



The Willow

February 12, 2009

The Waldorf School of Princeton: Celebrating 25 Years!

School Calendar

FEBRUARY

2/15	Sun	Folk Tale Puppets: <i>Speech of the Beasts</i> (from India)	2:00pm
2/16	Mon	Deadline for Applying for Tuition Assistance	
2/16-2/20		Presidents' Week	NO SCHOOL
2/20	Fri	Deadline to sign up for Parent-Teacher Conferences	
2/23	Mon	Board Meeting	7:00pm
2/25	Wed	Deadline for Returning 09/10 contracts	
2/25	Wed	Wednesday's at Waldorf Waldorf Education and Boys	8:15-9:00am

MARCH

3/2	Mon	Parent Meeting for Mrs. Atkinson's Kindergarten	7:30pm
3/5-3/6		Parent-Teacher Conferences	NO SCHOOL
3/8	Sun	Alumni Parents and Friends Open House Gathering In the Golden House	3:00-5:00pm
3/10	Tue	7th Grade Round Robin	5:00pm
3/10	Tue	Parent Council Meeting	7:30pm
3/17	Tue	8th Grade Class Meeting	7:30pm
3/19	Thu	Strings Recital in Hagen's Hall	2:00pm
3/24	Tue	<i>"What can it Mean to be a Human Being Today? The Challenge Facing Waldorf Education."</i> Lecture by Dr. Virginia Sease in Hagen's Hall	7:30pm
3/30	Mon	Board Meeting	7:00pm
3/30-4/3		Third Grade Farm Trip	

Mid-Year Transitions and Teacher Announcements

By Mollie Rose

As many of you know, Terri Fredericks has been absent from the classroom this year while she has been engaged in a journey with breast cancer. The College of Teachers has held regular conversations with Terri to follow her progress and to support her in whatever ways we can. She has also visited class on a regular basis to take part in the celebrations of each child's birthday and school assemblies. Seeing her at these times has made all of us aware of how deeply she has been missed.

Over the last weeks, the College has turned its attention to next year and what it holds for the fifth-grade as it moves into sixth grade. Part of this picture has been the uncertain course of Terri's recovery. Because of this, the College came to the difficult decision of asking Terri to step aside as the Class Teacher. We felt it best that Terri take a leave of absence as she continues her course of treatment allowing a new teacher to complete the journey with this class through 8th grade. The College expressed its sincerest hope that Terri's recovery will be quick so that she may return to the school in a yet to be determined role.

In these difficult times we are fortunate to have found a capable teacher to fulfill the task Terri so ably began. We would like to announce that Annette Campana will take over as the fifth-grade Class Teacher beginning on April 13th. Annette has developed a nice connection with the class during Ms. Fredericks' absence. Her warm heart, deep commitment to Waldorf education, talents in music, and ability to connect with people of all ages makes her a great fit for this position. She looks forward to bringing her Waldorf background and many years of teaching experience to this class.

Of course, Annette could only fill this task if there was someone to take over the Early Childhood Afternoon program which she has so lovingly shepherded. Happily we have found a wonderful teacher to carry this program for the rest of this year and continue on into next year. Please welcome Elizabeth (Beth) Kelly. Ms. Kelly was first exposed to Waldorf education when she visited our kindergarten a few years ago. This visit inspired Ms. Kelly to pursue her Waldorf teacher training at Sunbridge College. She later served as a counselor and house parent at Hawthorne Valley Farm and is an accomplished musician. Ms. Kelly will work in tandem with Mrs. Campana over the next few weeks, learning the rhythm of the day and gradually taking over as the lead teacher of the program. We anticipate that the seamless transition will cause little disruption for the children.

Finally, we would like to say that we can now focus our energy on attracting the best teacher for next year's new first grade class. We have several experienced applicants and are working at full speed to fill this position. Trust that we will inform you as soon as we have found that lucky person.

Adventures in Crocheting

The third graders are all busily working on their crochet projects. Pictured here is an experiment in just how difficult a project can be -- the student is crocheting a row of popcorn stitches as a decorative element down the center of a scarf. The project requires that the student simultaneously crochet two strands, for a pleasing "tweedy" effect. This stitch is difficult enough on its own, but in this case, the student is further challenged to alternate the color of the popcorn stitches -- first a yellow, then an orange. The level of difficulty here is deceptively high -- in order to alternate two colors of a double-strand stitch, 4 separate strands of yarn are in play (just imagine the headache at clean-up time!).



Annual Fund News

By Diane Barlow

Our school is sustained and enriched through gifts made by parents, grandparents, alumni, faculty, staff, and friends to the Annual Fund.

The Annual Fund provides the critical top seven percent of our school's annual operating budget and provides our school with resources to be used where the need is greatest. Tax-deductible gifts to the Annual Fund support such areas as faculty compensation, academic, artistic, and athletic programs, campus maintenance, and tuition assistance. Since tuition covers only 81 percent of our annual operating expenses, gifts to this fund are crucial.

If you haven't yet participated, there's still time. A fellow parent will call to request your support during our annual Parent Phonathon scheduled for the week of February 23. If you choose to make your gift or pledge before receiving a call, please pick up a gift envelope in the lobby of the Golden House or go online to our school's website and select *Donate Now*. If you are willing to help make calls, please contact Diane at development@princetonwaldorf.org or 609-466-1970 X121.

Your participation with a gift of any size is essential to the energy and success of our Annual Fund Campaign and is needed more than ever this year. Please inquire with your employer about providing a matching gift. And remember: all new or increased gifts will be matched by the Board to complete our \$25,000 Anni-

Many thanks to the following parents for their gifts and pledges to our 2008-2009 Annual Fund received as of February 5, 2009:

Mike and Karen Atkinson
 Tom Burger
 David and Annette Campana
 Marty and Mary Capoferri
 Douglas Chin and Beth Miller
 Ciccodicola Family
 Sean and Sarina Cirianni-Jones
 Grant Crawford and Jennifer Curtis
 Leslie and Brunda Dias
 Michael Faas and Tineke Thio
 Shep Faison and Siobhan Darrow
 Liesl and Kevin Fisher
 Bruce and Terry Fredericks
 Joe Graham and Joanne Pawelko
 Stephen Griffies and Maria Benito-Herrero
 Steve Han and Shirley Wang
 David Heberlein and Sarah Kessler
 David Henry and Deborah Ginsburg
 Mark Hornung and Lauren Jones
 Navdeep and Bella Jaikaria
 Danny and Julia Kerr
 Chris and Angela Kneppers
 Marcus Knowlton and Lisa Boyles
 Michael and Elise Korn
 Robert Lerner and Jill Feldman
 Andrew Levine and Shawn Tepper-Levine
 Chris and Audrey Maest
 Andrea Mecquel
 Matthew Meisner and Diana Turk
 John and Jill Miller
 Penny and Len Miller
 Jeffrey Olkin and Karleen Aghevi
 Joseph and Nancy Riggio
 John and Tara Romanowich
 Colin and Karin Sanderson
 Patrick Sheehan and Pamela Shafer
 Peter Sheen and Yifat Leibner
 Jonathan and Amy Shor
 Winston Sun and Sarah Karchere
 Christoph and Maja VonDoehren
 Linda and Steve Wood
 Joaquin and Cynthia Vega

Reflections from our Basketball Season

By Peter Sheen

It is always a special occasion, when our students have the opportunity to visit other Waldorf Schools. Here in Princeton, we are sandwiched between two very established Waldorf Schools: Green Meadow just across the New Jersey border to the north and the Kimberton Waldorf School to our south and west in Pennsylvania. Both schools have beautiful facilities and have hosted our Basketball teams in recent years.

A Saturday morning game at Green Meadow, saw our Boys' team, with their coach Pat Feehan at the helm, compete remarkably well with a strong Green Meadow team that had an outstanding 7th grader and home-court advantage! The boys enjoyed a pizza lunch after the game, rounding out a most positive trip.

The following weekend, after much re-scheduling, our teams traveled in 'style' by coach, down to Kimberton. There we were warmly greeted by Ed Matthews, who spoke some inspiring and thoughtful words in recognition and celebration of Martin Luther King Day.

Our Girls' team was inspired and, as Coach Sciarretta duly noted, played their best game to date with a feisty and determined display. Although our girls lost by a slim two points, there was an overwhelming sense of achievement for a very good team performance.

Our Boys' team then took the floor and were equally inspired, putting on an excellent display of team basketball. Against a somewhat weaker Kimberton team than in recent years, our boys played very good defense and scored freely at the other end. In four 8-minute quarters our boys scored fifty-seven points with all the players getting on the score sheet!!! Coach Feehan was rightly a very proud coach! Lunch was provided and enjoyed by all, and we had a fun bus ride home as the snow started to fall.

Particular thanks and heartfelt gratitude to our devoted and hard-working Coaches, to Mrs. Jaikaria and all the parents who drove to games and came to support our teams on these memorable occasions with our Waldorf School neighbors.

These were undoubted highlights from our season!

Yearbook Reminder!

Thursday, February 12, 2009 is the last day to order your 2008-2009 WSP Yearbook at the bargain price of \$24. Order forms were put into your child's lunchbox last week, along with being attached to the last couple of issues of The Willow. Orders can be either given to me, or placed in the envelope behind Jessica Alfaro's desk. We will only be ordering a very limited amount of yearbooks over and above the orders we receive by this date, so please order early.

Thanks so much!

Donna Krebsbach
(201) 988-5655 (cell)

A Note of Thanks...

Dear Waldorf Families,
Thank you for your generous gift. It was so thoughtful of you to remember me over the holidays. I have enjoyed working with your children over the past 3 years. I look forward to many more years.

Eileen Gendimenico
School Nurse

Seventh Grade Café

The seventh grade is sponsoring a coffee and snack bar as a fundraiser for their eighth-grade class trip. From 8:00 am-2:00 pm on Thursday, March 5th and Friday, March 6th during Parent Teacher Conferences, stop by the Golden House to indulge in a warm, freshly brewed cup of coffee as well as bagels with cream cheese, fruit cups, and other breakfast surprises. If you are using the childcare options that day, we can also help supplement a healthy lunch!

What is with those bouncing balls?

By Mollie Rose

Last summer, Mrs. Rose and Mrs. Jaikaria spent 3 days trying out an exciting, whole-brain learning approach called Bal-A-Vis-X. Throwing bean bags and bouncing balls while standing on a balance board filled their days.

Recently, Mrs. Rose brought some of these exercises to the 3rd and 5th graders and has discovered that many students just can't seem to get enough of the fun.



Failure, that will-building tool, is assured. But soon, children bounce back from adversity, chase down a ball, and try over and over again until the inevitable "I did it!" echoes forth. Students are challenging themselves, working together in a social rhythm, and without realizing it, eyes are tracking and midlines are crossing frequently. Basic neurological, developmental processes like these that help integrate perceptual motor skills serve to improve academic and social skills.

Bouncing balls are available in the school store. With a partner, students can bounce up to 6 balls together.

Parents can enjoy the benefits too. (Feeling more forgetful as you get older? A few minutes bouncing gets your brain back in gear!)

This summer, Bal-A-Vis-X training will be available at our very own school. Parents and teachers are welcome to participate from Aug 10-12 while Bill Hubert, the creator of Bal-A-Vis-X, presents its many benefits. Learn the techniques and have fun bouncing with your child! Get more information at www.bal-a-vis-x.com

Strings Recital

The Fourth and Fifth Grade Strings would like to invite First through Third grade students, as well as parents, faculty, and staff to a concert featuring our wonderful students!

When? Thursday, March 19th at 2:00 p.m.

Where? Hagen's Hall

Please come and enjoy the music!

A note for parents of fifth and sixth grade students...

Dress code for the concerts is white top, with black, or very dark pants or skirt that is knee-length or longer.

Auction News...

MUSIC TO OUR EARS!

We have booked the fabulous **John Bianculli** to jazz up the evening.

Some items to look for at the auction will be:

Original artwork by Peter Sheen

"Autumn Stripe" a (30x40 framed) giclée print by artist Thomas Montanari

A telescope and astronomy lesson from the 7th grade class

...and much more.

Keep those donations coming!

Here's another easy way to increase revenue without opening your wallet...

All advertising and sponsor income is virtually pure profit. If each of you would ask your accountant, doctor, dentist, or anyone in your address book to place an ad for a mere \$75 for a business card size ad, we could go into the auction with half of our goal met.

So please reach out to others and show your Waldorf spirit!

Upcoming Lecture

On Tuesday, March 24th, there will be a lecture by Dr. Virginia Sease from the Goetheanum in Dornach, Switzerland. The title of her talk will be "What can it Mean to be a Human Being Today? The Challenge Facing Waldorf Education."

The lecture will take place in Hagen's Hall at 7:30pm.

Wednesday's at Waldorf

Wednesday's at Waldorf are an opportunity to meet people and discuss topics about the school that are of interest to you. Join us Wednesday mornings in the Community Kitchen between 8:15 am and 9:00 am.

Upcoming:

February 25th: Carol Kehoe -
Waldorf Education and Boys

March 4th: Mollie Rose -
Our Educational Support Program

Enrichment Workshops

Starting after the break, a new IMPROV workshop for 7th and 8th graders will be taught by Carol Kehoe. Sign up for the fun!

Crafters unite! Enjoy some companionship as you learn to make a tote bag and support our auction. See flyer for details.

Early Childhood families – remember to sign up for the Nature Camp or childcare on the 2nd floor of the Golden House.

News from the Windy Hill Store

Are you in need of a small gift?

We have many varieties of heart gemstones, small crystals, amethysts, agate slabs, and talisman stones.

They just arrived and they are beautiful.

THINK SPRING!!

The school store carries Spring craft books, Plant Dyed Felt, and Hinode Candles (decorative for Spring, votives, and tapers). We can special order SmartWool tanks, tees, and camis for the Spring.

We are also carrying new beautiful handmade items such as heart necklaces, gnomes, rings, and other small items.

DR. HAUSCHKA SALE

All Dr. Hauschka Products are 10% off! Stock up now while supplies last.

Come in and check out all of our SALE items.

Trading Post

Available to a good home: a full set of Pottery Barn Kids bedding for a girl's room, Queen size bed. Set includes a pink gingham bed skirt, pastel patchwork quilt, 4 gingham pillowcases to match, 2 butterfly-shaped throw pillows, 3 blue striped tab-top curtains and embroidered white sheers. Lovingly enjoyed but in great condition. Call the Burdens at 609-683-3886 or e-mail ChickBurd@gmail.com.

About the Willow

- The Willow is published every Wednesday during the school year.
- Submissions are welcome from school parents, especially for Trading Post items. All submissions are subject to approval and may be edited for length or content.
- The Willow does not accept paid advertising or announcements promoting for-profit businesses.
- All submissions should be typed in plain text and sent via email. The text can either be in the body of the email or in a Word document.

Please send all submissions and any inquiries regarding The Willow to: willow@princetonwaldorf.org

2009 Deadlines for the Willow

February 25th issue: Submit items no later than Thursday, February 19th

March 4th issue: Submit items no later than Thursday, February 26th

WALDORF SCHOOL of PRINCETON

presents

A Weekend Workshop with Dr. Susan Johnson, MD, FAAP at the Waldorf School of Princeton

Friday, March 20, at 8:00-9:30 pm
and Saturday, March 21, 9:00-4:00 pm
Waldorf School of Princeton, Hagens Hall

Are you a parent, teacher or practitioner who is worried about the current trend of pushing "academics" in preschool and Kindergarten? Are you disturbed by the alarming rates at which children are being diagnosed with attention and other learning disabilities? Would you like to learn about non-pharmacological strategies to help empower parents and children?

This is truly an incredible opportunity to add to your knowledge base, whether you are a parent or a practitioner

Toward an Understanding of Neurological Science and Learning: What can science tell us about the healthiest way for today's children to learn?

The Waldorf School of Princeton is honored to host Dr. Susan Johnson, a behavioral and developmental pediatrician from Colfax, California. Dr. Johnson will share her unique perspective with all those interested in working toward a true understanding of children's development and learning. Drawing on her training and experience, Dr. Johnson will explore the real effects that early learning has on children. Dr. Johnson will also offer practical guidance for those interested in working holistically with children.



This workshop will provide the following information:

- What is going on in a child's brain that enables them to read and write, and at what age(s) is it most effective to teach them these skills?
- What happens to a child when they are asked to read and write before their brains are ready?
- The physical signs to look for to tell you when a child is ready to learn to read and write.
- Effective movements and movement therapies that create the brain pathways needed for academics.

Workshop Schedule, Sat. March 21

8:30 arrival and registration
9 - 12 Workshop
12 - 1 Lunch (on your own)
1 - 4 Workshop

New Jersey educators attending this workshop will be eligible to receive professional development credit hours. Certificates will be available at the conference.

Prior registration required. Please contact Marla Hanan at the Waldorf School of Princeton, 609-466-1970, x620 or at mhanan@princetonwaldorf.org.

Registration Form for Weekend Workshop with Dr. Susan Johnson

Name: _____

Email: _____

Phone: _____

Street: _____

City: _____ State: _____ Zip: _____

Are you a parent? _____ Children's ages _____

Are you a teacher? _____ Are you a doctor? _____

How did you learn about this workshop?

Check here to receive a professional development certificate

Weekend Workshop, March 20-21, \$65 BEFORE March 9, \$75 AFTER March 9

Talk, Friday only, March 20, \$10

Enclosed is my check made out to Waldorf School of Princeton

I prefer to use my

VISA MasterCard

Expiration Date ____/____/____ CVV Code _____

Name as it appears on the Credit Card:

Signature: _____

No Childcare
Available on Thursday

Nature Camp Ages 4-14

Thursday, March 5
8:30-2:30



The Waldorf School of Princeton is proud to host **Children of the Earth Foundation (COTEF)** to offer a day camp during Thursday, March 5th Parent-Teacher Conferences.

Throughout all these programs counselors tell stories, play games and share a deep respect and love for the Earth. We hope children will be able to make a connection not just for the day COTEF is with them, but that children will have the tools and inspiration to learn for themselves.

Session One 8:30-10:30	Session Two 10:30-12:30	Session Three 12:30-2:30
<p>Fire by friction- See a demo and do a hands-on activity. COTEF just did this with some 1st graders who made a fire with help! This is always a favorite.</p> <p>Cordage – Use plant fibers to make cording.</p>	<p>Shelter- Construct a survival shelter using forest debris</p> <p>Tracking- Move like animals; look at the patterns that their tracks leave. Learn to see how a deer leaves a completely different pattern than a raccoon for example.</p>	<p>Water purification- Construct a water filter, test it out, and make changes to clean dirty water.</p> <p>Fire by friction- Make a fire using a bow drill</p>
<p>Awareness games- Play a variety of games to become more aware of your surroundings, and to enhance your senses.</p>		
<p>Other activities- natural cordage, throwing stick, journaling, lost proofing, camouflage, bird language and more!</p>		

Cost per session: \$25

Cost for all three sessions: \$65

Bring: Signed Waiver Form

Snack / lunch (or order from the 7th grade – see attached)

Location: Meet under the Garden Tent

Deadline: Sign up by February 20

The Children of the Earth Foundation is a non-profit organization founded by Tom Brown Jr. COTEF's goal is to create a profound respect for the Earth and all of its inhabitants. They seek to support and nurture the personal growth and self-esteem of our participants through survival skills, animal tracking, nature awareness and storytelling. Their teaching is infused with a philosophy of oneness with nature as taught by Stalking Wolf to Tom Brown, Jr.

To Register:

Sign ups will be in the second floor landing of the Golden House until February 20th.

WALDORF SCHOOL
of PRINCETON



Grades 7-8

Acting Workshops:
Tuesdays
3:30-5:00



Improv

This fast-paced, fun workshop explores the challenges and spontaneity of improvisation. Improvisation exercises and games can be moving, are often hilarious, and build teamwork. Improv also increases your listening skills, sharpens your focus and encourages you to think on your feet. Good actors study improv--- but you don't need to be an aspiring actor to have a great time doing it. No experience necessary!

Questions about the Acting Workshop? Contact Carol Kehoe at <mailto:ckehoe228@aol.com>

Dates: Feb 24 – Mar 31
Cost: \$120 for 6 sessions
Location: 7th grade classroom

Carol Kehoe is a member of Actor's Equity and has worked professionally in the theater as an Actor, Director, Producer and Teacher for over 25 years. She has taught adults and children of all levels, as well as coached actors for theater, film and television. Her stage credits cover a wide range. Over 50 leading roles in professional theater include most of Shakespeare's fascinating women and several east coast premiers, four of which won Performance of the Year awards from the Newark Star Ledger. Of her portrayal of Lucy in the east coast premier of Michael Frayn's comedy *Alphabetical Order* the New York Times wrote "...Kehoe is a marvelous Lucy, in a perpetual elegant daze, when she isn't suddenly caught up in her own internal terror."

The Waldorf School of Princeton is a leader in developing student creativity and imaginative thinking. One way is by giving students an opportunity to be an actor. Every year, every child participates in a class play. Plays are specifically designed to deepen the curriculum of each grade. Through this experience, children grow in:

- Confidence
- Poise
- Sense of Self
- Expressive Speech
- Appreciation for learning
- Working with others
- Set and Prop design

To Register:

Contact Jessica Alfaro at (609) 466-1970 x110

www.princetonwaldorf.org – Enrichment Workshops



The Waldorf School of Princeton
1062 Cherry Hill Road
Princeton, NJ 08540

WALDORF SCHOOL
of **PRINCETON**

Tote Bags or Over the Shoulder Bags



Auction Project
March 4 and 11
8:45-11:00 am

Nothing compares to being with friends and using your hands to make something new. Learn how to make a knitted-felted bag and see how fun it can be. It's free to participate! One bag can be completed in two sessions depending on your knitting speed and ability. Finished projects will be donated to the school's upcoming auction. With your new skills, you can make another on your own!

In this workshop, you will create a tote bag or an over the shoulder bag, with a pocket or without. The size can also be altered. The beauty of fulling (knitting, then felting) is that most mistakes can be hidden and therefore, altering patterns is less stressful. You will have an option of sewing the base or learning a three needle bind-off if necessary.

Dates: Wednesdays, March 4 and 11

Time: 8:45-11:00 am

Location: School Store

Bring:

- Size 13 circular needle (any length between 24"-36")
- Tapestry needle or needle with eye large enough to thread yarn
- A straight needle size 11, 13 or 15 for the three needle bind off if you wish to learn that
- If you have double pointed needles in a size 13 they would work for the handle. If not, Susan will teach you how to make an I-cord with a circular needle.
- Yarn supplied (or bring your own skeins of 100% felt-able wool – one bag takes 3 bulky or 5 worsted skeins)

Prerequisite: The ability to cast on, knit, purl and bind off. Experience of knitting on a circular needle is helpful. Finally, be open to throwing your knitted item in hot water for the transformation! (*Don't know how to knit? That shouldn't stop you. Come to any Wednesday morning handwork group in the school store and you can learn by making a bowl!*)

Susan Niedt has worn several hats at the Waldorf School of Princeton: parent, teacher, parent council, fundraising and auction chair. She has mastered many crafts and sells her wares at our various fairs. She particularly enjoys creating new items using the unique knitted-felted technique and has kindly offered to support the Waldorf School by sharing her talents.

To Register:

Contact Jessica Alfaro at (609) 466-1970 x110 or
<mailto:frontdesk@princetonwaldorf.org>

See www.princetonwaldorf.org – for more Enrichment Workshops



The Waldorf School of Princeton
1062 Cherry Hill Road
Princeton, NJ 08540

Snack or Lunch during Conferences

Support the 7th grade fundraiser, and get some nourishment too

Choose any three items for \$8.

- Juice
 - Fruit Cup
 - Granola and Yogurt
 - Bagel and Cream Cheese
 - Peanut Butter and Jelly on Oatmeal Bread with Carrot sticks
-

Please Deliver to my child, _____, at:

THURSDAY, March 5th
at the Garden Tent for the
Nature Program

FRIDAY, March 6th
in the Childcare room

_____	8:15 a.m.	_____
_____	10:15 a.m.	_____
_____	12:15 p.m.	_____

Name _____

Phone _____

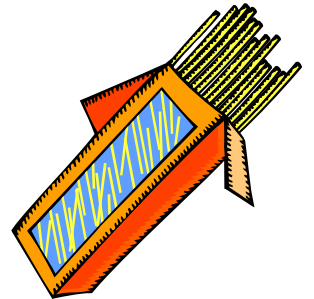
Email _____

Questions? Contact Stephanie Gray at (732) 713-8241 or iqwerty@mac.com



We  heart-healthy foods
like these...

- Canned proteins (tuna, salmon, chicken, chili)
- Shelf-stable milk (like Parmalat)
- Peanut butter
- Canned spaghetti sauce/canned tomatoes
- Canned potatoes
- Cans of fruit, low-fructose
- Cans of legumes (like kidney beans, black beans)
- Hot cereal (oatmeal, grits, cream of wheat)
- Small/medium box of cold cereal
- 1–2 lbs. pasta
- Small jelly, jam, or honey (plastic container)
- Boxed macaroni and cheese
- 2 lbs. rice
- 1 lb. dried beans
- Dessert box or treat Jell-O, pudding, cookies, granola bars)



Low-sodium and low-sugar foods are especially appreciated!

NOTE: ALL CANS SHOULD BE #303 size or 12-16 oz.

NO GLASS CONTAINERS PLEASE!

Low-income people—from children to seniors and from throughout Mercer County—will receive nourishment from the food you donate.

We are grateful for your donations.

Learn more about Crisis Ministry and how you can volunteer your time!

www.thecrisisministry.org

IN PRINCETON: Nassau Presbyterian Church,
61 Nassau St., Princeton, NJ 08542 609-921-2135
Pantry/Office Hours: M-Th, 1:30 – 4:00 pm

IN TRENTON: 123 E. Hanover St., Trenton, NJ 08608 609-396-9355
Store Hours: 9:00 am – 12:00 noon
(office hours: 9:00 am – 5:00 pm)

