

Season of Sharing Volunteer Newsletter

Happy Holidays, Team CEAP!

As CEAP's Season of Sharing nears, we want to make sure you have all of the information you need to celebrate the season with us and share abundance, health, and joy with our neighbors! CEAP will provide approximately 3,000 holiday meals through our Food Market this November and December. We will also be sharing toys and gift cards with 300 families - about 1,000 kids!

We know that this is a busy season filled with your own celebrations and time with loved ones, and we are so thankful that you continue to share that love with the CEAP community.

CEAP Holidays

CEAP will be closed on the following days in observance of holidays:

- November 24-25
- December 23-26
- January 2

Volunteer Needs:

As we work to celebrate the Season of Sharing, reopen our Thrift Store, and meet the increased need for food assistance, we need your help!

- Food Market: Monday-Friday, 8:30am-12pm or 12pm-3:30pm
- Meals on Wheels
 - Kitchen Assistants: Monday-Friday 8:30am-10:30am; Monday, Thursday, Friday 12:30pm-2pm
 - Drivers: Monday-Friday, 10:15am-12pm
- Turning Leaf Thrift Store: Monday-Friday, 9am-12:30pm or 12:30pm-4pm
- Season of Sharing
 - Holiday Food Set-Up: November 15th and December 9th, 1pm-4pm
 - Toy Drop-Off Event: December 15th and 16th, 9am-12pm and 1pm-4pm
 - Toy Program Set-Up: December 16th, 9am-12pm and 1pm-4pm
 - Toy Distribution: December 19th-20th, 9am-11am, 11am-1pm, 1pm-3pm, and 3pm-6pm

Sign up through VolunteerMatters! Contact steve.jaffee@ceap.com with questions.



Your Impact

CEAP has 14 full-time employees on our staff. We are responsible for things like building partnerships, ordering meals, fundraising, picking up food from grocery stores, and more. During the Season of Sharing, we continue these tasks to keep things running smoothly behind the scenes. All of our holiday programs happen in addition to the programs we offer every day.

Team CEAP volunteers are the equivalent of 9 additional full-time staff members, dedicated 100% to direct service for our neighbors.

Without your time and talent, we would not be able to share thousands of meals with our neighbors each week, much less offer seasonal programs. You are the reason why holiday meals will be possible for every family and 300 more families will experience the joy and love of opening up gifts this year.



CEAP Essentials: Holiday Edition

CEAP will provide approximately 3,000 meals this holiday season, from November 16-23 and December 12-22. Holiday food options will include items like chickens, stuffing, canned sweet potatoes, green beans, and gravy.

When Food Market participants schedule their appointment in PantrySoft, they will indicate which available holiday meal items they would like to receive in addition to regular staples and produce. We will NOT be automatically including these items in every grocery order. We want to do our best to provide food that families will enjoy and that celebrate their unique holiday traditions!

To ensure that every family has the food they need to celebrate the holiday season, appointment guidelines will be changing for November and December. Every household will have the option to schedule an appointment between November 16-23 IN ADDITION to their regular November appointment, and between December 12-22 IN ADDITION to their regular December appointment.



Baking Kits

CEAP will also have curated holiday baking kits available during holiday meal distribution. Baking kits will include items like pie filling, icing or other decorations, and mixes for pie crust, cake, or cookies. Participants will have the option to indicate whether they would like to receive a baking kit when they sign up for their appointment in PantrySoft.

Because we rely on donations to stock our Food Market, we cannot guarantee the availability of any particular items or baking kits. The options presented to participants will reflect current availability.

Toys

CEAP will be sharing toys and gift cards with approximately 300 families. Distribution is by appointment on December 19th and 20th in CEAP's community room. You can help CEAP spread holiday cheer by volunteering for our toy program!

- Toy Program Set-Up: December 16th, 9am-12pm and 1pm-4pm
- Toy Distribution: December 19th-20th, 9am-11am, 11am-1pm, 1pm-3pm, and 3pm-6pm

We have partnered with families with children who have visited CEAP's Food Market in the last six months. These families are registered to receive toys, and registration is now closed.

Participants will enter through the main building lobby. This will be communicated to them, but if anyone comes through the staff & volunteer entrance, please kindly direct them to the main building entrance!



Donation Acceptance Procedure:

- Food donations can be accepted at the hospitality desk, but large donations should be delivered in the back
 - If somebody is dropping off donations from a drive, please call Mark at (763) 450-3664!
- ALL DONATIONS – food, toys, and other items – must be weighed and recorded. This is true all of the time, not just during the Season of Sharing.
- Once donations have been weighed, food should be taken to Station 1 - the sorting wall – to be sorted and stocked and toys should be taken to gaylords in the warehouse to be sorted.
- Please ask donors to provide their email address when you weigh the donation so that we can send them their receipt.

Communicating with Participants:

While the holiday season is a time of great joy and gratitude, it's also a major stressor for many families in our community. Food, fuel, and housing costs continue to rise and at the same time, we all want the best food and gifts for our loved ones. Thank you for continuing to be gracious and compassionate with every neighbor at CEAP!

When in doubt, please ask a CEAP staff member for assistance with communicating with participants. Here are a few talking points to help you share accurate information:

- Families with children who visited CEAP's Food Market in the last six months were invited to register for our toy program in October and November. Registration has closed.
- Holiday food will be available in curbside grocery orders from November 16-23 and December 12-22. Every household may schedule an appointment between November 16-23 IN ADDITION to your regular November appointment, and between December 12-22 IN ADDITION to your regular December appointment.
- Because we rely on donations to stock our Food Market, we cannot guarantee the availability of any particular items.
- We are receiving a high number of calls during this busy time. Please continue to schedule your Food Market appointment online. You are welcome to use the kiosk in CEAP's lobby to do so!

Staff Leads:

Do you, participants, or volunteers have questions?
Here's who to ask!

- Toy program: Steve
- Food donations and distribution: Steve
- Financial donations, drives, or group engagement opportunities: Mark
- Holiday volunteer opportunities: Steve, Mark, or Katy!



Supporting CEAP's Season of Sharing:

Donating food and funds is another great and important way to make sure every family can enjoy holiday meals and warm celebrations this winter. Because CEAP is able to receive food from food bank partners at discounted, bulk prices, your dollar goes further when donated directly to CEAP than purchasing groceries to donate at the store!

Monetary donations can be made online at www.ceap.org/donate or by cash or check delivered to a CEAP staff member. Thank you for sharing abundance to make the holiday season joyful, healthy, and warm for every family!

Winter Health and Happiness

- It's important that we all continue proper hygiene like washing our hands regularly. Hand sanitizers, masks, and cleaning supplies are located throughout our space.
- Do not come to CEAP if you are sick.
- We encourage you to get your flu shot and stay up-to-date on COVID-19 vaccines!
- Spending more time indoors with less sunlight means that we need to find other sources of Vitamin D, a nutrient that's critical for bone health. Vitamin D can be found in eggs, fish, and dairy products like yogurt.
- Did you know that volunteering has mental, emotional, and physical health benefits?
 - Adults over the age of 50 who volunteer regularly are less likely to have high blood pressure.
 - Volunteering also keeps us connected with each other, promotes self-esteem, and reduces risk of anxiety and depression.
 - Being on Team CEAP is a great way to stay active and connected, especially when it's cold outside!

