

THE ROCK Coalition

Ephesians 2:19-22

¹⁹ Consequently, you are no longer foreigners and strangers, but fellow citizens with God's people and, also, members of his household, ²⁰ built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. ²¹ In him the whole building is joined together and rises to become a holy temple in the Lord. ²² And in him you too are being built together to become a dwelling in which God lives by his Spirit.

Our Mission Statement:

We establish human foundations that may have not be taught in life. To help any of those in need and show them Jesus, where they are right now!

"For I was hungry, and you gave me food, I was thirsty, and you gave me drink, I was a stranger, and you welcomed me, I was naked, and you clothed me, I was sick, and you visited me, I was in prison, and you came to me.' Then the righteous will answer him, saying, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brothers, [a] you did it to me."

Mathew 25:35-40

Our Programs & Missions

- Human Trafficking Assistance
 - Sex Trafficking
 - Labor Trafficking
 - Domestic Servitude
- Shelter/Housing/Homelessness
- Mental Health Counseling
- Domestic Abuse/Violence
- Child Neglect/Abuse
- Veterans Assistance
- Drug/Alcohol Abuse

- Food
- Toiletries/Personal Hygiene
- Free Child Healthcare
- Legal Counseling
- Children Aid Assistance
- Utilities Assistance
- Furniture/Clothing Assistance
- Bicycle Program
- Transportation ssistance
- Automotive Assistance
- School Supplies
 - Free Library (book give-a-way)

We accept ALL Donations!!

DISASTER RELIEF

- Emergency Shelter.
- Temporary Shelter.
- Additional Food Assistance.
- Community Outreach.
 - Counseling.
 - Clean-Up Assistance.
 - · Delivery of Food & Supplies to areas without access to transportation.

The Rock Coalition's "The Well" food support...

- ✓ To provide common foods such as canned goods, boxed food, and bagged food (Chips, etc.).
- ✓ To provide quality all meats, frozen, thawed, pre-cooked and uncooked.
- ✓ To provide all quality fruits and vegetables from local sources. Potatoes, Tomatoes, Kale, Cilantro, Oranges, Bananas, Lemons, Limes, Apples, Melons, etc.
- ✓ To provide all quality Dairy Products, including Milk, Eggs, Cheeses, etc.
- ✓ To provide a variety and quality source of all Breads, including various types of snacks like donuts, pastries, etc.
- ✓ To provide a positive "Shopping" experience to our "Neighbors" which will decrease guilt of pride and acceptance of assistance.
- ✓ Chef's Corner (showing those how to use ingredients we have).
- ✓ Multi-Lingual support.
- ✓ Home Delivery for those who are handicap.

What is a food desert?

- Food deserts are regions where people have limited access to healthful and affordable food. This may be due to having a low income or having to travel farther to find healthful food in order to qualify as a food desert, an area must also meet certain other criteria.
- Very large or very sparse populations.
- Low-income areas.
- High levels of unemployment.
- Inadequate access to transportation.
- A low number of food retailers providing fresh produce at affordable prices.

Food swamps - A food swamp is a region that provides adequate access to healthful and affordable food, as well as an overabundance of less healthful food options.

Food mirages - A food mirage describes an area where people live close to grocery stores offering a variety of healthful foods but cannot afford those foods.

Because of this, people must travel farther to find healthful foods that are within budget.

Food insecurity - Food insecurity refers to limited or insecure access to food because of financial constraints. Families and people with low incomes may not have enough money to afford healthful foods.



Volunteer Group Types

In memory of...
Birthdays
Family Events
Senior Citizens
Individuals
All School Volunteers
Individual Assistance

Visually Impaired
Hearing Impaired
Physically Challenged
Mentally Challenged
Work Release
Post Jail
Community Service

Church Events
Group Events
Outreach Events
Corporation Events
Team Building Events
Home Delivery Drivers
Commercial Drivers



- ✓ Check-in/Door Greeting.
- ✓ Waiting Area Service.
- ✓ Registration Process.
- ✓ Pre-Shopping Line.
- ✓ Child & Adult Diaper Services.
- ✓ Mental Health Assistance.
- ✓ Physical Health Assistance.
- √ Family Services.
- ✓ Bus Passes.
- √ Toiletry Assistance





VOLUNTEER OPPORTUNITIES Operations Warehouse

Sorting and Repackaging

- ➤ Bulk Produce, Bulk Meats, Bulk Cheeses, Dry Goods, Canned Goods, etc.
- > Packing items for Home Delivery neighbors.
- Breaking down bulk boxes & staging products individually.
- Repacking Bulk Foods and creating smaller individual packages. (Beans, Coffee, Barrels of Tarter Sauce, etc.

Mobile Services

- Delivering items in personal vehicle to shut-ins.
- Picking up all donated goods.
- Delivering to smaller Pantries.

Maintenance Services

- Building Storage Racks
- > All machines Maintenance.
- > Tables & Cart Repairs.
- Vendor Maintenance Management
- > All lighting maintenance/repairs.
- Forklift/Power Jack maintenance & repairs.

Resources:

Any donations from local residents **Businesses/Corporation Department Stores Grocery Stores Dollar Stores** Amazon Walmart **Target** Cleaning Supplies (all items must be labeled & not leaking) Light Bulbs, Extension Cords **Shopping Carts Grocery Bags**

Food Resources:

Local Residents Dairy, Eggs. Bread, Tortillas, Sweets, Donuts, etc. All Meats All Produces **All Canned Goods Jarred Goods Spices, Condiments** Ingredients Misc. Items rge Bulk Items (Coffee, Rice, Beans, Flour, etc.) **Farmers**

Partnerships:

All Health Networks

All Christian Churches/Organizations

Food Services (Catering, Hot Meals, Chef Service, etc.)

Janitorial Services

First Responder Services (Police, Fire, EMT, etc.)

Legal Counseling

Therapy/Counseling

Other Food Pantries, Homeless Shelters

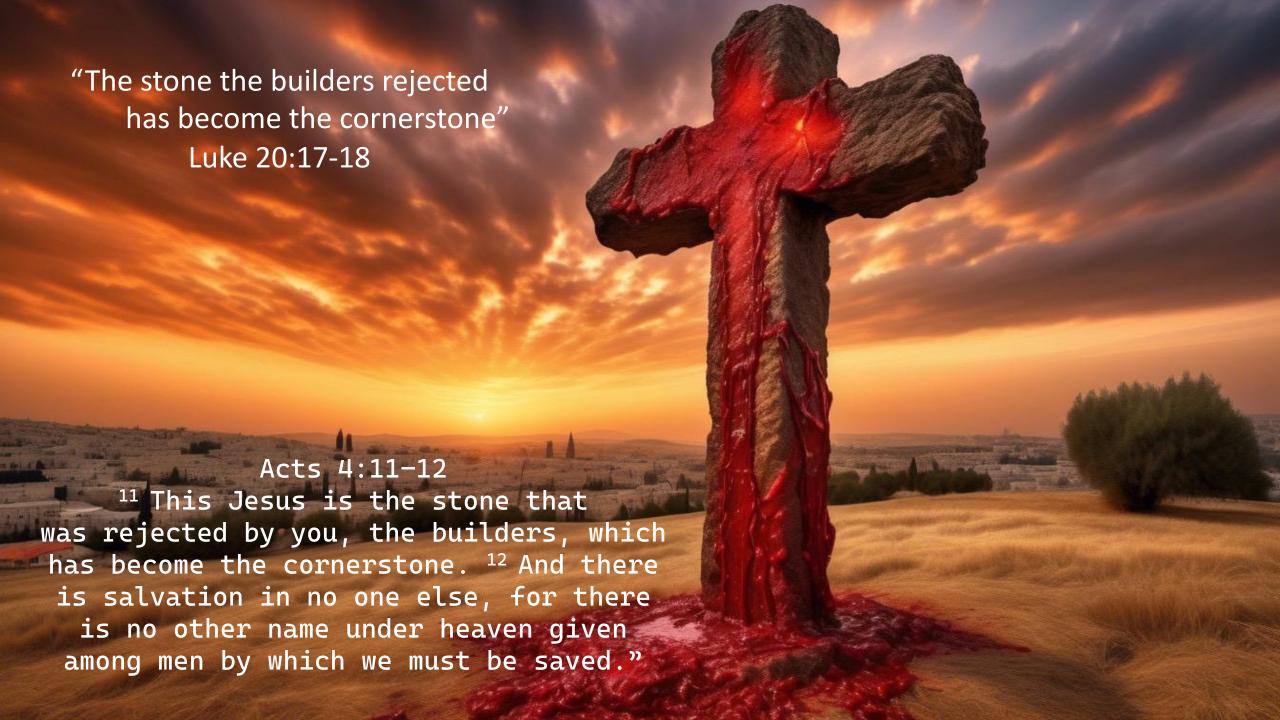
Local Farmers

All Local & Federal Government Agencies

Sponsorship/Donor Opportunities

- Volunteer Hours (Individual and/or Groups)
- Volunteer Hours (One time or Scheduled Repeating Hours/Days)
- Food Donations (ALL types of Food, Beverages)
- Industrial Equipment (Walk-in Coolers/Freezer, Forklifts, Trucks, Mobile Shelves/Carts, etc.)
- Clothes (All types of Clothing, Shoes, Hats, Socks, Underwear, Jeans, etc.)
- Toiletries (Soaps, Toothbrushes, Feminine Hygiene, Laundry Soap, Toilet Paper/Wipes)
- Bus Passes (City Buses, Uber, Lyft, Sprinter Vans, etc.)
- Grocery Carts (300)
- Any types of services (Medical, IT, Landscaping, Cleaning, Repairs, HVAC, Facilities Maintenance, etc.)
- Monetary Donations (For all items above, Staffing, Outreach, Free Kids Library, Medical, Housing, etc.)

Pictures will always be allowed for any type of Sponsor.



Other services we provide...

- ✓ Create entry level jobs for those in need.
 - ✓ Employees on injury restricted duties.
 - ✓ Re-entry from various types of institutions.
 - ✓ Work Programs from various associations.
- ✓ On the job training for homeless, unemployed, students, retirees, etc. (Background Checks must be conducted depending on job training/volunteer locations)
- ✓ Left over fruits and vegetables go to local farmers.
- ✓ All Plastics, Cardboard, Metals, etc., get recycled. 100% total landfill diversion is one of our primary daily goals.

What type of partners do we really need?

We provide a place/event for those who want an opportunity to help donate their time, money, resources, but do not know how to help or where to go.

Ultimately, The Rock
Coalition's purpose is to bring
our community, our resources,
our abled bodies, to form a
true "Coalition" to work as
ONE where we can serve all of
those in need. Every day we
strive to eliminate all of life's
insecurities starting but not
limited to just food!

