

GOOD NEWS SUNDAY FAIRFIELD

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42nd edition – October 10, 2021



GOOD NEWS PAGE 1

RESEARCH PAGE 2

BRAIN POWER PAGE 3

ANNOUNCEMENTS PAGE 4

This is our 42nd edition, bringing you good news, inspiring stories and useful information.

Today we want to share what we learned about a great organization that is helping our community, Nourish which helps Bridgeport to eat healthier. Nourish has about 2,500 adult volunteers a year. They have three programs:

- Feel the warmth – this program is open 52 weeks a year and provides more than 12,000 hearty meals a year
- Thanksgiving Feast – On Thanksgiving Day over 2,500 warm and delicious meals are served each year
- Super Food Pantry – provides groceries to 200 families each week, feeding 1000 people each week

Nourish also partners with other organizations like The Bridgeport Farmer's Market Collaborative. The Bridgeport Farmers' Market Collaborative was established in 2014 and consists of multiple independently-operated markets in Bridgeport, CT. Each market shares a common mission to increase access to healthy, local fruits and vegetables for all, regardless of income.

The Stratfield Market, which is part of The Bridgeport Farmers' Market Collaborative, happens from May until October every Saturday and is open 9:30 am – 1:30 pm. They sell healthy food at affordable prices at the Clinton Park in Bridgeport. They sell ready to eat food to 350 people each week! The 350 people live in food scarcity so it is hard to get food, at the farmers market they can use WIC and EBT.

One of the vendors at The Stratfield Market is the Green Village initiative, a reservoir farm in Bridgeport where they grow thousands of pounds of vegetables for really affordable prices and sell it at the farmers market. They also let the farm be a place where schools can have field trips in. They also have a Harvest Feast with vendors, food and live music.

The Stratfield Saturday Market

This Saturday was the last market day this year. We talked with vendors, volunteers and people who attend the market to get their view on the impact of the market to our community. Here is what we learned. We hope this will motivate you to support your local markets and eat healthy.

The goal for the Stratfield Saturday Market is to connect the community. The market provides good healthy produce at low costs. But it also provides a good time. At the market they accept SNAP, EBT or food stamps. They go a step further and will match the money you want to spend. Like if someone wanted to use \$10 of their food stamp the market would give them \$20.

The customers that go to the market love going there and it makes them feel part of the community. Most of them are regular visitors going every or every other Saturday. With live music every week the atmosphere is joyous and fun. There are fun activities like raffles, sponge toss and best of all a pie eating contest. They also have a kids corner with activities like pumpkin painting. They have great prices and quality of everything there. The Stratfield Saturday Market is an awesome place for all people.

At the market there are a lot of vendors such as a tea vendors, a jeweler, a bakery, a coffee roaster, vegetables and delicious food. The vendors like how the market connects them with new people and the community. For the vendors it is a great way to expand their network and get new customers. Some started as customers then started selling at the market. The Stratfield Saturday Market is a great opportunity for the vendors to expand and increase sales.

The Market will be back next year and they can't wait to see you there!

From the customers:

"Shopping here makes me feel part of the community. We come here every Saturday"

"We have been coming here for two years. We come every other weekend. We like it a lot. We also like the hot sauce and the bread like banana chocolate-chip and fruits specially the apples. They have different music every Saturday. I would absolutely recommend this place to others. I am sad this is the last week for the season and I look forward to coming next year."

From the vendors:

"I sell a moisturizer because my daughter has sensitive skin and it has all the ingredients that you need. I decided to sell here because I like the community. Selling here has helped my business and my network."

"I hand make jewelry and I offer it to people for affordable prices so they don't spend a lot of money just to buy something that is unique and is made for you. I started in 2018. I love creativity and art and I always enjoyed making things. I love to volunteer and help."

From the volunteers:

"I started at Nourish Bridgeport and it is important to me to support the community and make Bridgeport a better and healthier place to live. I hope to see everyone back next summer."

"The reason why we do the market is to bring the community together and use it as a fundraiser as well. This our 4th or 5th year. We are always looking for volunteers to help run the market. We like to give businesses opportunity to grow."

Quote of the week.

"You can't give a hungry person a plate of food and stay the same."

- Reverend Sara Smith

"What makes the farmers markets such a special place is that you're actually creating community around food"

- Bryant Terry

Name: _____

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Farmers Market

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HEALTHY
COFFEE
VOLUNTEERS
BREAD
SAUCE
COMMUNITY

FOOD
VEGETABLES
VENDORS
JEWELRY
MUSIC

PIE
FRUITS
CUSTOMERS
HOT
SALSA

Announcements

October 16, 10am-4pm in the Old Town Hall Green, 611 Old Post Rd there is a free Dog Halloween costume parade. The best dog costume wins a dog bandana and dog treats.

October is Breast Cancer and Domestic Violence Awareness Month. The Fairfield police wore purple to show support against domestic violence. To learn more about Breast Cancer go to [Norma Pfriem Breast Center](#). To learn more about how we can end domestic violence go to <https://centerforfamilyjustice.org>

On October 13 at 1:00pm-2:00pm there is a virtual event called Women and Money Roundtable where they will discuss the latest market news and how it can affect you. To register go to library website.

On October 16 at 12pm, the Fairfield Woods Branch Library has Bilingual Storytime with special guest Rosina Negrón with rhymes and stories for children ages 0-5 with their parent or caregiver in Spanish. To register go to the library website.

Mr. Fabio Zacco is raising money to help Best Buddies, an organization that helps people with disabilities. Donate today and support Best Buddies and make a difference in the life of a person with a disability!

<https://www.bestbuddieschampion.org/orlando/supporting/?fbclid=IwAR046mIqM8yDD8ctbxvcWVutmXFCsS0P4IHboclyWPUWCFuyfnAspksRcgQ#FabioZaccoBNYMChampion>

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If so, place an ad in our newsletter. For a small amount you can get lots of exposure to the Fairfield community and help us to continue bringing you good news. If you are interested, please email goodnewssundayfairfield@gmail.com.

ABOUT US

We hope you enjoyed this newsletter. Prepared by Sofia (9) and Luke (12). To subscribe, email us at goodnewssundayfairfield@gmail.com. Follow us: @GoodNewsSundayFairfield, visit our website at www.goodnewssundayfairfield.com and listen to our podcast on Spotify, Apple, or wherever else you get your Podcast [Good News Sunday Fairfield • A podcast on Anchor](#)

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Have a great Sunday!