



Trenton Area Soup Kitchen (TASK)
72 ½ Escher Street, Trenton, NJ 08609
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www.trentonsoupkitchen.org

Help From Home: TASK's Wish List & Service Projects

Teamwork makes the dream work! TASK knows that not everyone can volunteer on-site, but there are still plenty of ways to help!

In addition to a [financial donation](#), volunteers of all ages can make a big difference right from your house, school, office, or place of worship:

- **Make Meal Bags** – Help package take-home meals for TASK's patrons. We give out more than 5,000 bags each year. All items should be in full-size paper bags.
 - **PB&J Bags** – Includes a peanut butter & jelly sandwich (bread of your choice, with peanut butter on both sides of the bread), a fruit cup, a granola bar, a bottle of water or juice box, a plastic spoon and a napkin.
 - **Weekend Meal Bags** – Includes an individual can of single-serve spaghetti or ravioli in sauce, a fruit cup, a granola bar, a water bottle or juice box, a napkin and a plastic spoon and fork.
 - **Snack Bags** – Includes a 2 oz. bag of chips or pretzels, a granola bar, a water bottle or juice box, and a napkin.
- **Donate and Wrap Utensils** – Wrap a plastic knife and fork in a napkin and secure it with a twist tie. The part of the utensils that go into the mouth must be covered with the napkin. These items are distributed with our to-go meals and meal bags.
- **Make Hygiene Bags** – Fill a gallon-sized Ziploc bag with a full-size shampoo or body wash, bar of soap, toothbrush, toothpaste, deodorant, and a razor. ***We need bags for both adults and children.*** For youth bags, please replace adult shampoo with children's shampoo and children's toothpaste and toothbrushes, one bar of soap; no razor or deodorant needed.

- **Feminine Hygiene Bags** – In a brown paper bag place 10 tampons, 10 panty liners and 10 full size pads.
- **Donate Reusable Plastic or Canvas bags** – New or gently used bags are needed for TASK patrons to carry meals and other give-away items. TASK can no longer purchase plastic bags due to the New Jersey ban on these items.
- **Organize a Donation Drive or Fundraiser** – Work together to make a difference in our community! You can host a Facebook fundraiser, collect financial donations, host a charity event or organize a donation drive to raise money or collect needed items to benefit TASK patrons. Please see TASK's Wish List for things we need. For more information, contact (609) 695-5456 x117 or fundraising@trentonsoupkitchen.org.
- **Donate Pain Relief Packages** – Place two pills or tablets of ibuprofen or acetaminophen in a small Ziploc bag or wrapped in a tissue square and sealed with transparent tape.

If you have any questions, please contact our Volunteer Coordinator at (609) 695-5456 x114 or volunteer@trentonsoupkitchen.org.