

Since launching Mitzvah Meals in 2010, we have fed several thousand people from our TBS kitchen. This is a noteworthy accomplishment which we hope to continue by providing meals every Sunday for as long as it takes to eliminate hunger. With **YOUR** help we can accomplish this mission.

The following is a schedule of volunteer shifts:

TIME	DUTIES	# OF VOLUNTEERS
8:30 a.m.	Pick up food donations from Trader Joe's	1-2
9:00 a.m. - 12:00 p.m.	Sort food and prep meals	5-6
12:00 p.m. - 1:00 p.m.	Lunch to Casa Teresa and Isaiah House	2
12:00 p.m. - 3:00 p.m.	Prepare evening meals	3-5
3:15 p.m. - 4:30 p.m.	Serve dinner at Southwest Community Center	3
4:30 p.m. - 6:30 p.m.	Serve dinner at Grand Street Center	2 Adults or Family

To volunteer, or for further information, please contact:

Monica Engel (949) 458-8732 sovta11@cox.net
 Hollis O'Brien (714) 400-7088 hollis@partiesbypanache.com
 Temple Beth Shalom (714) 628-4600 www.tbsoc.com

Sign up to volunteer today by visiting www.tbsoc.com/mitzvahmeals and clicking the appropriate Volunteer Spot links.

In addition to volunteering for our scheduled shifts, you can help by:

- Baking cookies or brownies at home
 - Providing excess garden produce
 - Donating the following items to our pantry
- Rice – White or Brown
 - Pasta
 - Pasta Sauces
 - Canned Chicken
 - Canned Tuna
 - Chicken and Beef Broth
 - Canned Tomatoes
 - Canned Vegetables
 - Canned Fruit
 - Canned Beans: All Varieties
 - Salad Dressing
 - Bread Crumbs
 - Canola Oil, Olive Oil
 - Cookies
 - Brownie Mix
 - Peanut Butter
 - Mayonnaise
 - Ketchup
 - Mustard
 - Powdered Lemonade
 - Butter and Spreadable Margarine
 - Shredded Cheese
 - Heavy Duty 10.25" plates
 - Paper Towels
 - Heavy Duty Aluminum Foil
 - Ziploc Bags (Sandwich, Quart, Gallon)
 - Dish Soap
 - Paper Lunch Bags

PLEASE NOTE: Large Packaged and Canned Items Preferred



Our Temple Beth Sholom Mitzvah Meal program currently provides sustenance for approximately 1,000 needy women, men and children in our local community every month. We prepare nourishing, tasty meals in our temple kitchen every Sunday and serve lunch or dinner at four venues; Isaiah House in Santa Ana, Casa Teresa, Southwest Community Center in Santa Ana and Grand Street Center in Orange. Meals are prepared from the generous food donations we receive from Trader Joe's, Mother's Market and our congregants. We in turn donate the overage of perishables to Life House, Western Service Workers, Wise Place, First Lutheran Church and Project Hope School.



Temple Beth Sholom Social Action Mission Statement

Using the gifts, talents and resources God has given us, we will make a difference in our local and global communities by performing mitzvot and other acts of Tikkun Olam. We will connect to each other and our community by integrating social action in all areas of our congregation. We will serve as role models and inspire others in our community to become involved in the pursuit of justice and Tikkun Olam.

Temple Beth Sholom



Mitzvah Meals



**May the one whose spirit is with us in every righteous deed
Be with all who work for the good of humanity
And bear the burdens of others,
And give bread to the hungry,
Who clothe the naked,
And take the friendless into their homes.
May the work of their hands endure and may the seeds they sow
Bring abundant harvest.**