

NEWS BOX

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Spring 2008

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PRESIDENT'S MESSAGE

Dear Members,
On behalf of the board and staff of The Box Project, we would like to thank everyone who

participated in The America's Giving Challenge through Network for Good. We were able to raise \$3,200 in much needed operating funds and love the idea of using the Internet to seek out new members.

Lawrence Lovasik said: "A single act of kindness throws out roots in all directions, and the roots spring up and make new trees. The greatest work that kindness does to others is that it makes them kind themselves."

The Internet provides us with a unique opportunity to find others with a shared interest in participating in a worthy organization and therefore throwing out roots in the community.

We are busy getting ready for our spring board meeting where we are working on finalizing our strategic plan. In the near future there will be different ways to participate in The Box Project. You can remain as a family match, through The Box Project you can help a center that provides services for people living in poverty in some of the rural areas we serve, or your school service club can be matched to a school, a classroom or a head start program in a poverty area through our new ClassMatch Club Program. We understand the constraints that time places on everybody and hope that those who do not have time to put together boxes for a family will want to participate in one of these new ways. As you can see we are busy planting new

trees and hope to see them flourish.

We would also like to thank all those who assisted us in moving The Box Project office to its new location. Although smaller, the new office allows us to be more centrally located near colleges and around other non-profit organizations that will help us network and be part of the giving community. Please drop us a line or send us pictures of your experiences with The Box Project. We always love to hear from you.

Happy Spring,

Rachel Santa

President
Board of Directors

LOST MAIL CONCERNS

Recently we have had an increase in calls from sponsors and recipients saying they have not received mail. When we follow up we often find mail has been sent, but not received. We've had reports of mail stealing in some areas we serve. On average, we contact 10-15 recipients a week to ask why they haven't written to their sponsors. The most common answer is because they haven't received boxes or letters.

Some tips:

1. When possible notify your family when you mail a box so they can look for it.
2. Get tracking and insurance. It's a little more expensive and it may not prevent your box from being stolen, but it will allow for tracking and could help if you need to file a claim.
3. Don't send a new box until you have received a thank you for the last one. Keep writing until you are sure your recipient has received what you sent.

NEW MAILING ADDRESS: P.O. Box 2266, Daytona Beach, FL 32115 Phone: 386-258-6083 www.boxproject.org



EXECUTIVE DIRECTOR'S MESSAGE

We moved. Considering how often I move you'd think I like it, but I don't. I move because it's the right thing to do at the time. When The Box Project moved to Florida back in 2004 we rented a storefront office. They call it a suite, which conjures up images of plush carpeting and windows with a view, but we had neither! We didn't even HAVE windows OR hot running water! Given the emerging economic issues we're all facing, we needed to do some belt tightening to conserve.

Through the good graces of a local non-profit we are now located in an old Florida style house on the second floor at a significantly reduced monthly rent, closer to other non-profits and local colleges. The mover moved us for free, which I think he regretted half way through moving day! We got a lot of free labor to help us pack and unpack, put up new donated lights and fans, brace shelves, prepare storage areas and hang curtain rods and paper towel holders, and arrange and re-arrange furniture over and over. Special thanks to Matt, Joe, Roland, Chris, Molly and J's Moving. Without them we would still be hauling boxes up the stairs! We're where we're going to be for the foreseeable future. We have windows and hot running water, but still no plush carpeting. Maybe next time!

ClassMatch Club. In the fall of 2007 we started a new pilot program to involve more youth in philanthropy and to make a significant impact on children in high poverty area schools. The premise is to match a classroom, school or Head Start program in an area of poverty we serve, with a school sanctioned and supervised "ClassMatch Club" in a high school or above.

The goals of the ClassMatch Club are:

- To develop leadership skills.
- To communicate respect and goodwill for all people and recognize that each individual has value.
- To establish meaningful relationships with individuals and groups living in poverty in rural America.
- To develop service projects that directly assist people in poverty.
- To recognize, practice, and promote high ethical standards.
- To plan and execute activities to raise funds and awareness about The Box Project.
- To motivate young people to serve their community and "pay it forward".

Mission Statement of the ClassMatch Club:

- To offer hope and help to people in poverty in the US through The Box Project.
- To promote the value of charitable giving in both our personal and professional lives.

We hope to make more ClassMatch Club matches in the fall of 2008. Contact us if you have an interest in forming a club in your school.

Sincerely,

Susan Patneau

Executive Director

HELP US

SPREAD THE WORD

The Box Project recently started two new and exciting web based programs aimed at attracting new members, improving communication, and educating the public about poverty in the U.S. Many of you participated in our Network for Good Challenge. By sending this link (<http://www.networkforgood.org/pca/Badge.aspx?Badgeld=109561>) to friends and family and posting it your Facebook and MySpace sites, you helped The Box Project raise \$ 3200 in just 3 weeks and helped to spread the word about us. The badge is still active and you can continue to send it out and use it. Thank you for your great response!

With the gracious efforts of Kimberly Mitchell, The Box Project is now part of the Facebook and MySpace Causes pages. If you visit either of these sites, www.facebook.com or www.myspace.com you can add The Box Project as a cause on your page. Once you add The Box Project to your page, you can then invite your friends with a simple click to join your cause. This is a simple way to introduce people in your web based social network about the great work that The Box Project does. You can also share relevant information about poverty, hunger etc. to the wall.

If anyone would like to get involved with our web based social networking programs to help keep timely and up to date information on the Causes page, please contact volunteer Beth at capecodbeth@yahoo.com.

Sponsors: Drop this insert in your next box or letter to your family.

Earned Income Tax Credit

If you were employed at any time throughout 2007 you may be eligible for the *Earned Income Tax Credit*. This is a refundable tax credit that may reduce or eliminate taxes paid by low-income people with jobs, and may give you some additional income. According to the IRS, millions of families are eligible but do not apply for the tax credit. For more information call **1-800-829-1040**.

Change of Personal Information

If your address, telephone number, members of your family or any other personal information changes, please call The Box Project at 1-800-268-9928 so that we may update your records. Also, **remember to send the same new information to your sponsor**. If your sponsor does not have the correct address, they will not be able to send you boxes or letters.

STATE AND FEDERAL BENEFITS ARE AVAILABLE!

If your family is in need of additional assistance, the website, www.govbenefits.gov, can provide a valuable service by identifying potential benefit options available to those in need.

The website is a free, on-line resource that helps people determine their potential eligibility for current benefit programs. The site provides information and links to more than 1,000 federal and state programs, including the Child Care Resource and Referral Center, Community Food and Nutrition Program, and Independent Living State Grants for Individuals with Disabilities. The site features benefits for single parents, seniors, students, children, veterans, retirees, and people with disabilities. The questionnaire is easy to complete in less than 5 minutes. This is a great opportunity for you to look into the next time you are at your local library.

Spring Energy Saving Tips

1. Set your thermostat at 78 degrees on warm days.
2. Cover windows to block out sun during the hottest times of the day, especially on the sunny side of your home.
3. Turn lights off in unoccupied rooms.
4. Wash clothes in cold water.
5. Hang clothes outside to dry.
6. Contact your local utility company to have them do an energy audit on your home. They can help you save money on your utility bills.
7. Limit showers to five minutes.
8. Don't let water run when brushing teeth.

Tips for a good Recipient/Sponsor Relationship:

1. Always send a letter back to your sponsor family. This should be done within the same week you receive a letter, box or package.
2. Say more than "We got the box. Thank you." Your sponsors want to know if what they have sent was needed, useful, enjoyed by members of your family. They also want to know what is going on with your family and in your area.
3. Have your children write their own letters (if they are old enough) or color pictures, and send them along with your letter to your sponsor.
4. Be patient. You sponsors are only supposed to write once a month. Remember your sponsors have families too and unexpected things happen to everyone.
5. Never ask your sponsor for money, to pay a bill, or for name-brand items. This is extremely important, and something all recipients agree not to do when they sign their membership agreement page of the application.

Sponsors: Drop this insert in your next box or letter to your family.

Pizza Meatloaf*

1 pound ground turkey
3/4 cup spaghetti sauce
1/4 cup mozzarella cheese
1/2 cup chopped green pepper
1/4 chopped onion (optional)
Other vegetables as desired

Instructions:

1. Lightly grease a 9 inch pie plate.
2. Pat turkey into pie plate
3. Cover with a paper towel and microwave on high for 8 minutes.
4. Top Turkey with sauce, vegetables and cheese and cook until cheese melts (about 1-2 more minutes).

Oven Method:

Place turkey in pie plate and cook for 30-35 minutes at 350 degrees. Add sauce, vegetables and cheese and cook for another 15 minutes or until cheese is melted

Baked Chicken Nuggets*

1 1/2 pounds chicken boneless, skinless
1 cup cornflakes
1/2 teaspoon Italian herb seasoning
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1 teaspoon paprika
Quart size plastic bag that closes tightly

Instructions:

1. Cut chicken into bite-sized pieces.
2. Place cornflakes in plastic bag and crush by using a rolling pin.
3. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended.
4. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.

Microwave Method:

1. Lightly grease an 8x12 inch baking dish.
2. Place chicken pieces on baking dish so they are not touching. Cover with waxed paper and cook on high.
3. Rotate chicken every 2 to 3 minutes. Cook until tender, about 6-8 minutes.

Oven Method:

1. Preheat oven to 400 degrees. Lightly grease a cooking sheet.
2. Place chicken pieces on cooking sheet so they are not touching.

Chicken Rice Salad*

4 cups lettuce
2 cups brown rice, cooked
2 cups skinless, cooked chicken breast
1 diced tomato
1 diced green pepper
1 Tablespoon olive oil
1 juice of one lemon
2 Tablespoons vinegar (optional)
dash hot pepper sauce (optional)
Italian herb mix and black pepper to taste, (optional)

Instructions:

1. Mix all ingredients together in a large bowl.
2. Use personal taste preferences to determine the amounts of seasonings.
3. Serve immediately or chill in refrigerator until ready to use.

Fiesta Mix*

1 cup cereal with fruit
1 cup "chex" type bran cereal
1 cup "O" type cereal
1/4 cup raisins
1/4 cup peanuts (optional)
1/4 cup shredded coconut

Instructions:

1. Mix cereals together in a large bowl.
2. Add raisins, peanuts, and coconut; mix well.
3. Eat it dry or with milk.

Garden Barley Soup*

1 can (46 ounce) tomato juice
1 can (10 1/2 ounce) beef broth
1/3 cup regular barley
1/4 cup sugar
1 Tablespoon Worcestershire sauce
1 bay leaf
1/2 teaspoon crushed thyme leaves
1/4 teaspoon salt

2 cups coarsely chopped zucchini
1 medium chopped tomato
1/2 cup green pepper

Instructions:

1. In a Dutch oven or stock pot, combine tomato juice, beef broth, barley, sugar and seasonings. Bring to boil; reduce heat.
2. Cover; simmer 1 hour.
3. Add vegetables. Return to boil; reduce heat.
4. Cover; simmer 15-20 minutes or until vegetables and barley are tender.

Oprah's Outtasight Salad*

2 cups salad greens of your choice
1 cup chopped vegetables (tomatoes, cucumbers, carrots, green beans)
1 cup canned in juice pineapple chunks, drained or fresh orange segments
1/4 cup dressing
2 Tablespoons raisins or dried cranberries
2 Tablespoons chopped nuts, any kind

Dressing Ingredients:

1/4 cup yogurt, nonfat, fruit-flavored
1 Tablespoon orange juice

Instructions:

1. Put mixed salad greens in a salad bowl.
2. In a separate bowl, mix chopped vegetables and orange segments. Add dressing and stir. Spoon mixture over salad greens.
3. Top with raisins and nuts and serve.

DRESSING PREPARATION:

1. Mix all ingredients in a bowl and refrigerate until ready to serve.

*All recipes adapted from the <http://recipefinder.nal.usda.gov> website.

SPONSOR RESOURCES

The following is a list of websites members have used recently and recommend:

www.recipefinder.nal.usda.gov
 www.hillbillyhousewife.com
 www.jiffymix.com
 www.CouponMountain.com
 www.coupons.com
 www.fatwallet.com
 www.ClassicCloseouts.com
 www.tmseeds.com
 www.Petersons.com
 www.educationplanner.com
 www.driveofyourlife.org
 www.triptocollege.org
 www.startsampling.com/samples.iphtml
 www.fasstar.com
 www.costco.com/Browse/Product.aspx?

Web sites that will ship to a PO Box:

www.drugstore.com
 www.classicckcloseouts.com
 www.amazon.com
 www.overstock.com
 www.jcpenny.com
 www.cvs.com
 www.honeybell.com (fresh fruit)

DUES MAILINGS

We've instituted some measures to save on printing/mailing costs. Beginning in 2008 we will send out three dues mailings a year instead of four, which may result in you getting your dues reminder earlier than usual. If we have an email address on file for you, we will be sending your dues mailer electronically. You may print out the invoice and mail it back with your check or you may pay your renewal through our website.

To renew online, follow these instructions:

1. Go to our website, www.boxproject.org.
2. On the home page open the "What Can You Do" section and click on Family Sponsor.
3. Find the "Click to Join" link and hit enter.
4. Select the "Renewal Membership Form".
5. Under the Membership option, select "Family Sponsor Renewal".
6. Fill out the rest of the form and click on "Submit".

Thank you for your cooperation with this new process.

SPONSORS NEEDED

Imagine ... If each person who read this article told 2 of their friends about The Box Project ... and only 10% of those friends decided to join ... every family on our waiting list could be matched by the beginning of July!

Please take a minute to think of 2 (or more) friends, colleagues or family members that might be interested in making a difference in the lives of a family living in rural poverty. Call, email or write to tell them about your experience with our programs, how it has enriched your life and give them our website address, www.boxproject.org. We have families of all sizes, from isolated seniors living alone to multi-generations living together in one big family, ready for matching. today!

IDEAS FOR SPRING BOXES

VEGETABLE & FLOWER GARDEN BOX

Gardening gloves, small watering can, gardening books, seed packets, disposable camera to document progress; many places have seeds on sale right now. Mats are available which have flower seeds right in them - just unroll and add water.

BASIC TOOLS BOX

Hammer, pliers, screw drivers, duct tape, etc. to fix winter damage. (you can mail up to 70lbs in a flat rate USPS box for \$9.10)

SPRING CLEANING BOX

Scrubber pads, Windex, all purpose wipes, kitchen disinfectant, dusting cloths.

OUTDOOR ADVENTURE BOX

Books that identify flora and fauna, A magnifying glass, art supplies, binoculars.

TAX DEDUCTIBLE DONATIONS

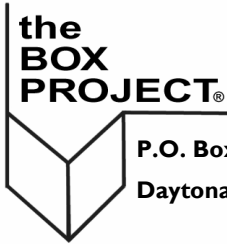
The Box Project is a non-profit 501(c)(3) charitable organization. This means your membership fees and donations made directly to The Box Project are deductible to the full extent allowed by law. According to IRS guidelines:

You cannot deduct contributions to specific individuals, including: Contributions to individuals who are needy or worthy. This includes contributions to a qualified organization if you indicate that your contribution is for a specific person. But you can deduct a contribution that you give to a qualified organization that in turn helps needy or worthy individuals if you do not indicate that your contribution is for a specific person.

Example: You can deduct contributions earmarked for any disaster relief to a qualified organization. However, you cannot deduct contributions earmarked for relief of a particular individual or family.

You can read a clear and comprehensive document showing the intricacies of making charitable contributions at this link:

<http://www.irs.gov/pub/irs-pdf/p526.pdf>



P.O. Box 2266
Daytona Beach, FL 32115

NON-PROFIT
US POSTAGE PAID
DAYTONA BEACH, FL
PERMIT NO. 119

Notes from the Office...

- **We've Moved.** Please note our new mailing address is: The Box Project, P.O. Box 2266, Daytona Beach, FL, 32115. Our telephone number is now 386-258-6083. Our fax number is 386-258-6085. Our 800 is the same, 1-800-268-9928.
- **Recurring Donations.** We have a new feature on the donations page on our web site to make donating easier. You can sign up to have a specific contribution amount deducted from your credit card each month. It's a painless, easy way to contribute. And don't forget, if you work for an employer with a matching program you could get your contribution doubled just by filling out a simple form. Go to www.boxproject.org and click on "What You Can Do".
- **Walkathon in a Box.** Sponsors often ask what they can do to raise money for The Box Project and raise awareness about poverty in their own community. Last October we developed a Walkathon in a Box, which is a "soup to nuts" walkathon kit. Right now we have a high school student in NC working to put this fundraiser together in her community. If you're interested in sponsoring a walkathon in your area, please let us know. We'll send out a kit to help you get started.
- **Going Green.** We're "going green" in every way we can think of! Whenever we have an e-mail address for our sponsors or donors we plan to use it to send you newsletters and a few other things electronically. That should save a lot of money in the course of a year. Please look for your newsletter in your e-mail. You can opt out of getting mailings this way, but we hope most people will appreciate the electronic delivery. Remember to add jamie@boxproject.org to your address book.
- **Kitty Retires.... Again!** We were pretty lucky to find Kitty when we first came to Florida. She had already retired from another job, but wanted to work a little longer, so we got her and held on tight! She did an amazing job of getting our databases up to snuff, she figured out how to get the most out of our database software, she streamlined process, got family matching down to days instead of weeks of waiting, and did a lot of purging and organizing! She retired for the last time at the end of February. Many of you have communicated with her over the past few years, and I know you'll miss her as much as we do. Let's all wish her the best in her new retirement.
- **Help Your Recipient Family Increase Their Self-Sufficiency!** The website, www.govbenefits.gov can provide a valuable service by identifying over 1,000 potential state and federal benefit options available to those in need. Encourage your recipient family to visit the site and let them discover resources available to members of their family. We have also placed this information on page 3 of the insert. Please make sure to drop the green insert in your next box or letter.