



### **2010 Message from the Executive Director**

The Community Dining Room has completed another year of service to our greater Branford, shoreline community. With countless donations of time, talent, food and funds we have met the increasing need for nutritional food support in our neighborhoods. While the economic times continue to be challenging the CDR is always present with fellowship and a warm meal shared. This year we served 47,290 meals; an increase of 8.5% from the year before. With dedication, kitchen coordination and a good measure of hard work our volunteers and staff have met this increase with cheerful hearts and willing hands. Many thanks to all for their unflinching commitment to our programs and our mission: to end hunger and isolation with food, fellowship, referrals and education.

It is interesting to note, CDR home delivery and Wednesday take-out dinner programs experienced the greatest increases. Older adults, most living on fixed social security incomes, saw a 12.9% increase in need for food support. The Wednesday dinner program, utilized primarily by working families not bringing in enough money to pay their bills, more than doubled in use; a clear indication of the increasing needs of our middle class neighbors during the present recession. The Community Dining Room is the center of this situation. We are always present to help with nutritious food. Without exception the CDR is a constant support the community can depend upon.

Last year we continued our health screenings and educational programs open to our clients and the broader community. Partnering with area agencies, including the VNA and East Shore Health Department, we held discussions about healthy eating, nutrition, weight management, exercise and more. Raising awareness of obesity and related health issues, these programs help our guests and neighbors make good choices in the foods they eat and their personal exercise needs. All programs have provided useful information and have been well attended.

We look forward to serving the interests and supporting the needs of our neighbors as a resource for our community. In this way we will continue to positively impact the quality of life we all strive to enjoy.

Sincerely,

Patricia Kral  
Executive Director