



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!

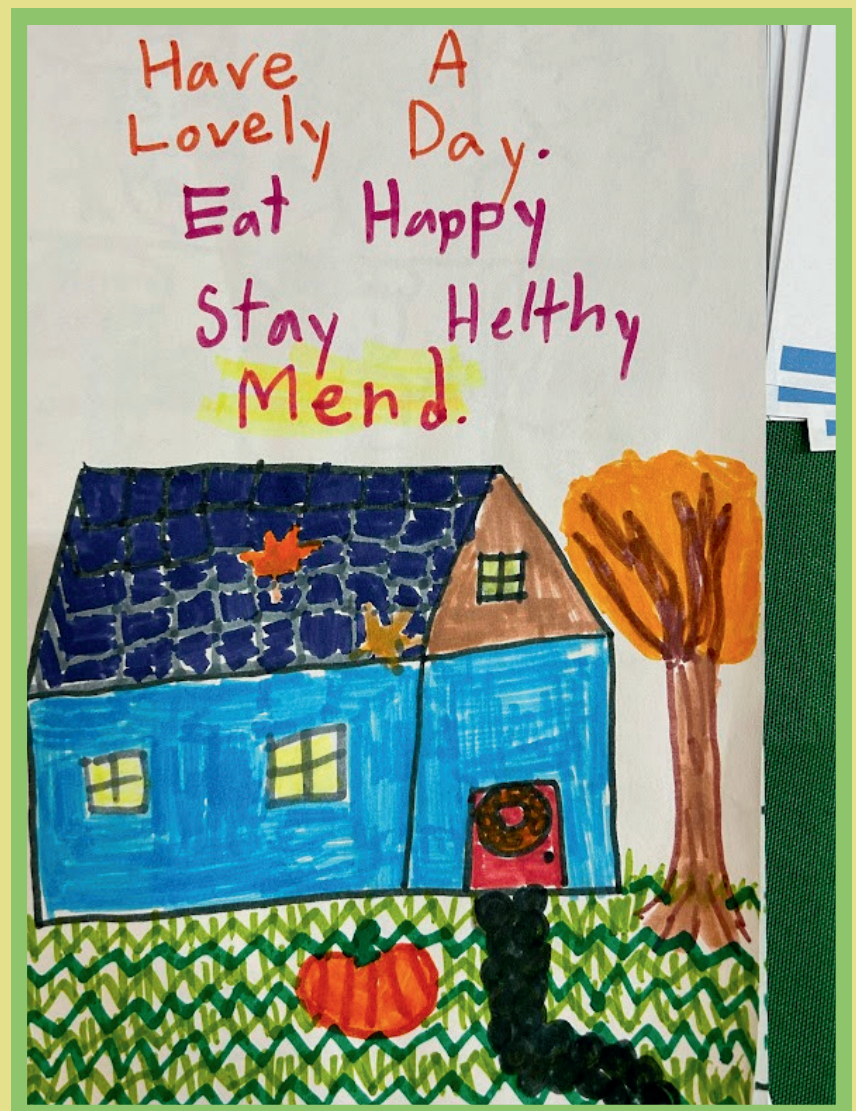
Do's

- Use respectful, empowering and sensitive language.
- 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?

- New Years 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/>