

**TBR Family Cook-In  
for the Soup Kitchen of  
“Family Promise of Bergen County”  
Sunday, January 29**

**Join us for a fun and meaningful day of cooking  
and serving dinner to the homeless in Hackensack.**



***You can volunteer for one or more of the time shifts below:***

**10:00 am - 3:00 pm:**

Food Preparation in TBR Kitchen (Under 17 yrs. old must be accompanied by an adult)

**3:00 pm - 3:30 pm:**

Delivery to Hackensack Shelter

**3:30 pm - 5:00 pm:**

Set Up (Must be at least 17 years old)

**5:00 pm - 6:30 pm:**

Serve and Clean Up (Must be at least 17 years old)

**A great Mitzvah Project to do with your family.**

Please contact Alison Cohn Landsman, Social Action Chairperson,  
if you are interested in volunteering for this worthy cause  
at [alyson425@aol.com](mailto:alyson425@aol.com) .