



COMMUNITY ACTION SOUTHOLD TOWN, INC.

NEIGHBORS HELPING NEIGHBORS

November 2018

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Dear Neighbor,

As you celebrate this holiday season with family and friends, please remember our neighbors who do not have a warm home, food to enjoy, or the company of family and friends. The holidays can be particularly difficult for those struggling to make ends meet. Fortunately, with your help, CAST provides a lifeline for our most vulnerable neighbors on the North Fork. CAST relies on support from donors to provide:

- **Food/Nutrition** (a food pantry, fresh produce, and meals for children during school breaks);
- **Clothing and household items; school supplies, books, and toys;**
- **Benefit application assistance, referrals and advocacy;**
- **An emergency fund** that helps families in crisis including keeping the heat and lights on;
- **Education for adults** (ESL, computer, and informative workshops); and
- **The North Fork Parent-Child Home Program** (pre-school readiness program).

During this time of giving, please open your hearts and consider a gift to CAST. Your support helped us to provide a critical safety net in 2018 and enabled us to move our neighbors towards self-sufficiency through our outreach and education programs. We were able to add a Director of Education & Outreach and a Food Pantry Nutrition Specialist to our team and we hope to provide a mobile food pantry in the coming year. With your continued generosity, we can work to expand and enhance our programs in 2019 to build a thriving community where every person is free from worry about basic necessities and is able to build a better future for themselves and their families.

By sharing our good fortune, we can make this holiday brighter for our neighbors in need. Together, we can give them the priceless gift of hope and opportunity in the New Year.

With best wishes for a joyous holiday season,


Cathy A. Demeroto
Executive Director


Marc Sokol
President

316 FRONT STREET • P.O. BOX 159 • GREENPORT NY 11944 • P. 631-477-1717 • F. 631-477-1788

www.CASTsoutholdtown.org

It is our mission to promote self-sufficiency and provide a safety net for Southold Town residents in need.