



70,000
MEALS A YEAR



376
ONE ON ONE
THERAPY
SESSIONS
A YEAR



30+
COMMUNITY
PARTNERS



600
CHILDREN
FED PER
WEEK



385
HEALTH
SCREENINGS
A YEAR



1 IN 5 CHILDREN IN
NJ ARE FOOD
INSECURE



How Can You Help?



VOLUNTEER YOUR TIME



MAKE A FINANCIAL CONTRIBUTION



DONATE HEALTHY FOOD



CONNECT WITH US

www.toniskitchen.org
toniskitchen@gmail.com



ST. LUKE'S EPISCOPAL CHURCH

73 S. Fullerton Ave.
Montclair, NJ 07042

*We envision a community
where everyone has reliable
access to healthy food*

Toni's Kitchen

A FOOD MINISTRY OF
ST. LUKE'S CHURCH



**Open Your Hand
to Those in Need**

DEUT. 15:11

About Us

Members of St. Luke's Church began Toni's Kitchen in 1982 as a small soup kitchen. Today, Toni's is "more than soup," serving healthy meals and connecting guests with financial, health and counseling services. Our mission is to provide food to our neighbors in need in ways that respect their dignity, improve health and foster independence.

In addition to the healthy meals served in our dining room, we focus on families at risk in our community. We partner with local tutoring, mentoring and school programs to provide nutritious food at their gatherings or with healthy groceries to take home.

With the help of volunteers of all ages, faiths and backgrounds, Toni's Kitchen serves our neighbors in need.

WHO ARE OUR NEIGHBORS WITH FOOD NEED?

- Retirees with limited resources
- The working poor
- Families at risk
- Neighbors facing a temporary financial set back
- Individuals who cannot live fully independently



In Our Dining Room

Toni's Kitchen serves nutritious meals four days a week, year round. Guests come in need of food and they find a warm, welcoming community where they connect with other services and resources:

NUTRITION

Our guests need high quality nutrition which is often beyond their limited resources. Serving fresh, nutritious food is part of respecting their underlying health.

SENIOR CITIZEN SUPPORT

Case managers identify risk factors and intervene before Senior Citizens find themselves in a crisis.

MEDICAL CARE

Our medical partners provide screenings, exams, dental care and health education with a focus on prevention.

EMOTIONAL SUPPORT

One-on-One Counselors help guests navigate the emotional complications of food insecurity and find a path to stability and independence.

WELL BEING

Art, music, and gentle exercise offerings all improve our guests' quality of life.

Beyond Our Dining Room

FAMILIES

Toni's Kitchen has a special place in its heart for low income families. We acknowledge the many stresses faced by these families by providing healthy food as they reach out for other services: tutoring, mentoring, after school programs, support groups. We look to strengthen the connections families make with these organizations.

Meals at gatherings:

Toni's provides healthy meals for programs at our partner organizations. Children and families know they will always have a nutritious meal when they attend.

Healthy Backpack Program

Toni's sends out healthy staples and fresh produce for local children to take home.

Day Laborers

We provide groceries to help improve the stability of at risk workers.



SENIOR CITIZENS

Toni's Kitchen values low-income Senior Citizens as vital members of our community. We support Seniors getting out and being active by providing healthy meals at their gatherings.