MAKE THE HOLIDAYS EVEN MORE MEANINGFUL

The Amherst Survival Center feeds our neighbors. We feed bodies and spirits. Serving more than 6,000 participants each year, with more than 250 volunteers each week, the Center fosters a remarkable community built on respect and dignity.

This holiday season, give the gift of free groceries delivered to a senior’s home. Give the gift of year-round healthy produce to a family struggling to make ends meet. Give the gift of a to-go lunch to a low-wage worker, running to make her shift. Give the gift of socks and long underwear to someone living on the streets. Give the gift of live music to a person who is losing hope. Give the gift of ease, a one-stop-shop, for a mom traveling by bus. Give the gift of a doctor to a kid who is sick. Give the gift of a safe haven to a new immigrant or refugee. Give the gift of connection to someone feeling alone.

This year, as our world seems ever more divided, we have committed to making the Center a place where all of our community belongs. This year’s efforts have included forging many new community connections, stocking new varieties of food in the pantry, reviewing our procedures for unintended consequences, better utilizing the incredible language diversity of our volunteers, creating materials for assisted multi-lingual tours, and more. (See centerspread.)

We are committed to continuing this work, making sure that all of our neighbors feel that this is a place where their gifts are valued, where their needs are seen, and where they are a vibrant part of our community.

You are always welcome at the Center—come experience the warmth, welcome, and generosity that accompanies a delicious meal.

Lev Ben-Ezra
Executive Director

Since 1976 serving Amherst • Belchertown • Deerfield • Granby • Hadley • Leverett • Pelham • Shutesbury • South Deerfield • South Hadley • Sunderland • Ware • Whately • and more

Last year, we had 47,811 visits and distributed more than 600,000 pounds of food

WELCOME – To hundreds of people each day
Help us open the door to the 220 neighbors who visit the Amherst Survival Center each day. We offer breakfast, hot lunch, fresh produce and groceries, a free medical clinic, and clothes and household items from the Community Store. Visitors can access other services, such as health insurance enrollment and housing support. A hot shower, laundry facilities, a locker, and mailbox provide much needed support to those who are experiencing homelessness. Live music, classes and workshops, and special events bring people together and feed the whole person. Most importantly, the Center offers the warm welcome of community and acceptance.

One Visit for a Family of Four $64
Laundry, Showers, and Mail Service $100
Community Events $250
A Full Day at the Center $1,750
COMMUNITY MEALS – At the heart of our operations
The Amherst Survival Center provides a breakfast bar, hot lunch for as many as 120 people four days per week, and dinner on Thursdays. And of course, all meals are free! Lunches always include rice, fresh fruit and salad, a few cooked veggies, and a variety of protein options—all prepared, cooked, and served by volunteers in our Community Kitchen. For people who cannot stay for our sit-down lunch due to work, an appointment, or the needs of someone at home, we provide packaged lunches-to-go that include a sampling from that day's menu. Help support this nutritious program at the heart of the Center’s operations. In fact, come join us for lunch—your presence creates community.

Meals for One Day  $300

35,894 meals served in the last year

“When I experienced homelessness I knew about the Amherst Survival Center, but I had no idea how much it offers. I could have really used the resources! Through a workforce development program for youth, I got an internship here, my first work experience. I’ve volunteered in the Community Store, where I learned time management, gained retail skills and work skills in general. I learned how to interact with people of all ages, and have formed many connections.” — Elisha

“To give people who really need help, to give them a place where they can receive support and resources—putting those two together—is amazing.”
Our Fresh Food Distribution area welcomes more than 600 shopping visits a week.

DAILY FRESH FOOD TO BRING HOME
Each week the Center’s Fresh Food Distribution area handles 600 shopping visits for its fresh vegetables, fruit, bread and baked goods. Every day, volunteer drivers recover 2,000-3,000 pounds of food from area farms, grocery stores, and bakeries, fighting hunger and food waste at the same time. Daily distribution of fresh food is one of our key programs making healthy food available to all.

MONTHLY GROCERY SHOP – Also available for emergencies
Each month, individuals and families come shop for 5 to 6 days’ worth of food for their household. They choose from a variety of canned goods, cereals, pasta and rice, meat or fish, eggs, fresh vegetables and fruit, fresh milk, and cheese. The Pantry provides special allocations at times of emergency, such as a fire, loss of a job, or an unexpected illness. Shoppers choose all their own items to maximize choice and minimize waste. In the past year, the Food Pantry distributed 429,782 pounds of food to 4,081 people in 1,672 households.

PET CARE PACKAGE
When times are hard, the companionship of a pet can be priceless. But often budgets are so tight that some may forego feeding themselves in order to feed their pets. The availability of donated pet food, vouchers for spaying and neutering services for our dog and cat companions, and other pet provisions can make all the difference in the world to those for whom a pet is part of the family or a best friend.

“We like working in Fresh Food Distribution because we feel a deep commitment to making sure food is not wasted.”
— Frans and Jopie

“Having lived through the food scarcity of World War II, we feel a deep commitment to making sure food is not wasted. We’ve volunteered for two summers now in Fresh Food Distribution. On Thursdays we help more than a hundred people stock up on delicious food that was otherwise destined to be thrown away. We always come for lunch before our shift, and we are so impressed with how nutritious each meal is!”

Make a gift in honor or in memory of a favorite furry friend!

Daily Fresh Food for 40 Households $100
Three Grocery Shops for a Household $150
Six Grocery Shops for a Household $300
Pet Care Package $25

amherstsurvival.org
**KIDS BOOST – Extra food during school vacations**

Many families rely on school-provided meals for their children, yet this crucial nutrition disappears during every school vacation. The loss of this weekday benefit can be financially and emotionally stressful. Our popular Kids Boost program gives families with school-age kids extra food during school vacations.

- Kids Boost, One Week for 5 Children $50
- Kids Boost, One Week for 10 Children $100

**GROCERY DELIVERY FOR SENIORS IN NEED**

Meat, produce, and non-perishable groceries from our Food Pantry are provided to seniors in Amherst, Pelham, and now in Belchertown too! Participating seniors select items from a monthly shopping list. Volunteers assemble and deliver food bags monthly. There are more than 3,000 seniors in our local community facing hunger. Imagine how welcome delivery is for those who can’t make the trip to the Center.

- Senior Mobile Nutrition Program $50

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“**The Center is home for a lot of people. To come into a clean home or building gives folks a sense of pride. As the Center’s custodian, I am glad to help out with that.**”

“I’ve been a participant at the Amherst Survival Center for about ten years, which has really helped my family to have a better life. Five years ago I was hired as the Center’s custodian—I offered reliability, trustworthiness and enthusiasm. I come in every night. I think it’s a real morale boost for people to arrive at the Center each day and get a fresh start. Having the Center clean helps promote dignity for all participants.” — Steve

amherstsurvival.org
The Amherst Survival Center is committed to reaching out to all who need us. Our community thrives when many voices gather, are heard, and are valued.

Reach Out Beyond Our Building
- Forging new partnerships, building relationships, asking questions, and learning

Improve Language Access
- “I speak _____” badges for volunteers, currently in Portuguese, Mandarin, and Spanish
- Amherst Survival Center maps and other materials in 4 languages
- Mobile-friendly website with translation into 100+ languages

Expand Food Pantry Options
- Our Food Pantry now stocks items requested by the Latinx community
- More variety to come

Policy Review & Staff Development
- Review policies and procedures to promote equitable access for all
- Promote policies to support bus riders
- Staff training in equity, inclusion, and anti-racism
"I moved to Amherst last year as a visiting scholar at UMass from China. I learned I could find support at the Amherst Survival Center. I volunteered and helped with translation in many ways—for instance, rendering the Center’s materials into Mandarin. Older Chinese people, often parents of students, find this a wonderful place to gather. They come to know others from our country but also from other countries and cultures—everyone’s horizons are enlarged.” — *Yuanyuan*

"Many Mandarin speakers who do not speak English visit the Center as a way to connect and make friends. The Center is very precious because we can come almost every day.”

**MEDICAL TRANSLATION**
For any of us who have navigated a medical crisis, we’ve experienced the challenge of translating between “doctor-speak” and “lay-person.” Imagine the added challenge of trying to explain what’s wrong in a language other than your own! Our volunteer doctors and nurses frequently use free services like Google Translate, but for more complicated cases, they need access to a paid medical tele-translation service to avoid misdiagnosis and miscommunication.

*Tele-Translation for a Medical Appointment*  $45

**A SEAT AT OUR TABLE: Building our relationship with and learning from the Latinx community**
The Amherst Survival Center has reached out in the past year to better connect the local Latinx community to all of our services. We’ve translated our materials, stocked requested foods in the pantry, and publicized our policies to accommodate bus riders. We’re partnering with local leaders to add new programming and do even more to strengthen our relationships in the Latinx community. Help us expand our efforts to ensure that the Center works for all.

*There is Always a Seat at Our Table*  $50

**NEW FOODS: Stocking the Pantry shelves with newly requested foods**
We take shopper requests seriously—switching to fresh milk from shelf-stable, adding more fresh produce, and stocking new personal care items requested by seniors. The most common requests during our conversations with Latinx shoppers were to stock maseca (corn flour, used for making tortillas and many other foods) and a variety of dried beans. The first day on the shelf, one shopper smiled and exclaimed, “This I know how to cook!” as he placed them in his cart. We’ve been receiving these items as donations, and buying them wholesale from a local vendor to ensure we have them in stock.

*Maseca y Frijoles (Corn Flour and Dried Beans)*  $30
COMMUNITY STORE
The Community Store depends on donations from community members. All donations—including clothing, shoes, toys, books, linens, and small household appliances—are available at no cost to all who come in our doors. There are some items that people prefer to have new, such as undergarments and socks. Other items are needed but in short supply—winter boots, tents and sleeping bags, and warm coats. Your support helps us to provide these much-needed items to supplement community donations.

Community Store Fund $50

THE FREE CLINIC & HEALTH NEEDS FUND
The Free Health Clinic provides primary health care two days per week. A doctor’s note may be needed so that a child can play sports or so that a parent can apply for a job. Our health clinic team diagnoses illness, makes referrals to specialists, provides wound care, and writes prescriptions. If needed, patients access the Health Needs Fund to pay expenses they cannot afford, such as the co-pay at a specialist, a ride to the appointment, or newly prescribed medication. Without access to the wonderful volunteer medical professionals in our clinic, our patients would be at risk for missed diagnoses, worsening symptoms, and unnecessary suffering.

Health Needs Fund $100
Support a Day of the Free Clinic $230
Support a Week of the Free Clinic $460

PERSONAL CARE PANTRY
When times are hard, personal care necessities such as a toothbrush or a bar of soap can be hard to come by. With donations from the community, we provide families and individuals with basic personal-care items—deodorant, toothbrushes, toothpaste, soap, shampoo, razor, menstrual products, toilet paper, and more. Your support helps the Center purchase needed items when they’re not available through donations.

Personal Care Pantry $50

BABY DIAPERS – Critical staple for young families
Without a supply of fresh diapers, babies can’t attend childcare. As a result, their parents can’t go to school or work. No child should wear a wet diaper for an extended time, nor should a parent be forced to reuse disposable diapers because of not being able to afford new ones. Both situations create a health risk and problems for the child. Stocking our pantry with disposable baby diapers for infants through toddlers allows us to support families in our community.

One Week Allocation for 4 Children $30

More than 500 winter coats donated and distributed last year
Thank you to the dedicated Staff, Board of Directors, and Committees of the Amherst Survival Center

STAFF
Carleen Basler, Program Director
Lev Ben-Ezra, Executive Director
Edgar Cancel, Food Pantry Coordinator
Susan Cox, Store Coordinator
Penny Coy, Food Pantry Assistant
Becky Lockwood, Kitchen Coordinator
Rich Nadolski, Clinic Coordinator
Lisa Queenin, Development Coordinator
Blaire Robey, Maintenance Coordinator
Kara Schnell, Finance & HR Manager

BOARD OF DIRECTORS
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Barbara White, Vice President
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J. Lynn Griesemer • Jennifer Moyston
Maria-Judith Rodriguez • Manju Sharma • Diana Spurgin
Nicola Usher • Allison van der Velden

Committee Members
Thank you to the incredible community members who join our Board on the Development, Finance, and Investment Committees.

TUNES@NOON – Feeding connection, belonging, and hope
The Center plans and enjoys a variety of community events to connect us to each other and to strengthen our social safety nets. Most Fridays, visitors enjoy live music over lunch, played by a wonderful array of volunteer musicians and professional groups.

Tunes@Noon $300

“Tunes@Noon program greatly enhances the Center’s other offerings because it goes beyond our basic survival needs, creating respite from the dangers of living homeless. It reminds us that we are worthy, not disposable, and that taking a deep breath and relaxing is an important antidote to the fight or flight tendency that can overrun one’s routine. Music is a great balm, and live music enlivens.”
—Community Member

HOLIDAY GIFTS FOR CHILDREN
Each December the Amherst Survival Center collects and gives out new books, games, and warm winter accessories to children whose families use the Center’s Food Pantry. Last year over 500 children received gifts from this program. Share your holiday spirit in a meaningful way. You’ll be helping a family with few or no funds for gifts.

Children’s Games & Books in Multiple Languages $25

Last year, in its first year, the Neighborhood Food Project collected 15,214 pounds of food and personal care items for the Food Pantry. Volunteers pick up donations from their neighbors’ homes bi-monthly.

TUNES@NOON – Feeding connection, belonging, and hope
The Center plans and enjoys a variety of community events to connect us to each other and to strengthen our social safety nets. Most Fridays, visitors enjoy live music over lunch, played by a wonderful array of volunteer musicians and professional groups.
Join us!
We welcome volunteers from all walks of life—retirees, students, individuals who have used our services, new immigrants, and folks with all kinds of skills and work experiences.

Most volunteers commit to helping for two to three hours a week. We also offer a variety of opportunities for groups to participate in the Center in special projects and one-time events. Everyone’s contribution is warmly appreciated.

To volunteer, call 413-549-3968 ext. 111 or email volunteer@amherstsurvival.org.

“I started volunteering at the Amherst Survival Center to demonstrate civic engagement to my children. I had no idea how rewarding it would be to become part of this community.”—Lisa

Food Recovery is Essential to Amherst Survival Center Food Programs
Four days a week, Center volunteers drive to our partners—farms, supermarkets, restaurants, bakeries—and pick up plentiful donations of fresh produce and baked goods.

Thank you to our Food Recovery Partners:
Antonio’s Pizza, Atkins Farms, Big Y, Bruegger’s Bagels, Glazed Doughnut Shop, Henion Bakery, Panera Bread, Stop & Shop, Trader Joe’s, Walmart, Whole Foods Market, and The Works Bakery and Café

Thank you to Local Farmers Fighting Hunger:
Weekly Donors – Amherst College Book and Plow Farm, Astarte Farm, Many Hands Farm, Next Barn Over Farm, Old Friends Farm, Quonquont Farm, Riverland Farm, Simple Gifts Farm, UMass Student Research Farm

Local Businesses are our Local Heroes!
Local businesses are vital partners in the Amherst Survival Center’s mission, providing financial support, goods and services, running food drives, and bringing volunteers. Please join us in thanking them! See amherstsurvival.org/business-partners

With only 6% of our funding coming from government grants, we depend on gifts from individuals and businesses to keep our Center open for all. We are grateful for your donation of time, goods, and funds.

Thank you to hundreds of individual donors who keep our doors open!

Financial Contributions
- Individuals 58%
- Grants 23%
- Business/Organizations 10%
- Government 6%
- Investments 3%
Thank you for your ongoing support!

This holiday season, give the gift of community and connection. We invite you to honor your friends, family, or business associates with gifts from this catalog. You can also make an unrestricted gift to support all programs and operations.

• Complete and mail the enclosed gift envelope. Multiple gifts? Wonderful! Please enclose a note with your gift selections and your recipients’ names and addresses.
• Order and donate online at www.amherstsurvival.org

We will send an ‘in your honor’ acknowledgement card to each of your recipients or, if you wish, we can send the cards to you to distribute yourself.

Join our Sustainers' Circle
Become a Sustaining Partner. Your monthly gifts allow us to plan and budget effectively, increasing your impact as we care for our neighbors and strengthen our community.

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