

## CHARLESTON AREA CH741URCHES

### FOOD PANTRY NEWSLETTER

"for I was hungry and You gave me food; I was thirsty and You gave me drink; I was a stranger and You took me in." Matthew 25:35  
Hours M-W-F 1:30-4:00 & Th 5:30-7:00



APRIL 2024

### PANTRY NEWS

#### **BUSY, BUSY, BUSY !!!**

These words describe how things are going at the food pantry. The number of guest remains steady at 25-30 plus on Mondays, Wednesdays, and Fridays, and 10-15 on Thursday evenings.

Luckily, the pantry has faithful volunteers to work these days and make sure everyone is served well. Thank you volunteers!

It is the time of year the pantry applies for 2 of the grants available to us. One is from United Way, which does a great job gathering donated funds county businesses and individuals to distributes to non profit agencies that apply. The other grant comes from the national Emergency Food and Shelter Agency. These 2 grants provide very necessary funds for the pantry.

The solar eclipse occurred during pantry distribution hours. However, the volunteers working that day were able to check the progress through out, and when totality occurred everyone went outside to see it. Some guest to the pantry watched also!

### THANKS

There were generous donations made recently as memorials for Jerry Ellis and Peggy Foster. May God comfort the loved one of these 2 people.

As always, the pantry thanks the many churches that donate regularly to the pantry. The blessings passed along through donations are greatly appreciated, and we continually work to be good stewards of the offerings given.

### MARCH 2024 NUMBERS

Families: 442 Individuals: 1,275

Meals: 11,475

Donated food in pounds:

EIF: 1,756 USDA: 6,396

Ruler: 589 WalMart: 7,662

### FUN FOOD FACTS

#### LEAFY GREENS

- Leafy greens include spinach, kale, swiss chard, collard, beet greens, and romaine lettuce.
- These vegetables are high in Vitamins C and K. and the minerals potassium, phosphorus, cooper, manganese, selenium, zinc, calcium, and iron.
- They are low in calories and carbohydrates, and high in fiber.
- Greens are mainly eaten raw, but some can be cooked.
- Micro greens are very popular right now, but have been used in restaurants since the 1980's. They are sometimes called micro herbs, or vegetable confetti.
- Micro greens are described as somewhere between a sprout and baby greens. They are not a sprout because they have leaves.
- There are many websites available to teach one how to grow micro greens in your home.

Enjoy the remaining spring weather! The summer heat will be here soon.

