

St. John's 3rd Annual MLK Day of Service Activity Information

Below are a list of the projects and activities happening in 2021. These projects are designed for you to purchase supplies and complete at home – then drop-off to St. John on MLK Day (January 18, 2021). Please register online for what project(s) you'd like to complete. This will help us prepare for donations to be received.

If you have any questions, please reach out to Monika Bontempo at mbontempo2015@gmail.com.

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Birthday Bags

Activity

Everyone loves to celebrate their special day. With this project we ask that you make birthdays easier for families that are struggling.

Create a 'birthday-in-a-bag' to be given to Daily Bread Community Food Pantry.

Good for all ages!

Supplies / Shopping List

- Each bag should contain:
- Cake mix
- Frosting
- Birthday candles
- Decorations
- Birthday napkins, plates
- Activity book
- Birthday card
- Large birthday gift bag with all items placed inside

More about Daily Bread Community Food Pantry:

Daily Bread's mission is to eliminate hunger in the Perkiomen area by providing residents in need with programs that provide food, promote the value of nutrition, increase self-sufficiency, and instill hope. In doing so, the Daily Bread food pantry helps to ensure that food relief has a more meaningful, enduring impact. The Daily Bread Community Food Pantry is the fourth largest food pantry in Montgomery County, serving approximately 300 families or 1,200 individuals each month. The pantry serves a broad area in Montgomery County – from the northern reaches of Perkiomenville and Gilbertsville to the southern areas of Collegetown and Eagleville. It is overseen by the Community Action Development Commission (CADCOM), the leading anti-poverty agency in Montgomery County. Unlike many other food pantries, the Daily Bread Community Food Pantry attempts to provide a full week of emergency food for all those it serves. It aims to provide personal care products not covered by Food Stamps that hit hard at family food shopping budgets. This includes items like toilet paper, feminine care products, diapers and wipes, and hygiene supplies. The pantry also provides food for special populations. For example, there are diabetic and gluten-free food and supplies, food for beloved family pets, and special packages for new mothers or guardians that include things like formula, diapers, and wipes. For individuals or families who just miss the poverty threshold that offers access to state and federal food, the food pantry provides food and supplies from private donations. dailybreadcommunityfoodpantry.org

Socks & Snacks

Activity

This activity asks you to take new athletic socks and wrap them around a toothbrush and toothpaste and cereal bar or snack bar. Wrap them tight with ribbon and then attach a small note that says thinking of you. These will be distributed to various organizations such as Mattie Dixon Community Cupboard, VA hospital and those that are experiencing insecure housing.

Good for all ages!

Supplies / Shopping List

- Adult athletic socks
- Toothbrush
- Toothpaste
- Cereal bar or snack bar
- Ribbon or rubber band

More about the organizations:

The **Mattie N. Dixon Community Cupboard** offers food, clothing, employment assistance/job help/resume building, medical referrals, housing referrals and emergency financial assistance. They are a 501 C (3) non-profit food pantry located in Montgomery County. For over 40 years, the Cupboard has relied on the generosity of the people in the communities they serve.

<http://www.community-cupboard.org>

Today's **VHA** has roots spanning over 150 years and continues to meet Veterans' changing medical, surgical, and quality of life needs. New programs provide treatment for traumatic brain injuries, post-traumatic stress disorder, suicide prevention, women Veterans, and more. <https://www.coatesville.va.gov>

Food Collection

Activity

Purchase cereal, instant oatmeal, pasta and mac & cheese to be donated to the United Lutheran Seminary and InterFaith Food Pantry at Grace Lutheran Church.

Good for all ages!

Supplies / Shopping List

- Cereal
- Instant oatmeal
- Pasta
- Mac & cheese
- *Consider assembling a spaghetti "dinner-in-a-bag"*
 - Two boxes of spaghetti
 - Spaghetti sauce – canned, not glass jars
 - Parmesan cheese container

Cup of Soup Lunch Bag

Activity

Place a container of Cup o Noodles in a brown or white lunch bag with one or two cereal or snack bars. Children can decorate the bag!

Good for all ages!

Supplies / Shopping List

- Cup o Noodles
- Cereal or snack bar
- Lunch bag

More about Cecil and Grace Bean's Soup Kitchen

Cecil and Grace Bean's Soup Kitchen is committed to serving meals to food insufficient residents in the Norristown community. The soup kitchen's goal is to end hunger altogether and currently provides lunch on Tuesdays, Wednesdays, and Thursdays, and breakfast on Saturday mornings. beansoupkitchen.com

Warm Winter Gear

Activity

Hats, gloves, socks and hand-warmers and a snack will be distributed to individuals selected to participate in the Color Me Back program. Please purchase heavy winter gloves and hats and place the gloves inside the hat along with a cereal or snack bar and a set of hand warmers.

Good for all ages!

Supplies / Shopping List

- Heavy winter gloves & hat
- Cereal or snack bar
- Hand warmers

More about Color Me Back: A Same Day Work & Pay Program

The Same Day Work and Pay program is an innovative new initiative that combines participatory art-making and access to social services in a unique model offering individuals who are experiencing economic insecurity an opportunity to earn wages. Participants are recruited through outreach and have the opportunity to connect, contribute, and engage with outreach specialists who can link them with support services, including social and/or behavioral health services and potential opportunities for longer-term employment while working in the program. muralarts.org/program/porch-light/color-me-back-a-same-day-work-and-pay-program/

Homemade Soup Mix

Activity

Make your own soup mix for others to use in the future. Google homemade soup mix for ideas and recipes. Kids will have fun measuring the beans, peas, veggies, etc. Then place in a freezer brand of quart or gallon ziploc bag. Consider bringing cartons of chicken broth to be used when others make your soup mix.

These mixes will be distributed to the Interfaith Food Pantry in Norristown.

Good for all ages!

Supplies / Shopping List

- Dry soup mix ingredient
- Chicken broth containers

COVID PPE Bags

Activity

Collect 1-2 small hand sanitizers, and 6 masks and 3 pairs of gloves and place them in a Ziploc bag.

To be distributed to those less fortunate to keep them safe during the Pandemic.

Good for all ages!

Supplies / Shopping List

- Small/travel size hand sanitizers
- Masks (6)
- Disposable gloves (3 pairs)
- Ziploc bags

SCPA

Activity

Purchase canned cat (especially kitten) and dog food to be donated to the Montgomery County SPCA.

Good for all ages!

Supplies / Shopping List

- Kitten or cat food
- Dog food

More about the SPCA

The Montgomery County Society for the Prevention of Cruelty to Animals is a nonprofit organization dedicated to caring for unwanted, lost and abused domestic animals. Established in 1909 and chartered in 1916, the Montgomery County SPCA (in Montgomery County, Pennsylvania), has three locations. montgomerycountyscpa.org

Cards for Gift of Life

Activity

Create uplifting homemade cards for those waiting for transplants. Cards will be distributed to the children with Gift of Life Family House.

Please join us in bringing joy back into the lives of disheartened, hospitalized, and/or seriously ill children!

Good for all ages!

Supplies / Shopping List

- Homemade cards

More about the Gift of Life Family House

Since 2011, Gift of Life Family House has served as a “home away from home” for transplant patients and their families by providing temporary, affordable lodging and supportive services to those who travel to Philadelphia, Pennsylvania for transplant-related care. giftoflifefamilyhouse.org

Thank You Cards for Healthcare Heroes

Activity

Make cards and write messages to honor our front line workers during this pandemic.

Good for all ages!

Supplies / Shopping List

- Homemade cards
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Quilts & Blankets

St. John will also be assembling 25 fidget quilts for memory care units at Normandy Farms and Brittney Point. Individuals suffering from Alzheimer’s or Dementia often find comfort in having something for their hands to do. A fidget quilt can help them feel calm and keep them occupied. Interactive textiles are used in the hopes of stimulating memory.

No-sew fleece blankets will also be made and distributed to Ken-Crest Transitional Care Homes for Children and Adult Community Living Homes, as well as Merakey.

More about these organizations

Ken Crest has offered premiere transitional care homes uniquely designed for infants, toddlers, and children with complex medical needs. Ken Crest’s Adult Community Living Homes allow each individual to live in the community of their choice with the supports they request or require. Each Ken Crest community living home is as unique and the individuals living there. www.merakey.org