



# Virtual Volunteering

## About Us

MEND is a hunger relief network in Essex County, NJ, focused on increasing access to fresh, healthy food to strengthen community health and promote equity. We value community, diversity, collaboration, and dignity.

## Send a Smile from Home!

Volunteer to create cards for our home delivery bags!

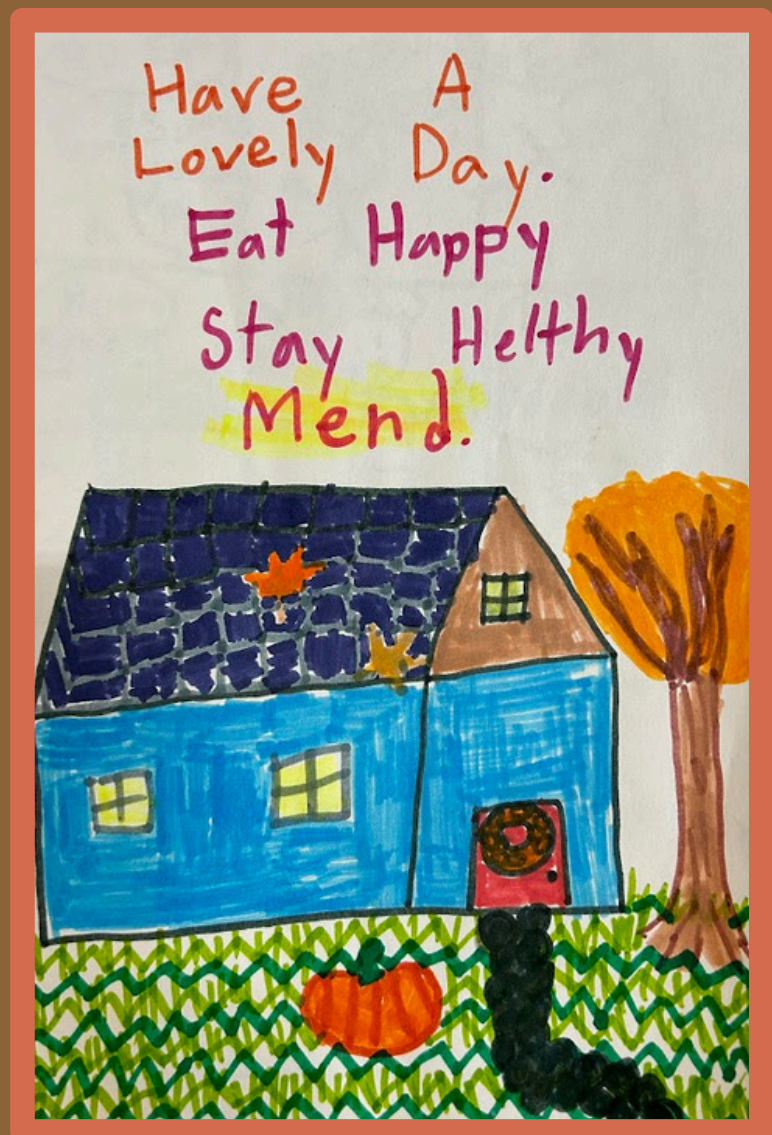
### Do's

- Use respectful, empowering and sensitive language
- Use short & easy to read messages
- Let your creativity shine!
- Bring others in on the fun!

### Don'ts

- Include personal information
- Refrain from religious messages, as our clients come from diverse backgrounds

All cards will be reviewed before distribution to ensure the content is appropriate.



## What type of cards can you create?

- General Cards
- New Year's Cards
- Valentine's day Cards
- Thanksgiving Cards
- Winter Holiday Cards



Please mail your cards at least two weeks before the intended holiday.

**Mailing address:**  
P.O. Box 1304, Maplewood,  
NJ 07040

## Contact

- 📞 862 250 5216
- ✉ info@mendnj.org
- 🌐 <https://mendnj.org/>