

Food for Thought

nourish your body, nourish your mind

Tiny Diaz: YWCA Women’s Emergency Shelter Ambassador

We partnered with Bottomline Produce and delivered large flower baskets to each shelter and organization in our network, adding a touch of joy and the beauty of the changing seasons for everyone to appreciate!

“I’m Tiny, and for the past ten years, I’ve called Bittner Commons home, which is nestled at the back end of the YWCA. As the Mission Ambassador for the YWCA, I volunteer with Flower City Pickers and proudly represent Foodlink Curbside Market as an Ambassador. My mission revolves around helping others. Celebrating ten years drug-free and eight years tobacco-free, I’ve dedicated myself to a healthier lifestyle.

Every Tuesday, we eagerly anticipate the arrival of Bhoja’s food at YWCA Emergency Housing and Staff Lounge, where I reside. Thank you and your team for consistently providing us with delicious meals that brighten our Tuesdays.”

*-Tiny Diaz, YWCA
Rochester, NY*



Meet the Team:
Wellness Task Force



Wellness Lead,
Sonia Chadha,
works for ICON plc
as a Clinical Data
Science Lead.



Nutritionist,
Roopa Dellibabu,
Advanced Practice
Renal Dietitian
working at VA
Medical Center, NC

1

BHOJA TEAM

Veggie prep took place
on October 8th &
November 18

2

MEALS SERVED

31,200
as of November 14, 2023
We’ve crossed 30K!!!

3

COLLABORATIONS

Making pumpkin loaves
for the Thanksgiving
Holidays with volunteers.

The mission continues.....

Amidst the bustling temple festival schedules, our mission persists.

Our dedicated volunteers tirelessly prepare and deliver fresh, nourishing meals to six local shelters and hospital-based organizations. Looking ahead, we aim to forge partnerships with local organizations to shed light on the pressing issue of food scarcity in our community. Bhoja's Wellness and Finance teams are diligently planning upcoming events, such as an Auction and Aprons campaign, designed to support our initiative of providing bagged dinners for school children facing meal insecurity. Enlisting the creativity of artists through auctions, we aspire to raise crucial funds. Stay tuned for updates on these inspiring initiatives and more from our dedicated teams.

Urgent Appeal! The demand is real, and we're still in need of a delivery van. If you've been following our updates on social media, you're familiar with the challenges we face on food delivery days. Our current vehicle is packed to the brim, hindering visibility out of the rearview mirror. Last week, we had to forgo garlic bread meant for the Chili we prepared due to space constraints. If you know of anyone willing to donate a van for our food deliveries or if you'd like to contribute towards acquiring a used van, please reach out to us. Your support can make a significant impact.

Year-end giving: Nourishing Communities and Maximizing Tax Benefits. As the year comes to a close, there's a unique opportunity for individuals to make a meaningful impact through generous donations to our nonprofit. Not only does contributing to Bhoja



Photo: We were lucky to have volunteers from Windsor, Canada, Buffalo and Syracuse based Manilthas Catering crew helping with veggie prep this month. (from left to right): Harsha, Chaithanya, Chinmayi, Anu, Pradeep, Saru, Yash, Kriyashakti, Bala, Anil

“Food, in the end, in our tradition, is something holy. It’s not about nutrients and calories. It’s about sharing. It’s about caring. It’s about identity.” *-Louis Fresco*

help address critical issues of hunger and food insecurity, but it also offers substantial tax benefits. By making a donation before the year concludes, supporters can leverage tax deductions, aligning their philanthropic efforts with financial advantages. This dual impact empowers individuals to support a noble cause while maximizing the benefits for both the community and themselves. In this season of giving, your support becomes a beacon of hope for those facing food insecurity. By partnering with us, you contribute not just to meals but to a future where no one goes to bed hungry. *Join us in making a lasting impact this year.*

First and foremost, thank you so much for your continued support of Bhoja's Annadānam service. It is because of thoughtful individuals like yourselves that we've made it this far and will continue to make strides in addressing food scarcity in the community.

Support for this mission comes in many forms. Community contributions of time, skills, and monetary donations are much appreciated! You can donate to Bhoja directly via Zelle by clicking on the QR code and entering: support@bhoja.org. You can also visit our website and click on the donate tab.

Bhoja is now on social media! Follow our Instagram at @bhoja_inc, our Facebook Page, Bhoja, LinkedIn Page, Bhoja, and Twitter at @bhoja_inc!! Follow us to join the journey!

support@bhoja.org

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