as an Americorps CRC member would be like. I already felt I had a heightened awareness of the many obstacles a community faces, but that I was ready to go beyond just learning the theories behind social dilemmas to focus on the lives, the personal stories, and the hard work behind these problems and their solutions.

The CRC Americorps program and Wayside have given me the chance to get an up-close look at what hunger in America, and especially Maine, truly looks like. Wayside staff welcomed me with such positive regard and interest not just in what I could bring to their organization, but in how they could help me develop professionally. They've taught me how to navigate our vast volunteer database, how to give tours of the kitchen, how to talk about Wayside's mission confidently, and even how to cook for 250 people with little to no notice! It seemed impossible to learn all these skills, but I realized that these seemingly impossible things were accomplished everyday by Wayside's amazing group of volunteers! At Wayside, miracles are cooked up daily in the chop suey, shepherd's pie, or spaghetti and meatballs. Chances are each meal has a story behind it much like each guest and volunteer has their story too.

So what is my job at Wayside, anyway? That's what most volunteer coordinators want to know. The main object of my national service term is to help Wayside with Volunteer Management. Most of the non-profits selected to have a CRC Americorps member are small, and so are their staffs. Wayside is no exception. With over 45,000 volunteer hours used last year, we are well beyond that number now. Wayside has been blessed to experience a surge in volunteer interest, and I'm here to help make sure that every Wayside volunteer feels supported. I'm working most closely with weekend volunteer groups, who previously were not staffed, and I'm glad to say that I've developed close relationships with those groups. I try to support them as much as possible, whether it is showing them where an item's secret spot may be or jumping in to help cook, clean and coordinate if need be!

So far, my time here has exceeded my expectations. It is much more challenging, exciting, and fulfilling than I could have ever imagined. And that is truly because of all the amazing work done here by Wayside's talented, dedicated staff and their talented, dedicated volunteers. Thanks everyone, for making this term a great one so far!

## Featured Volunteer

**RYE, WHEAT, WHITE, MULTIGRAIN** - Charlott Porter has buttered them **all**, and then some. Charlott has been a faithful member of the First Parish Congregational Church of South Portland's Wayside Soup Kitchen team ever since she moved down from "The County" a decade ago.

The volunteers serve dinner to about 250 people at Wayside the first Saturday of each month and Charlott has been the steady hand behind the food counter, cheerfully slicing and buttering bread, filling and refilling bread baskets and getting desserts ready for the table servers.

Charlott says she's "just a 92-year-old "Aroostook girl" who likes to do what needs to get done" and has never stopped being amazed each month when a small group of dedicated volunteers cooks and serves all those dinners (complete with an endless supply of buttered bread), within just a few hours. "It gives you a feeling that you're doing something good," she says. It's a feeling she hopes others get a chance to experience. In December, after 10 years and well over 10,000 slices of bread, Charlott retired her butter knife. Thank you, Charlott!



*Charlott passes the butter knife.*

# Volunteers

**T**HE SENSE OF PURPOSE AND GIVING to Wayside Soup Kitchen and Food Rescue extends to a large, diverse group of volunteers and donors who offer an immeasurable humanitarian service and come to Wayside with their own unique interests and gifts. They volunteer time to coordinate groups, cook meals, bake desserts, sort, clean and organize the kitchen and warehouse in preparation of serving meals at the Soup Kitchen and coordinating food pantry distributions throughout Cumberland County. Wayside volunteers are exactly where they want to be; never doubting anyone's worth or need for a meal. They serve our guests with compassion and a simple desire to nourish others by acting with kindness.

## Donors

On what seems to be an endless occasion, contributions come to Wayside from outside the kitchen's day to day operations. Donors quickly recognize the value of their contributions. Individuals, groups, businesses, employee teams, schools, foundations and vendors are committed to supporting Wayside's mission of feeding hungry people throughout Cumberland County. Their generous donations of cash, equipment, services, food and time make it possible to feed the growing number of people in need in a safe and measured way. The miracle of Wayside Soup Kitchen and Food Rescue could not happen without these individual and collective efforts.



*A youth group prepares desserts for lunch.*

### **These are a few of the ways people donate to Wayside Soup Kitchen & Food Rescue:**

- Apothecary By Design donates nutritious sandwiches and soups three times a week.
- Borealis donates hand crafted breads three times a week.
- Diversified Communications takes the lead and collaborates with Windham Assembly on the 1st Monday of the month to prepare, coordinate and serve the evening meal. They have generously donated training funds to support professional development of staff and key volunteer stakeholders of collaborating agencies located throughout Cumberland County. Participants have been certified in Safe Serve practices and Verbal Judo skills. Diversified staff has also purchased an

Hello Wayside Readers.

I have had the opportunity to serve as the Program Director and Volunteer Coordinator of Wayside Soup Kitchen since fall of 2006 and have become wholeheartedly familiar with, and committed to, the program services of Wayside Soup Kitchen and Food Rescue. This time has allowed me to focus on improving Wayside operations by developing programs and training curriculums; significantly strengthening Wayside's volunteer base and establishing best practices for staff, volunteer cooks and coordinators of Wayside programs.

My greatest joy has been in working with and coming to know the many dedicated volunteers, staff and donors who make the work of Wayside possible. I now find myself in the honorable position to serve Wayside in a greater capacity as Executive Director. I intend to continue to act with great care, good sense and informed consent when making decisions affecting program services, the agencies we serve and collaborating partners.

I look forward to building on the many wonderful relationships that Wayside enjoys and look forward to strengthening Wayside's services by developing greater connection to the community.

Thank you for the many ways you give to support Wayside's programs.

Susan Violet, Executive Director

eyewash station for the kitchen and first aid kits for the warehouse.

- Kaplan Vending generously donates sandwiches, chips and desserts three times a week.
- Lowe's Home Improvement contributed crucially needed materials and staff time to create a safer, cleaner and more enjoyable work environment of the warehouse and kitchen storage.
- Paul Pappas purchased fire extinguishers and carbon monoxide detectors for the warehouse.
- Kitty Tikcadner pays for Paul Capone to sharpen kitchen knives on a regular basis to keep everyone safe and productive when preparing meals.
- Poland Springs supports Wayside with product and cash donations and takes the lead once a month with 45 volunteers to cook, coordinate and serve the evening meal.
- Shaw's Supermarkets supports the efforts of Food Rescue in hosting frequent, successful food drives at stores located in the greater Portland area.
- Standard Insurance thoughtfully paid for a day of African, Hispanic and Italian meals, prepared by guests of ethnic origin. The meals were beautiful and enthusiastically enjoyed.
- Starbucks of Falmouth donates pastries two times a week.
- Waynflete, Cheverus, Merriconeag and many other area schools and youth groups have held food drives; donating over 75,000 pounds of food in 2008.
- WalMart recently took the lead in cooking the 3rd Monday of the month. They collaborate with Royal Ridge Church of God and the Yarmouth Rotary in preparing and serving the meal. Walmart employees have also donated well over 1000 pounds of food, two pallet dollies for the warehouse and funds to support Wayside programs. They have organized a "Storm Team" and have responded to the call for help on a cold and wintery night.
- The WellPoint Foundation is contributing materials and volunteers that will increase work place safety and create a warm and welcoming environment for volunteers and guests alike.
- Wright Express recently joined the 2nd Monday night volunteer groups and recently planned, purchased and prepared a wonderful meal in collaboration with Clark Memorial Church. They are interested in purchasing and preparing additional meals.



*King Middle School's dedicated volunteers.*

For the many ways that Wayside volunteers and donors participate, there are many more ways a community benefits. For those of us fortunate enough to work alongside the volunteers in addressing the issue of hunger each day, we are rewarded with being a witness to the strengthening of our community. Volunteers come to understand that good nutrition at home is not always a choice, that many survive on poverty wages and that food is the most negotiable of living all expenses.

## *Operations*

Wayside is an efficient and fiscally sound organization; making the most of a motivated and knowledgeable staff, that is reinforced by a legion of committed volunteers and donors.

- 20% of operational costs come from municipal resources; 80% is from private donations.
- Staffing for both the Soup Kitchen & Food Rescue includes four full-time, four part-time positions and an AmeriCorps Member.

# How Wayside Impacts the Community

**Wayside Soup Kitchen: The purpose of Wayside Soup Kitchen is to provide nutritious meals to those in need.**

- Wayside Soup Kitchen is Maine's largest soup kitchen; operating since 1986.
- Lunch is served 5 days a week; dinner is served 7 nights; a meal has never been missed.
- Approximately 70% of population is the working poor; the remaining 30% is homeless.
- 134,005 meals served in 2008; cost of \$2.15 per meal, a .38 cent increase over 2007.
- Over 45,000 hours of Volunteer service was contributed in 2008, a value of \$700,000.
- 85 Faith Based and Civic Sector groups prepare & serve the meal each month.
- 107 Youth Groups completed Service Learning with Wayside in 2008.
- Over 2000 individuals contributed their volunteer efforts.

**Wayside Food Rescue : The purpose of Wayside Food Rescue is to collect and distribute food which might otherwise be wasted from the area grocers, wholesalers, restaurants and truckers.**

- Wayside Food Rescue has been sourcing and distributing food since 1999.
- 40 plus pantries, soup kitchens, shelters and social service providers served in 2008.
- Nearly 1 million pounds of donated/rescued food distributed free of charge in 2008.
- Over 250,000 pounds of food distributed to the Soup Kitchen in 2008.
- Cost of rescuing food: .23 cents per pound.
- 85 Vendors donated perishable and non-perishable foods in 2008
- Serves as a single point of contact to Donors; smoothing tasks of distribution.

## Officers

Donald Quaid, *President*  
Mary Zwolinski, *Vice President*  
John S. Leeming, *Secretary*  
Raymond Gauvin, *Treasurer*  
Paul Heddesheimer, *Assistant Treasurer*

## Board Members

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Johanna Babb  
Sharon Bagalio  
Will Beriau  
Joe Capobianco  
Holly Culver  
Steve Culver  
Pauline Dumont  
Greg Elder  
Ann Filipos  
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Susan Hirsch  
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Paul McDonald  
Laurie Mitchell  
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## Advisory Board

Timothy Benoit  
Paul Catsos  
James Cloutier  
Cheryl Leeman  
Elinor Redmond

## Staff

Susan Violet, *Executive Director*  
Tim Morse, *Food Rescue Program Director*  
Steve Foley, *Kitchen Operation's Manager*  
Brenda Foley, *Kitchen Assistant Manager*  
Matthew Maloney, *Warehouse Assistant*  
Nancy Marcoux, *Administrative Assistant*  
Kathryn Davidson, *AmeriCorps Volunteer*  
John Staples, *Security*

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