

Morning Glory Breakfast Program – Frequently Asked Questions (FAQ)

1. What is the Morning Glory Breakfast Program?

The Morning Glory Breakfast Program is a community-based initiative providing free, nutritious breakfast meals to individuals and families in need. Our goal is to serve with dignity, compassion, and consistency.

2. Who can receive breakfast from the program?

Our program is open to **anyone in need** — no ID, paperwork, or proof of income is required. We serve individuals experiencing homelessness, food insecurity, or other challenges.

3. What days and times is breakfast served?

Breakfast is served **Monday through Friday, from 7:30 AM to 9:30 AM.**
Please note: Service times may vary on holidays or during extreme weather events.

4. Where is the program located?

We are currently located at the Dorothy Day Hospitality House 11 Spring St Danbury, CT

5. Is the food free?

Yes. All meals provided by the Morning Glory Breakfast Program are completely **free of charge.**

6. Do I need to sign up or register to receive food?

No registration or sign-up is needed, you can simply walk in during our operating hours and receive a meal. However, we do encourage registering for our Program.

7. What kind of food is served?

We serve **hot breakfast meals** that may include eggs, toast, oatmeal, fruit, and coffee or juice. Options vary daily depending on donations and seasonal availability.

8. Can I take food to-go?

Yes. While we encourage enjoying meals in a communal setting when possible, **to-go options are available**, especially for those with mobility issues or time constraints. Dining in is available in the back area of building.

9. Are there rules I need to follow while attending?

Yes. To maintain a safe and welcoming space for all, we ask everyone to:

- Treat staff, volunteers, and fellow guests with respect
 - Follow posted rules and instructions from staff
 - Refrain from disruptive or aggressive behavior
 - Clean up after yourself if eating on-site
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10. How can I volunteer or donate to the program?

We welcome volunteers and donations!

- **Volunteer:** Visit www.ccfairfield.org to sign up
 - **Donate:** We accept financial contributions and certain food items – please contact us before dropping off any items at 203-349-2428.
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11. Who runs the Morning Glory Breakfast Program?

The program is operated by Catholic Charities of Norther Fairfield County with support from local partners, volunteers, and donors.

12. How do I stay informed about changes or closures?

Updates are posted on-site, shared via our email list, or social media. You may also call ***Tamara Espinal 203-349-2428 for the latest information.***

Home Essentials Pantry – Frequently Asked Questions (FAQ)

1. What is the Home Essentials Pantry?

The Home Essentials Pantry provides **non-food items** to individuals and families in need not covered by SNAP benefits. These include personal hygiene products, cleaning supplies, and basic household goods to help support everyday living with dignity.

2. What kinds of items do you offer?

Depending on availability, we offer:

- Toilet paper, soap, shampoo, toothpaste, deodorant
- Laundry detergent, dish soap, all-purpose cleaners
- Feminine hygiene products
- Diapers and baby wipes
- Other essential household items

Availability may vary based on donations and stock.

3. Who can receive items from the pantry?

The pantry is open to Danbury residences - especially low-income households, seniors, individuals experiencing homelessness, and families facing financial hardship.

4. Where is the pantry located?

At New Heights 64 West St Danbury, CT
New location as of August 1, 2025.

5. When is the pantry open?

The pantry is open on **the first Friday of the month from 10:00 AM to 12:00 PM.;**
Hours may change seasonally or due to holidays – check with staff or follow our updates.

6. Do I need to register or make an appointment?

Yes, for new registrations, you must provide ID and recent piece of mail with current mailing address. Fill out a referral form on the Morning Glory webpage www.ccfairfield.org and you will receive a text with your scheduled pick-up time and a reminder text before your appointment. For *Missed appointments* you can call or text at 203-349-2428 to reschedule for the following month.

7. How often can I come to the pantry?

Typically, guests may visit the Home Essentials Pantry **once every 30 days** with a scheduled appointment.

8. Can someone pick up items on my behalf?

Yes — with your permission, a trusted friend or family member can pick up items for you. You must provide a written note indicating who is picking up along with his or her ID or you may Proxy someone to pick up for you.

9. Are the items really free?

Yes! All items are **100% free**, thanks to donations and community support.

10. How can I donate items or support the pantry?

We accept:

- New, unopened hygiene and cleaning supplies
- Financial donations
- Volunteer support

Please contact us at **Tamara Espinal** at 203-349-2428 or tespinal@ccf-ct.org before dropping off donations to confirm needs and hours.

11. What should I bring with me when visiting?

Your Catholic Charities ID Card and just yourself! If possible, bring your own **reusable bag** or cart to carry items home. A smile and kind attitude help make the experience better for everyone.

12. How do I stay informed about pantry updates or special events?

We post updates on: www.ccfairfield.org

- Bulletin boards on-site
 - Our website or social media pages
 - Flyers in community partner locations
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